



پیامبر اعظم (ص): آنکه در جست و جوی دانش بیرون رود، در راه خداست تا آنگاه که باز گردد.

Part 1

Select the best choice (a, b, c, or d), and mark it on your answer sheet.

- Physical exercises which are intended to strengthen the heart and lungs are referred to as
 - aerobics
 - strength
 - flexibility
 - conditioning
- The state of being very tired is referred to as
 - exhaustion
 - aggressiveness
 - disturbance
 - crippling
- A(n) is an extra and usually bad effect that a drug has on you, as well as curing illness or pain.
 - adverse effect
 - general effect
 - side effect
 - direct effect
- The match attracted over 40,000
 - amphetamines
 - uses
 - examiners
 - spectators
- The activity of running slowly and steadily as a form of exercise is called
 - riding
 - biking
 - jogging
 - sprinting
- He is serving a five-year as a coach.
 - involvement
 - percussion
 - rehabilitation
 - apprenticeship



7. All students should have a chance to develop their full
a. regimen
b. potential
c. ambulation
d. expenditure
8. The success or of the project depends on you.
a. trauma
b. failure
c. stress
d. force
9. A group of clubs, societies, trade unions, etc. that have joined together to form an organization is referred to as
a. facility
b. fraction
c. activity
d. federation
10. The manager decided to have a different to discipline.
a. instruction
b. approach
c. structure
d. tension
11. A person who is chosen or elected to represent the views of a group of people and vote and make decisions for them is referred to as.....
a. charter
b. delegate
c. institution
d. performer
12. There should be a spirit of in international contests.
a. character
b. lethargy
c. goodwill
d. equipment



13. The aim of the festival was the of several eminent athletes.

- a. glorification
- b. evaluation
- c. estimation
- d. respiration

14. The people or an organization who have the power to make decisions or who have a particular area of responsibility in a country or region are referred to as

- a. facilitators
- b. authorities
- c. communities
- d. enterprises

15. It is very important that athletes, coaches, and parents each choose to have an attitude that will promote the level of that is required for a program to be successful.

- a. excel
- b. excellent
- c. excellently
- d. excellence

Part 2

Select the best choice (a, b, c, or d) with the nearest meaning to the underlined word, and mark it on your answer sheet.

16. The Olympic Movement is recognized around the world by three emblems: the rings, the flag and the motto.

- a. a design or picture that represents an organization
- b. a short sentence that expresses the aims of a group
- c. a brief statement used to express an ideal
- d. a phrase that states a principle or a goal

17. As a reaction to deep-seated political and social crises in France, Pierre de Coubertin developed his proposals for the modern Olympic movement.

- a. a written agreement
- b. a significant request
- c. a very strong demand
- d. a formal suggestion or plan

18. Different levels of competition require coaches of different **caliber**. Coaches then should be encouraged to progress through those levels.

- a. having a great deal of related knowledge
- b. training and performing well at work place
- c. the level of quality or ability that someone has achieved
- d. possessing skills as a result of practicing very hard every day

19. One of the touted values of sports is that they better one's health. Pursued in moderation, they certainly do improve muscle **tone**, increase cardiovascular efficiency, and retard skeletal decalcification.

- a. The strength and firmness of muscles
- b. The appearance and shape of muscles
- c. The amount and weight of muscles
- d. The shape and length of muscles

20. All NOCs have accepted certain constitutional principles laid down by the IOC and all of them have joined a great cooperative **enterprise** to promote the Olympic Games.

- a. great effort
- b. a large project
- c. a strong relationship
- d. effective cooperation

Part 3

Read each passage carefully and then select the best answer to each question that follows the passage.

Passage 1

It is often extraordinarily difficult for sports in developing countries to create a system to develop top level coaches, but, this challenge must be faced because failure to do so, means limiting the program to a lower level. Just as there are athlete development programs, there must be development programs for coaches.

21. In the above text, it is suggested that if developing countries want to solve their problem they must

- a. continue with athlete training programs
- b. use skilled and knowledgeable athletes
- c. develop programs for training coaches
- d. not limit their athlete training program

Passage 2

In modern times, association football is certainly less violent than rugby, but soccer hooliganism is a worldwide phenomenon, while spectator violence associated with the more upper-class but rougher sport of rugby has been minimal.

22. In the second line, what does the word hooliganism mean?

- a. Behaving in an extremely noisy and violent way in public
- b. Making too much noise while watching a sports game
- c. Being a big fan of a sport or a sports person
- d. Acting in a very determined way

23. According to the above passage which statement is TRUE?

- a. Soccer is as violent as rugby.
- b. Compared to rugby, soccer is a higher-class sport.
- c. Spectator violence is more common in rugby than it is in soccer.
- d. Although rugby is rough, spectator violence is at a lower level than it is in soccer.

Passage 3

Most comprehensive programs recognize that training must be provided for different levels of experience —usually 2-4 levels are established. 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. Furthermore, 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.

24. What is the main focus of the above passage?

- a. the characteristics of a coaches training program
- b. recognition of the most comprehensive program
- c. the two experience levels established in a program
- d. the specific needs of coaches in a training program

25. Based on the above passage, which statement is TRUE?

- a. theoretical knowledge covers less than seven subject areas.
- b. training plans is a major component of practical experience.
- c. one of the aims of the first level of experience is to help coaches in developing skills needed for working with beginners
- d. technique, strategy, and training plans are the three main needs to which every coaches training programs must be related

26. In the above passage, the word 'furthermore' can be best replaced by.....

- a. on the other hand
- b. in addition
- c. similarly
- d. while

Passage 4

Pierre De Coubertin and others founded the International Olympic Committee and the modern Olympic cycle on June 23, 1894 at a meeting at the Sorbonne in Paris. De Coubertin developed his proposals for the modern Games in response to deep-seated political and social crises in his native France. Like many of his contemporaries, he came to believe that the solution was educational reform, and his proposals —initially for the development of sports clubs, and subsequently for a modern Games— were drafted with this end in view.

27. In the first line of the above paragraph, the word founded means:

- a. discovered
- b. provided
- c. started
- d. ended

28. In the fifth line, what does he came to believe mean?

- a. he began to believe
- b. he stopped to believe
- c. he was able to believe
- d. he continued to believe

29. According to the passage, educational reform was the solution to which problem?

- a. deep-seated political issues in Paris
- b. the need for the development of sports clubs
- c. not having enough facilities for modern games
- d. the real bad political and social situation in France

30. In the last line of the paragraph, what does the word end mean?

- a. event
- b. point
- c. solution
- d. purpose