**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 zápory 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.

1. **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.

1. **Překlad**

*Translate the following phrases into English.*

Namožené svaly, Aerobní cvičení apod., Doplňky výživy

1. **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.

* + 1. They are solving the problem.

The problem …………………………………………….. .

* + 1. I trained too hard. I was soon overtrained.

If I ………………………….., I ……………………overtrained.

* + 1. They loved the event although there were a few problems.

They loved the event despite ………………………. .

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