

INGLÉS

OPCIÓN A

Read the text and the instructions to the questions very carefully. Answer all the questions in English.

Parkour had its origins in a training program for French Special Forces known as “Parcours du combattant”, or “The Path of the Warrior”. It was David Belle, the son of a Parcours Warrior and the “inventor” of Parkour, who, in the 1980s, changed the “c” to a “k” and, along with his comrades, began the worldwide movement popular among many young people today.

Parkour, now also often referred to Freerunning, is the non-competitive physical discipline of training to move freely over and through any terrain from point "a" to point "b" overcoming architectural barriers such as walls, steps or other obstacles, and employing only the abilities of the body, principally through running, jumping, climbing and quadrupedal movement. In practice it focuses on developing the fundamental attributes required for such movement, which include functional strength and fitness, balance, spatial awareness, agility, coordination, precision, control and creative vision.

It is a sport that encourages self-improvement on all levels, revealing one's physical and mental limits while also offering ways to overcome them. It is a method of training one's body and mind in order to be as completely functional, effective and liberated as possible in any environment.

The sport aims to build confidence, determination, self-discipline and self-reliance, as well as responsibility for one's actions. It encourages humility, respect for others and for one's environment, self-expression, community spirit, and the importance of play, discovery and safety at all times.

But most of all it is a philosophy, and a way a life. It's a way of looking at any environment and believing in one's heart that there is no obstacle in life that cannot be overcome. Everyone is a unique individual, so no two people will come up with the exact same solution, but there is a "way through" for us all.

Questions

5. Composition: Practising a sport is important not only for people's physical development, but also for their development as a person. Do you agree? Why/why not? Give examples. (Approximately 120 words; 3 points).

OPCIÓN B

Read the text and the instructions to the questions very carefully. Answer all the questions in English.

She was born to a single teenage mother in rural Mississippi. She felt unwanted and was sent around from her grandmother to her mother and then to her father. She lived in poverty and suffered abuse for years. This does not sound like the beginnings of a media star who would go on to become one of America's most influential people, but it is.

In fact, Oprah Winfrey had to overcome many difficulties. She began life on a farm in Mississippi, where her strict grandmother raised her. She was lonely and conditions were poor, but her grandmother taught her to read. At six years old, Oprah went to live with her mother in Wisconsin. Oprah was often cared for by her 19-year-old cousin, who raped her. She suffered sexual abuse from other family members, including her mother's boyfriend, until she was 13 years old. At 14, she became pregnant (the baby died shortly after birth) and she moved in with her father.

Oprah's father made her education a priority. "My father turned my life around. His love of learning showed me the way." She had a few jobs before becoming the host for a morning show, which later became *The Oprah Winfrey Show*. Oprah has continued to build on her success; she created a magazine, and has produced films and a Broadway musical. *Time* and *CNN* have called her "the world's most powerful woman" and she was among the "50 most generous Americans," giving nearly \$400 million to educational causes.

Oprah says that her childhood traumas contributed to her success. She has been a strong proponent of positive thinking and has devoted many of her programs to this topic. "My greatest discovery," she said, "is that people can change their future by merely changing their attitude."

Questions

1. Write a summary of the text in English, including the most important points, using your own words (approximately 50 words, 1 point).

2. Find words or phrases in the text that correspond in meaning to the words and definitions given here (1 point; 0.25 each).

a) unmarried	b) celebrity
c) most important issue	d) subject.

3. Complete the second sentence of each pair so that it has the same meaning as the first one. (2 points; 0.5 each).

a) She was lonely and conditions were poor, but her grandmother taught her to read.
Although...

b) At six years old, Oprah went to live with her mother
When Oprah went ...

c) Oprah was often cared for by her 19-year-old cousin, who raped her.
Her 19-year-old cousin, ...

d) "My greatest discovery," she said, "is that a person can change his future."
She said that...

4. Answer the following questions in your own words. Your answer must be based on the information given in the text. (2 points; 1 point each).

a) Which of Oprah's family members treated her best? Give reasons for your opinion.

b) What factors made Oprah Winfrey successful?

5. Composition: In what ways can a child's future be influenced by his / her family? (Approximately 120 words; 3 points).

6. LISTENING TEST (1 point)

You're going to hear a conversation between two men, Rob and Neil, about sugar in sweets and soft drinks and what can be done to help us eat less of it.

Here is the beginning of the conversation:

Rob Hello I'm Rob. I'm joined today by Neil.

Neil Hello. Neil here. Excuse me! I'm enjoying a bar of chocolate...

Rob Where did you get that from?

Neil In the vending machine upstairs

Here is an example of a question:

What is Neil eating?

- A chocolate which he got upstairs
- A bar of chocolate from the vending machine
- A sandwich from the vending machine

The correct answer is: "A bar of chocolate from the vending machine".

Ready? Now read the rest of the questions and alternative answers before listening to the conversation.

(2-minute pause)

QUESTIONS

1. What is a vending machine?

- A machine that sells food and drink
- A machine that gives you change for your coins
- An automatic machine that sells soft drinks and coins

2. What does the World Health Organization say about sugar?

- That we should eat 5% less sugar every day
- That our intake of sugar should be 5% of our daily diet
- That sugar should make up less than 5% of our calories every day.

3. What does tooth decay do?

- It destroys the sensitive parts of your teeth
- It exposes the toothache or the pain in your teeth
- It destroys the surface of your teeth.

4. When is it most important you should brush your teeth?

- When you first get up in the morning
- After eating food that contains sugar
- Before you go to bed at night.

5. What does the professor say about vending machines?

- They shouldn't be used for selling school meals
- They shouldn't be in state schools or hospitals
- They should only be in public places.

6. What is confectionary?

- Chocolate and sugar
- Snacks and alcoholic drinks
- Sweet snacks and chocolate.

7. What does the professor say about sugar?

- It should be increased in childhood
- There shouldn't be so much in school meals
- There shouldn't be confectionary in nurseries.

8. What happens when we eat less sugar?

- We enjoy the sweet taste with less sugar
- Things that are very sweet taste better
- We want more and more.

9. What is the money from the "sugar tax" used for in France?

- To tax children's dental care
- To pay for the doctors' taxis
- To improve the health system.

10. Which of these 3 countries consumes less sugar than the others?

- The United States
- China
- India

Now listen to the rest of the conversation. You will hear it three times. Write the correct answer in your exam notebook (cuadernillo). Write the complete answer, not just a letter. You must not write more than one answer for each question.

(Recording) Now you will hear the text again. (Recording) Now you will hear the text for the last time. (Recording)

That is the end of the Listening test. Write your answers in your examination notebook (cuadernillo) if you have not already done so. Then you can go on with the rest of the examination