GUÍA DE ESTUDIOS - CAPITÁN DE ALTURA					
Q. Number	**Question**	**A**	**B**	**C**	**D**
MONITOR COMPLIANCE WITH LEGISLATIVE REQUIREMENTS					
1	A 'microsleep' is:	a useful short-term technique for combating fatigue.	a few seconds' sleep which is potentially dangerous.	a nice way to quickly catch up on lack of sleep	an irrelevant short sleep period
2	The Reference explains the 5-Step system for Fatigue Management. Implementing such a system should take:	2 months	no fixed time - it is a continuous process.	3 months	4 months
3	There are various factors that can make Masters particularly susceptible to fatigue. Which of those listed is not a valid reason?	They are not allotted sufficient rest hours in the schedule	They tend not to delegate responsibilities to other officers.	Their overall responsibility for the ship's safety increases their stress levels.	They have to deal with so many officials.
4	The best way to minimise disruption to the body clock is by using:	seratonin tablets.	a high protein diet.	light management techniques.	a diet without fats
5	To aid rapid development of alertness requires a light level in the region of:	100 lumens.	500 lumens.	750 lumens.	1000 lumens.
6	What is the legal requirement for minimum rest hours in any 24 hour period?	6	8	10	12
7	Which of the factors listed is not likely to contribute to fatigue in the engine room?	Noise	Hypothermia	Vibration	Dehydration
8	What percentage of your body heat can be lost through your head and neck in cold weather?	10%	20%	40%	50%
9	The most substantial meal of the working day should be eaten:	as breakfast.	in the middle of the day.	four hours before going to sleep.	Any time of the day as long as it's sufficient
10	Reports indicate that Fatigue Management systems in Australia and the US have cut trucking accidents by:	less than 50%.	more than 50%.	about 80%.	about 30%
11	Before going on a watch at night, how long is it recommended that the watchkeeper spends in a brightly lit area?	At least 30 minutes	At least 15 - 20 minutes	At least 5-10 minutes	Not required as the watch keeper quickly will adopt to the darkness
12	To avoid fatigue you should have a balanced diet comprising mostly:	proteins and fats.	proteins and carbohydrates.	fats and carbohydrates.	fats, proteins and carbohydrates.

GUÍA DE ESTUDIOS - CAPITÁN DE ALTURA					
Q. Number	**Question**	**A**	**B**	**C**	**D**
MONITOR COMPLIANCE WITH LEGISLATIVE REQUIREMENTS					
13	Which of the conditions listed may be symptoms of fatigue?	Irritation at trivial difficulties	Poor concentration	Slow reactions	All the above
14	What is the ideal length for a 'strategic nap'?	10 minutes	20 minutes	30 minutes	60 minutes
15	When we change time zones, our body clocks adjust by:	one hour every day.	one hour every week.	two hours every day.	one hour every two days.
16	In any 24 hour period, regulations stipulate that the minimum amount of	6 hours.	8 hours.	12 hours in three blocks of 4.	4 hours
17	The law of the sea is embodied in the United Nations Convention on the L	London Conventions of 1955.	STCW Convention of 1978 as amended in 1995.	United Nation Conventions of 1958.	Geneva Conventions of 1958.
18	The MARPOL Annex I regulations for the prevention of pollution by oil app	All Tankers only	Tankers greater than 500 gross tons	All vessels greater than 500 gross tons	All ships, unless expressly provided otherwise
19	What sea area is known as "the continental shelf"?	The section that slopes down gradually from the low-water mark to the depth, averaging 130 metres,at which the angle of declination increase markedly.	The sea area to seaward of the Exclusive Economic Zone	The safety zones around artificial islands	The waters surrounding the European continent only
20	Where would you find a sea area known as the "Contiguous Zone"?	It is an area seaward of the territorial sea within which the coastal State enjoys limited jurisdiction	It is a sea area surrounding an archipelago within which the coastal State enjoys limited jurisdiction	It is the 200 mile zone seaward of the normal coastal base line	It is the area landward of the territorial sea; that is the estuaries and harbours
21	In international law the territorial sea forms part of a State's territory. At hc	Three miles	Six miles	Twelve miles	Two hundred miles

GUÍA DE ESTUDIOS - CAPITÁN DE ALTURA					
Q. Number	**Question**	**A**	**B**	**C**	**D**
MONITOR COMPLIANCE WITH LEGISLATIVE REQUIREMENTS					
22	What do the letters UNCLOS stand for?	United Nations Centre for Loss Prevention Studies, 1985	United Nations Convention on the Law of the Sea, 1982	United Nations Certificate for Load Line Spaces	United Nations Classification of Ships, 1988
23	The normal base line for measuring the extent of the territorial area along	the low-water line.	the estuary.	the high-tide line.	the mean high water line.
24	What is the SOLAS Convention?	The "Voluntary Code for Safety Of Life At Sea."	The "International Convention for the Safety of Life at Sea."	The "Convention on Life Saving Appliances."	The "International Life Saving Appliance Code."
25	What is MARPOL?	The International Maritime Police Convention	Maritime Policies as agreed by the IMO	The International Convention for the Prevention of Pollution from Ships	The Marine Environmental Protection and Liability Convention
26	The present SOLAS regulations, unless expressly provided otherwise, appl	ships of war and troopships.	cargo ships in excess of 500 gross tonnage.	ships not propelled by mechanical means.	fishing vessels.
27	What is the meaning of the word "Convention", as used for instance in SO	A Convention describes a party of delegates at a meeting.	A Convention is a treaty between States, which have agreed to be bound by it to apply the principles contained in the convention within their sphere.	A Convention explains maritime law based partly on generally accepted customary rules.	A Convention explains the enactment of national legislation giving effect to and enforcing its provisions.
28	What is a passenger ship?	A ship that carries more than ten passengers	A ship that carries more than twelve passengers	A ship that carries more than six passengers	A ship that carries more than twenty passengers

GUÍA DE ESTUDIOS - CAPITÁN DE ALTURA					
Q. Number	**Question**	**A**	**B**	**C**	**D**
MONITOR COMPLIANCE WITH LEGISLATIVE REQUIREMENTS					
29	In passenger ships, all watertight doors in main transverse bulkheads shall be operated....	daily.	weekly.	monthly.	each four-hour watch.
30	"The International Safety Management Code states that the company and the....."	company directors shall comply with the requirements of the ISM Code.	port state control officer shall be mentioned in the Safety Management System.	ship shall comply with the requirements of the ISM Code.	port State shall comply with the requirements of the ISM Code.
31	What is the intention when adopting international maritime conventions and agreements?	To specify flag State jurisdiction.	To empower the International Maritime Organization (IMO).	To provide uniform practice internationally.	To keep up to date with developments in shipping.
32	Which of the following statements is not correct?	Ships must respect established sea-lanes and Traffic Separation Schemes	A coastal State has jurisdiction over installations and structures within its economic zone.	An archipelagos State may designate sea lanes through its waters.	The exclusive economic zone is the sea area within the 12 mile territorial sea.

GUÍA DE ESTUDIO CAPITÁN DE ALTURA	
MONITOR COMPLIANCE WITH LEGISLATIVE REQUIREMENTS	
ANSWERS	
1	B
2	B
3	A
4	C
5	D
6	C
7	B
8	C
9	A
10	B
11	C
12	D
13	D
14	B
15	A
16	A
17	D
18	D
19	A
20	A
21	C
22	B
23	A
24	B
25	C
26	B
27	B
28	B
29	A
30	C
31	C

GUÍA DE ESTUDIO CAPITÁN DE ALTURA	
MONITOR COMPLIANCE WITH LEGISLATIVE REQUIREMENTS	
ANSWERS	
32	D