

تعداد سؤالات: تستی: ۳۰ تشریحی: —

زمان آزمون: تستی: ۵۰ تشریحی: — دقیقه

آزمون نمره منفی دارد ○ ندارد ⊗

نام درس: زبان تخصصی ۱- متون خارجی تخصصی

رشته تحصیلی و کد درس: تربیت بدنی و علوم ورزشی (۱۲۱۲۱۵۸) - (۱۲۱۵۰۵۲)

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مجاز است.

استفاده از: —

کد سری سؤال: دو (۲)

امام علی (ع): برتری مردم به یکدیگر، به دانش‌ها و خردهاست؛ نه به ثروت‌ها و تبارها.

**\*\* توجه سؤالهای زیر از منبع زبان تخصصی (دکتر فراهانی و همکاران) انتشارات نرسی طرح شده است و ویژه مشروطین فراگیر می‌باشد. توجه کنید کد سری دو در پاسخنامه علامت زده شود.**

**Part 1:**

**Directions: Select the best choice (a, b, c, or d), and mark it on your answer sheet.**

- The term ..... refers to something that is connected with sports such as running and jumping.  
a. Athletic                      b. Intramural                      c. Interscholastic                      d. Cardiovascular
- The abnormal enlargement of a part, organ, or tissue is called.....  
a. Injury                      b. Density                      c. Extremity                      d. Hypertrophy
- The term.....refers to the act of discovering or identifying the exact cause of an illness or a problem.  
a. Evaluation                      b. Endurance                      c. Palpation                      d. Diagnosis
- The act of helping somebody to have a normal and useful life after they have been very ill/sick is called.....  
a. Medication                      b. Circulation                      c. Rehabilitation                      d. Specialization
- During training and competition, there is always a reduction in muscle glycogen, even if the activity involves.....over relatively short distances repeatedly.  
a. Provision                      b. Sprinting                      c. Recovery                      d. Tolerance
- The human.....passes through a number of stages before life.  
a. Biochemistry                      b. Evolution                      c. Synthesis                      d. Embryo
- A movement in which somebody turns over completely, with their feet over their head, on the ground or in the air is called.....  
a. Somersault                      b. Rotation                      c. Twist                      d. Spin
- In modern times, association football is certainly less violent than rugby, but "soccer....." is a worldwide phenomenon, while spectator violence associated with the more upper-class but rougher sport of rugby has been minimal.  
a. Hooliganism                      b. Stimulation                      c. Behavior                      d. Match

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9. Many psychological studies have shown that female athletes tend to attribute..... to their lack of effort or skill while male athletes point to external factors such as luck or the strength of the opposition.

- a. Approach                      b. Strength                      c. Failure                      d. Injury

10. There are well- founded nutritional guidelines to help prepare for heavy exercise, to extend exercise capacity and to recover from exercise. These strategies are based on delaying.....by providing fluid and fuel in the most effective ways.

- a. Diet                      b. Fatigue                      c. Aspiration                      d. Maintenance

11. As the desire to win increases in intensity, .....on the field is often accompanied by violence in the stands.

- a. Aggress                      b. Aggressor                      c. Aggressively                      d. Aggressiveness

12. The International Olympic Committee is the final.....on all non-technical questions concerning the Olympic Games and the Olympic Movement.

- a. Authorize                      b. Authority                      c. Authoritative                      d. Authoritatively

13. By examining.....of blood, urine and other body fluids, the laboratory, and therefore the physician, can learn a great deal about the patient.

- a. Vessel                      b. Pressure                      c. Specimen                      d. Circulation

14. If Sarah follows her daily exercise....., she will be able to improve her health.

- a. Regimen                      b. Workout                      c. Training                      d. Aerobics

15. Bob has been ill for some time. His doctor says that he is suffering from a liver.....

- a. Paralysis                      b. Disorder                      c. Epidemic                      d. Complaint

16. The Olympic flag has five rings. Each ring is the symbol of one of the.....in the world.

- a. Unions                      b. Nations                      c. Continents                      d. Federations

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**Part 2:**

**Directions: Read each sentence carefully and then select the best definition for the underlined word.**

17. Within its elastic limits, cartilage increases in thickness with short- and long-term exercise, and this is accompanied by an increased elasticity.

- a. A flexible piece of body tissue
- b. The quantity of matter that a body contains
- c. A band of soft tissue that joins a muscle to a bone
- d. The white and flexible substance found between the joints

18. Amphetamines steroids permit athletes to draw upon their physical reserves and continue despite the extremes of exhaustion until they collapse and, occasionally, die.

- a. The state of being very tired
- b. Feeling excited and full of energy
- c. Being physically healthy and strong
- d. The ability to suffer difficult conditions

19. Every training program is built on the permutation of three elements namely intensity, duration and frequency.

- a. Two or more different things that exist together or are put together
- b. Planning and arranging something so that it is successful
- c. One of the different ways of arranging a set of things
- d. A plan or suggestion for making something

20. The nutritional preparation for optimum performance, whether in training or in competition, is based on delaying the depletion of muscle and liver glycogen stores in order to ensure the continued provision of this fuel for muscle metabolism.

- a. Continuing a state or situation
- b. Reducing the amount of something
- c. To make something bigger in amount
- d. Lifting something to a much higher level

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### Part 3:

**Directions:** Read each passage carefully and then select the best answer to each question that follows the passage.

#### Passage:1

Before considering nutritional strategies which help optimize sports performance, a number of assumptions must be made and some concerns aired.

One assumption is that athletes follow the recommendations to eat a wide range of foods in sufficient quantity to cover their daily energy expenditures.

There is, at present, no evidence to recommend that athletes who consume well- balanced diets will improve their performance if they consume additional vitamins and minerals.

21. In the second line, what does the word *aired* mean?

- a. Remembered      b. Expressed      c. Noticed      d. Felt

22. Based on the passage, which statement is true?

- a. Athletes who are on diet and consume additional vitamins and minerals are healthier.  
b. Athletes do not necessarily need a well-balanced diet, if they take additional vitamins and minerals.  
c. There is proof that athletes who consume additional vitamins and minerals have a better performance.  
d. We cannot be certain that athletes who have a well-balanced diet can perform better by taking additional vitamins and minerals.

#### Passage 2:

Pierre De Coubertin and others founded the International Olympic Committee and the modern Olympic cycle on June 23, 1894 at a meeting at the Sorbonne in Paris. De Coubertin developed his proposals for the modern Games in response to deep-seated political and social crises in his native France. Like many of his contemporaries, he came to believe that the solution was educational reform, and his proposals —initially for the development of sports clubs, and subsequently for a modern Games —were drafted with this end in view.

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23. In the first line of the above paragraph, the word *founded* means.....

- a. Discovered                      b. Provided                      c. Started                      d. Opened

24. In the forth line, what does *he came to believe* mean?

- a. He began to believe                      b. He stopped to believe  
c. He was able to believe                      d. He continued to believe

25. According to the passage, educational reform was the solution to which problem?

- a. Deep-seated political issues in Paris  
b. The need for the development of sports clubs  
c. Not having enough facilities for modern games  
d. The real bad political and social situation in France

26. In the last line of the paragraph, what does the word *end* mean?

- a. View                      b. Point                      c. Solution                      d. Objective

### Passage 3:

Angular motion is given many names. Coaches talk of athletes rotating, spinning, swinging, circling, turning, rolling, pirouetting, somersaulting, and twisting. All of these terms indicate that an object or an athlete is turning through an angle, or number of degrees. In sports like gymnastics, diving, and figure skating routines include half turns (180 degrees), and full turns or "revs" (i.e., revolutions), which are 360 degrees.

To produce angular motion, movement has to occur around an axis. You can think of an axis like the axle of a wheel or the hinge on a door. An athlete's body has many joints and they all act as axes. The most visible rotary motion occurs in the arms and legs. The upper arm rotates around the shoulder joint, the lower arm around the elbow joint, and the hand around the wrist. The hip joint acts as an axis for the leg, the knee for the lower leg, and the ankle for the foot. Movement then depends on the rotary motion of each segment (e.g., foot, shank, and thigh) of an athlete's limbs as they move around the joints.

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27. Movements such as spinning, circling, somersaulting, and swinging are called angular, because in all of these movements.....

- a. An object or an athlete turns through an angle      b. The athlete performs a 360 degrees turn  
 c. An object is turned by 180 degrees                      d. The object makes a full turn

28. The most noticeable rotary movements happen in the.....

- a. Upper arms                      b. Arms and legs                      c. Shoulder Joints                      d. Wrists and arms

29. When athletes' foot move around the joints, movement depends on the rotary motion of the.....

- a. Leg                      b. Hip                      c. Knee                      d. Ankle

30. In the last line of the passage, the word they refers to the.....

- a. Rotary motions                      b. Athletes' limbs  
 c. Foot, shank, and thigh                      d. Motions of each segment