1. Inserting the keys in reverse order (7,6,5,4,3,2,1). In this way we have a degenerate-shaped tree with '7' as the root node and a height 6.

2. No, to create a degenerate-shaped tree, we must insert the keys in strictly increasing or decreasing order. For the set of integers 1 to 7, we must start from the integer 1 or 7 to be able to meet the requirement.