

Opakování na zkouškový test nk2100 Jaro 2015

TASK 1

You will hear an expert presenting the topic of exercise and asthma. Complete the gaps in the summarising sentences with one word in each case. You will hear the recording twice.

1. Asthma is a chronic disease of the _____ .
2. In extreme cases asthma attacks can be _____ .
3. Asthma affects _____ million people worldwide.
4. There is no _____ for asthma, only treatment of symptoms.
5. Exercise-induced asthma (EIA) is a big _____, but it can be overcome.
6. Asthmatics can become very _____ .
7. Asthmatics should pick an exercise that does not put _____ on their breathing.
8. Generally, low _____ activities are more easily tolerated.

https://www.youtube.com/watch?v=Oi_bJXG7MyE

TASK 2

Words in Context

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.

benefits **demonstrated** **enhances** **generally** **increase** **life** **longevity**
mental **prevent** **stroke**

The _____ of exercise are far-reaching. Clinical and epidemiological studies have _____ that regular aerobic exercise reduces the risk of death due to heart disease and _____, aids in reducing weight, helps to _____ diabetes mellitus, strengthens bones, and _____ immune function. The psychological benefits are also broad, and most studies suggest a positive relationship between physical fitness and _____ achievement. How much exercise is enough to improve general health, reduce the risk of heart disease, and increase _____? It is clear that regular exercise, along with a _____ healthy lifestyle, is beneficial.

TASK 3

Reading

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: high levels of confidence can improve sports success

B: about their social support systems.

C: according to research on golfers

D: whereas the players with little social support actually played worse and added up to three shots per round to their total score

E: to be the most important factor to an athlete's success

F: influencing sports performance

G: most elite athletes feel

When it comes to training and competition, having the support of family, friends and teammates may just be an athlete's secret weapon to improving sports success on game days.

It may seem obvious that social support systems would help an athlete stick to a training program or eating a healthy diet, but does it really help you perform better during competition? Yes, it does, 1 _____ .

Researcher Tim Rees reported that ongoing support of friends and family may be one of the most important factors 2 _____. He believes that the encouragement and support of friends and family is a key factor in building confidence in an athlete, and it's this confidence that can lead to success in a high-pressure sporting event.

For the study, Rees asked nearly 200 elite golfers 3 _____. They were also asked about their confidence and levels of stress or anxiety. After analyzing the results, Rees found that during stressful matches, players with strong social support systems improved their golf score by one shot per round of golf, 4 _____ .

Other studies also show that 5 _____. These studies raise some interesting questions about how confidence, or what the researchers call "self-efficacy," affects an athlete's success. Belief in one's sports ability is a large part of the drive that 6 _____, but having a support system, made up of friends, family, a coach or a strong team is perhaps as important. In some cases, it appears 7 _____ .

TASK 4

Translations

Translate into English:

Zdravá výživa

Natažené svaly

Rozsah pohybu

Tréninková jednotka – trénink

Srdeční frekvence

TASK 5

Grammar

Transform the sentences so that they have the same meaning as before.

TASK 6

Grammar – Questions (4 points)

Ask only about the underlined part of the sentence.

E.g. I didn't play because of an injury. – Why didn't you play?

1. They left in June.

.....?

2. She comes from Prague.

.....?

3. I have very little time.

.....?

4. It is Mike's racket.

.....?

TASK 7

Grammar MCQ (7 points)

Choose the correct answer:

1. Anyone in joining the club should contact us.
a) interested b) interestingly c) interesting d) interests
2. It was a bad idea to eat that. – You..... that.
a) had to eat b) can't have eaten c) must have eaten d) shouldn't have eaten
3. It is forbidden to smoke here. You..... smoke here.
a) should b) might not c) mustn't d) don't have to
4. They published the article. - The article
a) is publishing b) was publishing c) has published d) was published
5. She would have played the match last week if she OK.
a) is b) would have been c) had been d) was
6. I slept with the window open it was really cold.
a) because of b) in case c) although d) despite
7. She me from Italy last Monday.
a) calling b) have called c) called d) has been called