

## np2100 Zkouška z anglického jazyka

Lexikum, gramatika, frazální slovesa i texty, ze kterých čerpáme v testu, jsou uloženy v učebních materiálech volitelných předmětů **v2041**(zejména) a také **v2042**.

### Typy cvičení v testu:

- úkol na **poslech**, kde doplňujete chybějící výraz;
- úkol na **doplnění slov** z banky do textu (viz. ukázka č. 1);
- úkol na porozumění textu, kde **doplňujete** zpátky do textu **části vět** (viz. ukázka č. 2);
- **slovní zásoba** - překlad frází (viz. ukázka č. 3) z oblasti sportu, coachingu, anatomie, sportovní medicíny, výživy
- **gramatika** – větné transformace (viz. ukázka č. 4)  
Testované jevy: základní časy; trpný rod, způsobová slovesa (can, could, should, must, have to + jejich záporny a minulé tvary), spojky (although, because, because of, despite, however, unless, while, as long as etc.), 1., 2. a 3. kondicionál.
- **frazální slovesa** – doplňování do vět sloves z nabídky

### Ukázky testových úkolů

#### 1. Doplnění slov z banky

*Read the following text and fill in the gaps with suitable words from the list. You do not have to change the form of the words. There are 2 words you do not need to use.*

*storing    production    performance    shown    perform    linked    results    impaired  
improve    decrease*

Athletes need quality sleep to 1 \_\_\_\_\_ their best.

In fact, numerous studies have 2 \_\_\_\_\_ that even a small amount of sleep deprivation can dramatically 3 \_\_\_\_\_ athletic performance. The reasons for this are not entirely clear, however research points to the role of glucose metabolism and cortisol (a stress hormone) 4 \_\_\_\_\_ as a major factor.

5 \_\_\_\_\_ of studies on sleep deprivation found that sleep deprived athletes don't metabolize glucose very efficiently, and have higher levels of cortisol, which has been 6 \_\_\_\_\_ to memory impairment, age-related insulin resistance, and 7 \_\_\_\_\_ recovery. Another potential problem of poor sleep is lowered levels of the hormone leptin, which play a role in regulating hunger as well as 8 \_\_\_\_\_ body fat.

#### 2. Doplnění částí vět do textu

*Seven parts of sentences have been removed from the text below. Choose from the removed parts (A-G) the one which fits each gap. Write the appropriate letter next to a number, e.g. 4A.*

A: they walk them

B: according to a new American Heart Association scientific statement

- C: that there probably is an association between pet ownership and decreased cardiovascular risk
- D: is needed to more definitively answer this question
- E: causes reduction in cardiovascular risk
- F: to get the recommended level of physical activity.
- G: do not necessarily prove that owning a pet directly causes a reduction in heart disease risk

### **Pets May Help Reduce Your Risk of Heart Disease**

Having a pet might lower your risk of heart disease, (1) \_\_\_\_\_ . Research shows that:

- Pet ownership is probably associated with a reduction in heart disease risk factors and increased survival among patients. But the studies aren't definitive and (2) \_\_\_\_\_ . "It may be simply that healthier people are the ones that have pets, not that having a pet actually leads to or (3) \_\_\_\_\_," Levine said.
- Dog ownership in particular may help reduce cardiovascular risk. People with dogs may engage in more physical activity because (4) \_\_\_\_\_. In a study of more than 5,200 adults, dog owners engaged in more walking and physical activity than non-dog owners, and were 54 percent more likely (5) \_\_\_\_\_ .
- Owning pets may be associated with lower blood pressure and cholesterol levels, and a lower incidence of obesity.
- Pets can have a positive effect on the body's reactions to stress.

"In essence, data suggest (6) \_\_\_\_\_," Levine said. "What's less clear is whether the act of adopting or acquiring a pet could lead to a reduction in cardiovascular risk in those with pre-existing disease. Further research (7) \_\_\_\_\_." Even with a likely link, people shouldn't adopt, rescue or buy a pet solely to reduce cardiovascular risk, Levine said.

### **3. Překlad**

*Translate the following phrases into English.*

Namožené svaly, Aerobní cvičení apod., Doplnky výživy

### **4. Gramatika**

*Transform the sentences using the words given.*

1. It was a bad idea to train in that terrible weather last week  
I should .....in that terrible weather.
2. They are solving the problem.  
The problem .....
3. I trained too hard. I was soon overtrained.  
If I ....., I .....overtrained.
4. They loved the event although there were a few problems.  
They loved the event despite .....