

تعداد سوالات: تستی: ۳۰ تشریحی: --  
زمان آزمون (دقیقه): تستی: ۶۰ تشریحی: --

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نام درس: زبان تخصصی ۱ - متون خارجی تخصصی  
رشته تحصیلی / کد درس: تربیت بدنی ( ۱۲۱۵۰۵۲ - ۱۵۸ )

مجاز است.

استفاده از:

کد سری سؤال: یک (۱)

امام خمینی (ره): این محرم و صفر است که اسلام را زنده نگه داشته است.

Part 1

Directions: Select the best choice (a, b, c, or d), and mark it on your answer sheet.

1. A competition in which people try to win something is referred to as  
a. Exercise      b. Workout      c. Fitness      d. Contest
2. The term ..... refers to abnormal enlargement of a part, organ or tissue.  
a. Hyperinflation      b. Hyperactivity  
c. Hypertension      d. Hypertrophy
3. A small amount or piece that is taken from something, so that it can be tested or examined is called .....  
a. Specimen      b. Symptom      c. Intensity      d. Impulse
4. The doctor thought the man was dead but then she detected his .....  
a. Osculation      b. Symptoms      c. Heartbeat      d. Impulse
5. Mary has not been feeling well lately. Her doctor believes that she is suffering from a serious liver.....  
a. Ambulation      b. Respiration      c. Disorder      d. Crutch
6. There are well founded nutritional guidelines to help prepare for heavy exercise. These strategies are based on delaying.....by providing fluid and fuel in the most effective ways.  
a. Spasm      b. Fatigue      c. Depletion      d. Tolerance
7. A group of animals or plants whose members are similar and can breed together to produce young animals or plants is called a .....  
a. Replica      b. Gamete      c. Species      d. Genre
8. A long stick with a pointed end, thrown as a sport is called .....  
a. Javelin      b. Shank      c. Stride      d. Bow
9. The human.....passes through a number of stages before life.  
a. Biology      b. Embryo      c. Evolution      d. Combination
10. Some amateur athletes ..... their regular salary by working in the evenings.  
a. Supplementation      b. Supplementary  
c. Supplemental      d. Supplement
11. Players complain about the lack of ..... in the ideas the coaches put to them.  
a. Creator      b. Creative      c. Creatively      d. Creativity
12. Drivers should keep a ..... distance from the car in front.  
a. save      b. Safe      c. Safety      d. Safely

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Part 2

Directions: Select the best choice (a, b, c, or d) with the nearest meaning to the underlined word, and mark it on your answer sheet.

13. The marathon is a test of endurance.
- The ability to continue doing something difficult or painful over a long period of time
  - The amount of power with which something moves or hits another thing
  - A natural or special ability to do something for a limited time
  - The physical power and energy that makes someone strong
14. Tension in the neck muscles can cause headaches. These headaches usually begin slowly and gradually.
- Mass of cells
  - A band of tissue
  - An injury in a bone
  - Tightness in a muscle
15. An exact diagnosis can only be made by obtaining a blood sample.
- The process of asking some questions to get specific information
  - A doctor's opinion of how an illness or disease will develop
  - The act of discovering the exact cause of an illness
  - A set of medical tests and treatments
16. In order to stay healthy it is very important to have good circulation. Proper circulation helps in transferring nutrients and oxygen to various parts of the body.
- The process of breathing air in and out
  - The movement of blood around the body
  - The act of walking around or moving from place to place
  - A sudden and serious illness when a blood vessel is blocked
17. A proper and balanced diet is important for athletes' health.
- The kind of food that a person eats and drinks regularly
  - Physical activities that people do in order to stay healthy
  - The chemical process in living things that change food into energy
  - Medicine or drugs given to people who are ill to make them strong
18. The nutritional preparation for optimum performance is based on delaying the depletion of muscle and liver glycogen stores.
- Continuing a state or situation
  - To make something bigger in amount
  - Reduction in the amount of something
  - Lifting something to a much higher level

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19. The process of biological **evolution** has taken billions of years.
- The process by which mental and physical qualities are passed from one generation to the next
  - Something that has been made by combining different things, or the process of combining things
  - The gradual development of plants, animals, etc. over a long period of time
  - The scientific study of the chemistry of living things
20. The way to effectively increase **stride** length is to improve overall **flexibility** and muscle strength.
- The speed of something that is moving in a specific direction
  - The force that makes a moving object keep moving
  - The movement you make when you are walking
  - The distance covered by one long step

### Part 3

**Directions: Read each passage carefully and then select the best answer to each question that follows the passage.**

#### Passage 1

All physical therapy procedures influence physiological status and are used for restorative or therapeutic purposes. Heat is used to increase circulation, which stimulates repair of damaged tissue, to relax tense muscles, and to relieve or alleviate pain. Heat may be administered by hot water compresses or warm baths, by infrared radiation, or by high-frequency electrical diathermy apparatus. Cold also has therapeutic properties when judiciously used and is administered by cold water or ice compresses.

21. Based on the above passage, it can be said that.....
- Infrared radiation is only used in cold physical therapy
  - It is possible to use cold and heat in physical therapy
  - Hot water compress and baths make muscles tense
  - Cold water compress helps circulation in the body
22. According to the above passage, what is the **main** purpose of physical therapy?
- To relax tense muscles
  - To relieve or alleviate pain
  - To increase circulation in the body
  - To make the patient feel healthier or stronger

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23. According to the above passage, which one of the following is TRUE about cold compresses?
- They are very difficult to use judiciously
  - They will be effective, if they are used carefully
  - They are more effective than hot water compresses
  - They are most effective when used several times a day

### Passage 2

Surprisingly, little consensus exists on how warm-up affects the mechanical properties of tissues

The maximum isometric force developed by a muscle changes little with temperature, although the contraction speed increases and the time to reach peak tension decreases as the temperature is raised. Increasing temperature also increases the isometric endurance time, reduces muscle stiffness, and increases the peak power production (Best and Garrett, 1993a).

The mechanical properties of connective tissue can be altered, through combined temperature and load changes, to increase joint range of motion; this might support the use of a warm-up routine followed by stretching (Best and Garrett, 1993a).

24. According to the above passage, which statement is **TRUE**?
- Not much agreement exists about the effect of warm-up
  - There is a complete disagreement about the effect of warm-up
  - Experts have the exact same opinion about the effect of warm-up
  - A complete agreement can be found about the effect of warm-up
25. According to Best and Garrett (1993a), it can be said that the increase in the peak power production is a result of .....
- The speed of muscle contraction
  - An increase in the temperature
  - Reduction of muscle stiffness
  - The isometric endurance time
26. According to the above passage, which statement is **TRUE**?
- It is not possible to change the mechanical quality of connective tissue
  - Combined temperature and load changes cannot influence joint range of motion
  - The use of a warm-up routine followed by stretching can increase joint range of motion
  - Stretching before a warm-up routine has the best effect on the mechanical properties of connective tissue

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Passage 3

Specificity of form occurs in the cell as well as the whole organism. Every cell arises from a preexisting cell. By processes of cell division and heredity that are themselves universal, new molecules are synthesized in the production of two cells from one, and these molecules come together in various assemblies that duplicate cellular structures such as chromosomes, membranes, and mitochondria. In this way, daughter cells reproduce the form of the parent cell. However, in the development of a multi-cellular organism, daughter cells progressively come to differ from the parent cell. This process, called differentiation, occurs when a single fertilized cell, the zygote, eventually gives rise to muscle cells, nerve cells, bone cells, and the rest. Few phenomena are more remarkable. The zygote is usually of microscopic size. It divides to form daughter cells, which divide again and again. From this sequence, there emerge, in a precisely controlled manner, all of the cells, tissues, and organs of the adult animal or plant, and only rarely is the process flawed.

27. According to the above passage, specificity of form .....
- happens both in the cell and in the whole organism
  - is neither possible in the whole organism nor the cell
  - occurs just in the cell and not in the whole organism
  - takes place in the whole organism but not in the cell
28. In the above passage, which one of the following is considered as a cellular structure?
- mitochondria
  - daughter cells
  - molecules
  - the zygote
29. According to the above passage, which statement is TRUE about the process of 'differentiation'?
- Daughter cells are responsible for making the parent cell
  - The parent cell reproduces the form of the daughter cells
  - Both daughter cells and parent cells have the same function
  - Daughter cells progressively come to differ from the parent cell
30. Based on the above passage, it can be said that the Zygote is usually .....
- A fair size
  - Very small
  - Medium sized
  - Extremely large