

۱-Part ۱. Select the best choice using your own knowledge.

Courses like kinesiology and physiology are included in professional physical education

.....

۱. curriculum                      ۲. capability                      ۳. function                      ۴. methodology

۲-The aim of ..... is to return the patient to a pain free productive life.

۱. radiology                      ۲. biology                      ۳. physiology                      ۴. physical therapy

۳-During training and competition ..... always reduces.

۱. heart beat                      ۲. muscle glycogen  
۳. muscle fatigue                      ۴. heart blood flow

۴-The generation of faithful replicas by living creatures relates to .....

۱. specificity                      ۲. differentiation                      ۳. synthesis                      ۴. preparation

۵-..... is an example of projectile.

۱. Sprint Events                      ۲. Javelin throwing  
۳. Walking Events                      ۴. Endurance Events

۶-Athletes who participate in this sport, frequently use ..... for shooting arrows.

۱. dive                      ۲. bat                      ۳. gun                      ۴. bow

۷-The ability to do and stay in a new situation, this means .....

۱. Specificity                      ۲. Complexity                      ۳. Fertility                      ۴. Adaptability

۸-Which one of the following substances can provide energy during rest and activity?

۱. Fat                      ۲. Vitamins                      ۳. Minerals                      ۴. Water

۹-A situation in which, a sudden and painful tightening of a muscle occur and you cannot control it, called.....

۱. sprain                      ۲. strain                      ۳. spasm                      ۴. contusion

۱۰-Doctors usually use this instrument to examine the interior parts of the ear.

۱. Ophthalmoscope                      ۲. Otoscope  
۳. Stethoscope                      ۴. Osculation

۱۱-After participating on regular exercise, muscle variations will appear and muscle size will increase. The phenomenon well - known as .....

۱. hyperplasia                      ۲. atrophy                      ۳. hypoxia                      ۴. hypertrophy



Normal compressive forces and tensile forces caused by muscle action create an electrical potential which induces bone growth. This may explain why people who are physically active have significantly greater bone densities than those who are less active (Kannus ۱۹۹۲b). long distance runners have been reported as having ۲۰٪ higher bone mineral content have than controls, and local increases in the bone mineral content have been found for loaded areas of the skeleton , for example in tennis players (Zetterberg , ۱۹۹۲). The long bones of the extremities, in particular, are highly responsive to changes in mechanical loading – they increase in both size and

۲۱- According to the passage which one of the following choice is true?

۱. Bone growth cannot change after participate on activities
۲. Forces which produced by muscles can affect bone growth
۳. Only during early childhood, muscle forces affect bone growth
۴. None

۲۲- Results of studies have shown that....

۱. control group have more bone mineral content than long distance runners
۲. long distance runners and control group have the same bone mineral content
۳. long distance runners have more bone mineral content than control group
۴. control group have more bone mineral density than long distance runners

۲۳- According to the passages which areas of Tennis players have more bone mineral content than other area?

- |                                |                                      |
|--------------------------------|--------------------------------------|
| ۱. Upper trunk                 | ۲. Upper extremities                 |
| ۳. The long bones of the trunk | ۴. The long bones of the extremities |

۲۴- Which one of the following title is suitable for the passage?

- |                               |  |
|-------------------------------|--|
| ۱. Physical activity          | ۲. Effects of forces on bone mineral content |
| ۳. Runners and Tennis players | ۴. External factors and bone mineral density |

Before considering those nutritional strategies which help optimize sports performance, a number of assumptions must be made and some concerns aired. The first assumption is that athletes follow the recommendations to eat a wide range of foods in sufficient quantity to cover their daily energy expenditures. Furthermore, the carbohydrate content of their diets accounts for between 50 and 60% of their daily energy intake, protein contributes between 12 and 15% and fat makes up the remainder (Williams and Devlin, 1992). There is, at present, no evidence to recommend that athletes who consume well balanced diets will improved their performance if they consume additional vitamins and minerals. However, the potential for inadequate intakes of these micronutrients does exist in those athletes who eat too little in relation to their energy expenditures. This negative energy balance is often the result of athletes trying to reduce their body weights in order to compete in weight

۲۵- According to the passages athletes should receive ..... carbohydrate Of their daily energy intakes.

۱. ۵۰-۶۰٪.      ۲. ۱۲-۱۵٪.      ۳. ۲۰-۳۰٪.      ۴. ۱۵-۵۰٪.

۲۶- According to the passage which one of the following choice is true?

۱. Athletes who consume additional vitamins, will improve their performance
۲. Athletes who consume additional minerals, will improve their performance
۳. Up to date there is no clear document to confirm the beneficial effects of consumption additional vitamins and minerals on performance
۴. Additional consumption of vitamins and minerals lead to improve performance

۲۷- Which one of the following title is the best title for the passage?

۱. Daily intake of minerals and performance vitamins and performance
۲. Daily intake of minerals and performance
۳. Daily intake of nutrients and performance
۴. Daily intake of proteins and performance



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