

Duración de la prueba: 1 hora y 30 minutos.

Esta hoja **no** se entrega. Responde **todas** las preguntas.

### An Exercise Routine

When we talk about an exercise routine we tend to focus on the word 'exercise' rather than on 'routine', but regularity and constancy are the key elements to keeping fit, so make sure your exercise routine is part of your daily habits and vice versa: don't forget that physical chores such as housework or dog-walking, and leisure activities such as dancing or walking can all contribute to your keep fit routine.

It's also important to focus on health because it's not all about losing weight but about being healthy. You may find it's easier to lose weight if the health benefits that go with it are your priority.

On the other hand, don't aspire to quick changes. Those sudden losses of weight that occur when you skip meals aren't usually relevant. You'll do much better to adopt new and healthy habits, both in terms of diet and keep fit. Just like the tortoise and the hare, slow and steady wins the race."

Finally, let other people help you. Although you are the one who has to keep to the routine, it'll be easier if you let your friends and family know what you're doing. That way, they'll be more likely to encourage you. If you've got a birthday or anniversary coming up, make it clear that flowers, a book or a spa gift voucher is a better present than chocolates.

*adapted from <http://www.hellomagazine.com>*

#### I. Reading comprehension. (2 points, 0.5 points for each correct answer)

Add TRUE or FALSE and **copy the evidence** from the text to support your answer. **NO** marks are given for only true or false.

1. The type of exercise is more important than the frequency.
2. Cleaning the house can also help you be fit.
3. Cutting out breakfast is an effective way to lose weight.
4. It can be helpful if people close to you know that you're trying to lose weight.

#### II. Lexicon / Phonetics (2 points):

##### A. Lexicon. (1 point, 0.25 points for each correct answer)

Find words or phrases in the text that mean the same as these given.

1. activities
2. help
3. concentrate
4. rapid

##### B. Phonetics. (1 point, 0.25 points for each correct answer)

1. Write one word from the text that include the same sound as "run" /ʌ/. (0.25)
2. Which sound does "although" include, /θ/ or /ð/? (0.25)
3. Write two words from the text that include the same sound as "same" /eɪ/. (0.5)

#### III. Use of English. (3 points, 0.5 for each correct answer)

Rewrite the following sentences starting with the words given.

1. I've never seen such a wonderful group of people.  
It's the most .....
2. "Are there any messages for me?" asked the manager.  
The manager asked .....
3. In spite of having a lot of experience, he didn't get the job.  
Although .....
4. You shouldn't have told her the truth.  
If only .....
5. During the season, you are not allowed to eat red meat.  
During the season, .....
6. *Write the correct question for the underlined words:*  
Pau Gasol became the first Spaniard to win an NBA Title.  
.....

#### IV. Composition. (3 points)

Write a composition of between 100 and 125 words on the following topic:  
"Do you think everybody should practise sports?"

**Pruebas de Acceso a Estudios de Grado (Bachillerato LOE)**

**INGLÉS, 2010-2011, reserva 1**

**PROPUESTA B**

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**An Exercise Routine**

When we talk about an exercise routine we tend to focus on the word 'exercise' rather than on 'routine', but regularity and constancy are the key elements to keeping fit, so make sure your exercise routine is part of your daily habits and vice versa: don't forget that physical chores such as housework or dog-walking, and leisure activities such as dancing or walking can all contribute to your keep fit routine.

It's also important to focus on health because it's not all about losing weight but about being healthy. You may find it's easier to lose weight if the health benefits that go with it are your priority.

On the other hand, don't aspire to quick changes. Those sudden losses of weight that occur when you skip meals aren't usually relevant. You'll do much better to adopt new and healthy habits, both in terms of diet and keep fit. Just like the tortoise and the hare, slow and steady wins the race."

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**I. Reading comprehension. (2 points, 0.5 points for each correct answer)**

Add TRUE or FALSE and **copy the evidence** from the text to support your answer. **NO** marks are given for only true or false.

1. The type of exercise is more important than the frequency.  
*False. "... regularity and constancy are the key elements to keeping fit."*
2. Cleaning the house can also help you be fit.  
*True. "... physical chores... can all contribute to your keep fit routine."*
3. Cutting out breakfast is an effective way to lose weight.  
*False. "Those sudden losses of weight that occur when you skip meals aren't usually relevant."*
4. It can be helpful if people close to you know that you're trying to lose weight.  
*True. "... it'll be easier if you let your friends and family know what you're doing."*

**II. Lexicon / Phonetics (2 points):**

**A. Lexicon. (1 point, 0.25 points for each correct answer)**

Find words or phrases in the text that mean the same as these given.

- |                             |                             |
|-----------------------------|-----------------------------|
| 1. activities <i>habits</i> | 3. concentrate <i>focus</i> |
| 2. help <i>contribute</i>   | 4. rapid <i>quick</i>       |

**B. Phonetics. (1 point, 0.25 points for each correct answer)**

1. Write one word from the text that include the same sound as "run" /ʌ/. (0.25) *but, such, sudden, much, just, other, one, encourage, coming.*
2. Which sound does "although" include, /θ/ or /ð/? (0.25) */ð/*
3. Write two words from the text that include the same sound as "same" /eɪ/. (0.5) *make, daily, weight, changes, race, way.*

**III. Use of English. (3 points, 0.5 for each correct answer)**

Rewrite the following sentences starting with the words given.

1. I've never seen such a wonderful group of people.  
It's the most *wonderful group of people (that) I have ever seen.* .....
2. "Are there any messages for me?" asked the manager.  
The manager asked *if there were any messages for him.* .....
3. In spite of having a lot of experience, he didn't get the job.  
Although *he had a lot of experience, he didn't get the job.* .....
4. You shouldn't have told her the truth.  
If only *you had not told her the truth.* .....
5. During the season, you are not allowed to eat red meat.  
During the season, *you can't / mustn't eat red meat.* .....
6. Write the correct question for the underlined words:  
Pau Gasol became the first Spaniard to win an NBA Title.  
*Who became the first Spaniard to win an NBA Title?* .....

**IV. Composition. (3 points)**

Write a composition of between 100 and 125 words on the following topic:  
"Do you think everybody should practise sports?"