

سری سوال : شش ۶

زمان آزمون (دقیقه): تستی : ۵۰ تشریحی : ۰

تعداد سوالات : تستی : ۳۰ تشریحی : ۰

عنوان درس : زبان تخصصی ۱، زبان تخصصی ۱، متون خارجی تخصصی

رشته تحصیلی / کد درس : تربیت بدنی و علوم ورزشی ۱۲۱۲۱۵۸ - تربیت بدنی و علوم ورزشی (خواهران)، تربیت بدنی و علوم ورزشی (برادران) ۱۲۱۵۰۵۲  
تربیت بدنی و علوم ورزشی (ناپیوسته) ۱۲۱۵۱۷۶ -

1-The word **intramural** refers to .....

1. to take part in a contest or game.
2. A competition in which people try to win sth .
3. Taking place within a single institution.
4. Between schools or representatives of different schools.

2-The term " ....." refers to teaching or training of a person or a group of people to play a sport.

1. Athletic
2. Administration
3. Exercise
4. Coaching

3-Playing football demands a high level of physical .....

1. intensity
2. fitness
3. creativity
4. activity

4-Her movements were beautifully .....

1. coordinate
2. coordination
3. coordinated
4. coordinately

5-An official paper stating that you have completed a course of study: .....

1. Association
2. Dedication
3. Alliance
4. Certification

6-The accumulation of knowledge or skill that results from direct participation in activities: .....

1. Attitude
2. Experience
3. Satisfaction
4. Sensation

7-This word means shortening or tensing of a part of body.

1. Contraction
2. Expansion
3. Hypertrophy
4. Stress

8-This word refers to reduction in strictness or severity.

1. Tension
2. Extremity
3. Relaxation
4. Tensity

9-In this manner after the palpation of his abdomen I asked him standup.

1. A medical test that measures and records electrical activity of heart.
2. The act of examining by touching an organ or area of body.
3. The act of discovering the exact cause of an illness.
4. An examination of sth.

10-The last stage of disease is marked by the ..... of rashes on the skin.

1. appear
2. appearance
3. apparent
4. apparently

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11-The term " ....." means the act of tapping to determine by resonance the condition of internal organs

1. Percussion                      2. Palpation                      3. Diagnosis                      4. Checkup

12-The position and size of the heart can be determined by .....

1. osculation                      2. percussion                      3. inspection                      4. palpation

13-The bowel sounds can be determined by .....

1. osculation                      2. palpation                      3. percussion                      4. inspection

14-The act of walking about or moving from place to place.

1. Circulation                      2. Ambulation                      3. Restoration                      4. Cripple

15-The flue ..... spreads widely and rapidly.

1. therapy                      2. crutches                      3. epidemic                      4. hygiene

16-In ..... some substances are broken down to produce energy for vital processes.

1. depletion                      2. metabolism                      3. dehydration                      4. expenditure

17-Ali is trying to cut down on .....

1. expenditure                      2. fat                      3. balance                      4. performance

18-She is suffering from ..... she has been working too hard for too long.

1. fatigue                      2. sprint                      3. depletion                      4. prescription

19-The bird has become an endangered .....

1. species                      2. evolution                      3. zygote                      4. heredity

20-There is a soft elastic ..... inside the shell of an egg.

1. membrane                      2. gene                      3. mitochondrion                      4. embryo

in sport a mix of liner and angular movement most commonly occurs. While angular movement playing the dominant role. This is because most of the athletes movement's results from swinging, turning action of limbs as they rotate around the joints.

21-The word they refer to .....

1. Limbs                      2. Athletes  
3. Athletes' movements                      4. Action

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22- The best title for above text could be .....

- |                        |                   |
|------------------------|-------------------|
| 1. Athlete's movements | 2. Biomechanics   |
| 3. Linear motion       | 4. Angular motion |

23- Swinging means .....

- |            |            |                |                 |
|------------|------------|----------------|-----------------|
| 1. Gliding | 2. Rolling | 3. Translating | 4. Accelerating |
|------------|------------|----------------|-----------------|

The ability of living creatures to construct and maintain their distinctive organic structures, to keep them in a tolerable state of repair, and in the course of reproduction to generate faithful replicas is one of the most impressive shared features of life.

24- The word them refers to .....

- |                     |                           |
|---------------------|---------------------------|
| 1. Living creatures | 2. Organic structures     |
| 3. Features         | 4. Course of reproduction |

25- The word of faithful means .....

- |                       |                |
|-----------------------|----------------|
| 1. Close and absolute | 2. Distinctive |
| 3. Reproduce          | 4. Fertilized  |

26- According to the above passage, the course of reproduction .....

- |   |  |
|---|--|
| 1. Is not one of the abilities of creatures . | 2. Led to cell division                        |
| 3. Occurs only in human beings                | 4. Is one of the features of living creatures. |

There are well founded nutritional guidelines to help prepare for heavy exercise, to extend capacity to recover from exercise. These strategies are based on delaying fatigue by providing fluid and fuel in the most effective ways. Fatigue during prolonged heavy exercise occurs when the rate of energy expenditure, by active muscles, cannot be covered by their energy production.

27- Which one of the following statements is false?

1. You could use nutritional guidelines to help prepare for heavy exercise
2. You could use nutritional guidelines to improve exercise capacity.
3. Using nutritional guidelines led to fatigue.
4. Extending exercise capacity is based on delaying fatigue.

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28- During prolonged heavy exercise, fatigue occurs .....

1. When the rate of energy expenditure can be covered by energy production.
2. When the rate of energy expenditure cannot be covered by energy production.
3. When you use fluid and fuel in your exercise.
4. When energy expenditure is equal to energy production.

29- The material that is unused by or usable to an organism is termed ..... material.

1. wasting
2. waste
3. wastefully
4. wastable

30- The term specialization means the cells ability to .....

1. divide
2. take up specialized tasks
3. perform vital functions
4. mutiny