



## سؤالات آزمون سراسری ۸۱

زبان عمومی و تخصصی

## Part A:

Directions' In this part of the test each item (1-8) consists of an incomplete sentence. Below the sentence are four choices, marked (1), (2), (3), and (4). you should find the one choice which best completes the sentence. Mark your choice on the answer sheet.

- ✎ 1- I really enjoyed the story you sent me, but the ending was very .....  
1) prediction                      2) predicting                      3) predictable                      4) predicted
- ✎ 2- I couldn't concentrate on my homework, because my brother kept .....me with silly questions.  
1) interrupting                      2) interrupted                      3) to interrupt                      4) interruption
- ✎ 3- I got something for my cough from the chemist's so I.....go to the doctor's.  
1) shouldn't                      2) mustn't                      3) don't have to                      4) had to
- ✎ 4- It was decided that the duties of part-timers should be.....  
1) declined                      2) reduced                      3) required                      4) devoted
- ✎ 5- Their aunt ..... them after their mother's death.  
1) looked after                      2) looked forward to                      3) looked into                      4) looked through
- ✎ 6- He never thinks about anything except watching TV; he's.....to it.  
1) restricted                      2) affected                      3) represented                      4) addicted
- ✎ 7- He was arrested for the.....possession of firearms.  
1) unlikely                      2) unlawful                      3) imperfect                      4) ineffective
- ✎ 8- I'm afraid this vase is anything but antique - in fact, ..... it's.  
1) worthless                      2) hopeless                      3) meaningless                      4) pointless

## Part B:

Directions' In each of the following sentences, (items 9-10), four words or phrases have been underlined. you should choose the one word or phrase that would not be appropriate in standard written English. Mark your choice on the answer sheet.

- ✎ 9- He was very angry because no-one of his friends wished him a happy birthday.  
1                      2                      3                      4
- ✎ 10- working in a big company, my father has the possibility to go to foreign countries every now and then.  
1                      2                      3                      4

## Part C: Reading comprehension

Each selection is followed by one or two questions about the meaning of the material. You are to choose the one best answer to each question from the four choices given.

In recent years, more and more people have been paying for things with credit cards. There are now 565 million credit cards worldwide, but it doesn't stop there. Debit cards are being issued by banks, and store cards are being offered by many department stores. Bills and coins are gradually being replaced by "plastic money." In many countries' phone cards have been introduced for people to use in pay phones. In addition' cards made of paper are being replaced by plastic-ones by many organizations and clubs. For example' if you belong to a sports club, your membership card may will be made of plastic.



🔍 11- In many countries phone cards may be used to..... .

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 1) make a call                     | 2) buy things from department stores |
| 3) make a call from a public phone | 4) get loans from banks              |

How safe is the plastic used to make these cards, though? Until now, most cards have been made from a plastic called PVC. While PVC is being produced, harmful chemicals are released into the atmosphere. One of the most dangerous chemicals that is released is dioxin' which is known to cause cancer in humans, a further problem is that, when a PVC card is thrown away, it is not biodegradable; this means that it does not "break down" and cannot be recycled. Obviously, recycling reduces pollution or the environment.

🔍 12- Most credit cards..... .

- |  |   |
|--|---|
| 1) reduce pollution of the environment | 2) release harmful chemicals when they are used     |
| 3) are made from a harmless material   | 4) are made from a material that cannot be recycled |

The executive director of the environmental organization and charity Greenpeace, Peter Melchett, says, "If there is a solution to this - and an alternative – then it would be madness not to use it. " Greenpeace has found a solution and an alternative. Their new credit card is made entirely from a biodegradable plastic that uses plants. The card breaks down in around three months in special soil called compost; in this way, it is recycled. In contrast, a PVC card lasts for centuries. Greenpeace hopes that many organizations will soon' follow their example and issue cards that do not threaten the public health.

🔍 13- "Greenpeace"..... .

- 1) has found an alternative to PVC
- 2) says PVC breaks down in three months
- 3) considers its madness to use PVC cards
- 4) says PVC cards are better because they last for centuries

🔍 14- "Greenpeace" recommends other organizations to..... .

- |                           |                                   |
|---------------------------|-----------------------------------|
| 1) threaten public health | 2) break down their cards         |
| 3) issue PVC cards        | 4) use cards that can be recycled |

🔍 15- Recycling.....pollution.

- |           |                |              |              |
|-----------|----------------|--------------|--------------|
| 1) causes | 2) facilitates | 3) decreases | 4) increases |
|-----------|----------------|--------------|--------------|

please read the following passages carefully and then answer the questions.

Muscle tissue which Constitutes 40 to 50 percent of the adult human body, is one of the most interesting tissues of creation. Its special characteristics are excitability (irritability), contractibility, extensibility, and elasticity. Excitability means that it is able to receive and respond to a stimulus. Contractibility means that the/muscle changes shape as a result of stimuli, usually becoming shorter and thicker. Extensibility means that the muscle can be stretched (extended) beyond its normal length. And elasticity means that it readily returns to its normal Length when the stretching force is eliminated.

🔍 16- According to the passage the characteristic of muscle tissue are:

- 1) Excitability, contractibility, irritability, elasticity.
- 2) contractibility, extensibility, excitability, irritability.
- 3) Elasticity, excitability, extensibility, and irritability.
- 4) Irritability, contractibility, extensibility, and elasticity.

🔍 17- According to the passage excitability means that:

- 1) The muscle is able to react to stimuli.
- 2) The muscle can returns to its normal length.
- 3) The muscle changes shape as a result of impulses.
- 4) The muscle can be stretched more than its normal length.

Carbohydrate (CHO) is the most important nutrient for high intensity performance. Energy release from CHO is up to three times as fast as from fat. However CHO stores in the body is small which limits the time to perform high intensity exercise. Apart from decreasing perform, CHO depletion induces an increased utilization of protein for energy production, which may enhance fatigue. CHO ingestion during exercise allows sparing of the body's CHO stores, decreasing of protein utilization and ammonia production, and a delay of fatigue lead to an improvement of performance. Adequate CHO ingestion between training sessions / days or intense performance is of utmost importance to avoid progressive fatigue development overtraining.

 **18- According to the passage CHO ingestion causes:**

- |                             |  |
|-----------------------------|--|
| 1) An increase in fatigue.  | 2) To produce ammonia.                 |
| 3) To produce overtraining. | 4) An increase utilization of protein. |

 **19- According to the passage:**

- 1) CHO depletion induces an increase in performance.
- 2) Adequate CHO ingestion is important to postponed fatigue.
- 3) CHO ingestion during exercise allows sparing of body's CHO stores.
- 4) Adequate CHO ingestion is of utmost importance to avoid progressive performance.

The changes in cardiac output described above for males are similar to those for females. However, it should be mentioned that in comparison with males, females tend to have slightly higher cardiac output when performing work at the same levels of oxygen consumption. This difference amounts to about 1.5 liters per minute, in other words, the cardiac output will be about 1.5 liters per minute higher on the average in females than in males for a given oxygen consumption. The reason for this is probably due to the females Lower oxygen carrying capacity of blood, resulting from their lower levels or hemoglobin. Also the maximal cardiac out put of both trained and untrained females is generally lower than that of their male counterparts.

 **20- According to the passage, the maximal cardiac output of trained:**

- 1) Male is 1.5 liters per minute.
- 2) Female is 1.5 liters per minute.
- 3) Female is lower than their male counterparts.
- 4) Male is lower than their female counterparts.

 **21- Females tend to have slightly higher cardiac output than males when performing work at .....the oxygen consumption.**

- |                  |                 |                  |                          |
|------------------|-----------------|------------------|--------------------------|
| 1) level of high | 2) level of low | 3) same level of | 4) level slightly higher |
|------------------|-----------------|------------------|--------------------------|

 **22- According to the passage females tend to have higher cardiac output than males because females have:**

- |   |  |
|---|--|
| 1) More hemoglobin.                         | 2) More oxygen consumption.                  |
| 3) Lower oxygen-carrying capacity of blood. | 4) Higher oxygen-carrying capacity of blood. |

The quality or the physical education program in an institution depends more upon the administration than any other factor. It is true that what can be accomplished is dependent on the facilities, equipment, personnel, and time allotment available; but in any given situation, a good administrator produces a substantially better program than a poor one. Likewise, over a period of time an excellent administrator is much more successful in bringing about improvements in facilities, equipment, time allotment, and personnel than a poor or mediocre one. Despite excellent resources many physical education departments are considered - weak because of poor administration. Likewise, many departments that have inadequate facilities, equipment, and manpower do surprisingly well because of the ability of their administrators. It has been demonstrated repeatedly that it is the administrator who makes the difference between a successful and unsuccessful program.

 **23- The passage indicates that success of physical education program depends on:**

- |                                |  |
|--------------------------------|--|
| 1) Resources available.        | 2) A good administrator.                   |
| 3) The quality of the program. | 4) The facilities, equipment and manpower. |



**24- The passage above emphasizes most on:**

- 1) The necessity of resources.
- 2) The necessity of favorable condition.
- 3) The importance of successful program.
- 4) The necessity of physical education Human resources.

Regular physical activity enhances over all health and well-being. Children who are physically educated are more likely to become and remain active. Specifically, having basic information regarding exercise and the benefits of exercise as well as mastering sets of basic movement skills are essential to a child's initiating and continuing a regular exercise program. Individuals will not participate in activities they do not know about. Moreover, they are less likely to participate in activities they do not know how to do reasonably well. Researchers have identified a child's movement competence (i.e., skill) and enjoyment of physical activity as primary factors in how physically active an individual is during childhood and adolescence (Welk 1999). In addition, physical activity experiences during child hood need to be positive to encourage an active life style during adulthood. Thus, we must provide children with the knowledge and skills they need to make healthful decisions regarding their exercise behavior and the positive memories to encourage them to pursue and active life style after they leave our programs.

**25- What is offered by the writer of this article?**

- 1) To provide them positive memories.
- 2) To encourage children to pursue an active lif estyle.
- 3) To make healthful decisions to pursue an active life style after leaving the program.
- 4) To provide children skills and related knowledge which is necessary to make decision for an active lifestyle.

**26- According to the passage, which of the following statements is not true?**

- 1) Children who are physically educated are less likely to remain active.
- 2) Promoting over all health and well-being is due to regular physical activity.
- 3) Having some basic information about movement help participants to remain active.
- 4) Those who know more about the advantages of exercise continue a regular exercise program.

To some, the word growth means simply getting bigger. Actually, growth has several meanings, two of which are important for our.-purposes. In its simplest context, growth refers to an increase over time in physical size of the whole body or any of its parts. The latter includes body segments, but also alterations in the internal organs (e.g., heart size) and in tissue components (e.g., fat cell size and number, and blood hemoglobin concentration). However, the term growth is also used to indicate the process by which the body attains a mature (adult) state which certainly does not involve increase in size of all body parts, tissues and organs over a particular span of time.

Development refers to an increase with age in capacities, skill and complexity of function. Thus,. the child develops neuromuscular control and motor skills, as well as Psychologic attributes, including sensory and reasonings skills, attitudes, and personality. Maturation refers to the development of body size, structure, functions, and capacities via an inherent genetic program. That is, these characteristics follow the same general sequence in all children, but they progress at different rates. One is more mature at a given chronologic age to the extent that skeletal development, sexual maturity, or some other marker is farther advanced than average, Readiness is a form of maturation which refers to the particular time when the young child reaches a state when neuroloic and muscular capacities have evolved to the point that particular motor skills can be learned when one is motivated and taught properly.

**27- According to the passage:**

- 1) Maturation is the same as readiness but they differ from development.
- 2) The words growth and development are the same in one area of meaning.
- 3) Growth is one form of development, which involves an increase in size of body parts.
- 4) Growth involves an increase in size of the body parts, while development involves an increase in capacities.

**28- It is stated in the passage that a child has attained readiness when..... .**

- 1) he is in a state that he can learn particular motor skills.
- 2) he is in a condition that he can motivate others to teach him properly .
- 3) his neurologic and muscular capacities have developed to the full.
- 4) he is genetically prepared to develop his neuromuscular and motor skills.

29- In one context the word growth indicates that.....

- 1) while body parts are growing and getting bigger the process is accompanied by some changes in the internal part.
- 2) changes in the internal organs and in tissue components are included in body development.
- 3) while alterations in the internal parts are about to appear the whole body is growing bigger.
- 4) when the heart is growing bigger in size, growth is actually taking place.

30- Which of the following statements is not suggested in the passage?

- 1) Growth is the process by which some alterations are brought about in body organs.
- 2) Learning certain motor skills needs neurologic and muscular readiness as well as motivation and instruction.
- 3) As a child reaches a state when he can learn certain neuromuscular skills, he has attained readiness.
- 4) A child is said to be more mature at a particular age when his body size and capacities have developed more than average.

فیزیولوژی ورزشی

۳۱- کاهش فعالیت کدام یک از گزینه‌های زیر در یک عضله می‌تواند باعث افزایش قدرت آن شود؟

- (۱) گیرنده‌های مفصلی (۲) دوک عضلانی (۳) اندام وتری گلژی (۴) عصب حرکتی گاما

۳۲- کدام یک از موارد زیر برای دوباره‌سازی مداوم ATP یک پیش‌نیاز نیست؟

- (۱)  $FADH_2$  و  $NADH_2$  (۲) آنزیم‌های سلولی با غلظت کافی  
(۳) حضور اکسیژن در بافت‌ها (۴) تخلیه فسفوکراتین (PCr) از سلول

۳۳- در شرایط عادی و در طول یک فعالیت، بیشترین مقدار گرمای اضافی بدن به چه صورتی از بدن دفع می‌گردد؟

- (۱) عرق کردن (۲) تبخیر (۳) هدایت (۴) جابجایی

۳۴- کسر اکسیژن در کدام یک از ورزشکاران کمتر است؟

- (۱) اسکی‌بازان صحرانوردی (۲) دوندگان نیمه استقامتی (۳) دوندگان ماراتن (۴) ورزشکاران مبتدی

۳۵- علت کاهش یا عدم تغییر فشار دیاستولی هنگام اجرای یک فعالیت ورزشی زیر بیشینه در ورزشکاران کدام است؟

- (۱) فعال شدن عصب سمپاتیک (۲) گسترش شبکه مویرگی (۳) کاهش شبکه مویرگی (۴) فعال شدن عصب پاراسمپاتیک

۳۶- هنگام اجرای فعالیت بدنی متوسط، جریان خون در کدام یک از اندام‌های ذیل بیشتر است؟

- (۱) پوست (۲) کلیه (۳) مغز (۴) کبد

۳۷- کدام یک از تمرینات برون‌گرا، درون‌گرا و هم‌طول روی قدرت و سرعت حرکت تأثیر بیشتری دارد؟

- (۱) تمرینات درون‌گرا (۲) تمرینات هم‌طول (۳) تمرینات برون‌گرا (۴) هر سه تمرین تأثیر مشابه دارند.

۳۸- با توجه به تأثیر تمرینات استقامتی بر قلب، کدام بخش از قلب بیشترین تغییر را از خود نشان می‌دهد؟

- (۱) بطن راست (۲) دهلیز چپ (۳) بطن چپ (۴) دهلیز راست

۳۹- چه رابطه‌ای میان قدرت ایستا و سرعت حرکت در اندام‌ها وجود دارد؟

- (۱) رابطه مثبت و مستقیم (۲) رابطه منفی و معکوس (۳) رابطه‌ای غیرخطی (۴) رابطه‌ای وجود ندارد

۴۰- هنگام ورزش شدید، کدام مورد زیر، نسبت به حالت استراحت، بیشتر تغییر می‌کند؟

- (۱) حجم جاری (۲) اختلاف اکسیژن سرخرگی - سیاهرگی  
(۳) تهویه دقیقه‌ای (۴) برون‌ده قلب

۴۱- کدام یک از آنزیم‌های زیر در تولید AMP به عنوان محرکی برای شروع روند تجزیه گلیکوژن و گلوکز نقش اصلی را برعهده دارد؟

- (۱) آدنیلات کیناز (۲) SDH و سیتوکروم (۳)  $ATP_{ase}$  (۴) کراتین فسفوکیناز



که ۴۲- نقش کدام یک از هورمون‌های زیر در هنگام ورزش کمتر است؟

- (۱) کورتیزول (۲) انسولین (۳) نوراپی نفرین (۴) گلوکاگون

که ۴۳- اصولاً مسأله اختلاف فشار اتمسفر برای کدام نوع از فعالیت‌های ورزشی زیر اهمیت بیشتری دارد؟

- (۱) فعالیت‌های استقامتی طولانی (۲) فعالیت‌های مقاومتی (۳) فعالیت‌های سرعتی (۴) فعالیت‌های نیمه‌استقامتی

که ۴۴- ویژگی عضله به کدام یک از موارد ذیل بیشتر مربوط می‌شود؟

- (۱) نسبت تارهای کند به تند انقباض (۲) میزان قدرت عضله (۳) نسبت عصب به تارهای عضلانی (۴) اندازه عضله

که ۴۵- اکسیژن مصرفی دوره بازیافت نشانه کدام یک از اثرات تمرین ورزشی زیر است؟

- (۱) سوخت و ساز هوازی (۲) هماهنگی‌های گردش خون و تنفس (۳) سوخت و ساز بی‌هوازی و هماهنگی‌های گردش خون و تنفس (۴) سوخت و ساز بی‌هوازی و هماهنگی‌های گردش خون و تنفس

که ۴۶- هنگام کشش دست در شنای کرال سینه از چه نوع انقباضی استفاده می‌شود؟

- (۱) برون‌گرا (۲) هم‌جنبش (۳) هم‌طول (۴) هم‌تنش

که ۴۷- کدام یک از عوامل ذیل بر حفظ، شکل‌گیری و توسعه توده عضله تأثیر کمتری دارد؟

- (۱) ژنتیک (۲) هورمون (۳) نژاد (۴) وضع تغذیه

که ۴۸- در فعالیت‌های ورزشی طولانی زیر بیشینه (بیشتر از ۳۰ دقیقه) کدام یک از عوامل زیر مسئول حفظ برون‌ده قلب است؟

- (۱) ضربان قلب (۲) حجم ضربهای (۳) حجم پایان دیاستولی (۴) افزایش عملکرد سیستم هدایت قلب

که ۴۹- انرژی مصرفی دنده‌ای که دارای  $RQ = 1$  است در یک مسابقه ۱۰ دقیقه‌ای که هر دقیقه ۲ لیتر اکسیژن مصرف می‌کند چند کیلو کالری است؟

- (۱) ۱۱۵ (۲) ۱۰۰ (۳) ۸۵ (۴) ۱۳۰

که ۵۰- در اوایل شروع فعالیت افزایش برون‌ده قلب بیشتر مربوط به کدام یک از موارد زیر است؟

- (۱) افزایش ضربان قلب (۲) افزایش حجم ضربهای (۳) افزایش ضربان قلب و حجم ضربهای (۴) افزایش عملکرد سیستم هدایت قلب

## حرکت شناسی

که ۵۱- کدام یک از عضلات زیر فقط تاکننده آرنج است و کار دیگری روی بقیه مفاصل انجام نمی‌دهد؟

- (۱) سه سر بازویی (۲) دوسر بازویی (۳) بازویی زنداعلایی (۴) بازویی قدامی

که ۵۲- در حرکت‌شنای روی زمین در مرحله دورشدن از زمین چه حرکتی در مفصل شانه رخ می‌دهد و محور حرکتی آن چیست؟

- (۱) ابداکشن (دورشدن)، محور ورتیکال (۲) فلکشن (تا شدن)، محور فرونتال (۳) اکستنشن (بازشدن)، محور ساجیتال (۴) اداکشن (نزدیک شدن)، محور هوریزونتال

که ۵۳- عمل عضله دوقلو چیست؟

- (۱) بازکردن مفصل زانو و تاکردن مفصل مچ پا (دورسی فلکشن) (۲) بازکردن مفصل زانو و بازکردن مفصل مچ پا (پلانتار فلکشن) (۳) تاکردن مفصل زانو و بازکردن مفصل مچ پا (پلانتار فلکشن) (۴) تاکردن مفصل زانو و تاکردن مفصل مچ پا (دورسی فلکشن)

که ۵۴- عضلاتی که در چرخش بالایی استخوان کتف شرکت دارند، کدامند؟

- (۱) دوزنقه ۲ و ۴ و دندانهای بزرگ (۲) متوازی‌الاضلاع و دوزنقه ۳ (۳) دوزنقه ۲ و ۳ (۴) دوزنقه ۳ و ۴

که ۵۵- نمونه هر سه نوع اهرم را می‌توان در کدام مفصل پیدا کرد؟

- (۱) مفصل ران (۲) مفصل آرنج (۳) مفصل مچ دست (۴) مفصل شانه