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کلیه حقوق مادی و معنوی این اثر متعلق به موسسه آموزش عالی آزاد ماهان می‌باشد. هر
گونه اقتباس و کپی برداری از این اثر بدون اخذ مجوز پیگرد قانونی دارد.

مقدمه ناشر

آیا آنانکه می‌دانند با آنانکه نمی‌دانند برابرند؟ (قرآن کریم)

پس از حمد و سپاس و ستایش به درگاه بی‌همتای احدیت و درود بر محمد مصطفی، عالی نمونه بشریت که در تاریخ دور تاریخ، بنا به فرمان نافذ صمدیت از میان مردمی برخاست که خود بودند در پست‌ترین حد توحش و ضلال و بربریت و آنگاه با قوانین شامل خویش هم ایشان را راهبری نمود و رهانید از بدویت و استعانت جوییم از قرآن کریم، کتابی که هست جاودانه و بی‌نقص تا ابدیت.

کتابی که در دست دارید آخرین ویرایش از مجموعه کتب خودآموز مؤسسه آموزش عالی آزاد ماهان است که بر مبنای خلاصه درس و تأکید بر نکات مهم و کلیدی و تنوع پرسش‌های چهار گزینه‌ای جمع‌آوری شده است. در این ویرایش ضمن توجه کامل به آخرین تغییرات در سرفصل‌های تعیین شده جهت آزمون‌های ارشد تلاش گردیده است که مطالب از منابع مختلف معتبر و مورد تأکید طراحان ارشد با ذکر مثال‌های متعدد بصورت پرسش‌های چهار گزینه‌ای با کلید و در صورت لزوم تشریح کامل ارائه گردد تا دانشجویان گرامی را از مراجعه به سایر منابع مشابه بی‌نیاز نماید.

لازم به ذکر است شرکت در آزمون‌های آزمایشی ماهان که در جامعه آماری گسترده و در سطح کشور برگزار می‌گردد می‌تواند محک جدی برای عزیزان دانشجو باشد تا نقاط ضعف احتمالی خود را بیابند و با مرور مجدد مطالب این کتاب، آنها را برطرف سازند که تجربه سال‌های مختلف موکد این مسیر به عنوان مطمئن‌ترین راه برای موفقیت می‌باشد.

لازم به ذکر است از پورتال ماهان به آدرس www.mahanportal.ir می‌توانید خدمات پشتیبانی را دریافت دارید.

و نیز بر خود می‌بالیم که همه ساله میزان تطبیق مطالب این کتاب با سؤالات آزمون‌های ارشد- که از شاخصه‌های مهم ارزیابی کیفی این کتاب‌ها می‌باشد- ما را در محضر شما سربلند می‌نماید.

در خاتمه بر خود واجب می‌دانیم که از همه اساتید بزرگوار و دانشجویان ارجمند از سراسر کشور و حتی خارج از کشور و همه همکاران گرامی که با ارائه نقطه نظرات سازنده خود ما را در پربارتر کردن ویرایش جدید این کتاب یاری نمودند سپاسگزاری نموده و به پاس تلاش‌های بی‌چشمداشت، این کتاب را به محضرشان تقدیم نماییم.

مؤسسه آموزش عالی آزاد ماهان

معاونت آموزش

مقدمه مؤلف

گسترش دوره‌های تحصیلات تکمیلی در رشته تربیت‌بدنی و علوم ورزشی در دانشگاه‌های کشور و به خصوص گرایش شدن این رشته باعث شده است تا تدوین برخی از کتاب‌های کمک‌درسی در زمینه‌های مختلف در دستور کار مؤلفان قرار گیرد. کتاب حاضر برای دانشجویان و فارغ‌التحصیلان مقطع کارشناسی رشته تربیت‌بدنی که قصد ادامه تحصیل در دوره کارشناسی ارشد را دارند، تدوین شده است. این کتاب دربرگیرنده نکات مهم و اساسی کتاب‌های مرجع به همراه توضیحات در زمینه زبان تخصصی تربیت‌بدنی و علوم ورزشی می‌باشد.

بخش زبان تخصصی آزمون زبان در کنکور کارشناسی ارشد تربیت‌بدنی و علوم ورزشی، به مبحث درک مطلب اشاره دارد. این بخش شامل چند متن تخصصی تربیت‌بدنی و علوم ورزشی است که معمولاً به دنبال هر یک از متون، سه تا پنج سؤال چهارگزینه‌ای پرسیده می‌شود. در این مجموعه برای اولین بار سؤالات درک مطلب مورد تجزیه و تحلیل قرار گرفته و سعی شده است، سؤالات در غالب چهار بخش اصلی طبقه‌بندی شوند. این شیوه دانشجویان را قادر می‌سازد که ضمن آشنا شدن با نوع و نحوه سؤالات، به طور هدفمند و با اطمینان بیشتری به پاسخ‌گویی تست‌ها بپردازند.

امید است که این مجموعه، قابل استفاده عزیزان بوده و در جهت ارتقای سطح علمی و مقطع تحصیلی شما دانشجویان گرامی کمکی ارزنده باشد.

همایون فراهانی

سعیده خاکپور

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درک مطلب

عناوین اصلی

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- ❖ سؤالاتی در رابطه با ایده اصلی متن
- ❖ سؤالاتی که پاسخ آنها مستقیماً در متن بیان شده است.
- ❖ سؤالاتی که پاسخ آنها به طور غیر مستقیم در متن بیان شده است.
- ❖ سؤالاتی در رابطه با لغات موجود در متن
- ❖ پاسخنامه مثال‌های درک مطلب فصل اول

فصل اول

درک مطلب

درک مطلب (Reading Comprehension)

این بخش از آزمون زبان عمومی و تخصصی، شامل چند متن تخصصی تربیت بدنی و علوم ورزشی است که معمولاً به دنبال هر یک از متون، سه تا پنج سؤال چهارگزینه‌ای پرسیده می‌شود. غالباً سؤالات چهارگزینه‌ای شامل موارد ذیل می‌باشند:

۱- سؤالاتی در رابطه با ایده اصلی متن (Main Idea)

۲- سؤالاتی که پاسخ آنها مستقیماً در متن بیان شده است (Directly Answered Questions)

۳- سؤالاتی که پاسخ آنها بطور غیرمستقیم در متن بیان شده است (Indirectly Answered Questions)

۴- سؤالاتی در رابطه با لغات موجود در متن (Vocabulary Questions)

دستورالعمل‌های کلی برای درک مطلب

۱- چون شما وقت کافی جهت خواندن عمقی متون در اختیار ندارید و نیز از طرفی احتمال پاسخ دهی صحیح به سؤالات، بدون خواندن عمقی متون بسیار زیاد است؛ بنابراین وقت زیادی صرف خواندن متون نکنید.

۲- اگر متن در رابطه با موضوعی است که شما با آن ناآشنا هستید، به خود نگرانی راه ندهید. چون غالباً بیشتر اطلاعات مورد نیاز برای پاسخ دهی به سؤالات، در داخل متن موجود است.

۳- برای پاسخ دادن به سؤالاتی که در مورد آنها شک داشته و نامطمئن اید، وقت زیادی صرف نکنید.

۱- سؤالاتی در رابطه با ایده اصلی متن

غالباً این گونه سؤالات به صورت زیر بیان می‌شوند:

1. What is the **topic** of the passage?
2. What is the **subject** of the passage?
3. What is the **main idea** of the passage?
4. What is the best **title** for the passage?
5. Which of the following would be the best **title**?
6. Which of the following is the best **title** for the passage?
7. The most appropriate **title** for the above passage is
8. The passage is **mainly** about
9. The **main idea** of the passage is



در این نوع سؤالات عنوان، موضوع، تیتر و ایده اصلی متن از شما پرسیده می‌شود. برای پاسخ دهی به این سؤالات به ترتیب زیر عمل نمائید:

- ۱- نخست، چند خط اول پاراگراف را مطالعه نموده و در آنجا ایده یا موضوع اصلی متن را بیابید. در مواردی که متن شامل دو یا چند پاراگراف است، شما باید ابتدای هر پاراگراف را مطالعه نمائید.
- ۲- پس از یافتن ایده یا موضوع اصلی، به سرعت بقیه متن را نگاه کرده و مطمئن شوید که موضوع به درستی انتخاب شده است.
- ۳- پاسخ‌های نادرست را حذف کرده و بهترین گزینه را از میان گزینه‌های موجود انتخاب نمائید.

EXAMPLE 1(Question 1)

There are really few simple skills to learn since most body movements of substance involve postural, transport, and manipulative activity controlled by a complicated feedback mechanism. This complexity of human movement is almost beyond our comprehension. Rash and Burke suggest that the human nervous system is not yet capable of rational understanding of its own complexity. A motor skill involves a pattern of different movements and this large pattern must arise out of an integration of various facets of the nervous system involving both voluntary and involuntary, afferent and efferent nerves, and both simple type reflex arcs and the more complicated conditioned feedback actions. Since some reflex actions are genetically based along with the tools for learning human movement, the basic mechanism for movement is there at birth. Therefore, a great deal of skilled movement is a result of learning over a base of hereditary patterning in the central nervous system and is monitored and guided by the feedback processes which are both innate and conditioned. There seems to be this innate wisdom of the body that transcends our knowledge.

1. The best title for this passage is -----

- 1) complexity of feedback mechanisms
- 2) capability of nerve systems
- 3) learning skills
- 4) movement patterns

EXAMPLE 2(Question 2)

An area of research in physical education that has been developed largely as a direct result of the efforts of scholars within the field is that of kinesiology. The term has been coined to represent the study of human movement, which would seem to describe much of the research in physical education; however, kinesiology as the subject field can be more rigorously defined.

As constituted here, kinesiological research will deal largely with the anatomical and mechanical analysis of performance, both in terms of local muscular action and gross body movement. No attempt is made to resolve all the questions raised by such a designation, for the analysis of performance might take directions other than that of purely kinesiological. For example, take the choreographer's terminology in describing movements in the dance or the historical researcher's description of ancient rites. Certain arbitrary decisions must be made, and the types of research considered to be kinesiological here may be something quite different in other frames of reference.

2. The best topic for the passage is ----

- 1) Research in physical education
- 2) Domain of kinesiological research
- 3) Role of kinesiology in physical education
- 4) Anatomical and mechanical analysis of performance



EXAMPLE 3(Question 3)

A birth, the infant has only the most elementary emotional life. Newborns show an expression of disgust, for example, in response to strong tastes, and show surprise in reaction to sudden changes. They also show interest, which developmental psychologists consider an emotion in its own right. By ten months, infants display the full range of what are considered the basic emotions: joy, anger, sadness, disgusts, surprise, and fear. The emergence of the basic emotions during the first year or two of life seems to be programmed by a biological clock for brain development. As the appropriate brain maturation occurs, the various emotions appear in an infant's repertory. For example, studies of brain activity in ten-month-olds show that the right frontal regions are more active during positive emotions, and the left during negative emotions.

3. Which of the following is the best title for the passage?

- 1) Positive and Negative Emotions in Infants.
- 2) Stimulating the Development of Infant Emotions.
- 3) Measuring Infant Intelligence and Brain Development.
- 4) Brain Maturation and Emotional Growth in Infants.

EXAMPLE 4(Question 4)

Biomechanics is a more limited aspect of kinesiology and its main concern is the effect that force has on motion of the body. It has been suggested that the combination of the two areas might be called "kinesiomechanics". In any event, biomechanics is a relative newcomer in physical education subdisciplines although it has been used extensively in other fields such as industrial engineering, rehabilitation, aerospace science and medicine. Since the early 1960s it has become a legitimate science and subdiscipline in physical education in its own right. Biomechanics has been defined as the interplay of mechanical forces underlying human movement, with autonomy, neurologic initiation, integrated control, perceptual action, and human design. In short, it is the application of both biology and mechanical principles to movement in a framework of the perceptual motor; it is concerned with anything pertaining directly or indirectly to the effects of force upon the action of the body.

4. The passage is mainly about -----

- 1) The limitations of biomechanics
- 2) The main concerns of biomechanics and kinesiology
- 3) The nature and applications of biomechanics
- 4) The relationship between biomechanics and kinesiomechanics

EXAMPLE 5(Question 5)

There are artifacts and structures that suggest that the Chinese engaged in sporting activities as early as 4000 BC. Gymnastics appears to have been a popular sport in China's ancient past. Monuments to the pharaohs indicate that a number of sports, including swimming and fishing, were well-developed and regulated several thousands of years ago in ancient Egypt. Other Egyptian sports included javelin throwing, high jump, and wrestling. Ancient Persian sports such as the traditional Iranian martial art of Zourkhaneh had a close connection to the warfare skills. Among other sports that originate in Persia are polo and jousting.

A wide range of sports were already established by the time of ancient Greece and the military culture and the development of sports in Greece influenced one another considerably. Sports became such a prominent part of their culture that the Greeks created the Olympic Games, which in ancient times were held every four years in a small village in the Peloponnesus called Olympia.



Sports have been increasingly organized and regulated from the time of the Ancient Olympics up to the present century.

5. What does the passage mainly discuss?

- 1) Ancient Artifacts
- 2) The Origin of Sports
- 3) Organization and Regulation of Sports
- 4) A Wide Range of Sports in Ancient Times

EXAMPLE 6(Question 6)

To provide guidance on how much exercise an individual should do, exercise physiologists have developed equations based on research. It is generally agreed that to develop and maintain physical fitness, the exercise must be performed on a regular basis. A frequency of about every other day or three days per week appears minimally sufficient. Many individuals exercise more frequently than this, and, of course, such additional exercise is acceptable provided that one does not become overtrained and suffer illness or injury.

The intensity of exercise required to produce benefits has been the subject of much study. Many people have the impression that exercise is not doing any good unless it hurts. This is simply not true. Regular exercise at 45 to 50 percent of one's maximal capacity is adequate to improve one's physiological functioning and overall health. This level of intensity is generally comfortable for most individuals. A reliable way to gauge exercise intensity is to measure the heart rate during exercise. An exercise heart rate that is 65 percent of a person's maximal heart rate corresponds to approximately 50 percent of his maximal capacity. Maximal heart rate can be estimated by subtracting one's age in years from 220 (or, in the case of active males, by subtracting half of one's age from 205). Thus, a sedentary 40-year-old man has an estimated maximal heart rate of 180 beats per minute. Sixty-five percent of this maximal rate is 117 beats per minute. Thus by exercising at 117 beats per minute, this individual is working at about 50 percent of his maximal capacity. To determine exercising heart rate, a person should exercise for several minutes, to allow the heart rate to adjust. The exerciser should then stop exercising, quickly find the pulse, and count the number of beats for 15 seconds. Multiplying this by four gives the rate in

beats per minute. The pulse must be taken immediately after stopping exercise, since the heart rate rapidly begins to return to the resting level after work has been stopped. As noted above, exercising at the 50 percent level of intensity will improve physiologic functioning and provide health benefits. This level of exercise will not produce the maximum fitness needed for competitive athletics.

6. The passage is mainly about -----

- 1) exercise frequency intensity and duration
- 2) maximal exercise capacity and heart rate
- 3) the amount of exercise and individual needs to stay healthy
- 4) how to calculate the heart rate during exercise

۲- سؤالاتی که پاسخ آنها مستقیماً در متن بیان شده است

پاسخ این نوع سؤالات مستقیماً در متن وجود دارد، بنابراین برای پاسخ دهی به آنها داشتن یک برداشت کلی از متن، امری ضروری محسوب نمی شود. با این وجود، برخی اوقات شما می توانید از دانش و اطلاعات خود استفاده نموده و حتی بدون مطالعه متن، گزینه صحیح را بیابید. این نوع سؤالات شامل موارد زیر می باشند:

الف) سؤالاتی در مورد جزئیات بیان شده در متن (Stated Detail Questions)

ب) سؤالاتی در مورد جزئیات بیان نشده در متن (Unstated Detail Questions)



(ج) سؤالاتی در مورد مرجع ضمیر (Pronoun Reference Questions)

۲-۱- سؤالاتی در مورد جزئیات بیان شده در متن

معمولاً این گونه سؤالات به صورت زیر بیان می شوند:

1. **According** to the passage,
2. It is **stated** in the passage that
3. It is **mentioned** in the passage that
4. The passage **indicates** that
5. The passage **mentions** that
6. Which of the following is **true**

به طور کلی پاسخ این سؤالات، به ترتیب در متن یافت می شوند و غالباً گزینه صحیح، نوعی تکرار و بیان مجدد همان موضوعی است که در متن وجود دارد. به عبارت دیگر، در گزینه مورد نظر، موضوع بیان شده در متن با استفاده از کلمات دیگری توضیح داده شده است. برای پاسخ دهی به این سؤالات به ترتیب زیر عمل نمائید:

- ۱- یک کلید واژه در سؤال انتخاب کنید.
- ۲- با نگاهی اجمالی و سریع، کلید واژه مورد نظر را در متن بیابید.
- ۳- جمله یا جملات مربوط به کلید واژه مورد نظر را به دقت بخوانید.
- ۴- گزینه های نادرست را حذف نموده و بهترین پاسخ را از بین سایر گزینه ها انتخاب نمائید.

EXAMPLE 7(Questions 7-8)

Muscle tissue which constitutes 40 to 50 percent of the adult human body, is one of the most interesting tissues of creation. Its special characteristics are excitability (irritability), contractibility, extensibility, and elasticity. Excitability means that it is able to receive and respond to stimulus. Contractibility means that the muscle changes shape as a result of stimuli. Usually becoming shorter and thicker. Extensibility means that the muscle can be stretched (extended) beyond its normal length, and elasticity means that it readily returns to its normal length when the stretching force is eliminated.

7. According to the passage the characteristics of muscle tissue are:

- 1) Excitability, contractibility, irritability, elasticity.
- 2) Contractibility, extensibility, excitability, irritability.
- 3) Elasticity, excitability, extensibility, and irritability.
- 4) Irritability, contractibility, extensibility, and elasticity.

8. According to the passage excitability means that:

- 1) The muscle is able to react to stimuli.
- 2) The muscle can return to its normal length.
- 3) The muscle changes shape as a result of impulses.
- 4) The muscle can be stretched more than its normal length.

EXAMPLE 8(Questions 9-10)

Carbohydrate (CHO) is the most important nutrient for high intensity performance. Energy release from CHO is up to three times as fast as from fat. However CHO stores in the body are small which limits the time to perform high intensity exercise. Apart from decreasing performance, CHO depletion induces an increased utilization of protein for energy production, which may enhance fatigue. CHO ingestion during exercise allows sparing of the body's CHO stores, decreasing of protein utilization and ammonia production, and a delay of



fatigue/ improvement of performance. Adequate CHO ingestion between training sessions/ days or intense performance is of utmost importance to avoid progressive fatigue development overtraining.

9. According to the passage CHO ingestion causes:

- 1) An increase in fatigue.
- 2) To produce ammonia
- 3) To produce overtraining.
- 4) An increase utilization of protein.

10. According to the passage:

- 1) CHO depletion induces an increase in performance.
- 2) Adequate CHO ingestion is important to postponed fatigue.
- 3) CHO ingestion during exercise allows sparing of body's CHO stores.
- 4) Adequate CHO ingestion is of utmost importance to avoid progressive performance.

EXAMPLE 9(Question 11)

The quality of the physical education program in an institution depends more upon the administration than any other factor. It is true that what can be available; but in any given situation, a good administrator produces a substantially better program than a poor one. Likewise, over a period of time an excellent administrator is much more successful in bringing about improvements in facilities, equipment, time allotment, and personal than a poor or mediocre one. Despite excellent resources many physical education departments are considered weak because of poor administration. Likewise, many departments that have inadequate facilities, equipment, and manpower do surprisingly well because of the ability of their administrators. It has been demonstrated repeatedly that it is the administrator who makes the difference between a successful and unsuccessful program.

11. The passage indicates that success of physical education program depends on:

- 1) Resources available.
- 2) A good administrator.
- 3) The quality of the program.
- 4) The facilities, equipment and manpower.

EXAMPLE 10(Questions 12-13)

Surfing begins with the surfer eyeing a **rideable** wave on the horizon and then matching its speed. A common problem for beginners is not even being able to catch the wave in the first place, and one sign of a good surfer is being able to catch a difficult wave that other surfers can not. Once the wave has started to carry the surfer forward, the surfer will then quickly jump to his or her feet and proceeds to ride down the face of the wave, generally staying just ahead of the breaking part of the wave. This is a difficult process in total, where often everything happens nearly simultaneously, making it hard for the initiated to follow the steps. Surfers' skills are tested not only in their ability to control their board in challenging conditions and/or catch and ride challenging waves, but also by their ability to execute various maneuvers such as turning and carving. Some of the common turns have become recognizable tricks such as the "cutback", the "floater", and "off the lip". A newer addition to surfing has been the progression of the "air" where a surfer is able to propel oneself off the wave and re-enter. "Tube riding" is when a surfer maneuvers into a position where the wave curls over the top of him or her, forming a "tube", with the rider inside the hollow cylindrical portion of the wave. This difficult and sometimes dangerous procedure is arguably the most coveted and sought after goal in surfing.



“Hanging ten” and “hanging Five” are moves usually specific to longboarding. Hanging Ten refers to having both feet on the front end of the board with all ten of the surfer’s toes off the edge. Hanging Five is having just one foot near the front, and five toes off the edge.

12. Which of the following is TRUE according to the passage?

- 1) There is often a rideable wave on the horizon for a good surfer.
- 2) Being able to catch a wave differentiates a good from a bad surfer.
- 3) The speed of the wave and the surfer’s speed are usually matched.
- 4) Surfers generally have trouble with waves that push them forward.

13. It is stated in the passage that -----

- 1) surfers avoid the breaking part of the wave and usually ride down the face of it
- 2) Surfing is, in fact, not a difficult skill to learn as even beginners can easily start to enjoy it
- 3) a surfer needs to jump to his or her feet long before the waves start to carry them forward
- 4) surfing is best carried out in the absence of strong waves

EXAMPLE 11(Questions 14-15)

It is clear that some people who participate in exercise training will develop injuries to their bones, muscles, and joints. Despite unfounded reports in the mass media of extremely high injury rates among adult exercisers, there have been few good studies of exercise injuries in populations. One of the difficulties in performing such studies has been the need to identify both the number of cases (individuals who become injured) and the number of persons at risk for injury (the total number of individuals exercising in the population). These two figures are necessary in order to calculate true injury rates. The best available studies on injury rates suggest that about 25 to 30 percent of adult runners will become injured over the course of a year, if injury is defined as an incident that causes an individual to stop exercising for at least one week. If only more serious injuries, such as those for which the individual seeks medical care, are considered, injury rates are much lower, perhaps in the range of 1 percent per year.

Little is known about the cause of exercise injuries. One factor that has been linked to injury is the amount of exercise; for example, individuals who run more miles are likelier to be injured than those who run fewer miles. Factors such as age, sex, body type, and experience have not been shown to be associated with risk of injury. It seems logical that structural abnormalities, sudden increases in training intensity, and types of equipment used are likely to be related to injury risk; however, data to support these opinions are not available.

In view of the limited scientific data on injury risk, the exerciser is advised to follow commonsense practices until such time as the causes of injury are better understood. Exercisers should start their program slowly and gradually progress to more intensive training levels. They should use good equipment and pay particular attention to proper footwear. Exercisers who have had previous injuries should recognize that they may be more susceptible to similar injuries in the future.

14. Which of the following is TRUE according to the passage?

- 1) It is relatively easy to identify the number of exercisers at risk for injury.
- 2) Adult exercisers are almost certain to suffer from injury due to exercise.
- 3) Injured exercisers cannot, by definition, exercise for a minimum of one week after injury.
- 4) True injury rates can usually be calculated based on the number of individuals who become injured.



15. Which of the following according to the passage seems to be a more important factor for exercise injuries?

- 1) Training intensity
- 2) Age of the exerciser
- 3) Type of the exercise equipment
- 4) Experience of the exerciser

۲-۲- سوالاتی در مورد جزئیات بیان نشده در متن

غالباً این گونه سوالات به صورت زیر بیان می شوند:

1. Which of the following is **not stated**
2. Which of the following is **not mentioned**
3. Which of the following is **not discussed**
4. Which of the following is NOT true about the word
5. Which statement is **not true** about
6. All of the following are true **except**
7. According to the passage, which of the following statements is **not true**?
8. According to the passage, it is **not true** that

به طور کلی پاسخ این سوالات، به ترتیب در متن یافت می شوند و در واقع گزینه مورد نظر پاسخی است که یا در متن بیان نشده و یا غلط و نادرست است. به عبارت دیگر، از گزینه های موجود، سه گزینه در متن بیان شده و تنها یک گزینه (گزینه مورد نظر)، در متن بیان نشده است، یا از گزینه های موجود، سه گزینه صحیح بوده و تنها یک گزینه (گزینه مورد نظر)، صحیح نمی باشد. برای پاسخ دهی به این سوالات به ترتیب زیر عمل نمائید:

۱- یک کلید واژه در سؤال انتخاب کنید.

۲- با نگاهی اجمالی و سریع، کلید واژه انتخاب شده را در متن بیابید.

۳- جمله یا جملات مربوط به کلید واژه مورد نظر را به دقت بخوانید.

۴- اگر سؤال از شما می خواهد که گزینه نادرست را بیابید؛ گزینه های صحیح را پیدا کرده و آنها را حذف نمائید. در نهایت، گزینه نادرست را به عنوان پاسخ، انتخاب کنید.

۵- اگر سؤال از شما می خواهد که گزینه بیان نشده در متن را بیابید؛ گزینه های بیان شده را پیدا کرده و آنها را حذف نمائید. در نهایت، گزینه بیان نشده در متن را به عنوان پاسخ، انتخاب کنید.

EXAMPLE 12(Questions 16-17)

The next hormone is epinephrine, or adrenaline. This hormone is a natural secretion of the adrenal glands, which are located just above the kidneys in the human body. Its primary function in the human body is to help the body to cope with sudden surges of stress. When a person unexpectedly finds himself in the stressful situation filled with fear or anger, a large amount of epinephrine is released into the blood and the body responds with an increased heartbeat, higher blood pressure, and conversion of glycogen into glucose for energy to enable the body to deal with the stress.

It is possible to extract epinephrine from the adrenal glands of animals or to synthesize it chemically in order to put it to further use. It is used in the treatment of severe asthma, where it relaxes the large muscles of the bronchi, the large air passages leading into the lungs. It is also used in cases of severe allergic reaction or cardiac arrest.

16. Which of the following is NOT mentioned as a result of the release of epinephrine in the blood?

- 1) Severe asthma
- 2) An increase in blood pressure
- 3) Higher heartbeat
- 4) Increased energy



17. The passage indicates that epinephrine is used in the treatment of all of the following EXCEPT:

- | | |
|-------------------------------|------------------------|
| 1) asthma | 2) high blood pressure |
| 3) serious allergic reactions | 4) heart problems |

EXAMPLE 13(Question 18)

Sportsmanship is a attitude that strives for fair play, courtesy toward teammates and opponents, ethical behaviour and integrity, and grace in losing.

Sportsmanship expresses an aspiration or ethos that the activity will be enjoyed for its own sake. The well-known sentiment by sports journalist Grantland Rice, that it's "not that you won or lost but how you played the game," and the Modern Olympic creed expressed by its founder Pierre de Coubertin: "The most important thing is not winning but taking part" are typical expressions of this sentiment.

But often the pressures of competition or an obsession with individual achievement as well as the intrusion of technology can all work against enjoyment and fair play by participants.

People responsible for leisure activities often seek recognition and respectability as sports by joining sports federations such as 5 IOC, or by forming their own regulatory body. In this way sports evolve from leisure activity to more formal sports: relatively recent newcomers are BMX cycling, snowboarding, and wrestling. Some of these activities have been popular but unmodified pursuits in various forms for different lengths of time.

18. Which statements is NOT true about pleasure and honest play by those who take part in sports?

- 1) Technology interrupts it
- 2) The pressures of competition strengthen it
- 3) Scientific developments pave the ground for it
- 4) An obsession with personal success develops it

EXAMPLE 14(Question 19)

Physical education may be viewed as a program of activity in a school curriculum, as discipline to be studied, or as a profession such as teacher or coach. In all its aspects it is concerned with the motor skills needed in such activities as games sports, gymnastics, dance and exercise. It is a vital and integral part of general education.

The general objectives of physical education are to encourage body development and fitness; psychomotor development and sport skills; knowledge and understanding of sports: exercise, health, and safety, and affective development, including emotional and social behavior.

Training as a professional in physical education involves preparation at the specialized courses in physical education. At the graduate level the discipline has numerous specialties and subdisciplines, such as exercise physiology, motor learning, kinesiology, biomechanics, sociology of sport, and psychology of sport.

19. All of the following are aspects of physical education EXCEPT:

- | | |
|----------------------|--------------------------------|
| 1) a profession | 2) motor skills |
| 3) a course of study | 4) part of a school curriculum |

**EXAMPLE 15(Questions 20-21)**

For most of western history, the mark of the educated person was to know the best of what has been thought and written, to be able to think critically, and to be morally discerning and esthetically discriminating. Today, however, American universities teach whatever students want to learn. In 1978, for example, fewer than 20 percent of all undergraduate degrees were awarded in the humanities-literature, language, history, philosophy and other liberal studies. Education, in short, is a buyer's market, and what most students want is not a philosophy of life but a marketable skill.

20. In the past, all of the following were considered important characteristics of a truly educated person EXCEPT -----

- | | |
|----------------------------------|------------------------------------|
| 1) appreciation of fine art | 2) ability to think critically |
| 3) ability to earn a good income | 4) knowledge of the great writings |

21. The author's definition of the humanities would include study of all of the following subjects EXCEPT -----

- | | | | |
|-----------|---------------|----------------------|----------------------|
| 1) poetry | 2) philosophy | 3) civil engineering | 4) foreign languages |
|-----------|---------------|----------------------|----------------------|

EXAMPLE 16(Question 22)

Regular physical activity enhances overall health and well-being. Children who are physically educated are more likely to become and remain active. Specifically, having basic information regarding exercise and the benefits of exercise as well as mastering sets of basic movement skills are essential to a child's initiating and continuing a regular exercise program. Individuals will not participate in activities they do not know about. Moreover, they are less likely to part cities they do not know how to do reasonably well. Researchers have identified a child's movement competence (i.e., skill) and enjoyment of physical activity as primary factors in how physically active an individual is during childhood and adolescence (Welk, 1999). In addition, physical activity experiences during childhood need to be positive to encourage an active lifestyle during adulthood. Thus, we must provide children with the knowledge and skills they need to make healthful decisions regarding their exercise behavior and the positive memories to encourage them to pursue and active lifestyle after they leave our programs.

22. According to the passage, which of the following statements is not true?

- 1) Children who are physically educated are less likely to remain active.
- 2) Promoting overall health and well-being is due to regular physical activity.
- 3) Having some basic information about movement help participants to remain active.
- 4) Those who know more about the advantages of exercise continue a regular exercise program.

EXAMPLE 17(Question 23)

Physical education (PE) is the interdisciplinary study of all area of science relating to the transmission of physical knowledge and skills to an individual or a group, the application of these skills, and their results. Included, among other subjects, are aspects of anthropology, biology, chemistry, physics, psychology, and sociology. Some treatments of the discipline also include spirituality as an important aspect.

In most educational systems, physical education (PE), also called physical training (PT) or gym. Though each with a very different connotation is a course in the curriculum which utilizes learning in the cognitive, affective and psychomotor domains in a play or movement



exploration setting. The term physical education is most commonly used in this way; however this denotes rather that "they have participated in the subject area, not studied it."

The primary aims of physical education vary historically, based on the needs of the time and place. Often, many different types of physical education occur simultaneously, some intentionally and others not. Most modern school systems claim their intent is to equip students with the knowledge, skills, capacities, and values along with the enthusiasm to maintain a healthy lifestyle into adulthood.

23. which statements is NOT true about the major goals of physical education?

- 1) They often occur at the same time
- 2) They in most cases happen deliberately.
- 3) They are different from the historical point of view
- 4) They are constant and not influenced by time and place.

۲-۳- سؤالاتی در مورد مرجع ضمیر

غالباً این گونه سؤالات به صورت زیر بیان می شوند:

1. The **pronoun** "... " in line **X** refers to which of the following?
2. The **pronoun** "... " in line **X** refers to
3. "... " in line **X** refers to

ضمیر کلمه ای است که جانشین اسم شده، نقش و حالت آن را می پذیرد. معمولاً در متون تخصصی، نحوه قرارگیری اسم و ضمیر به این ترتیب است که ابتدا اسم، می آید و سپس در ادامه، ضمیری که به آن اسم اشاره دارد، آورده می شود. چون در این نوع سؤالات، باید مرجع ضمیر (اسمی که ضمیر جایگزین آن شده است) را پیدا کنید، بنابراین، ابتدا جملاتی را جستجو نمائید که قبل از ضمیر مورد نظر، نوشته شده اند. برای پاسخ دهی به این سؤالات به ترتیب زیر عمل کنید:

- ۱- محل ضمیر مورد سؤال را در متن پیدا کنید.
- ۲- جملاتی را که قبل از ضمیر نوشته شده اند، به دقت نگاه کرده و اسم ها یا گزینه هایی را که با ضمیر مورد نظر مطابقت دارند؛ پیدا کنید.
- ۳- اسم ها یا گزینه هایی را که با ضمیر مورد نظر مطابقت ندارند؛ حذف نمائید.
- ۴- اسم ها یا گزینه های مطابق با ضمیر مورد نظر را به ترتیب، جایگزین آن کرده و معنی و مفهوم جمله را بررسی نمائید.
- ۵- بهترین پاسخ را از میان گزینه های موجود انتخاب کنید.

EXAMPLE 18(Question 24)

Physical education may be viewed as a program of activity in a school curriculum, as discipline to be studied, or as a profession such as teacher or coach. In all its aspects it is concerned with the motor skills needed in such activities as games sports, gymnastics, dance and exercise. It is a vital and integral part of general education.

The general objectives of physical education are to encourage body development and fitness; psychomotor development and sport skills; knowledge and understanding of sports: exercise, health, and safety, and affective development, including emotional and social behavior.

Training as a professional in physical education involves preparation at the specialized courses in physical education. At the graduate level the discipline has numerous specialties and subdisciplines, such as exercise physiology, motor learning, kinesiology, biomechanics, sociology of sport, and psychology of sport.

**24. "It" in line 4 refers to:**

- 1) physical education
- 2) any motor skill
- 3) school curriculum
- 4) any physical activity

EXAMPLE 19(Question 25)

We learn many complex skills during our lifetime. When we first learn to ride a bike we have to give all of our attention and we consciously have to think how to keep our balance, travel in the desired direction, keep pedaling and many other things. As we gain in skill and confidence, many of our movements become almost automatic. We have developed a large number of conditioned reflexes and don't have to consciously think of turning the handlebars, ringing the bell, or pedaling conditioned reflexes are reflexes which happen after a pattern of behavior has been learned and it is set in motion by a stimulus not directly connected with the response. Conditioned reflexes can cause problems if you are trying to change a sporting technique which has become ingrained. Golfers trying to change their swing, for instance, often find that when they don't concentrate, their old poor swing returns. The conditioned reflex needs to be broken down and a new one established. If we wish to perform a particular movement or activity, then the action is said to be voluntary. The cerebral cortex is involved in coordinating the many muscles needed to perform the activity. When we are learning a new skill we have to give a great deal of our conscious effort to it. All the parts of our nervous system are involved. As we become more skillful, however, we need to give less conscious attention to it and the skill becomes almost automatic. The monitoring of the skill is left to our proprioceptors leaving our exteroceptors to take note of other things. This helps to explain how a skillful tennis player can concentrate on exactly where to play his shot (taking into account the position of his opponent, the speed of the ball, the type of playing surface, etc) and not have to worry about how to play his shot.

25. The word "it" (line 17) refers to -----

- 1) skill
- 2) nervous system
- 3) learning
- 4) effort

۳- سؤالاتی که پاسخ آنها به طور غیرمستقیم در متن بیان شده است

چون پاسخ این سؤالات مستقیماً در متن اشاره نشده است، بنابراین برای پاسخ دهی به آنها باید یک برداشت کلی از اطلاعات موجود در متن داشته باشید. دو نمونه رایج این گونه سؤالات عبارتند از:

الف) سؤالاتی در مورد جزئیات ضمنی و غیرصریح متن (Implied Detail Questions)

ب) سؤالات انتقالی (Transition Questions)

۳-۱) سؤالاتی در مورد جزئیات ضمنی و غیرصریح متن

غالباً این گونه سؤالات به صورت زیر بیان می شوند:

1. It is **implied** in the passage that
2. It can be **inferred** from the passage that
3. It is most **likely** that
4. What **probably** happened
5. The text **implies** that

برای پاسخ دهی به این سؤالات به ترتیب زیر عمل نمائید:

۱- یک کلید واژه در سؤال انتخاب کنید.

۲- با نگاهی اجمالی و سریع، کلید واژه مورد نظر را در متن بیابید.

۳- جمله یا جملات مربوط به کلید واژه مورد نظر را به دقت بخوانید.

۴- گزینه صحیح را بر اساس این جملات، انتخاب نمائید.



EXAMPLE 20(Question 26)

Psychomotor tasks may be designated as discrete or continuous. Discrete and continuous tasks assume can varied forms for any of the strategies just described. A discrete task may contain one unit or a series of separate units, with a fixed beginning or end, whereas a continuous task involves a series of adjustments of flowing movements, usually without an acknowledged termination point in time or specified movement. Feedback is often available during the performance of continuous tasks, and the attempt is to remedy errors during performance. A notable exception is in extremely rapid performance, such as piano playing, where knowledge of performance occurs too late to be of practical value except to assist in the execution of future movements. Performance decisions are more integrated in the action than in discrete tasks, where decisions are made in a more distinctive fashion to each unit. In either type of task, movements may be repetitive or sequentially varied. Feedback may be controlled or open loop in discrete tasks, depending on the duration of the movement.

26. The passage implies that the movements may be:

- 1) Repetitive only in continuous task
- 2) Sequentially varied only in discrete task
- 3) Either repetitive or sequentially varied in both tasks
- 4) Repetitive or sequentially varied only in discrete task.

EXAMPLE 21(Question 27)

In the field of sport psychology, a popular topic of interest is the benefit of having elite athletes image themselves performing a skill prior to actually performing it. While there is ample evidence from newspapers and sport magazines that athletes make this type of preparation, there is little research evidence to determine whether this form of preparation is better than any other form. However, some evidence does suggest that mental rehearsal is an effective form of response preparation.

27. The text implies that the author recommends -----

- 1) that the athletes be prepared
- 2) that the athletes improve their strength
- 3) seeing what one can do before one performs what he is to do
- 4) response preparation before going through mental rehearsal

EXAMPLE 22(Question 28)

Little is known about the developmental aspects of depth perception. Williams (1983) reported, however, that binocularity and depth perception improve from 2 through 5 years of age. She also indicated that by age 7 children can accurately judge depth with monocular cues. Based on this and the extensive literature on infant depth perception, it is probably safe to conclude that depth perception begins developing in a very basic way during the first months of infancy, but that it continues to improve throughout early childhood. It is doubtful whether depth perception in general can be improved through special training. It is possible, however, that depth perception in specific situations can be improved (Sage, 1984).

28. The text implies that Williams and Sage are -----

- 1) contemporary writers
- 2) experts in the field of training children
- 3) specialists who have developed new techniques
- 4) authors who do believe in depth perception



۳-۲- سؤالات انتقالی

غالباً این گونه سؤالات به صورت زیر بیان می شوند:

1. The paragraph **preceding** the passage probably
2. What is most likely in the paragraph **following** the passage?
3. What was probably discussed in the paragraph **prior** to the passage?

در سؤالات انتقالی، موضوع مورد بحث پاراگراف قبلی یا بعدی از شما پرسیده می شود. چون هر پاراگراف ممکن است با ایده شکل یافته در پاراگراف قبلی آغاز شود و یا با ایده ای که در پاراگراف بعدی بیشتر مورد بحث قرار می گیرد، به پایان برسد؛ بنابراین، برای پاسخ دهی به این سؤالات، اولین یا آخرین خط متن را به دقت مطالعه نمائید.

برای پاسخ دهی به این سؤالات به ترتیب زیر عمل نمائید:

- ۱- در سؤالاتی که موضوع مورد بحث پاراگراف قبلی پرسیده می شوند، اولین خط متن را بخوانید.
- ۲- در سؤالاتی که موضوع مورد بحث پاراگراف بعدی پرسیده می شوند، آخرین خط متن را بخوانید.
- ۳- برای موضوعی که ممکن است در پاراگراف قبلی یا بعدی مورد بحث واقع شود، یک برداشت کلی در ذهن خود ترسیم نمائید.
- ۴- گزینه ای را که در اولین یا آخرین خط متن منعکس شده است، انتخاب کنید.

EXAMPLE 25(Question 31)

To fully understand the nature of a particular sports injury, one must study the athlete as well as the sport. The musculoskeletal system is a complex system of muscle segments, each related to the function of others through connecting bones and articulations. Pathological states of the musculoskeletal system are reflected in “deficits” or weaknesses in key muscle segments that may be distant from the site pathology or trauma. The risk factors for any sport can then be assessed by collating the performance demands that produce characteristic injuries with the risk factors that might predispose an athlete to injury.

Two very interesting and somewhat interrelated characteristics are strength and defined in a number of ways. It may be used as the maximal force an isolated muscle can exert against resistance in one effort, or the average or summation of a series of efforts, requiring more and more endurance. Stronger muscles improve performance in many sports and may also serve as better protectors of the links that they activate. Consequently, athletes with strength deficits in key muscle groups may be prone to injury. That is why rehabilitation of an injured athlete is centered on rebuilding lost muscle strength prior to releasing the athlete to return to the sport.

An athlete who lacks sufficient flexibility may be subject to muscle “pulls” or strains. Rehabilitation of this athlete will involve a progressive program of stretching exercises to lessen the chance for recurrent muscle injury on return to competition. Children seems particularly susceptible to injury during “growth sports” when are relatively “overstretched” on rapidly growing bones.

31. What was probably discussed in the paragraph prior to this passage?

- | | |
|-------------------------------|---------------------------------|
| 1) Sports injuries in general | 2) Avoidance of sports injuries |
| 3) Sports types and injuries | 4) Athletes and sports injuries |

EXAMPLE 26(Question 32)

The next hormone is epinephrine, or adrenaline. This hormone is a natural secretion of the adrenal glands, which are located just above the kidneys in the human body. Its primary function in the human body is to help the body to cope with sudden surges of stress. When a person unexpectedly finds himself in the stressful situation filled with fear or anger, a large amount of epinephrine is released into the blood and the body responds with an increased heartbeat, higher



blood pressure, and conversion of glycogen into glucose for energy to enable the body to deal with the stress.

It is possible to extract epinephrine from the adrenal glands of animals or to synthesize it chemically in order to put it to further use. It is used in the treatment of severe asthma, where it relaxes the large muscles of the bronchi, the large air passages leading into the lungs. It is also used in cases of severe allergic reaction or cardiac arrest.

32. the paragraph preceding the passage most probably discusses?

- 1) further uses of epinephrine
- 2) the treatment of cardiac arrest
- 3) a different hormone
- 4) the secretions of the adrenal glands

۴- سؤالاتی در رابطه با لغات موجود در متن

غالباً این گونه سؤالات به صورت زیر بیان می شوند:

1. What is the **meaning of "X"** in line Y?
2. The word "X" in line Y is **closest in meaning to**
3. The word "X" in line Y **could best be replaced by**

برای پاسخ دهی به این سؤالات، دانستن معنی لغات و اصطلاحات موجود در متن، مفید و سودمند خواهد بود. با این وجود، همیشه دانستن معنی لغات و واژه ها ضروری نبوده و شما می توانید با استفاده از روش های زیر، گزینه صحیح را پیدا نمایید:

(الف) یافتن تعاریف با کمک کلیدهای ساختاری (Finding Definitions from Structural Clues)

(ب) تشخیص معانی کلمات با کمک اجزاء آنها (Determining Meaning from Word Parts)

(ج) استفاده از متن برای تشخیص معنی کلمات مشکل (Using Context to Determine Meanings of Difficult Words)

(د) استفاده از متن برای تشخیص معنی کلمات آسان (Using Context to Determine Meanings of Simple Words)

۴-۱- یافتن تعاریف با کمک کلیدهای ساختاری

یکی از روش های پاسخ دهی به سؤالات مربوط به لغات موجود در متن، کمک گرفتن از کلیدهای ساختاری می باشد. معمولاً، اطلاعات مفید برای پاسخ دهی به بعضی از سؤالات مربوط به لغات (مثلاً، یافتن تعریف کلمات)، پس از کلیدهای ساختاری قرار دارد. انواع کلیدهای ساختاری عبارتند از:

Types of Clues	Punctuation	comma, parentheses, dashes
	Restatement	or, that is, in other words, i.e.
	Examples	such as, for examples, e.g.

EXAMPLE 27 (Question 33)

The next hormone is epinephrine, or adrenaline. This hormone is a natural secretion of the adrenal glands, which are located just above the kidneys in the human body. Its primary function in the human body is to help the body to cope with sudden surges of stress. When a person unexpectedly finds himself in the stressful situation filled with fear or anger, a large amount of epinephrine is released into the blood and the body responds with an increased heartbeat, higher blood pressure, and conversion of glycogen into glucose for energy to enable the body to deal with the stress.



It is possible to extract epinephrine from the adrenal glands of animals or to synthesize it chemically in order to put it to further use. It is used in the treatment of severe asthma, where it relaxes the large muscles of the bronchi, the large air passages leading into the lungs. It is also used in cases of severe allergic reaction or cardiac arrest.

33. Look at the word bronchi in paragraph 2. bronchi are -----

- 1) large muscles
- 2) air passages
- 3) part of the lungs
- 4) part of the heart

EXAMPLE 28(Question 34)

Physical education is an educational process that has as its aim the improvement of human performance and enhancement of human development through the medium of physical of physical activities selected to realize this outcome. In this definition, education is broadly defined as representing the ongoing process of learning and total development that occurs throughout our lifespan. Physical education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health and well-being, the attainment of knowledge about physical activities and exercise, and the development of positive attitudes toward physical activity as a means to improve human performance.

Physical education is not only concerned with the physical outcomes that accrue from participation in activities but also the development of knowledge and attitudes conducive to lifelong learning and lifespan participation. For the benefits of physical education activities to be realized, physical educators must conduct sound physical education programs and select activities judiciously so that participants may attain the maximum benefits from participation. Sound physical education programs can be conducted in school as well as in nonschool setting such as corporate fitness centers and community agencies. A physical education program under qualified leadership enriches the participants' lives.

34. According to the passage, the word "Education" in line 4 is defined as an educational process:

- 1) the improve human physical performance
- 2) through the medium of physical activities
- 3) by the means of play and sports participation
- 4) of learning and total development throughout our lifespan

۴-۲- تشخیص معنی کلمات با کمک اجزاء آنها

گاهی اوقات، اجزاء واژه‌ها و کلمات می‌توانند به عنوان سرنخی برای یافتن معنی آن کلمات باشند. بنابراین، آشنایی با بعضی از اجزاء رایج کلمات، بسیار مهم و ضروری می‌باشد. در جدول زیر، به تعدادی از این اجزاء اشاره شده است. برای شناخت بیشتر اجزاء کلمات، پیوست ۲ را مطالعه کنید.

A SHORT LIST OF WORD PARTS

PART	MEANING	EXAMPLE
able, ible	capable of portable,	edible
age	state of, rank, place	marriage
ance, ancy, ence, ency	act of, state of, condition of	assistance, discrepancy
anti	against, opposed	antipathy
aqua	water	aquatic
cent	hundred	percent
co, con, com	together, with	cooperate, conspiracy
counter, contra	against, opposite	counteract, contrary
dec	ten	decade
dic, dict	say	dictate
duc, duct	lead	aqueduct
extra	beyond, outside	extracurricular
fort	strong	fortress
graph, gram	write	graphology, telegram
gress	go, move	progress
homo, homeo	same, like, similar	homogeneous, homeopathic
hydr	water	hydroplane
hyper	excessive, over, above, beyond	hyperactive
hypo	under, below, beneath	hypodermic
in	not	incorrect
inter	between	interfere
intra	within	intrastate
ion, sion, tion	state of, condition of, act of	tension
junct	join	conjunction
less	without	careless
logy	study of	biology
macro	large	macrocosm
man	hand	manicure
ment	state of being	improvement
micro	small	microscope
mis	wrong, ill	misinform



PART	MEANING	EXAMPLE
mono	one	monologue
mor	death	mortality
multi	many	multitude
ortho	straight, right	orthopedic
para	beside	parallel
peri	around	perimeter
phon	sound	phonics
photo	light	Photostat
poly	many	polygamy
port	carry	porter
post	after	postpone
re	back	return
scrib, script	write	transcribe, scripture
scop	see, look	telescope
semi	half	semicircle
soph	wise	sophomore
spect	see, look	spectator
sub	under	submarine
super	over, above	supersonic
syn, sym	with, together	synchronize, symphony
tech	art, skill	technology
tend	stretch	extend
terra	earth	terrier, terrace
therm	heat	thermal
ultra	beyond, excessively	ultramodern
under	below, beneath	underground
uni	one	uniform
viv	life	vivacious

EXAMPLE 29(Question 35)

Athletes have been cautioned that eating carbohydrate foods in the hour before exercise may alter exercise metabolism by stimulating insulin production, which in turn increases the rate at which the muscles burn carbohydrate. As a result of this faster rate of carbohydrate oxidation, blood glucose levels may actually fall (a condition known as hypoglycemia) shortly after exercise



begins. In most cases this effects is short term, and metabolism corrects itself as exercise continues. The occasional athlete experiences impaired performance and it has been found in one study. But mostly there are no problems, and in some situation pre-exercise carbohydrate can even improve exercise performance. Nevertheless, the stigma about athletes eating carbohydrate before exercise persists, and many athletes and coaches talk about “rebound hypoglycemia” with fear, even though eating carbohydrate could potentially provide extra fuel during a prolonged training session or race.

35. “Hypo” as used in “hypoglycemia” is closest in meaning to:

- 1) fall 2) rise 3) blood 4) glucose

EXAMPLE 30(Question 36)

To fully understand the nature of a particular sports injury, one must study the athlete as well as the sport. The musculoskeletal system is a complex system of muscle segments, each related to the function of others through connecting bones and articulations. Pathological states of the musculoskeletal system are reflected in “deficits” or weaknesses in key muscle segments that may be distant from the site pathology or trauma. The risk factors for any sport can then be assessed by collating the performance demands that produce characteristic injuries with the risk factors that might predispose an athlete to injury.

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An athlete who lacks sufficient flexibility may be subject to muscle “pulls” or strains. Rehabilitation of this athlete will involve a progressive program of stretching exercises to lessen the chance for recurrent muscle injury on return to competition. Children seems particularly susceptible to injury during “growth sports” when are relatively “overstretched” on rapidly growing bones.

36. “Recurrent” as used in line 19 is closest in meaning to:

- 1) severe 2) present 3) repeated 4) flexible

EXAMPLE 31(Question 37)

Researchers agree that stroke volume increases above resting values during exercise. But there are conflicting reports about stroke volume changes as you go from very low rates of work to maximal work or exhaustion. Most researches agree that stroke volume increases with increasing rates of work, but only up to exercise intensities between 40% and 60% of maximal capacity. At that point, stroke volume is thought to stabilize, remaining essentially unchanged up to and including the point of exhaustion.

When the body is in an upright position, stork volume almost doubles from resting to maximal values. For example, in active but untrained individuals, it increases from about 50 to 60ml at rest 100 to 120ml at maximal exercise. In highly trained endurance athletes, stroke volume can increase from 80 to 110 ml at rest to 160 to 200 ml at maximal exercise. During supine exercise, such as swimming, stroke volume also increases, but usually by only about 20% to 40% not nearly as much as in an upright position. Why is there such a difference depending on body position?



When the body is in the supine position, blood does not pool in the lower extremities. Because of this, blood returns more easily to the heart, which means that resting stroke volume values are much higher in the supine position than in the upright position. Thus the increase in stroke volume with maximal exercise is not as great in the supine position as in the upright position. Interestingly, the highest stroke volume attainable in upright exercise is only slightly greater than the resting value in the reclining position. The majority of the stroke volume increase during low to moderate levels of work appears to be compensating for the force of gravity.

37. The word “reclining” (line 19) is closest in meaning to -----

- | | |
|---------------------|---------------|
| 1) leaning backward | 2) exercising |
| 3) moving fast | 4) working |

۳-۴- استفاده از متن برای تشخیص معنی کلمات مشکل

گاهی اوقات در سؤالات مربوط به لغات متون تخصصی، ممکن است معنی کلمه ای مشکل پرسیده شود که آن کلمه برای شما ناآشنا باشد. در این موارد، اغلب، داخل متن (به ویژه در اطراف کلمه مورد نظر) اطلاعاتی موجود است، که به شما کمک می کنند تا معنی آن کلمه را تشخیص دهید. برای پاسخ دهی به این سؤالات به ترتیب زیر عمل نمائید:

- ۱- کلمه مورد نظر را داخل متن پیدا کنید.
- ۲- جمله ای را که شامل کلمه مورد نظر است، به دقت بخوانید.
- ۳- به دنبال سرنخ هایی باشید که به شما کمک کنند تا معنی کلمه مورد پرسش را تشخیص دهید.
- ۴- گزینه ای که متن به شما نشان می دهد، انتخاب نمائید.

EXAMPLE 32(Question 38)

Many animals engage in play, but homosapiens is the only animal to have invented sports. Since sports are an invention, a part of culture rather than an aspect of nature, all definitions of sports are somewhat arbitrary. Whether sports are a human universal found in every known culture or a phenomenon unique to modern society depends upon one’s definition of sports. Men and women have always run, jumped, climbed, lifted, thrown, and wrestled, but they have not always performed these physical activities competitively. Although all literate societies seem to have contests of one sort or another in which men, and sometimes women, compete in displays and tests of physical skill and prowess, sports may be strictly defined as physical contests performed for their own sake and not for some ulterior end. According to this strict definition, neither Neolithic hunters nor contestants in religious ceremonies such as the ancient Olympic Games were engaged in sports. Insistence on the stipulation that sports must for their own sake means the paradoxical elimination of many activities which are usually thought of as sports, such as exercises done for the sake of cardiovascular fitness, races run to satisfy a physical education requirement, ball games played to earn a paycheck. Strict definition also means abandonment of the traditional usage in which “sport”, derived from Middle English disporter, refers to any lighthearted recreational activity.

38. The word “stipulation” (line 13) is closest in meaning to -----

- | | |
|--------------------------------------|---|
| 1) renewed information | 2) a documented material |
| 3) adjustments to one’s capabilities | 4) a clearly and firmly- stated requirement |

**۴-۴- استفاده از متن برای تشخیص معنی کلمات آسان**

گاهی اوقات در سؤالات مربوط به لغات متون تخصصی، ممکن است معنی کلمه ای آسانی پرسیده شود که شما با آن آشنایی داشته باشید. در این موارد عجله نکنید زیرا ممکن است معنی دیگری از آن کلمه، مورد نظر باشد. برای پاسخ دهی به این سؤالات به ترتیب زیر عمل نمائید:

- ۱- کلمه مورد نظر را داخل متن پیدا کنید.
- ۲- جمله ای که شامل کلمه مورد نظر است، به دقت بخوانید.
- ۳- به دنبال سرنخ هایی باشید که به شما کمک کنند تا معنی کلمه مورد پرسش را تشخیص دهید.
- ۴- گزینه ای که متن به شما نشان می دهد، انتخاب نمائید.

EXAMPLE 33(Question 39)

Faced with serious threats to its future, the company is taking steps to improve its outlook. The company has brought in a new crop of trainees to staff some of its empty positions.

In addition, the company has created a new committee to research various proposals and has appointed a key member of its management team to chair the committee.

39. The word “steps” in line 1 could best be replaced by

- 1) stairs 2) walks 3) actions 4) footprints

EXAMPLE 34(Question 40)

There is a tendency on the part of some to think that there is only one cause of low physical fitness: lack of exercise. But there are many factors contributing to subnormal physical fitness. Among these are: physical defects or disorders; faulty nutrition; poor health practices, such as insufficient sleep and rest; psychological weakness, such as the lack of ability or desire to get optimum performance from the muscles involved; inherited factors which influence the development of physical efficiency; and lack of muscular activity due to illness, injury, or obstetrics. The physical educator must take all factors into consideration when planning a physical fitness program. Success in achieving improved physical fitness often depends upon ameliorating the influence of these factors.

Tests may be used both for determining those with generally low physical fitness and for identifying specific areas of weakness. In selecting tests it must be kept in mind that there are several factors that make up physical fitness, so the more factors that are tested, the more information can be obtained about the individual's total fitness. Also, since muscular strength, endurance, and flexibility are specific, the more areas of the body that are tested, the more complete is the total picture of fitness.

40. The word “contributing to” in line 2 is closest in meaning to -----

- 1) result in 2) have a control of
3) have a share in 4) co- operate with