

AACI USE ONLY	
1 st	
2 nd	
3 rd	
Ready	

AACI USE ONLY			
Sections	1 st	2 nd	3 rd
A			
B			
C			
D			
Total			
Corrector			

NAME: _____ SURNAME: _____

TEENS THREE FINAL EXAM

Paper 2

Time allowed: 1h.15' (+ List: 1h. 30')

SECTION A: Reading Comprehension

Read the text and circle the correct option, true (T) or false (F).

Can music really make you run faster?

Costas Karageorghis is a sports psychologist who works at Brunei University in the UK. He calls music "the runner's best friend". He says that exercising with music can improve athletic performance by 15%, which is a lot! People must choose the music they will listen to very carefully so that the rhythm or 'beat' is synchronised with the exercise that they are doing. Trainers can provide really useful help if people don't know how to choose songs because they can always give great suggestions.

According to Professor Karageorghis, music also makes you feel less pain in the different parts of your body and an exercise session will always be less boring and more enjoyable. The UK's biggest gym, **Fitness First**, recognises the importance of music for people's training and always plays music in all its clubs. The most popular song for men is Survivor's "Eye of the Tiger", while women love Abba's "Dancing Queen".

Music works well with aerobics and other repetitive actions, but it can also help with running. The best example of this is Haile Gebreselassie, probably the world's greatest distance runner who used the techno-pop song "Scatman" as a metronome when he broke the world 2,000 metres record. But if music was so important to Gebreselassie, why do other top runners never race with headphones?

Karageorghis says 'evidence shows that for most top athletes music is less effective. Professional athletes focus more on their bodies and less on outside things like music.' So although music can help beginners run faster and longer distances, most top athletes prefer silence.

I decided to try running with music myself. I was going to run a half marathon and a sports doctor gave me the perfect playlist of songs for running. When I did the race, I found that some of the tracks, like Von Kleet's "Walking on Me" made running easier. Others made me want to throw away the smartphone. When I crossed the line, I had beaten my previous personal best record by one minute, but was it because of the music? To be honest, I felt it was probably because of the extra training.

Adapted from English File Pre-Intermediate

- 1- If you run and listen to music, it doesn't matter what songs you select. **T / F**
- 2- Running and listening to music has good effects on your body and your emotions. **T / F**
- 3- Music only helps runners; it doesn't help with other activities. **T / F**
- 4- Most professional runners listen to music while they run. **T / F**
- 5- The writer isn't sure if listening to music helped him run faster. **T / F**

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SECTION B: Language in Use

I. Choose the best alternative. The first one has been done for you.

e.g.: They b to the Fiji Islands twice and say it's great for a holiday.
a- went b- have been c- have gone

- 1- If I _____ a better computer, I would do my homework much faster.
a- have b- having c- had
- 2- The Harry Potter saga _____ in the UK.
a- were filmed b- was filmed c- are filmed
- 3- There are _____ cars in Buenos Aires.
a- too much b- too many c- a little
- 4- Football is _____ sport in my country.
a- more popular b- the most popular c- really popular
- 5- I haven't read the book _____.
a- yet b- since c- just

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II. Complete the dialogue. Use the word(s) in brackets.

e.g.: Rachel: Hey! 0) HOW ARE YOU?

(HOW)

Kevin: Great! And you?

Rachel: I'm fine, I 1) _____ a video for school and I wanted your help because you are great at making videos.

(HAVE)

Kevin: Thanks! I use an app in my phone because it is 2) _____ using computer programmes.

(THAN)

Rachel: Oh! OK! Which app 3) _____ use?

(SHOULD)

Kevin: In my opinion "Videome" is 4) _____ app in the world.

(THE)

Rachel: Ok, I will download it now.

Kevin: Great! Will you call me, 5) _____ help?

(IF)

Rachel: Yes, thank you so much!

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III. Fill in the blanks with the correct form of the verbs in brackets. Make any necessary changes.

Dear Kate,

Hi! How are you? I hope you're fine! I wanted to tell you some news about myself. I'm really happy because last month we 1) _____ (adopt) a new cat, his name is Yuri. You know I 2) _____ (always want) a new pet! So, last month I went out and I found him while I 3) _____ (walk) in the street. I 4) _____ (see) he was alone and after a couple of blocks I noticed he 5) _____ (follow) me. When I arrived home with the new cat my parents 6) _____ (be) furious. But soon they fell in love with him. Yuri lives with my other two cats and he 7) _____ (not like) sleeping on the sofa, only on my bed. Right now, he 8) _____ (play) with his toys. Would you like to come and meet him? I am free this weekend because I 9) _____ (already do) all my homework but I 10) _____ (send) it to my teacher yet _____!

I hope I'll see you this weekend!

Love,
Nathan

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SECTION C: Writing

Choose **one** of the following and write about 70 words on it.

a) Write a **paragraph** giving your opinion about this topic: "Camping: is it beautiful or horrible?"

- Say:
- **When** people can go camping
 - **Where** people can go camping
 - **What activities** people can do when camping
 - **What you** think about camping

b) Your friend has asked you about your last exam. Write an **email** telling him/ her:

- **Which subject** it was
- **When** it was
- **What** you had to do
- **How** you did (your results)

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