

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 záporné 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 shouldin that terrible weather.
2. They are solving the problem.
The problem
3. I trained too hard. I was soon overtrained.
If I, Iovertrained.
4. They loved the event although there were a few problems.
They loved the event despite