

نام درس: متون خارجه تخصصی (۱) - زبان تخصصی

تعداد سؤالات: ۳۰ نسنی تکمیلی -- تشریحی --

رشته تحصیلی: گرایش: تربیت بدنی

زمان امتحان: تستی و تکمیلی ۵۰ دقیقه تشریحی -- دقیقه

کد درس: ۱۲۲۵۰۰۶ - ۱۲۱۵۰۵۲ - ۱۲۱۲۱۵۸

تعداد کل صفحات: ۴

* استفاده از فرهنگ لغات مجاز نیست.**Part 1: Vocabulary****Direction 1; Select the best choice (a, b, c or d) and mark it on your answer sheet.**

- The term refers to the, “the process of becoming smaller or thicker”.
a. trauma b. relaxation c. contraction d. density
- The term refers to the, “connected with sports such as running and jumping”.
a. coaching b. athletic c. fitness d. exercise
- The term refers to the, “a medial test that measures and records electrical activity of the heart”.
a. electro cardiogram b. electroencephalogram
c. ophthalmoscope d. specimen
- The term refers to the.” a sudden serious illness when a blood vessel in the brain bursts or is blocked”.
a. spasm b. disorder c. ambulation d. stroke
- The term refers to the, “the use of energy, time, materials etc”.
a. diet b. expenditure c. sprint d. balance
- The term refers to the, “the central part of some cells, containing the genetic material”.
a. nucleus b. organelle c. mitochondrion d. memebrane
- The term refers to the, “a thrown, fired or otherwise propelled object”.
a. race b. stride c. shank d. projectile
- The of programs is included in their curriculum.
a. compete b. coordination c. administration d. coaching
- This exercise will work the of the lower back.
a. tendon b. cartilage c. muscle d. ligament
- They were worried about their child’s high rate.
a. impulse b. pulse c. chechup d. limb

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11. The brain is the center of the body.
a. nerve b. spasm c. disorder d. stroke
12. In the desert, people's occurs very quickly.
a. sprint b. fatigue c. dehydration d. prescription
13. A(n) is a single fertilized cell of microscopic size.
a. zygote b. chromosome c. organelle d. mitochondrion
14. That is used for motor racing.
a. track b. stride c. race d. event
15. The skiers were over the ice.
a. glided b. glide c. gliding d. glidingly
16. There is too much of subjects in universities.
a. specialized b. specialization
c. specializing d. specialize
17. Please do not how jack should behave.
a. prescriptive b. prescription
c. prescriptively d. prescribe
18. The accident him for life.
a. crippling b. crippingly
c. cripple d. crippled
19. The last stage of the disease is marked by the of rashes on the skin.
a. appear b. appearent c. appearently d. appearance
20. Metal as it becomes cool.
a. contraction b. contract
c. contractibly d. contractibled
21. Their team won the swimming
a. competitive b. competition
c. competitively d. compete

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Part 2: Reading comprehension

Direction 1-2: The head is examined by looking at the ear canals and the eardrums by means of an otoscope, the nose and throat are checked with a flashlight, and the eyes are inspected. It is important to know if the eyes move equally, if they react to light directed into the pupils, if the whites are free of redness, and if vision is normal. Vision is tested with an eye chart. The examiner uses an ophthalmoscope to peer into the eye itself and to see the lining of the back of the eye.

22. In this passage “they” refer to;

- a. the eyes b. the head c. eardrums d. canals

23. What's means “peer” in this passage?

- a. checked b. in a similar way c. look carefully at d. examined

Passage 2:

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.

24. In this passage “which” refer to:

- a. links b. the influence of supplements on performance
c. food and performance d. sportsmen and women

25. What's means “cling” in this passage?

- a. hold b. provide c. attracted d. as a group

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Direction 2-2:

According to the passage "Nutritional optimization of exercise performance" in your book, select the best choice (a, b, c or d).

26. Which one of the following statements is "False"?
- Bergstrom and Hultman argue that fatigue is largely the result of a reduction in the carbohydrates stores of skeletal muscles to critically low levels.
 - The key to performance optimization of an athlete is obtaining the appropriate balance between training and diet.
 - Athletes have been more interested in the influence of the supplements on performance than commonly available foods.
 - A runners performance decreases as a result of reducing his body weight.
27. Sportsmen and sportswomen are called as a group.
- trainer
 - generations
 - athletes
 - performers
28. Micro nutrients are
- Proteins
 - assumptions
 - expenditures
 - mineral or vitamins
29. During training and competition always reduces.
- sprint
 - coiled chain
 - fatigue
 - muscle glycogen
30. Adequate amounts of can also be achieved by vegetarians with no lesser capacity for heavy exercise than meat -eating athletes (Kiens, 1993)
- heavy exercise
 - nitrogen balance
 - protein intake
 - nutritional support