

**BOOK - 2 READING/WRITING
REVISION - UNIT - 4**

Name: _____ Date: _____

I. Reading Comprehension

A. Read the article about athletes using virtual reality. Then read the choices for headings for the five paragraphs. Choose A or B.

Why Athletes Should Use Virtual Reality to Train

1 Athletes today have new technology that helps them train for their sports. There are new types of clothing, like shoes that help them run faster. There are new types of sports equipment, like skis that give ski racers better control. There is also equipment that athletes can wear to collect data about their bodies. For example, they can keep track of changes in their breathing. Both athletes and their coaches need information like this. All these new types of technology are very useful to athletes in training for their sports. Then there is virtual reality, or VR. That, too, is helping athletes train, especially for college and professional sports.

2 The athlete puts on special glasses that are part of a VR system. VR then creates an experience that looks, sounds, and feels real. Athletes do not need to be on the basketball court or the soccer field. They will feel as if they are. The weather does not matter. A skier does not need snow, and a skater does not need ice. Athletes can practice anytime, anywhere. They can practice without other athletes or their coach. That means they get more chances to train and improve their skills.

3 Repetition (making the same moves over and over) is the oldest way to improve a skill, and it is still the best. College and professional athletes know this. With VR, an athlete can get in more repetition and do it in a situation that feels real. For example, a football player can practice kicking the ball over and over. He can see how changes he makes affect the ball's flight. In the same way, a tennis player can learn to serve the ball better.

4 Virtual reality also lets athletes practice making decisions under pressure. That is a great way to get ready for competition. Coaches often use video to show game situations and talk about what to do. But with video, players can only watch. They can only imagine being in a situation. With VR, the player feels as if he or she is really in the situation. The player can practice what to do. For example, a soccer player can train to make fast decisions about where to pass the ball. The player can practice finding places where the other team's defense looks weak. One study looked at the decisions made by football players who trained with VR. The study found that they made better decisions. They also cut almost a second from their decision time. In many sports, one second can make a big difference.

5 Virtual reality is changing how athletes practice and get ready to compete. It is an exciting new tool in sports. Athletes can benefit from making it a part of their training.

1. Which would be the better heading for Paragraph 1?

- A. Virtual Reality for Sports
- B. New Technology in Sports

2. Which would be the better heading for Paragraph 2?

- A. What Does VR Do?
- B. Athletes Need Practice

3. Which would be the better heading for Paragraph 3?

- A. Improving Your Skills
- B. Repetition Is Key

4. Which would be the better heading for Paragraph 4?

- A. Decision-Making Practice
- B. Playing Under Pressure

5. Which would be the better heading for Paragraph 5?

- A. A Great New Tool
- B. Benefits of Virtual Reality

B. Complete the sentence. Choose A, B, or C.

6. Virtual reality gives athletes more chances to practice because _____.
A. VR is more fun than practicing with other people
B. the VR experience looks, sounds, and feels so real
C. they can practice with VR when and where they want
7. In Paragraph 3, the writer gives an opinion about _____.
A. the right way to practice kicking a football
B. the value of repetition for building skills
C. the fun of college and professional sports
8. The writer says VR is good for athletes to use because they _____.
A. develop the ability to use their imaginations
B. enjoy using it to watch sports videos
C. need practice making decisions in game situations
9. The writer says practice is important for athletes because they must _____.
A. improve their skills to prepare to compete
B. fully understand the rules of their sport
C. collect data about how their bodies perform
10. The main idea of the reading is that virtual reality _____.
A. is a very enjoyable new technology in sports
B. helps athletes train better for their sports
C. is turning teams that use it into winners

II. Vocabulary

A. Match each word with the correct definition.

- | | |
|--------------------------|--|
| 11. examine _____ | a. not treating each person equally |
| 12. replace _____ | b. to study something or someone very carefully |
| 13. take care of _____ | c. to be used instead of something else |
| 14. under pressure _____ | d. to be responsible for a situation or task |
| 15. unfair _____ | e. to officially say that something is not allowed |

- f. not comfortable, unpleasant
- g. made to feel anxious about something you have to do

B. Complete the sentences with the correct word from the word bank.

<i>advantage</i>	<i>artificial</i>	<i>energy</i>	<i>informal</i>	<i>performance</i>	<i>reason</i>
------------------	-------------------	---------------	-----------------	--------------------	---------------

16. Some people who have lost a leg—in an accident, for example—are able to get _____ legs.
17. By the end of the race, the runners were low on _____ and most of them were slowing down.
18. Jack is shopping for a new tennis racquet, but he isn't looking for any _____ brand.
19. Her boss did not accept her _____ for being late to work.
20. Some athletes use special sports watches to track their body's _____.

III. Reading Skill: Recognizing Main Ideas and Supporting Details

Read two paragraphs from an article on VR for athletes and read the notes on the two paragraphs in the box. Write letters to answer the questions.

Paragraph A

With a virtual reality system, athletes just put on their special glasses and they can practice anytime, anywhere—and without their coach. Is that a good thing? No, because athletes need coaches to get their advice. That includes advice about how much practice is enough and how much is too much. Some athletes, especially young ones, do too much. They can train too hard and get hurt. Part of a coach's job is to help athletes avoid getting hurt in practice. To do that, the coach needs to be there.

Paragraph B

So far, virtual reality is used mostly to help certain athletes train—the ones on professional teams or at big universities. Not everyone is using it. That is because it is very expensive. Expensive new technology divides those who can afford it from those

who cannot. When that happens, we have to ask, what is fair? Sports should be about talent and hard work, not about who can get the best technology. In the future, the cost of VR systems will probably come down, but that will mean the problem moves into high schools. Some high school athletes will use VR to practice, but not all high schools will be able to afford it.

NOTES:

- | |
|--|
| <ul style="list-style-type: none">A. VR technology available only to the richB. Athletes' need for training advice, especially when youngC. Use of VR technology—maybe not fairD. Training with VR and without a coach—maybe a bad ideaE. Problem of unequal resources may affect high school sportsF. Coaches help athletes prevent injuries |
|--|

21. Which note gives the main idea of Paragraph A?

22-23. Which notes express supporting ideas from Paragraph A?

24. Which note gives the main idea of Paragraph B?

25-26. Which notes express supporting ideas from Paragraph B?

IV. Vocabulary Skill: Understanding Information in Dictionary Entries

Read the dictionary entry for *advantage*. Read the questions and write your answers.

advantage <i>noun</i>

BrE / əd'vɑːntɪdʒ/, NAmE / əd'væntɪdʒ/

[countable, uncountable]

1 a thing that helps you be better or more successful than other people
--

- | |
|---|
| <ul style="list-style-type: none">• a big/great/definite advantage• an unfair advantage (something that benefits you, but not the person(s) you are competing against) |
|---|

- You will **be at an advantage** (= have an advantage) in the interview if you have thought about the questions before
- **advantage over somebody** Being tall gave him an advantage over the other players.

2 a quality of something that makes it better or more useful

- A small car **has the added advantage of** being cheaper to run.
- Each system has its good and bad points, but this one has far more **advantages than disadvantages**.

27. What part of speech is the word *advantage*? _____

28. What are two adjectives often used with *advantage*? _____

29. What preposition should complete this sentence: "Because you're left-handed, are you _____ an advantage playing tennis"?

30. What preposition should complete this sentence: "His new high-tech tennis racquet gives him an advantage _____ the other player"?

31. What preposition should complete this sentence: "My job has the advantage _____ being so close to my apartment that I can easily walk to work"?

32. What word is the opposite of *advantage*? _____

V. Writing Skill: Identifying Elements in an Opinion Paragraph

Read the paragraph and the questions. Write your answers.

(1) For athletes in training, I feel that virtual reality can hurt as much as it helps. (2) People say one advantage of VR is that athletes can practice alone, and I agree that athletes can improve some of their skills that way. (3) But for athletes that play team sports, like soccer, certain kinds of skills can improve only when a team is together. (4) Communication skills, for example. (5) Practicing alone does not help players develop those skills. (6) Players, especially young ones, might forget how important the skills

are. (7) The success of a team depends on these kinds of skills, too. (8) In my opinion, players belong on the field with a coach, not alone in the lab with a VR headset.

33. In which sentence does the writer introduce his or her opinion?

34. What phrase signals the writer is giving an opinion?

35. Is the writer for or against athletes training with VR?

36. In which sentence does the writer give background information about the topic?

37. In which sentence does the writer give the reason for his or her opinion?

38. What example helps explain the writer's reason?

39. In which sentence is there added support for the writer's reason?

40. In which sentence does the writer restate the paragraph topic?

VI. Grammar

A. Correct the modal error in the sentence.

41. An athlete should to agree to play fair—that is, to play by the rules.

42. I shouldn't ought to get upset when we disagree, but I do.

43. The captain of a team should sets a good example for the other players.

44. You must don't be late for class. It's not polite.

45. Student-athletes must to remember that school is more important than sports.

B. Complete each sentence with *ought to*, *should (not)*, or *must (not)* + the verb in parentheses.

46. You _____ virtual reality—it's fun! (try)

47. I feel very strongly that we _____ that mistake again. (make)

48. In my opinion, you _____ on your phone on the bus. It annoys other passengers. (talk)

49. I believe that everyone _____ responsible for his or her own decisions. (be)

50. The fire is out, but the building is still unsafe. You _____ in. (go)