



تعداد سوالات: تستی: ۳۰ تشریحی: ۰

زمان آزمون (دقیقه): تستی: ۱۰۰ تشریحی: ۰

سری سوال: یک ۱

عنوان درس: زبان تخصصی ۱، متون خارجی تخصصی

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

1- ..... of nation team needs to high skill and experience.

1. Endurance                      2. Movement                      3. Coaching                      4. Process

2-The ..... of athletic programs at our country has been very good in few years.

1. coaching                      2. administration                      3. curriculum                      4. endurance

3-We were very ..... with our meat at the resturant last night.

1. satisfy                      2. satisfied                      3. satisfactory                      4. satisfaction

4-I had nine brothers and sister and our parents worked full time so it was hard for them to give each of us the ..... attention we needed.

1. separate                      2. individual                      3. private                      4. personal

In the middle grades, the basic movements provide the foundation for more complex physical activities and the learning of special skills. these are often acquired through participation in team games such as volleyball and softball, which provide personal interaction and experiences that improve ones ability to play with others. During this period it is very important for children to experience physical success because of its role in personality growth. particularly in developing a positive self-

5-What is important in developing a positive self-image?

1. educational success                      2. physical education  
3. physical success                      4. physical structure

6-Which skills are often acquired through participation in team games such as vollyball and softball?

1. regular skills                      2. special skills  
3. Basic skills                      4. professional skills

7-Which experience is important during middle grades for children?

1. Physical success                      2. Educational success  
3. Social success                      4. Mental success

8-In some animals the .... of their body is much more sensitive than the other organ of their body.

1. density                      2. extremities                      3. liquid                      4. rule



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9- If my mother is interested in losing weight, she must follow this daily..... and do more exercise.

1. treatment                      2. relaxation                      3. reduction                      4. regimen

10- I hurt my shoulder badly, so I put a cold ..... on it.

1. compress                      2. contract                      3. force                      4. stress

11- What's ..... about this situation for you right now?

1. stressfully                      2. stress                      3. stressful                      4. stressing

12- A ----- can be bodily disorder or disease that in needs to prescribe by a doctor.

1. specimen                      2. pulse                      3. check up                      4. complain

13- The neck is .....for swellings, stiffness or rashes motion of the head is also checked.

1. examined                      2. examination                      3. examine                      4. examiningly

14- The last stage of the disease is marked by the ..... of crashes on the skin.

1. observation                      2. axistence                      3. appearance                      4. appear

15- My friend suffering from mind ..... and often forget something.

1. disorder                      2. bleeding                      3. spasm                      4. medicine

16- I get very ..... when I am on stage performing.

1. injured                      2. nervously                      3. nerve                      4. nervous

17- All doctors believe that daily walking can effect on .....

1. disability                      2. alleviation                      3. circulation                      4. circulatory

18- The patient's ..... after the serious motorcycle accident to take as long as six months.

1. recover                      2. recommend                      3. recovery                      4. depletion



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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, cannot be covered by their energy production. This is largely the result of a reduction in the carbohydrate stores of skeletal muscles to critically low levels (Bergstrom and Hultman,1967). Carbohydrate is stored in the liver and in skeletal muscles as glycogen granules, which are coiled chains of glucose molecules (Williams,1982). During training and competition there is always a reduction in muscle glycogen, even if the activity involves sprinting over relatively short distances repeatedly, as in the multiple sprint sports such as hockey, soccer, rugby and tennis (Williams,1987). Therefore, the rationale for high carbohydrate diets is obvious when seen in the light of the exercise demands on the limited glycogen stores in skeletal muscles (Costill and Hargreaves,1992). The nutritional preparation for optimum performance, whether in training or in competition, is based on delaying the depletion of muscle and liver glycogen stores in order to ensure the continued provision of this fuel for muscle metabolism. Dehydration is equally as effective in accelerating the onset of fatigue, as is muscle glycogen depletion, but potentially more of a health threat (Maughan, 1991). Therefore, optimum fluid intake is part of the nutritional strategies used to improve exercise tolerance. Thus, delaying the onset of fatigue is the main contribution of nutrition to improved sports performance and so nutritional preparation and training work in concert to improve the fitness of the athlete for competition.

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

- |                 |                    |
|-----------------|--------------------|
| 1. coiled chain | 2. muscle glycogen |
| 3. fatigue      | 4. sprint          |

20- Because of optimizing their performance; athletes must achieve ..... between training and diet.

- |                     |                        |
|---------------------|------------------------|
| 1. training program | 2. three elements      |
| 3. rapid recovery   | 4. appropriate balance |

21- Runners suffer from ..... in this heat.

- |                |               |                |                 |
|----------------|---------------|----------------|-----------------|
| 1. dehydration | 2. metabolism | 3. expenditure | 4. carbohydrate |
|----------------|---------------|----------------|-----------------|

