

## Credit test AJI

### TASK 1 Listening

*You will hear an expert presenting the topic of arthritis and exercise. Complete the summarising sentences with one word only:*

1. It was believed that people with arthritis should not exercise because they would \_\_\_\_\_ their joints.
2. Regular exercise provides many \_\_\_\_\_ to people with arthritis.
3. Exercise \_\_\_\_\_ strong muscles around the joints.
4. People should choose activities that they \_\_\_\_\_.
5. It is recommended to start with \_\_\_\_\_ exercises, in other words, stretching.
6. The positive aspect of exercising in water is that it reduces \_\_\_\_\_ on the joints.
7. Even those who can not \_\_\_\_\_ into a pretzel can practise yoga.
8. Keeping a normal \_\_\_\_\_ is also important if you suffer from arthritis.
9. People with arthritis should eat two \_\_\_\_\_ of fatty fish.

### TASK 2 Complete the text with the most suitable word. There are two words that you will not need.

*avoid   inability   results   susceptibility   rest   occur   stress   immediate   perform  
combination   carries*

A basic principle of training is to (1) \_\_\_\_\_, or overload, the physiological systems. Positive overloads cause the body to respond with, for example, increases in strength, muscular endurance, or cardiorespiratory capacity.

The basic training principle of using progressive increases in overload (2) \_\_\_\_\_ a risk of overtraining. Overtraining is a combination of stress that is experienced through work, home, social interactions, and training load. It can lead to exhaustion and injury. You must (3) \_\_\_\_\_ overtraining the client by first placing work and recovery cycles into the plan and then altering the training program when it becomes apparent that the client is overtrained or at risk of becoming overtrained.

(4) \_\_\_\_\_ to overtraining can result from a combination of a hard-driving trainer and a client who is extremely motivated. The underlying causes of overtraining are a (5) \_\_\_\_\_ of emotional and physical factors. Hans Selye (1978) in his book *The Stress of Life* noted that a breakdown in tolerance of stress can (6) \_\_\_\_\_ as often from a sudden increase in anxiety as from an increase in physical distress.

Although the symptoms of overtraining may vary greatly from one individual to another, the most common are feelings of heaviness and the (7) \_\_\_\_\_ to perform well and concentrate.

Working out is no longer a joy. If you believe this situation exists, it is time to make some (8) \_\_\_\_\_ changes in the program.

Relief from overtraining usually comes from a significant reduction in training intensity, a change of activity or complete (9) \_\_\_\_\_.

### TASK 3 Questions

**Ask about the underlined phrase.**

1. The athlete flew to the USA last month. - .....?
2. James needs to improve his endurance. - .....?
3. She has been doing judo since 2013. - .....?
4. Three cyclists were injured in the race. - .....?

#### TASK 4 Reading

Seven parts of sentences have been removed from the text below. Choose from the removed parts (A-H) the one which fits each gap. Write the appropriate letter next to a number, e.g. 4A. There is one that you do not need to use.

- A) there is a connection between heart disease and lifestyle
- B) that have occurred since the 1970s
- C) with certain factors in our daily lives
- D) to break bad habits
- E) for maintaining and improving their own health
- F) they could rely
- G) of the benefits of regular and frequent exercise like walking, running, and swimming
- H) by paying attention to these factors

In the last decades of the twentieth century, medical researchers showed that heart disease is associated (1) \_\_\_\_\_ : stress, smoking, poor nutrition, and lack of exercise. Doctors and other health experts began to emphasise the fact that we can reduce the risk of heart disease (2) \_\_\_\_\_. As a result, many people realize that (3) \_\_\_\_\_.

This new awareness is changing public attitudes about health. In the past, people tended to think that it was sufficient to have access to doctors on whose expertise (4) \_\_\_\_\_. Now people understand that merely receiving the best treatment for illness or injury is not enough. They have learned to take more responsibility (5) \_\_\_\_\_.

The shift in attitude can be seen in some behavioural changes (6) \_\_\_\_\_. In the United States today, many smokers have broken the habit and fewer people take it up. The percentage of smokers is far below the level of the 1960s and 1970s. People are becoming more serious about reducing stress. Many have changed their diets and are eating food with less fat and cholesterol. More people are aware (7) \_\_\_\_\_.

#### TASK 5 Grammar

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

1. It is not necessary for you to use powerpoint.  
You ..... powerpoint.
2. It is a bad idea to sell the flat.  
I ..... the flat.
3. She enjoys her work although her salary is bad.  
She enjoys her work despite .....
4. The scientists have developed a new drug.  
A new drug .....by scientists.
5. I didn't know his number. I didn't call him.  
If I .....his number, I would have called him.

#### TASK 6 Word formation

Complete each sentence with a word made from the word given in brackets.

1. She is studying to become a clinical ..... (PSYCHOLOGY)
2. My coach said there was a great ..... in my work. (IMPROVE)
3. Matt is very ..... He wants to be number one at everything. (COMPETE)
4. In ..... with Tokyo, London and Paris are relatively cheap. (COMPARE)
5. The film was so ..... You knew exactly how it was going to end. (PREDICT)
6. It has been ..... proven that stroking a cat can lower your blood pressure. (SCIENTIFIC)