TEST 11

READING

TASK 1

Read the text below. Match choices (A-H) to (1-5).
There are three choices you do not need to use.
Write your answers on the separate answer sheet.

Snow skiing successfully requires technique, practice and determination to have a pleasant time. Skiing downhill is the only way to snow ski when you are on the slopes. Knowing how to get down those slopes is key to becoming an advanced skier. Take a look at these steps to learn the concept of skiing downhill, and then get on the slopes and practice the technique.

1 ..... Keep hands forward in peripheral vision, knees slightly bent with the shins pressing against the boot tongues.

2 ..... Body's weight mass is continually carried forward on the skis to help in turning. Practice shifting your weight from the downhill ski to uphill ski to get yourself down the mountain. Shift your weight ever so slightly while lifting the tail of the downhill ski.

3 ..... Using your wrist, swing the downhill pole tip forward. Touch the snow lightly with the extended ski to. start the turn downward.

4 ..... Every time you manage to do the right actions get confident. Get sure of yourself making those tunes. Practice until you feel confident.

5 ..... You can do this with a light change in the turning process. Simply round the completion of the turn by moving the skis a tad uphill. Try varying the width of the turn as you go downhill. Go from large to medium to small turns. Next thing you know, you will be skiing downhill faster and better each time.

A Complete ski gear.
B Control your speed.
C Start with a comfortable stance.
D Get assured.
E Extend your uphill ski.
F Choose the proper ski length.
G Feel your weight on the ball of the feet.
H The downhill ski movement.

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Task 2

Read the text below. For questions (6—10) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

CREATING THE MODERN OLYMPIC GAMES

According to legend, the ancient Olympic Games were founded by Heracles (the Roman Hercules), a son of Zeus. Yet the first Olympic Games for which we still have written records were held in 776 BCE (though it is generally believed that the Games had been going on for many years already). At this Olympic Games, a naked runner, Coroebus (a cook from Elis), won the sole event at the Olympics, the stade — a run of approximately 192 metres (210 yards). This made Coroebus the first Olympic champion in history.

The ancient Olympic Games grew and continued to be played every four years for nearly 1200 years. In 393 CE, the Roman emperor Theodosius I, a Christian, abolished the Games because of their pagan influences.

Approximately 1500 years later, a young Frenchmen named Pierre de Coubertin began their revival. Coubertin was a French aristocrat born on January 1, 1863. He was only seven years old when France was overrun by the Germans during the Franco-Prussian War of 1870. Some believe that Coubertin attributed the defeat of France not to its military skills but rather to the French soldiers' lack of vigour. After examining the education of the German, British, and American children, Coubertin decided that it was exercise, more specifically sports, that made a well-rounded and vigorous person.

Coubertin's attempt to get France interested in sports was not met with enthusiasm. Still, Coubertin persisted. In 1890, he organized and founded a sports organization. Two years later, Coubertin first pitched his idea to revive the Olympic Games. At a meeting of the Union in Paris on November 25, 1892, Coubertin stated, «Let us export our oarsmen, our runners, our fencers into other lands. That is the true Free Trade of the future; and the day it is introduced into Europe the cause of Peace will have received a new and strong ally». His speech did not inspire action.

Though Coubertin was not the first to propose the revival of the Olympic Games, he was certainly the most well-connected and persistent of those to do so. Two years later, Coubertin organized a meeting with 79 delegates who represented nine countries. At this meeting, Coubertin eloquently spoke of the revival of the Olympic Games. This time, Coubertin aroused interest.

The delegates at the conference voted unanimously for the Olympic Games. The delegates also decided to have Coubertin construct an international committee to organize the Games. This committee became the International Olympic Committee and Demetrious Vikelas from Greece was

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selected to be its first president. Athens was chosen as the location for the revival of the Olympic Games and the planning was begun.

(*By Jennifer Rosenberg*)

6. The very first champion of the Olympic Games was

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(By Jennifer Rosenberg)

6 The very first champion of the Olympic Games was _____

A a Roman emperor.

B a Greek God.

C a son of God.

D an ordinary man.

7 The ancient Olympic Games were banned because of _____

A the religious influences.

B the wars.

C the political changes.

D the cultural influences.

8 Pierre de Coubertin believed that French soldiers lacked _____

A stamina.

B freedom.

C desire.

D practice.

9 When Pierre de Coubertin first presented his idea of the revival of the Olympic Games _____

A it was accepted with interest.

B it became popular.

C didn't arouse interest.

D it inspired action.

10 The Olympic Games were revived because of the _____

A people needed more exercise.

B persistence and efforts of one man.

C government proposal.

D people voting.

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TASK 3

Read the text below.
Match choices (A-H) to (12-16).
There are three choices you do not need to use.
Write your answers on the separate answer sheet.

12 .....

Bowling is a sport that offers a variety of health benefits. Between walking up to the foul line to throw the ball, to developing balance and muscle tone, bowling can help you get physically fit while you have a good time. It's not an aerobic sport, since most bowlers don't break a sweat unless they're frustrated. However, bowling does give you a chance to stretch your body and strengthen your joints. Bowling also promotes balance and hand-eye coordination. Best of all, it encourages peer interaction and helps alleviate loneliness and depression, as regular contact between players fosters friendship.

13 .....

Of course you know about bowling leagues, but did you know there are leagues dedicated to teaching kids the art of bowling? Most leagues last about 10 weeks, and many offer your child a personalized bowling ball at the end. This encourages kids to remain active bowlers and makes the cost of the league a bargain. Some youth leagues even have coaches who attend some sessions to insure participants learn proper technique and form. Contact your local bowling alley for more details on youth leagues.

14

Bowling alleys require the use of special bowling shoes, and you can rent them on-site for occasional games. But if you want to bowl regularly, consider investing in a pair of your own. When you look at the bottoms of professional bowling shoes, you'll see that the pattern on each shoe is different. This is because each foot has a different purpose, and therefore a different tread is called for. Some shoes now come with attachments that let you adjustment your slide, which can improve your game. Many even add traction to reduce or eliminate the slide from your game altogether. Experiment to find the shoes you need to improve your game.

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15 .....

Bowling balls can be made of a variety of materials and weighted to suit your game. You've seen those guys who throw the ball at the gutter and it just barely avoids falling in, only to hook at the last second and make a strike. Those bowling balls are fitted with a core that's designed for bowlers with a strong hook. For bowlers who throw a straighter line, the weight of the ball is more centred. Bowling balls can also be customized with your favourite colours and characters; you can even order a ball that appears to have a solid object inside, such as your favourite beverage. Bowling balls range in price from affordable to extravagant.

16 .....

The Nintendo Wii[1] bowling is widely accepted as a physical rehabilitation treatment for people who have experienced everything from war injuries to strokes. Because the Wii bowling game so closely mimics the actual physical aspects of bowling without the bowling ball or slippery lanes, it's a way for patients to build muscle, increase balance and regain hand-eye coordination. Because the game eliminates the need to travel to a bowling alley, or the ability to heft a heavy bowling ball, Wii bowling lets enthusiasts enjoy the sport in an environment that's safe for them.

A Ball Design

B A League of Their Own

C Bowling Tournaments

D Shoe Shopping

E Wii-habilitation

F Preventing Wrist Injures while Bowling

G Making Bowling Balls

H Knocking Down Depression

[1] the Wii (pronounced as the pronoun we, /wi:/) is the fifth home video game console released by Nintendo (a Japanese multinational corporation which produces handmade cards).

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Task 4

Read the text below. Choose from (A—H) the one which best fits each space (17—22). There are two choices you do not need to use. Write your answers on the separate answer sheet.

PARKOUR

Parkour is a movement philosophy (17) _____. It is a bit difficult to define parkour, since it integrates several disciplines; it could be said to be a sport, a hobby, and a philosophy. Essentially, parkour is about learning to navigate obstacles, and rethinking the use of one's body and the use of public spaces.

The earliest form of parkour was developed by Georges Hebert, (18) _____ who served during the First and Second World Wars. As he served France, he also travelled, and he was struck by the efficient, flowing gymnastic movements of some of the African tribes he visited. When he returned to France, he started to develop a method of natural movement for members of the military, (19) _____ and effectively around a wide variety of obstacles. The *méthode naturelle* began to be regularly taught, setting the stage for the development of parkour.

One of the founding figures of parkour is David Belle, who was taught the *méthode naturelle* by his father in the 1980s. Parkour is also known as *l'art du déplacement*, (20) _____, and some people simply call it «PK». Someone who practises parkour is known as a traceur, or a traceuse if she is female.

This sport began to be popularized in the 1990s, (21) _____. Some traceurs have expressed unhappiness with the mainstreaming of the sport, especially since parkour can be dangerous when it is practised by someone (22) _____. The art includes flying leaps, jumps, and other physically challenging moves which can look very showy, but also be hazardous.

(*After E. Smith*)

A when you can navigate an obstacle course
B which translates as «the art of displacement»
C who has not received proper training
D a French naval officer
E when several films were made about parkour
F includes education in the martial arts
G in which men and women were encouraged to move efficiently
H which was developed in twentieth-century France

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Use of English

Task 5

Read the text below. For questions (23—32) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

DAVID BECKHAM

David Beckham is an English footballer who has played for *Manchester United* and *Real Madrid* (23) _____ representing his country 100 times. He moved to *Los Angeles Galaxy* in 2007 to increase the profile of football in America. He married «Spice Girl» Victoria Beckham and has become a worldwide (24) _____, an advertising brand and a fashion icon.

Beckham was (25) _____ in London in 1975. His parents were fanatical *Manchester United* (26) _____. His talent was obvious from an early (27) _____ and he signed with *Manchester United* on his fourteenth birthday. He helped the youth (28) _____ to win several trophies and made his first team debut in 1995. He helped his team to (29) _____ considerable success in his eleven seasons with them.

Beckham has been runner-up twice as world football's best player. He (30) _____ many trophies with *Manchester United*, including the Champions League, and won a league title with *Real Madrid*. He also captained his club and country. He was famously sent off in a match against Argentina in the 1998 World Cup. In 2003, Beckham (31) _____ an honour for services to football from Britain's Queen.

Beckham has many interests off the soccer pitch and is rarely (32) _____ of the headlines especially concerning his marriage and children. He has established football academies in Los Angeles and London. In 2006 he was named a judge for the British Book Awards. He lives near Tom Cruise and the two are best friends. Beckham is also a United Nations Goodwill Ambassador.

	A	B	C	D
23	as well as	in order to	as soon as	hardly ever
24	fame	celebrated	outstanding	celebrity
25	born	come	birthday	bear
26	devoted	sponsors	supporters	enthusiastic
27	epoch	era	age	period
28	team	class	game	band
29	took	ran	achieve	realise
30	came first	prevailed	lost	won
31	collected	granted	gave	received
32	on	at	out	in

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TASK 6

Read the text below.
For the empty spaces (35-46) choose the correct answer (A, B, C or D).
Write your answers on the separate answer sheet.

The Olympics or Olympic Games are international sporting events which **(35)** ..... to foster cooperation and friendship between the nations of the world while also celebrating athleticism. There are two main components to the Olympics: the Summer Games and the Winter Games. Both games last several weeks, **(36)** ..... scores of events, and they **(37)** ..... every four years. As of 1992, they are staggered so that an Olympic Games takes place every two years. By convention, the host of the Olympics changes with each Olympic Games, theoretically allowing every nation to have a change to host the event, although the balance of hosts has been heavily skewed to the Northern Hemisphere **(38)** ..... .

The Olympic Games **(39)** ..... ancient origins. In Ancient Greece, pan-Hellenic games was held at Olympia every four years, allowing athletes to demonstrate their skills, along with poets, artists, and playwrights. The ancient Olympics also had a strong religious aspect, with attendees holding sacrifices and religious services throughout the games. In 393 BC, the Roman Empire **(40)** ..... the Olympic Games, and it **(41)** ..... again in recognizable form for over 2000 years.

As early as the 1700s, several sporting associations held regional Olympiads, and in the mid-1800s, Greece hosted an Olympiad which featured competitors from Greece and the Ottoman Empire. In 1896, the Olympic Games experienced an official revival, thanks to the efforts of Pierre Fredy, Baron de Coubertin, who established many of the conventions and infrastructure which live on in the modern Olympics, including the motto, 'Citius, Altius, Fortius', which means 'Swifter, Higher, Stronger'. Baron de Coubertin also created the Olympic logo, a **(42)** ..... design of five rings.

The Olympic Games are meant to symbolize peace, although three games (1916, 1940, and 1944) **(43)** ..... due to war. They are also supposed to be apolitical, although this goal has not always been achieved; several Cold War nations boycotted each other during the Olympics, for example, and some nations have staged strategic Olympic boycotts to protest various activities by other **(44)** ..... nations.

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The organizations which collectively work together to organize the Olympics are known as the Olympic Movement, and they include the International Olympic Committee, the International Federations which **(45)** ..... standards for various sports, and the National Olympic Committees of competing nations. Athletes who compete in the Olympics are widely considered to be among the best in the world; just being able to compete is a great honour, and taking a medal is a credit both to the individual athlete and the nation which he or she **(46)** ..... .

35	A is meant	B are meant	C mean	D means
36	A combining	B combine	C combined	D to combine
37	A hold	B held	C are held	D holds
38	A historical	B historic	C in a history way	D historically
39	A have	B to have	C has	D to have to
40	A outlaw	B outlawed	C outlaws	D to outlaw
41	A not seen	B didn't saw	C not seeing	D was not seen
42	A stylized	B styled	C stylizes	D stylizing
43	A been cancelled	B have been cancelled	C cancelled	D cancelling
44	A compete	B to compete	C competing	D being competed
45	A determines	B determined	C will determine	D determine
46	A represented	B being represented	C represents	D having represented

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