II. BÀI TẬP VẬN DỤNG

PASSAGE 1

ID Đề [5870] - Tra ID Video [5871]

Along with jogging and swimming, cycling is one of the best all-round forms of exercise. It can help to increase your strength and energy, giving you more efficient muscles and a stronger heart. But increasing your strength is not the only advantage of cycling. Because you're not carrying the weight of your body on your feet, it's a good form of exercise for people with painful feet or backs. However, with all forms of exercise, it's important to start slowly and build up **gently**. Doing too much too quickly can damage muscles that aren't used to working. If you have any doubts about taking up cycling for health reasons, talk to your doctor and ask for his/her advice.

Ideally, you should cycle at least two or three times a week. For the first time, you should get a little out of breath. Don't worry that if you begin to lose your breath, it could be dangerous and there must be something wrong with your heart. This is simply not true; shortness of breath shows that exercise is having the right effect. However, if you find you are in pain then you should stop and take a rest.

Question 1: What is the main idea of the reading passage?

A. Advantages and disadvantages of cycling

B. Risks of learning cycling

C. Benefits of cycling and how to do it properly

D. Ways to practice cycling better

Question 2: People with back problems might go cycling because.

A. it enables them to carry the weight of their body on their feet

B. it does not make them carry the weight of their body on their feet

C. it helps to make their backs become stronger

D. it helps them to relieve their backache

Question 3: The word **gently** in paragraph 1 is OPPOSITE in meaning to _____.

A. gradually B. quickly C. quietly D. violently

Question 4: Which of the following is NOT included in the advantages of cycling?

A. Giving you a stronger heart B. Increasing your strength and energy

C. Giving you better muscles D. Making you look younger

Question 5: The word **Ideally** in paragraph 2 is CLOSET in meaning to _____.

A. Physically B. Perfectly C. Consequently D. Basically

Question 6: What final comment does the author make about cycling?

A. You should practice cycling as much as possible

B. If you are in pain, the exercise is having the right effect

C. Practicing cycling frequently helps your heart attack

D. You should stop and take a rest if your body is in pain

LIVEWORKSHEETS