Passive

Task 1 Complete the gaps with correct forms of the verbs in brackets, in active or passive voice.

At present, the underlying mechanisms responsible for inducing the training adaptations in muscle ……………. (not know). However, it is clear that the muscles …………….. (must recruit) during the exercise task in order to adapt to the training program (Holloszy, 1967). Those muscles (or fibers within a muscle) not involved in the exercise task ……………… (not adapt). Thus, the critical stimulus for adaptation is something very specific to the active fibers and not likely to be some generalized factor circulating in the blood that influences all muscles. Further, for a given exercise program, training ……………. (must perform) for a sufficient duration of days or weeks to allow the muscle-specific biochemical adaptations to reach steady-state (Figure 1). For example, muscle mitochondrial content ………………. (appear) to reach a steady-state after approximately 4-5 wk of training (Terjung, 1979).

The magnitude of the training-induced increase in mitochondrial content ……………. (influence) by the duration of the daily exercise bout. Longer exercise bouts generally ……………….. (produce) greater increases in mitochondrial content. However, the influence of exercise bout duration is not linear (Dudley et al., 1982); as training sessions become increasingly prolonged, the additional training time appears to be relatively less important as a signal inducing an increase in mitochondrial content. Further, exercise intensity ………………. (interact) with the duration of the exercise bout to make the initial minutes of exercise even more effective in establishing a stimulus for adaptation.

(http://www.gssiweb.org/sports-science-exchange/article/sse-54-muscle-adaptations-to-aerobic-training)

Task 2 Transform the sentences into passive.

She designs our training programme. – Our training program …………………….

She designed our training programme. - Our training program …………………….

She has designed our training programme. - Our training program ……………………

She is designing our training programme. - Our training program ……………………..

She will design our training programme. - Our training program …………………….