



IDIOMA EXTRANJERO: INGLÉS.

- Hay que elegir un texto y contestar a las preguntas en inglés
- Hay que elegir una de las dos fotos y describirla en inglés
- Se permite el uso del diccionario
- Duración de la prueba: 1 hora y 30 minutos.

READINGS: CHOOSE ONE OF THE FOLLOWING TEXTS.

You must answer all the questions about the same text. NO POINTS will be given to mixed answers. Clearly identify on your paper which text you have chosen.

TEXT 1: THE EFFECTS OF STRESS

Stress is one of the most common causes of health problems in modern life. There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach, causing stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions are often developed as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.

Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

web2.uvcs.uvic.ca/elc/studyzone

Answer the following questions using the information given in the text (1 point per question).

1. What is stress?
2. What do people do when they are under stress?
3. What is the main consequence of long-term stress?
4. According to the test, what is a depression?
5. How is alcoholism developed?
6. How is stress affecting eating disorders?
7. Which is the final recommendation of the test?



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TEXT 2: RUNNING

Running is a great way to get fit, feel better and form new relationships with other runners. Starting a new running habit doesn't have to be hard, everything you need is a comfortable pair of trainers and the desire of moving a little or a lot, at your rhythm.

My story began when I realised that I was really out of shape. I was going to work one morning when I discovered that my car had broken down. I had to run to catch the bus and I was really tired after this short race. I decided that I had to do something immediately.

At first, I was too embarrassed to join an exercise class, so I started walking. I didn't go far, just one round in our local park. That took about 15 minutes. I did that about three times a week. I gradually started walking longer and longer distances. After a few months, I was walking about five times a week for over an hour! I had more energy and felt happier. Then my friend, Joe, told me about a new gym that was opening up. They were offering a month's free membership to encourage people to join. I wasn't sure if I would enjoy it, but, after the first couple of weeks, I started to feel stronger and healthier.

I was at the gym one day when I saw a notice for a programme called "Running for Beginners". A man next to me told me that he had joined the programme two years earlier, and that he had just run his first marathon. I thought that I could do it too.

Our instructor was really good. We started out slowly, with a mixture of walking and a running. We ran for 5 minutes, and then we walked for 10 minutes. In a month I was running for 30 minutes! Finally, I started training to run ten kilometres and, six months ago, I ran my first half-marathon – that's 21 kilometres. I still can't believe I did it!

www.nytimes.com

Answer the following questions using the information given in the text (1 point per question).

1. What do you need to start running?
2. Why did the writer have to take the bus?
3. How did he feel after catching the bus?
4. What activity did he decide to do at the beginning?
5. Who told the writer about the new gym?
6. What was the name of the programme that he began at the gym?
7. What did the writer run six months ago?



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Describe ONE of the following pictures (3 points).

A.



B.

