جامعة التقنية
والعلوم التطبيقية
University of Technology
and Applied Sciences

University of Technology and Applied Sciences

General Foundation Programme

MOCK EXAM
General English 1

Fall Semester 2026-2027

Reading

Duration: 60 minutes

Name		
	Student Number	
	Group	

Section 1 (10 marks)	
Section 2 (15 marks)	
Total (25 marks)	

Marker's Initials	

LIVEWORKSHEETS

Four Adventure Sports

Read about four adventure sports and answer questions 1 to 10.

Hiking

Hiking is walking for a long time in the mountains. People hike for exercise or for fun. Hiking is one of the easiest and least expensive ways to get exercise and stay fit. You can hike alone or with a group. Many sports clubs around the world arrange group hikes for adventurers. A short hike for half a day is around 15 kilometers. A full-day hike is more than 20 kilometers long. Hikers enjoy nature. They like watching birds and collecting rocks. Hiking is Switzerland's most popular national sport; the Swiss spend nearly 162 million hours on hiking trips every year.

Mountain biking

Mountain biking is a type of cycling. Normal cyclists ride on flat roads. Mountain bikers ride on hills and rocks. Mountain bikes are not cheap, but they are very strong. Mountain biking began in the late 1960s and early 1970s in Marin County, California, when riders made changes to their old bikes to race down Mount Tamalpais. Mountain biking became an Olympic sport in 1996 in Atlanta, USA. One type of mountain biking is called downhill biking. Bikers go to the top of a hill and ride down very fast. They sometimes jump as far as 12 meters while riding.

Rock climbing

Rock climbing is a sport where people climb high rock walls. Climbers use their hands and feet to move up. They use ropes and wear special shoes for safety. Rock climbing entered the Olympic Games at the 2020 Tokyo Summer Games. One of the world's strongest climbers is American adventurer Alex Honnold. In 2017, he climbed the rock El Capitan in the United States without ropes. The short film *Free Solo* shows his climb. Another famous climber is Adam Ondra from the Czech Republic. He climbs some of the hardest tracks in the world and won the gold medal at the 2019 World Climbing Championships.

Kayaking

Kayaking is a popular water sport in which people use a small, lightweight boat called a kayak to travel on water. The Inuit people of Arctic regions made kayaks from animal skins to fish and hunt sea animals such as seals. In the 19th century, a Scottish man named John McGregor helped develop kayaking as a modern sport. Today, kayaking includes different types of races, some of which are as short as 100 meters. Kayakers can reach speeds of about 5 km/h, although wind and waves often reduce their speed.

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LIVEWORKSHEETS

READING SECTION 1

Questions 1 to 10

Read the scanning sheet about "Four Adventure Sports" and answer the questions.

You may write your answers on the question paper, but you MUST transfer your answers to the answer sheet before the 60 minutes are over. You will NOT be given any extra time at the end to do this.

Write no more than TWO WORDS AND/OR A NUMBER for each answer.
Write the answer in the correct space on your answer sheet.

Answers with incorrect spelling will be marked wrong.

1. How fast can kayakers travel?
2. How much time do people in Switzerland spend on hiking trips?
3. Where did the Inuit people live?
4. Which film shows Alex Honnold's climb?
5. What do sports clubs offer adventurers?
6. Who changed their old bikes to go down Mount Tamalpais?
7. When did mountain biking become an Olympic sport?
8. Who won the gold medal for rock climbing in 2019?
9. How far can bikers jump in downhill biking?
10. Which sport helps people to get exercise without spending much money?

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LIVEWORKSHEETS

READING SECTION 2

Read the passage and answer the questions.

You may write your answers on the question paper, but you MUST transfer your answers to the answer sheet before the 60 minutes are over. You will NOT be given any extra time at the end to do this.

A

Spending time outdoors is very good for your body and mind. It helps you stay healthy, happy, and relaxed. Outdoor activities, such as walking, running, or cycling strengthen your heart, muscles, and bones. Nature calms the brain, while sunlight provides Vitamin D, which supports strong bones and good health. Moreover, getting natural light during the day also helps you sleep better at night.

B

In some countries, there are special clubs called 'alpine clubs' that bring together people who enjoy outdoor activities such as hiking, climbing, and mountaineering. They organize trips and training courses to help members develop outdoor skills and stay safe. They also help take care of nature and teach people how to behave outdoors. The Alpine Club in the UK, founded in 1857, is the world's first mountaineering club, and the German Alpine Club is the largest, with over 1.5 million members.

C

Hiking, climbing, and mountaineering are popular outdoor activities in mountains and natural areas. Hiking usually means walking on trails or paths and it is the easiest activity. Climbing involves using hands and special equipment, or tools, to climb high rocks or walls, so it is more challenging. Mountaineering is the most difficult activity because it includes climbing high mountains, often in cold weather, and requires advanced skills, training, and equipment.

D

A well-known hiking trail in America is the Pacific Crest Trail. It is about 4,265 km long and goes from Mexico to Canada. A hiking trail is like a road, but only for walking. People who go hiking are called hikers. Around 700 hikers try to walk the whole trail each year. It takes them almost six months to do so. However, most hikers walk only short parts of the trail.

E

An example of a famous climbing area in the world is Mount Arapiles in Australia. Mount Arapiles is about 370 meters high and has many rock routes. Climbers usually spend a few days climbing there. Most climbers visit Mount Arapiles in spring and autumn because the weather is pleasant.

F

Mount Everest is a popular place for mountaineering. In 1953, Sir Edmund Hillary and Tenzing Norgay were the first people to reach the top of this mountain. Today, many mountaineers still try to climb Mount Everest each year. It takes them several months to plan and get ready for this long and difficult journey. They have to carry equipment such as ropes, ice axes, warm clothing, and food with them.

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LIVEWORKSHEETS

Questions 11 to 15

The Reading passage has 6 paragraphs, A-F.

Read the following headings 1 to 6 and choose a suitable title for each paragraph. Write the correct number on your answer sheet. The first one has been done for you as an example. (WRITE ONLY THE CORRECT NUMBER)

Headings

1. Benefits of outdoor activities

2. Three common activities in the mountains

3. People like to visit this place during two seasons

4. A long trip that needs a lot of planning

5. A famous long-distance trail for hiking

6. Clubs that support outdoor activities

Paragraphs

***Example*: A= 1**

11. B =

12. C =

13. D =

14. E =

15. F =

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Questions 16 - 18

Do the following statements agree with the information given in the Reading Passage?
In the correct space on your answer sheet, write

TRUE	***(T)***	***if the statement agrees with the information***
FALSE	***(F)***	***if the statement disagrees with the information***
NOT GIVEN	***(NG)***	***if the information is not in the passage***

16. Getting natural light during the day can improve your night sleep.

17. Alpine clubs care about the safety of people and the environment.

18. Hiking is more popular than climbing.

Questions 19 to 21

Choose the correct letter, A, B or C.
Write only the correct letter on your answer sheet.

19. The Alpine Club in the UK

A. is the oldest club for mountaineering.
B. has the highest number of members.
C. is the only club for mountaineering.

20. Climbing high rocks is

A. easier than hiking.
B. more difficult than mountaineering.
C. less challenging than mountaineering.

21. Most hikers on the Pacific Crest Trail walk

A. from Mexico to Canada.
B. some parts of the trail.
C. for six months.

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Questions 22 - 25

Complete the summary below using words from the box. The words are from the passage. Write your answers on your answer sheet. Answers with incorrect spelling will be marked wrong.

warm	**top**	**months**	**mountaineers**

Mount Everest is a popular spot for mountain climbing. The first to reach its **22**. _____ were Sir Edmund Hillary and Tenzing Norgay. A lot of **23.**_____ go up this mountain every year. They spend many **24**._____ planning and getting ready for this tough journey. They need to carry ropes, ice axes, food and **25**. _____ clothes.

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LIVEWORKSHEETS

University of Technology and Applied Sciences

General English 1, Mock Exam, Fall Semester 2026-2027

Name: _____ **Student ID:** _____

Branch: _____ **Group:** _____

Answer Sheet

	Reading	Marks
1.		/10
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For the Use of examiners only

Total Mark	Marker

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LIVEWORKSHEETS