



زمان آزمون (دقیقه): ۹۰ تشریحی: ۰

تعداد سوالات: تستی: ۳۰ تشریحی: ۰

درس: متون خارجی تخصصی ۲

رشته تحصیلی/کد درس: تربیت بدنی و علوم ورزشی (خواهران)، تربیت بدنی و علوم ورزشی (برادران) ۱۳۱۲۱۵۹

1- An effect that a drug has on your body in addition to curing pain or illness is called

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| 1. Drug effect | 2. Side effect |
| 3. Direct effect | 4. Expected effect |

2- Physical activities which are intended to strengthen the heart and lungs, often done in classes, with music are called

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| 1. Aerobics | 2. Sprinting | 3. Workout | 4. Training |
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3- He was in developing a strong relationship with European sports organizations.

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| 1. instrument | 2. instrumental |
| 3. instrumentally | 4. instrumentation |

4- A period of time working in order to learn the particular skills needed in your job, is referred to as

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| 1. Accomplishment | 2. Apprenticeship |
| 3. Acceleration | 4. Administration |

5- The city is building an to the subway lines.

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| 1. extensively | 2. extensive | 3. extend | 4. extension |
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6- Michael enjoys working with athletes and anyone who is trying toat an activity.

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| 1. Excel | 2. Excellent | 3. Excellence | 4. Excellently |
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7- The word refers to a strong desire to have or achieve something.

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| 1. Capacity | 2. Aspiration | 3. Evolution | 4. Twisting |
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8- Many runners were suffering from heat exhaustion.

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| 1. A state of being very tired | 2. An illness that affects the brain |
| 3. An injury to the nerves | 4. A painful tightening of the muscles |



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- 9- Kids who play violent video games show much more aggressive behavior than those who don't.
1. Very competitive in order to win a sports match
 2. Violent and cruel in a way that hurts someone physically
 3. Involving actions that are intended to injure or kill people by hitting them
 4. The act of behaving in a very determined and forceful way in order to succeed
- 10- Mike goes for a two-mile jog every morning in order to become fit.
1. A slow steady run, especially done as a way of exercising
 2. A nonstop and very fast run for a short distance
 3. A very slow walk for a long time to burn calories
 4. A very quick walk for a fixed period of time
- 11- I am not much of a basketball fan, but I love volleyball.
1. Someone who spends a lot of time doing a special exercise
 2. A very keen follower or supporter of a sport or a sportsman
 3. Someone who does not like a particular activity very much
 4. A strange person who enjoys something very much
- 12- Their first attempt to climb Mount Everest ended in failure; therefore, they tried it for a second time.
1. Gaining success after trying something for several times
 2. Big achievement in doing something for the first time
 3. Lack of success in doing or achieving something
 4. No loss in spite of your little effort in performing an activity



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- 13- These days everyone is becoming an expert in nutritional values of different foods and the importance of vitamins and minerals.
1. A player who has the responsibility of managing an activity of the team
 2. A doctor who knows more about one particular type of illness than other doctors
 3. A coach, who works long hours in order to gain experience
 4. A person with special knowledge, skill or training in something
- 14- The British Medical Association is the doctors' professional body.
1. The physical structure of a person or animal
 2. The central part of a person or animal's body
 3. A large amount or mass of something, especially something that has been collected
 4. A group of people who work or act together, often for an official purpose
- 15- Richard had no time to continue his studies due to his growing involvement with baseball.
1. Doing something difficult for a long period of time without complaining
 2. To give a lot of energy, time, materials, etc to practice a sport
 3. The act of giving a lot of time and attention to something you care about
 4. Taking part in an activity or event that you really enjoy
- 16- He is a young player with great potential.
1. Giving you hope and confidence
 2. Showing signs of success in the present
 3. Qualities that exist and can be developed
 4. Knowing that something is successful
- 17- Around 350 delegates attended the conference.
1. Coaches
 2. Athletes
 3. Representatives
 4. Spectators



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18- The heat of the afternoon and the heavy meal combined to create a feeling of lethargy.

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| 1. State of being very sleepy | 2. Feeling that you want to rest |
| 3. Not having energy to move | 4. Lazy state of mind |

19- The committee accepted a proposal to reduce the time limit.

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| 1. A possibility that someone suggests | 2. The act of mentioning a wish |
| 3. A formal suggestion or plan | 4. Official advice given to someone |

20- Several principles are included in the International Olympic Committee Charter.

1. A written statement of the principles and aims of an organization
2. A design or picture that represents a country or an organization
3. A set of basic laws that a country or organization is governed by
4. The whole system of rules that people in a country must obey

21- There should be a spirit of goodwill in international contests.

1. A feeling or reaction that you are sure is right
2. The feelings and behavior that should exist between friends
3. Friendly or helpful feelings towards other people or countries
4. An angry feeling of extreme dislike for someone or something



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Motivational Factors. The psychological aspects of sports are more difficult to assess because factors such as motivation are more difficult to measure than the size of an audience or the amount of a contract. The psychological tests that have been administered have produced such a welter of contradictory results that many specialists are ready to abandon the attempt to pinpoint motives. Some generalizations, however, seem tenable. On the whole, physical fitness and the desire for simple relaxation seem to motivate those who shun competitive sports in favour of noncompetitive physical activities such as hiking and recreational swimming.

22- Based on the above passage, it can be said that

1. It is almost impossible to assess the psychological aspects of sports such as motivation
2. Assessing motivation is easier than other factors such as the amount of a contract
3. Measuring the size of an audience is more difficult than assessing psychological factors
4. Assessing psychological factors is more difficult than factors such as the size of an audience

23- The psychological tests that have been administered have produced

1. the exact same results
2. Many different results
3. Two Similar results
4. A few contradictory results

24- On the whole, physical fitness and the desire for simple relaxation seem to motivate those who do

1. a lot of competitive sports and not any noncompetitive physical activities
2. the same amount of competitive and noncompetitive sports activities
3. more noncompetitive sports than competitive physical activities
4. noncompetitive physical activities and avoid competitive sports



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What are the Characteristics of a Coaches Training Program?

Most comprehensive programs recognize that training must be provided for different levels of experience. The first level may be very basic and be oriented towards encouraging individuals to become involved and to be reasonably competent in working with beginners.

Coaches training must relate to three needs- sport specific technical knowledge, coaching theory, and practical experience.

Sport specific knowledge includes subjects such as technique, strategy, and training plans.

Theoretical knowledge includes subject areas such as psychology, physiology, biomechanics, principles of training, athletic injuries, diet, and so on.

Sometimes certification for accomplishing a certain level is important in motivating training, and in identifying accomplishments.

Coaching programs should encourage the development of more coaches, and better coaches.

25- In this passage, to become involved, means to

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| 1. take part in an activity or event | 2. become uninterested in something |
| 3. try hard to do or get something | 4. make a lot of effort to do something |

26- Subjects such as principles of training and physiology are components of

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|------------------------------------|--------------------------|
| 1. Sport specific knowledge | 2. Theoretical knowledge |
| 3. Coaching certification programs | 4. Sports psychology |

27- Which one of the following is among the needs that a coaches training program must relate to?

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|-------------------------|-------------------|
| 1. Coaching theory | 2. Biomechanics |
| 3. Motivating beginners | 4. Accomplishment |



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In de Coubertin's view, the Olympic Games were not simply to be an athletic event, but the focal point for a broadly based social movement, which, through the activity of sport and play, would enhance human development and international understanding. More than 160 National Olympic Committees (NOC's) have joined the Olympic Movement. Some are large and others are small; some represent all sports and others represent just those Olympic sports which are practiced in their countries.

28- From the point of view of de Coubertin the Olympic Games were

1. nothing more than athletic events
2. the focal point for a broadly based social movement
3. simply sport and play activities for enhancing human development
4. enhancing human development and international understanding

29- Based on the above passage, it can be said that

1. NOC Stands for National Olympic Classification
2. The Olympic Movement has more than 150 members
3. All members of the Movement must represent the same number of summer and winter sports
4. No member of the Movement represents all sports in the summer and winter Olympic Games

30- The word some in the passage refers to

1. The Olympic Movement
2. Summer and winter sports
3. The NOCs
4. Olympic Games