

Sports and Student Life at the National University of Trujillo

Reading Comprehension Worksheet | Applied Computer Science for Languages | UNT

Name: _____ Date: _____ Group: _____

Reading Text

The National University of Trujillo (UNT) is one of the most important universities in northern Peru. Every day, thousands of students walk through its campus to attend classes, study in the library and meet their friends. However, university life is not only about books and exams. Sports also play a very important role in the life of UNT students.

First of all, sports help students stay healthy. Many university students spend long hours sitting in classrooms, using computers or studying for tests. Regular exercise, such as running, playing football, volleyball or basketball, can improve their physical health and give them more energy. Students who exercise usually sleep better and can concentrate more easily in class.

Sports are also good for mental health. University can be stressful because of exams, homework and presentations. When students play a sport, they can forget their worries for a while and feel more relaxed. For example, a short football match with classmates after a difficult week can make a student feel happier and more confident.

In addition, sports teach important life skills. When students join a team, they learn to cooperate, communicate and respect other people. They also learn that they have to practise regularly to improve. A student who couldn't run five kilometres at the beginning of the semester can often run it easily three months later. This shows that discipline and patience bring results. These skills are especially valuable for future teachers, who will have to guide and motivate their own students.

Finally, sports help students build a sense of community. Inter-faculty tournaments and sports days bring together young people from different programmes, such as Education, Engineering and Medicine. Students who may not meet in their classes become friends on the playing field. Of course, not every student can play at a high level, and some students have physical limitations. Nevertheless, everyone can take part in some way, and it is important to respect every person's abilities.

In conclusion, sports are much more than a free-time activity at UNT. They improve health, reduce stress, develop teamwork and unite the university community. For this reason, students and university authorities should give sports the attention they deserve.

Comprehension Questions

Write your answers in complete sentences.

A. Literal Questions (4)

The answers are directly stated in the text.

1. Which sports does the text mention as examples of regular exercise?

2. According to the text, how can exercise help students in class?

3. Which three faculties or programmes are mentioned as part of the inter-faculty tournaments?

4. What do students learn when they join a team?

B. Inferential Questions (4)

The answers are not directly stated. Use clues from the text.

5. Why does the author say that university life is "not only about books and exams"?

6. What can we infer about the student who couldn't run five kilometres at the beginning of the semester?

7. Why are the skills learned through sports "especially valuable" for future teachers?

8. What does the author suggest about students with physical limitations when he or she writes that "everyone can take part in some way"?

C. Critical Questions (4)

Give your own opinion and support it with reasons.

9. Do you agree that sports are as important as academic subjects at university? Why or why not?

10. Should UNT make sports activities compulsory for all students? Explain your position.

11. What could UNT do to include students who cannot play traditional sports? Give two ideas.

12. Do you think online students and virtual courses make it harder to promote sports? How can technology help?
