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PASSAGE 4

Questions 31-40

15 minutes

GHI CHÚ

Các câu hỏi dễ hơn cần ưu tiên trả lời đúng

★ Câu hỏi thông tin chi tiết: **37, 28**

★ Câu hỏi tham chiếu: **33**

★ Câu hỏi từ vựng: **32, 35**

★ Câu hỏi ý chính: **31**

The human body contains muscle, a soft tissue made of protein filaments. The filaments move and flex in different ways to make the muscles contract and expand, supporting the body and producing motion. There are two primary types of muscle – skeletal ("voluntary") muscle and smooth ("involuntary") muscle. While the differences between skeletal muscle and smooth muscle are taught in elementary schools around the world, few of us were taught the differences between the two types of skeletal muscles: slow-twitch muscles and fast-twitch muscles. Slow-twitch and fast-twitch muscles are named for the relative speeds at which they **twitch**, or contract. The **two types** of muscle have different structures, compositions, actions, and functions and work together to keep our bodies in motion.

Slow-twitch muscles, officially called Type I muscles, are the muscles that provide endurance. They conduct oxygen and contain blood capillaries that give them a red color, so they are sometimes referred to as "red muscles." Slow-twitch muscles do not contract with significant force, but this is offset by the fact that they can contract for longer periods of time. Slow-twitch muscles process fats and carbohydrates to use as fuel for aerobic activity, carrying oxygen for endurance activities, such as long-distance running and cycling.

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Fast-twitch muscles, officially called Type II muscles, are the muscles that provide strength and speed. There are two subtypes of fast-twitch muscles. Type IIa muscles are called intermediate fast-twitch muscles, and perform both aerobic and **anaerobic** functions equally. Type IIb muscles are what are traditionally thought of as fast-twitch muscles. Fast-twitch muscles do not conduct oxygen, and are not red in color but white. They perform anaerobic activity, not aerobic, but contract quickly and forcefully. Fast-twitch muscles are the muscles that build bulk through weightlifting and other use because of the strength of contraction, and are useful in activities requiring speed and force, such as sprinting.

In general, the muscle fibers in our skeletal muscles are divided evenly between slow-twitch and fast-twitch muscles, but each individual's specific mix of types of muscles is determined genetically. It may be true that we are "born runners," or weightlifters, or swimmers because of our skeletal and muscle structures. However, humans have the ability to change our bodies and prevail over genetics by altering which form of muscle is prominent in our bodies. The more we work one of the two types, the more predominant that type will become. This can be seen in professional and elite athletes, who have muscle structures that reflect the different demands of their particular sports. For example, sprinters' bodies and long-distance runners' bodies reflect the fact that sprinters use fast-twitch muscles more predominately and long-distance runners use slow-twitch muscles more predominately. This change does not happen overnight, however, and is the result of years of specific and intentional training.

This is not to say that elite athletes only focus on one type of muscle and ignore the other type. Even endurance athletes need well-developed fast-twitch muscles, and sprint and weight athletes need well-developed slow-twitch muscles. Many athletes focus on working both types of muscles specifically, through different forms of athletic training, to maintain balance and support for their sports. They also support the development of balanced muscle types through diet, as the two types of muscle are fueled by different nutrients.

31 What is the passage mainly about?

A. The two main types of muscle are skeletal and smooth.

B. Skeletal and smooth muscles are known as Type I and Type II muscles, respectively.

C. The two types of skeletal muscles, slow-twitch and fast-twitch, have different functions and uses.

D. Slow-twitch and fast-twitch muscles can be trained with different exercises.

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32 The word **'twitch'** in paragraph 1 is closest in meaning to

A. shake
B. freeze
C. run
D. fiber

33 The phrase **'two types'** in paragraph 1 refers to

A. smooth and skeletal
B. voluntary and involuntary
C. Type IIa and Type IIb
D. slow-twitch and fast-twitch

34 Why does the author mention the length of contractions in paragraph 2?

A. to explain how slow-twitch muscles provide endurance
B. to give evidence that slow-twitch muscles are red
C. to show why capillaries carry oxygen
D. to describe why strength training is necessary

35 The word **'anaerobic'** in paragraph 3 is closest in meaning to

A. cardio
B. using oxygen
C. not using oxygen
D. fast

36 Which can be inferred about the color of fast-twitch muscles?

A. The color of fast-twitch muscles is determined by the strength of their contractions.
B. The color of fast-twitch muscles varies from person to person.
C. The color of fast-twitch muscles is red.
D. The color of fast-twitch muscles is determined by them not carrying oxygen.

37 Sprinters use more fast-twitch muscles than slow-twitch muscles because

A. sprinting involves endurance more than speed and strength
B. sprinting involves speed and strength more than endurance
C. sprinters are born with more fast-twitch muscles
D. sprinters use more oxygen than long-distance runners

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38 According to the passage, who probably use fast-twitch muscles most?

A. long distance runners
B. swimmers
C. weightlifters
D. cyclists

39 Which is NOT true about fast-twitch and slow-twitch muscles?

A. Each person has a mix of slow-twitch and fast-twitch muscles.
B. A person can change the mix of fast-twitch and slow-twitch muscles in the body.
C. Athletes can train both fast-twitch and slow-twitch muscles.
D. Working one type of muscle strengthens that type of muscle.

40 The passage implies that

A. athletes have more muscles than non-athletes
B. there is a connection between athletic performance and medicine
C. athletes cannot train for their sports if they do not understand the differences between fast-twitch and slow-twitch muscles
D. People can change which form of muscle is prevalent in their bodies with enough work.

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This is the end of the reading paper.
Now please submit your test paper and your answer sheets.

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