

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Unit 5 Test Purposes

- Comprehend the main ideas and details in a reading passage (Reading Comprehension)
- Evaluate sources (Critical Thinking)
- Understand and use target vocabulary from the unit (Vocabulary)
- Identify supporting sentences and details (Reading Skill)
- Use the prefix *un-* (Vocabulary Skill)
- Write supporting sentences and details (Writing Skill)
- Use prepositions of location (Grammar)
- Write a paragraph giving advice about sport and exercise

## I. Reading Comprehension

**A. Read the Internet article about running. Then choose the correct answer for each question.**

### Health Online

*We bring you the latest science*

#### What can running do for you?

1. The idea that a healthy mind lives in a healthy body has a long history. It goes back more than 200 years. Many people nowadays like to go for a run. Can running help your mind and your body? We look at the research.

*What does running do to the body?*

2. Running is an aerobic activity. When you do aerobic exercise or sport, your heart and lungs send oxygen around your body in your blood to give you energy. Running helps to increase your body's ability to do this. It makes your heart stronger. One study found that people who go for a regular run live for about three more years than people who never run (Lee et al., 2017).

*How can running benefit the brain?*

3. Running can help you to do cognitive tasks. After running, there is more blood in your brain, more cells, and more brain chemicals. According to Raichlen et al. (2016), running can improve the connections between cells in your brain.

4. McMorris and Hale (2012) looked at the effect of moderate running for short periods. They found this can increase how fast your brain works. It also helps you to focus your attention. Running helps your memory and helps you to solve problems. Winter et al. (2007) found that after short periods of running fast, people were able to learn new words more easily.

*What about the way you feel?*

5. Running also has benefits for how you feel. For example, it can help manage negative feelings. Bernstein and McNally (2015) found that a short run helped people to control their feelings when they watched a sad film. According to Wollseiffen et al. (2016), people feel more relaxed when they run. People usually feel happy after running because there are more feel-good chemicals in the brain.
6. Running can improve your overall health. Running can help you in lots of wonderful ways. So what's stopping you from getting started?

*Comments:*

*Miranda*

7. I'm a teacher. Going for a run helps children to learn. At my school, the children have to run for 15 minutes every day. They should try to run a mile, but they can set their own speed. After running, the children can focus better in lessons, and they are fitter physically.

*Nando*

8. Just because you don't run, don't think you can't do it. There's a running program called "Couch to 5K\*" – just for beginners. It sets easy goals. You don't need to run fast or for a long time to get the benefits.

\* Couch means a comfortable piece of furniture that two or three people can sit on. K stands for *kilometer*.

1. What is the writer's intention in this passage?
  - A. To look at the benefits to the mind and body of running.
  - B. To discuss whether people like running.
  - C. To report on the history of running.
2. In paragraphs 3 and 4, what activities does running help you with?
  - A. Connecting the cells in your brain.
  - B. Exercising slowly for a short time.
  - C. Tasks where you need to think.

3. According to paragraph 5, how does running make people feel?
- A. They can feel sad about something.
  - B. Usually they feel less stressed.
  - C. Sometimes they have negative feelings.
4. What are the benefits of running for school children?
- A. They can run every day.
  - B. The children can run for a mile.
  - C. They can work better in their lessons.
5. What does Nando think about people who don't run?
- A. They don't run because they can't.
  - B. They should start with an easy program.
  - C. They should not run too slowly at first.

<i>1 point for each correct answer</i>		5
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**B. Match each source with its correct idea. There are more ideas than you need.**

- A. Your brain works faster after moderate running exercise.
  - B. Going for a short run can help you to feel less sad about something.
  - C. Running helps people live longer.
  - D. Running helps your heart's ability to send blood round your body.
  - E. Running creates more connections in your brain.
  - F. Running fast for short periods helps your memory for words.
6. \_\_\_\_ Lee et al. (2017)
7. \_\_\_\_ Raichlen et al. (2016)
8. \_\_\_\_ McMorris and Hale (2012)
9. \_\_\_\_ Winter et al. (2007)
10. \_\_\_\_ Bernstein and McNally (2015)

Note that some ideas in the passage do not have a source, so it is not possible to check whether the ideas have evidence to prove they are correct.

<i>1 point for each correct answer</i>		5
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## II. Vocabulary

### A. Match each word with the correct definition. There is one more definition than you need.

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|--------------|--|
| 11. form     | a. the process of getting ready for a sport or job                       |
| 12. training | b. the amount, size, or number of something                              |
| 13. among    | c. to start a group or organization                                      |
| 14. weight   | d. in the group or number of   |
| 15. athlete  | e. how heavy someone is  |
|              | f. a person who is good at sports, especially one who competes in events |

Note that *form* is a verb here, but it can also be a noun. *Training* is a noun here, but *train* is also a verb. *Among* is a preposition.

1 point for each correct answer		5
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### B. Complete the short texts with the correct word(s) from the word bank. There is one more word than you need.

*according to effort history because activity goal*

Hisham is making an (16) \_\_\_\_\_ to get fit. He decided to take up running, and his (17) \_\_\_\_\_ is to run for 30 minutes every day.

(18) \_\_\_\_\_ my teacher, sport and exercise have a very long (19) \_\_\_\_\_. She also said that competitive physical (20) \_\_\_\_\_ in the ancient world was connected to fighting.

1 point for each correct answer		5
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### III. Reading Skill: Identify supporting sentences and details

Complete the paragraph with the sentences below. Write the letter next to the correct sentence.

#### What is the “Daily Mile”?

The “Daily Mile” is now a popular activity in many schools. (a) \_\_\_\_\_. For example, some children these days are too heavy, so it can help them lose weight if they need to. (b) \_\_\_\_\_. In the Daily Mile, the children have to run for 15 minutes. The goal is to run a mile, but they can choose their own speed. (c) \_\_\_\_\_. The teachers decide when the children do their daily run. (d) \_\_\_\_\_. Usually, they choose a lesson time. (e) \_\_\_\_\_. Some children find running for 15 minutes difficult at first. (f) \_\_\_\_\_.

21. \_\_\_\_ They can do it at any time during the day.
22. \_\_\_\_ They don’t need to run fast, but they should not walk.
23. \_\_\_\_ It is an exercise plan that has many benefits for school children.
24. \_\_\_\_ Surprisingly, after four weeks, everyone can run a mile.
25. \_\_\_\_ This is because children still need their play time.
26. \_\_\_\_ The children are also happier in the classroom after running.

1 point for each correct answer		6
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### IV. Vocabulary Skill: Use the prefix *un-*

Complete the sentence with the correct form of the word from the word bank. Use *un-* where necessary.

*exciting social similar likely physical popular*

27. I think it is \_\_\_\_\_ that he will win the race because he is not very fit.
28. I fell asleep during the film because it was rather \_\_\_\_\_.
29. Yoga and ballet are \_\_\_\_\_ because they both build muscle strength.
30. Card games don’t require \_\_\_\_\_ skills, so they are not sports.
31. Many people in the world like playing cricket, but in the United States it is quite \_\_\_\_\_.
32. Many sports clubs have \_\_\_\_\_ activities where people can get to know each other.

Tip: in these sentences, the clue to the right form of the word is in the meaning of the whole sentence.

1 point for each correct answer		6
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## V. Writing Skill: Write supporting sentences and details

Choose the best sentence, A or B, to complete the paragraph.

(33) Not all types of running are good for you. A 2009 study found that some athletes lost more of their brain cells than the researchers expected. \_\_\_\_\_.

- A. Running every day for short periods is good for your heart rate.
- B. These athletes ran about 3,000 miles in 64 days without stopping.

(34) Even going for a walk can make you feel better. \_\_\_\_\_. They felt more positive than students who did not go for a walk.

- A. A study in 2016 found that students who went for a walk around their university stopped feeling bored.
- B. Results from a recent study showed that people enjoy walking more than running

(35) Intense running for short periods and then resting can improve your thinking ability. In a 2016 study, eight young sailors practiced this type of running for seven weeks. \_\_\_\_\_.

- A. Afterwards they could follow difficult instructions better.
- B. After doing this, they felt much fitter.

(36) Yoga has become very popular recently. \_\_\_\_\_. This increase is not surprising because yoga both helps stress and increases muscle strength, so people find it very helpful.

- A. There are not many studies of the benefits of yoga.
- B. A survey last year found that the number of adults who tried yoga nearly doubled.

<i>2 points for each correct answer</i>		<i>8</i>
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## VI. Grammar

Complete the paragraphs with the correct prepositions.

### Tennis

I like to play tennis, but it can be difficult to find a place to play. You have to play tennis (37) \_\_\_\_\_ a court. It is possible to play tennis (38) \_\_\_\_\_ a club. Also, there are often tennis courts (39) \_\_\_\_\_ public parks. We don't have any courts (40) \_\_\_\_\_ college. But I'm lucky because I can play (41) \_\_\_\_\_ my friend's house.

**The Olympic Games**

The 2016 Olympic Games were held (42) \_\_\_\_\_ Rio de Janeiro. My lucky Brazilian friend Paolo was (43) \_\_\_\_\_ the Maracanã Stadium when Brazil beat Germany in the final football match. I prefer running. I was (44) \_\_\_\_\_ the train going home from work when Usain Bolt won the men's 100-meter race. But I watched the race later (45) \_\_\_\_\_ home on TV. I hope that one day the Olympics will take place (46) \_\_\_\_\_ my country.

<i>1 point for each correct answer</i>		<b>10</b>
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<b>Total points Sections I – VI</b>		<b>50</b>
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**VII. Writing**

Here is a letter from Chris to a magazine problem page. Write a paragraph (60-75 words) giving Chris some advice about sport and exercise.

Dear Jo

I don't know what to do. I feel bored a lot of the time and I don't have any energy. I just watch the TV or use my smartphone or computer. I think I'm getting fat. I don't have many friends either, so I don't have much social life.

Chris

Refer to the Unit 5 Test Writing Rubric for scoring.

<i>Points Section VII</i>		<b>20</b>
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<b>Total points Sections I - VII</b>		<b>70</b>
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**Unit 5 Test**

**Writing Rubric**

Student name: \_\_\_\_\_

Date: \_\_\_\_\_

Assignment: Write a paragraph (60-75 words) giving advice about sport and exercise.

<b>Write a paragraph (60-75 words) giving advice about sport and exercise.</b>		Points (0 – 5)	
Discourse competence	Student gives suitable advice about sport and exercise.		/ 5
	The content is well organized. There is an appropriate topic sentence, and suitable supporting sentences and details.		/ 5
Linguistic competence	Student uses accurate and appropriate grammar for the task. Sentences are complete and use appropriate punctuation.		/ 5
	Student uses a range of appropriate and accurate vocabulary related to the task.		/ 5

**Total points:** \_\_\_\_\_

**Comments:**