



Student's name: Date: November 15th
Book: American Full Blast B1

Test 4



1- A- You know all those people that told you video games were bad, they were wrong! Read this article.



For many years video games have been criticized for making people more antisocial, overweight or depressed. But now researches are finding that games can actually change us for the better and improve both our body and mind.

Games can help to develop physical **skills**. Pre-school children who played interactive games such as the ones available on Wii have been shown to have improved motor skills, for example they can kick, catch and throw a ball better than children who don't play video games. A study of surgeons who do microsurgery in Boston found that those who played video games were 27% faster and made 37% fewer errors than those who didn't. Vision is also improved, particularly telling the difference between shades of grey. This is useful for driving at night, piloting a plane or reading X-rays.

Games also benefit a variety of brain functions, including decision-making. People who play action-based games make decisions 25% faster than others and are no less accurate, according to one study. It was also found that the best gamers can make choices and act on them up to six times a second, four times faster than most people. In another study by researchers from the University of Rochester in New York, experienced gamers were shown to be able to pay attention to more than six things at once without getting confused, compared with the four that most people can normally keep in mind. Additionally, video games can also reduce **gender** differences. Scientists have found that women who play games are better able to mentally manipulate 3D objects.



There is also evidence that gaming can help with psychological problems. At the University of Auckland in New Zealand, researchers asked 94 young people diagnosed with depression to play a 3D fantasy game called SPARX and in many cases, the game reduced symptoms of depression more than conventional treatment. Another **research** team at Oxford University found that playing TETRIS shortly after exposure to something very upsetting can actually prevent people having disturbing flashbacks.

However, the effects are not always so positive. Indiana University researchers carried out brain scans on young men and found evidence that violent games can **alter** brain function after as little as a week of play, affecting regions in the brain associated with emotional control and causing more aggressive behavior in the player. But Daphne Bavelier says that in the future we may see many **treatments** for physical and neurological problems which incorporate the playing of video games.

Match the underlined words with the definitions. There is one EXTRA underlined word. (4x0,5=2)

- the state of being male or female: _____
- change: _____
- investigation: _____
- abilities: _____

Read the article again and write the best option: (6x3=18)

1-Only relatively recently have people started to realize ____.

- a-the harmful effects of video games
- b-the beneficial effects of video games
- c-how much video games affect the people that play them

2-Very young children show improved ____ after playing video games.

- a-muscle control and co-ordination
- b-social interaction
- c-ability to differentiate between different colors

3-Women who play video games demonstrate ____.

- a-reduced stress levels
- b-better spatial awareness
- c-better multitasking ability

4-In one research study, the video game Tetris helped people to ____.

a-improve their concentration

b-overcome depression

c-forget disturbing experiences

5-Research shows that violent video games ____.

a-have no negative effects on players

b-only affect players' brains after extended hours of play

c-only affect players' brains in beneficial ways

6-In the future, computer games may be used for ____.

a-treating a variety of medical problems

b-training doctors to deal with emotional pressure

c-helping parents to deal with difficult teenagers



2-However, we can take the positive side of technology. Parents can trick their kids into exercising with technology. Let's watch the following video and learn how to do it. Check T or F. (6x3=18)

a- According to the video, it is suggested that taking out their kids' devices is a good idea. TRUE FALSE

b- Shape America recommend kids get at least sixty minute of physical activity per week. TRUE FALSE

c- To get out kids from the coach there are a lot of free apps. TRUE FALSE

d- Gonoodle can't be used at home. TRUE FALSE

e- Kids can design their own work out plan with Sworkit. TRUE FALSE

f- Fitbit 2 is a waterproof watch. TRUE FALSE



3- To know more about games read the following post about the evolution of gaming and fill in the gaps with the correct form of the passive. (9x2=18 p.)

The evolution of gaming: computers, consoles, and arcade

Videogames have been around a lot longer than you think—at least since 1958. ...

Gaming today (1) _____ (recognize – simple present) as part of our cultural landscape. But those of us over thirty are just old enough to remember a time before the arcades, our computers and our homes (2) _____ (invade – simple past) by digital entertainment. Gaming itself is as old as history. Artifacts from ancient Sumeria and Egypt (3) _____ (show – present perfect) that our ancestors enjoyed playing board games thousands of years ago. But electronic games required the invention of electronic computers. The first digital adventures (4) _____ (create – simple past) by university students who became the first game programmers. The concept of connecting an electronic game system to a television set (5) _____ (invent – simple past) by Ralph Bauer in the early 1950s. The first popular home console system was the Atari 2600, which (6) _____ (release – past simple) in 1977. 66 games (7) _____ (review – simple future) in this post, I have personally played 50 of them, or 76 percent. However, if you count games that (8) _____ (port – present perfect) at some point to game consoles, 31 or 47 percent fall into that category. You will notice that game features (9) _____ (improve – present progressive) constantly at every level. But there's still place for innovation!

<http://arstechnica.com/features/2005/10/gaming-evolution/>

4-Last night was terrible for you. Read what you wrote in your diary and click the correct option.(9p.)



Last night I had **so / such** a terrible headache that I couldn't sleep. I didn't go to bed **early so as to / so that** watch a movie I really wanted to see. I ended up going to bed at 1 am **in spite of / even though** I had to be up early for work. Anyway, I set the alarm for 6 a.m. **in order to / so that** have some breakfast before I left, but something went wrong and it went off at 4 a.m. I reset it and went to the kitchen **so as / to** get a glass of water, but accidentally dropped it on the floor.

Even though / In spite of the light was on, I didn't see a piece of glass, stepped on it and cut my foot. I was in terrible pain. My roommate was still asleep **despite / although** all the noise, so I went to his room and woke him up **so that / so as to** he could help me. **In order to / although** he wasn't very happy, he helped me bandage my foot and clean up the mess. when it was time for me to go to bed again, I couldn't sleep. I need sleep!

5-You are talking with a classmate about your weekend. Read the conversation and drag and drop with the correct phrase from the box: (8 p.)

time off - made my day - had a whale of a time - overslept - a bit of a downer - overheard
take it easy - gets on my nerves

Gary: Hello! Could you go to the concert last Saturday?

You: Yes! I (1) _____ at the concert. What about your trip to the countryside?

Gary: It rained all day, which was (2) _____. What did you do after the concert?

You: I went to have pizza but a friend of mine really (3) _____ whenever I ordered a pizza and he didn't pay his share.

Gary: Why did you come late to school ?

You: I (4) _____, I forgot to set the alarm! I need to take some (5) _____ and relax at the beach...

Gary: (6) _____! Vacations are near! I (7) _____ the teacher saying we will have more free days this year.

You: Really? You (8) _____! I'm happy now!

6- There is a talent show on TV tonight. You want to watch it. Choose the best option from the box to complete the sentences. (7p)

1. Fifteen singers will in the contest.
2. The finals will at the Landmark Theater in Los Angeles.
3. One of the judges will to go on holidays so he won't be at the ceremony.
4. The singers will have to prove that they to become professional singers.
5. The singers only have ten minutes to get ready. They can't
6. I want to watch the finals. So, I'll stay home and tonight. I'll order a pizza and relax.
7. One of the participants is so annoying that I can't



7-Your friend has decided to go to the movies but he is not sure what to see. Write a review for him recommending a movie. (20 p.)



Remember to include!

1st Paragraph: General information. title, director, type, leading actors etc.

2nd Paragraph: Setting, brief summary of the plot.

3rd Paragraph: General comments (what you liked or didn't like about the movie: soundtrack, acting, plot, special effects, costumes, ending etc.)

4th Paragraph: State general opinion and say whether you recommend it or not.

Organization: ____/5p.

Vocabulary: ____/5p.

Total: ____ /20p.

Grammar: ____/5p.

Coherence: ____/5p.