

تعداد سؤال: ۳۰ تکمیلی - تشریحی -

نام درس: ممنون خارج تخصصی

رشته تحصیلی: گرایش: تربیت بدنی

کد درس: ۲۰۲۴۸۱

زمان امتحان: تستی و تکمیلی ۶۰ دقیقه تشریحی — دقیقه

[استفاده از فرهنگ لغات مجاز نیست ☆ سوالات تستی نمره منفی دارد]

تعداد کل صفحات: ۴

نیمسال دوم ۸۲-۸۳

Part 1:

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

- The termrefers to the scientific study of the structure of human or animal bodies.
a. athletic b. anatomy c. fitness d. coordination
- Anis physically active and strong.
a. athletic b. exercise c. endurance d. administration
- The teaching or training of a person or group of people to play a sport is called
a. acting b. satisfying c. coaching d. regulating
- These activities are scheduled for the improvement of your physical
a. competition b. coordination c. base d. emphasis
- Blood expels from the heart as a result of theof heart muscles.
a. simulation b. instruction c. creation d. contraction
- Theof body is independent of gravity.
a. mass b. muscle c. regimen d. mineral
- Bob is out of the team because he has damaged thein his knee.
a. extremity b. density c. cartilage d. relaxation
- John will improve his strength if he follows his dailyof exercise.
a. compress b. regimen c. cycle d. force
- The doctor advised Alice to have anotherwhich included a series of tests.
a. elasticity b. growth c. checkup d. load
- Anis a medical test that measures and records electrical activity of the heart.
a. electrocardiogram b. otoscope c. osculation d. ophthalmoscopoe
- After the accident, she was unable to move her
a. complaint b. diagnosis c. palpation d. limbs
- Thecenter of the body is the brain.
a. impulse b. patient c. nerve d. specimen

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13. Peter had to walk onbecause he had broken his leg.
a. symptoms b. crutches c. stethoscope d. percussion
14. The fluespreads widely and rapidly.
a. epidemic b. appearance c. beat d. detection
15. Bob'sincludes rice, vegetables and fish.
a. inspection b. presence c. colon d. diet
16. Goodis essential for good health.
a. thump b. nutrition c. turn d. trace
17. George is interested in participating in a 200-meter
a. spasm b. disorder c. paralysis d. sprint
18. Ais a microscopic size single fertilized cell.
a. medication b. zygote c. hygiene d. stroke
19. Thefunctions in the transmission of hereditary information.
a. chromosome b. alleviation c. criculation d. relief
20. Jim took a course on humanthat concentrated on producing babies.
a. respiration b. disability c. reproduction d. cripple
21. Protein synthesis takes place in the cell
a. balances b. diets c. performances d. organelles
22. Anshoots with a bow and arrows.
a. interest b. archer c. influence d. improvement
23. In the 100-metercompetitors run very fast.
a. dash b. frequency c. recovery d. training
24. Tom crossed the bridge in five
a. genes b. nuclei c. species d. strides
25. Ais the curved path of something that has been hit.
a. synthesis b. replica c. trajectory d. fertilizer

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Part 2: Read the passage and then select the best choice (a, b, c, or d) of the questions following the passage.

The links between food and performance have always held the interest of sportsmen and sportswomen (collectively called athletes). All too frequently, it is the influence of supplements on performance, rather than commonly available foods, which have attracted the attention of sportsmen and women. Many sports have a 'food culture' of their own and pass on perceived wisdom from generation to generation almost untouched by the advances in nutritional sciences. The tenacity with which strength athletes cling to their belief that training is only effective when it is accompanied by a high protein diet is one such example.

Before considering those nutritional strategies which help optimize sports performance, a number of assumptions must be made and some concerns aired. The first assumption is that athletes follow the recommendations to eat a wide range of foods in sufficient quantity to cover their daily energy expenditures. Furthermore, the carbohydrate content of their diets accounts for between 50 and 60% of their daily energy intake, protein contributes between 12 and 15% and fat makes up the remainder (Williams and Devlin, 1992). 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. However, the potential for inadequate intakes of these micronutrients does exist in those athletes who eat too little in relation to their energy expenditures. This negative energy balance is often the result of athletes trying to reduce their body weights in order to compete in weight categories far below their normal body weights.

26. The relation between food and performance has always been interesting for

- a. performers b. athletes c. men d. women

27. In line 4, 'culture' most nearly means

- a. customs and beliefs b. habits and techniques

- d. exercise

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28. An example of the perceived wisdom (line 5) is expressed in thesentence of paragraph 1.

- a. first b. second c. third d. fourth

29. The author believes that athletes who consume well balanced dietstheir performance if they consume additional vitamins and minerals.

- a. will improve b. should improve c. fail to improve d. may improve

30. In line 20, 'far' means

- a. very much b. much away c. very distant d. much important