

Opakování na zkouškový test nk2100 Podzim 2014, jaro 2015

TASK 1

You will hear an expert presenting the topic of exercise and asthma. Complete the gaps in the summarising sentences with one word in each case. You will hear the recording twice.

1. Asthma is a chronic disease of the _____ .
2. In extreme cases asthma attacks can be _____ .
3. Asthma affects _____ million people worldwide.
4. There is no _____ for asthma, only treatment of symptoms.
5. Exercise-induced asthma (EIA) is a big _____, but it can be overcome.
6. Asthmatics can become very _____ .
7. Asthmatics should pick an exercise that does not put _____ on your breathing.
8. Generally, low _____ activities are more easily tolerated.

https://www.youtube.com/watch?v=Oi_bJXG7MyE

TASK 2

Words in Context (8 points)

Read the following text and fill in the gaps with suitable words from the list. You do not have to change the form of the words. There are 2 words you do not need to use.

skills joints considered injury enhanced avoid requires strength
reacts knowledge

The optimum design of sports equipment _____ the application of a number of disciplines, not only for _____ performance but also to make the equipment as user-friendly as possible from the standpoint of _____ avoidance. Clearly, this design includes materials science, mechanical engineering, and physics; however, _____ of anatomy, physiology, and biomechanics is also necessary. *Biomechanics* can be simply defined as the science of how the body _____ to internal and external forces. Thus, it is an attempt to apply the basic laws of physics and mechanics to the _____, ligaments, and tissues of the body as they are subjected to loading. In designing sports equipment, the various characteristics of materials must be _____. Among these characteristics are _____, density, fatigue resistance, toughness, modulus (damping), and cost.

TASK 3

Reading

Seven parts of sentences have been removed from the text below. Choose from the removed parts (A-F) the one which fits each gap. Write the appropriate letter next to a number, e.g. 4A.

- A) the client is overtrained or at risk of becoming overtrained
- B) carries a risk of overtraining
- C) some immediate changes in the program
- D) who is extremely motivated
- E) to perform well and concentrate
- F) or overload, the physiological systems
- G) work, home, social interactions, and training load

A basic principle of training is to stress, (1) _____. Positive stress causes the body to respond with, for example, increases in strength, muscular endurance, or cardiorespiratory capacity.

The basic training principle of using progressive increases in overload (2) _____.

Overtraining is a combination of stress that is experienced through (3) _____. It can lead to exhaustion and injury. You must avoid overtraining the client by first placing work and recovery cycles into the plan and then altering the training program when it becomes apparent that _____.

Susceptibility to overtraining can result from a combination of a hard-driving trainer and a client (5) _____. The underlying causes of overtraining are a combination of emotional and physical factors.

Although the symptoms of overtraining may vary greatly from one individual to another, the most common are feelings of heaviness and the inability (6) _____. Working out is no longer a joy. If you believe this situation exists, it is time to make (7) _____.

TASK 4

Translations

Translate into English:

Zdravá výživa

Natažené svaly

Rozsah pohybu

Tréninková jednotka – trénink

Srdeční frekvence

TASK 5

Grammar

Transform the sentences so that they have the same meaning as before.

1. The lecture was really confusing for the students.
The students were really after the lecture.
2. It is not necessary for you to leave now.
You leave now.
3. I don't think it was a good idea to be rude to them.
I think you shouldn't rude to them.
4. I am absolutely sure she won the match.
She must the match.
5. She enjoys her work although her salary is bad.
She enjoys her work despite
6. If you don't want to leave, we can stay a bit longer.
Unless, we can stay a bit longer.
7. I didn't have any money and that's why I didn't go on holiday last year.
If I, I on holiday last year.
8. The scientists have developed a new drug.
The new drugby scientists.

TASK 6

Phrasal verbs

*Complete the gaps with suitable phrasal verbs from the list. Change the form when necessary.
There is one verb you do not need to use.*

put on work out bring up look into give in stand out

1. A team of experts will _____ the problem.
2. I _____ several kilos recently.
3. One of the points _____ as being more important than the rest.
4. She is a well _____ child.
5. You should _____ regularly to keep fit.