

Reading Comprehension + Use of English – Instructions and Marking:

This exam has two parts: *Reading Comprehension* (1 task - 5 questions) and *Use of English* (1 task - 8 questions).

For each question there are three options and the student has to select “a”, “b” or “c”. Each correct answer receives 0.77 points and 0.25 points are subtracted for wrong answers. Time allowed: **60 minutes**.

The minimum pass mark is 50%.

1. READING COMPREHENSION

The Importance of Sport for The Children’s Health

Sport helps children to develop both physically and mentally. Physical activity should be part of our daily life. Practicing any kind of sport from an early age helps children in many ways, for example, group activities improve interaction and social integration. It also improves the mental level and promotes a healthy lifestyle in adulthood, as the habits we acquire as children are often to stay. Sports have multiple healthy benefits. If we talk on a psychological or personality level, sports activities (especially those done in groups) help children to strengthen* their social self-esteem, and allow them to understand the importance of having and respecting the rules.

Another aspect to consider is what type of sport or activity will suit best the child considering his/her conditions and abilities. A more timid and shy child is likely to get better at a sport where she/he has to relate to peers*. To a more active one, an individual sport such as tennis can help better develop her/his ability to concentrate. One of the perhaps most relevant issues is the importance of physical exercise, not only in children but also in young and old people, because moderate daily physical exercise helps prevent overweight and obesity. Taking into account the growth of the percentage of children and young people with obesity and overweight in the Western world, the inclusion of sport in the family routine becomes almost mandatory.

Sport can also have the power to help us rest. For all those fathers and mothers of active children, try to get them to run every day playing soccer, or swimming or any other activity that keeps them physically active. They will fall asleep in bed in a matter of seconds and you, dads and moms, too.

Adapted from: <http://www.oblumi.com/blog/the-importance-of-sport-for-the-children-s-health/>

* **to strengthen:** To make stronger.

* **peer:** A person of the same age.

MULTIPLE CHOICE QUESTIONS. For questions 1 - 5, choose the answer (a, b or c) which best fits according to the text.

1. Children who practice sports _____.

- a) are more likely to understand why something can't be done.
- b) tend to reinforce the social abilities of the team.
- c) know more about their own self-esteem than children who don't.

2. Which of these statements is **NOT** true?

- a) Playing tennis can help children focus their attention.
- b) Practicing sports during childhood will encourage good health decisions later in life.
- c) The positive experiences that sports bring play an important role only in a young person's life.

3. The author believes that _____.

- a) children should be obliged to participate in sports at school.
- b) parents should be forced to include sports with their children in their schedules.
- c) parents with obese children must practice sports.

4. Which of the following statements is **TRUE**?

- a) Practicing sports together can help all the members of the family sleep better.
- b) Parents of active children should consider participating in sports in order to relax appropriately.
- c) Active children will be able to sleep more easily if they play sports daily.

5. According to the text, _____.

- a) by playing sports, children understand the power of hard work.
- b) when practicing sports, children learn that in order to achieve their goals they have to obey their coach.
- c) sports are particularly helpful for children who have no discipline.

2. USE OF ENGLISH. For questions 6 - 13, choose the correct answer (a, b, c):

6. What's the meaning of "feel at home" in this exchange? - How's the new job? Do you **feel at home** yet?

- a) feel relaxed and comfortable**
- b) feel happy and loved
- c) feel valued and appreciated

7. Peter _____ be in his office. I'm sure. I've looked in every room at home.

- a) might
- b) can
- c) must**

8. Follow these practical instructions and after you _____ that, it is time to go to the roof.

- a) did
- b) have done**
- c) would do

9. In which of the following sentences can the relative pronoun be omitted?

- a) Many people with disabilities, who have never been able to drive until now, can benefit greatly from these new cars.
- b) That's the teacher who taught me last year.
- c) She didn't like the film that I recommended to her.**

10. _____ none of his victims were actually injured, his burglaries terrified local residents.

- a) Despite
- b) In spite of
- c) Although**

11. You can still do it but you are running _____ of time.

- a) in
- b) around
- c) out**

12. "It is really memorable" he said. He said _____.

- a) it was really memorable.**
- b) it had really been memorable.
- c) it used to be really memorable.

13. Barry had lost contact with his family while he _____ abroad.

a) worked

b) was working

c) had worked