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| HỘI CÁC TRƯỜNG THPT CHUYÊN  **THPT CHUYÊN THÁI BÌNH**  **ĐỀ ĐỀ XUẤT** | **KÌ THI CHỌN HỌC SINH GIỎI KHU VỰC**  **DUYÊN HẢI & ĐB** **BẮC BỘ**  **NĂM HỌC 2023- 2024**  MÔN THI: TIẾNG ANH LỚP 11  *(Thời gian làm bài* ***180*** *phút không kể thời gian giao đề)* |

# I. LISTENING (50 points)

## Part 1. For questions 1-5, listen to a talk on planned language and decide whether the following statements are True (T), False (F), or Not Given (NG) according to what you hear. Write your answers in the corresponding numbered boxes provided.

1. Zamenhof invented his language because he felt there was too much linguistic rivalry.
2. The first book written on Esperanto concerned medical matters.
3. Zamenhof had the idea for the language name before the book’s.
4. Planned languages could have their roots in entertainment.
5. Compared with other planned languages, Esperanto is better known.

## Part 2. For questions 6-10, listen to part of a news report on Russian journalist control and answer the questions. Write NO MORE THAN THREE WORDS taken from the recording for each answer.

1. What was Alexei Navalny in charge of?

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1. What was Alexei Navalny charged with?

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1. What are some social media sites regarded as by Russian authorities?

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1. How did the independent journalist describe Russian laws?

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1. What was the cause of silence among protesters in Russia?

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## Part 3. For questions 11-15, listen to an interview on laughter therapy and choose the correct answer A, B, C, or D which fits best according to what you hear. Write your answers in the corresponding numbered boxes provided.

1. What do Stella and Rick see as the main explanation for the popularity of what are called 'laughter clubs'?

A. They allow people to share their problems with others.

B. They don't require people to make a long-term commitment.

C. They are a cost-effective way for people to access professional help.

D. They appeal to people who may be sceptical about other forms of therapy.

1. Rick feels that the main role of a laughter therapist is to

A. ensure that people get sufficient rest and relaxation.

B. help people to escape from one pattern of behaviour.

C. make people aware of the consequences of depression.

D. investigate the causes of people's emotional problems.

1. What does Rick regard as the principal benefit of the laughter therapy sessions he runs?

A. They enable people to feel less inhibited.

B. They stop people taking life too seriously.

C. They give people a good physical workout.

D. They encourage people to form lasting bonds.

1. Rick's interest in laughter therapy initially arose from

A. first-hand experience of another method.

B. participation in his wife's group sessions.

C. a desire to help his clients more effectively.

D. his mistrust of other alternative approaches.

1. Why does Rick tell us about a client who had problems giving presentations?

A. to suggest an alternative remedy for work-related stress.

B. to highlight the way in which essential oils affect the senses.

C. to show how stress can affect a person's level of performance.

D. to support Stella's point about making time for certain activities.

## Part 4. For questions 16-25, listen to a headline news broadcast and complete the following sentences. Write NO MORE THAN THREE WORDS taken from the recording for each blank.

* China is proposing a wide-scale (16) \_\_\_\_\_\_ which generates individual rankings based on behaviour. The aim of this tool is to strengthen law-enforcement, forcing citizens and collective organizations to (17) \_\_\_\_\_\_ their conduct.
* The idea of a credit system that decides (18) \_\_\_\_\_\_ to certain things is, however, not foreign to the U.S. Financial credit systems, for example, help banks decide if certain people are worth trusting.
* China put forward a social credit system that will construct a (19) \_\_\_\_\_\_. Because China considers itself to be a low-trust society, this system might serve as (20) \_\_\_\_\_\_ for the deterioration of mutual trust in Chinese society.
* The proposed system will include comprehensive monitoring of all aspects, such as excess of recreational activities or distribution of (21) \_\_\_\_\_\_\_ content on social sites.
* Due to their uncertainty about the implementation methods, China has (22) \_\_\_\_\_\_\_ certain areas as experimental zones. Some of these experiments are (23) \_\_\_\_\_\_\_, tracking social media engagement and daily conduct through camera, while some others are not.
* People who exhibit good behaviours get high scores and are eventually given (24) \_\_\_\_\_\_\_. Nonetheless, the system might be easily misused; the country might enforce ambiguous laws that can harm citizens. Ethnic Uighur Muslims have been detained and put in (25 ) \_\_\_\_\_\_\_ as a result of such laws.
* Despite the admittedly dramatization of Western media, the implications of a credit system might be far-reaching.

# II. LEXICO-GRAMMAR (20 points)

## Part 1. For questions 26-40, choose the correct answer A, B, C, or D to each of the following questions. Write your answers in the corresponding numbered boxes provided.

**26**. It would seem logical that if aspirin can help prevent a second heart attack from occurring, it should also be able to \_\_\_\_\_\_ the first occurrence.

A. enjoin B. allay C. foment D. alienate

**27**. The politician sought to \_\_\_\_\_\_ himself with the local community by actively participating in charitable events and supporting local initiatives.

A. ingratiate B. explicate C. espouse D. persevere

**28.** Rosa Park was a(n) \_\_\_\_\_ woman who refused to give up her seat on the bus to a white, which ultimately led to a monumental movement against racism.

A. calloused B. belligerent C. recalcitrant D. innocent

**29.** As the airplane sped toward Earth during the daredevil air acrobatics show, the crowd grew more \_\_\_\_\_\_ with each passing moment.

A. weary B. confounded C. disconcerted D. apprehensive

**30.** The daunting task of crossing the desert with limited resources is a testimonial to the \_\_\_\_\_\_ of the immigrants entering the country from the southern border illegally.

A. tenacity B. resilience C. lunacy D. waywardness

**31.** Given the conditions as presented in the Garden of Eden, it is most difficult for us to imagine anything \_\_\_\_\_\_ could be looming.

A. untoward B. seemly C. halcyon D. conciliatory

**32.** I might well vouchsafe for the Mayor’s honesty as I have always found him \_\_\_\_\_\_ and a protector of the truth.

A. volatile B. plausible C. illusory D. veracious

**33.** After he registered as a sex offender, as required by law, his neighbours began to \_\_\_\_\_\_ him, avoiding him at all costs, whereas before this verdict, he was included in many neighbourhood activities.

A. harass B. chide C. desecrate D. ostracize

**34.** His preference of reading a book in the privacy of his own room instead of attending the fraternity party with his friends, indicated he was \_\_\_\_\_\_ by nature.

A. hedonistic B. territorial C. introverted D. acquiescent

**35.** Sometimes the negative criticism of a loved one becomes the more \_\_\_\_\_\_ as they are the most hurtful to hear.

A. distrustful B. disparaging C. disingenuous D. disdainful

**36**. He didn’t \_\_\_\_\_ to help her even though she was very ill.

A. give his right arm B. bat an eye C. get off his back D. lift a finger

**37.** He pretended to fall \_\_\_\_\_ my plan but secretly he was working against it.

A. out for B. in for C. out with D. in with

**38.** The bereft woman wanted to borrow money and led \_\_\_\_\_ it by saying that times were very hard.

A. away from B. away into C. back on D. up to

**39.** The \_\_\_\_\_ was Friday and yet, students were still submitting their assignment on Monday.

A. cut-down B. cut-off C. cut-up D. cut-under

**40.** After piloting, the solution is undergoing \_\_\_\_\_ so that the researchers know what to make of the trial run and come up with further direction

A. review B. discussion C. surveillance D. consideration*stering SAT)*

## Part 2. For questions 41-45, write the correct form of each bracketed word in each sentence in the numbered space provided in the column on the right.

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| **41**. His misunderstanding of the situation resulted in his \_\_\_\_\_. Everyone could make out the embarrassing remarks on his face. (COMPOSE)  **42**. A bottle of cooled water had \_\_\_\_\_ effects on us after a long walk. (VIGOR)  **43**. Viet Nam went through the \_\_\_\_\_ process and became an independent country. (COLONY)  **44**. Thanks to the \_\_\_\_\_\_\_\_\_\_\_\_\_ at the bottom of the page, the Chinese-Vietnamese poem becomes more accessible. (NOTE)  **45**. Hand \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is accused of including BBA, which can cause many health problems. (SANITARY) | ***Your answers:***  41. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  42. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  43. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  44. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  45. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

# III. READING (50 points)

## Part 1. For questions 46-55, read the passage and fill each of the following numbered blanks with ONE suitable word. Write your answers in the corresponding numbered boxes provided.

**Rural idylls tempt the adventurous**

A new word has entered the lexicon of travel brochures, **(46)** ………. which has also been cropping up on rural road signs far from Europe’s crowded beaches.

‘Agritourism’ is a new holiday flavour, sought by growing number of holidaymakers who want to taste a little of the real country, to breathe its air, savour its food and wine, perhaps to speak its language.

The pioneer project of agritourism was the development of gites in France. Government grants in the post-war years helped convert crumbling farm outbuildings **(47)** ………. rural holiday cottages for poor Parisians, **(48)** ………. the British became beneficiaries in the early 1970s.

**(49)** ………. 17 years from 1978, the number of Britons taking a gite holiday increased every year. **(50)** ………. agritourism has become a philosophy which embraces properties across the Mediterranean, with Cyprus, Spain and Italy **(51)** ………. the forefront of development.

Agritourism might manifest **(52)** ………. as en-suite guest rooms on a working farm, rustic quarters in a restored country cottage **(53)** ………. a grand, antique-filled mansion with its **(54)** ………. pool. It may be a revitalised winery, a cheese-making dairy or a village co-operative reviving traditional handicrafts. But it **(55)** ………. certainly be rural – and often remote.

## Part 2. Read the following passage and do the tasks that follow.

**MAKING A SOUND INVESTMENT DECISION**

As investors tire of stock market instability, the idea of owning a piece of real estate is gaining in popularity. Now, not everyone has what it takes to become a landlord, but if you can make a go of it, it certainly has the potential to become a good money-earner. Here are some tips from successful real estate mogul, Janet Anderson, on how to start building up your property portfolio.

According to Janet, one of the best ways to identify a bargain is to hunt for foreclosures. Foreclosures are properties banks have repossessed because their owners were unable to meet the mortgage repayments. Banks want a quick sell on these places, Janet says. They want to cut their losses and get their money back as quickly as possible. Developing a network - making connections with city clerks and bank employees who know which properties are about to be sold - can be an excellent way to identify such bargains. And bargains they certainly can prove to be; in a recent firesale auction ('firesale auction' is the phrase that has been coined to describe auction-room events dedicated entirely to the disposal of repossessed assets) a house with a market value nearing $1,000,000, but with a low reserve price designed to encourage bidders and secure a quick sale, went for $450,000; that's a whopping 55% discount.

It's also important to be realistic though and not stretch yourself too far financially. Janet says the biggest mistake you can make is to borrow too much or over-borrow. For first-time investors, lenders usually demand bigger down payments because you haven't got a proven track record. That's more of your money on the table and, therefore, should anything go wrong, you're in for a big financial hit.

Her business partner, James Nylles, is in complete agreement on this point. He also highlights the fact that the mortgage payments and deposits are only part of the long-term cost of buying a rental property. There is also the cost of repairs, administration and maintenance, rental manager's fees, insurance and so on, all of which require you to hold a significant amount of money in reserve. Failure to factor this in when calculating how much you can afford to part with in mortgage repayments can lead to disaster.

One of the biggest traps for first-time investors, according to Nylles, is the temptation to pay over the odds to get the property you desire. Buyers often get carried away, especially in the auction-room setting, which can get quite competitive and even descend into a racket of one-upmanship. They end up paying top-dollar and landing themselves in a financial situation they can ill afford to be in. Remember, you are in the property game to make money, so the more money you have to pay upfront for a property, the less likely you are to recoup your investment in the long run. The good news, however, is that the housing market is not very hot at the moment, which means the danger of overpaying is not so great. Always set emotions to one side and think from a purely business perspective. The question of your liking or disliking the property is irrelevant. As Nylles points out: "you will not be living there." Business decisions are made in the cold hard light of day; your objective is to minimise your outlay and maximise your return. Whether you secure a huge home in pristine condition or a tiny flat with barely room to stretch in is irrelevant - if the tiny flat gets you a better return on your investment then the choice is a no-brainer.

And last of all, do your homework. You've got to get to know the location in which you are going to invest. Look out for areas which are earmarked for government investment. Urban renewal areas are often very attractive since house and rental prices in such places are low right now but can be expected to rise in the not too distant future. The range of local amenities, safety and the state of the local economy are all important factors to consider, too. As the old saying goes, 'location, location, location'. Invest in a good location and you will maximise your rental income. *(McGraw-Hill 5 PT, p. 67)*

***For questions 56-62, decide whether the following statements are True (T), False (F), or Not Given (NG). Write your answers in the corresponding numbered boxes provided.***

**56**. Banks demand larger deposits from first-time property investors.

**57**. By making a larger deposit, investors can limit their personal financial risk.

**58**. There are a lot of long-term costs to take into consideration before purchasing a rental property.

**59**. Banks require yon to hold a lot of money in reserve to meet your long-term property maintenance costs.

**60**. Many investors are tempted to pay more than they should for their investment properties.

**61**. At the moment, house prices are extremely high in general.

**62**. There are a lot of urban renewal projects that have been earmarked by the government.

***For questions 63-68, read the following summary and fill in each blank with NO MORE THAN THREE WORDS taken from the passage. Write your answers in the corresponding numbered boxes provided.***

* Investors are getting fed up with **63** ………. .
* Janet Anderson is involved in the sale of property, otherwise known as **64** ………. .
* The best ways to identify a bargain in the property market is to **65** ………. .
* Failure to meet your **66** ………. can cause your home to be repossessed?
* Banks want to get back **67** ………. quickly on foreclosed properties?
* Developing networks is an excellent way to find **68** ………. .

## Part 3. In the passage below, seven paragraphs have been removed. For questions 69-75, read the passage and choose from paragraphs A-H the one which fits each gap. There is ONE extra paragraph which you do not need to use. Write your answers in the corresponding numbered boxes provided.

**AT THE CUTTING EDGE**

Some years ago, scientists at Cornell University released photographs of a guitar no larger than a human blood cell, its strings just one hundred atoms thick. This Lilliputian instrument was sculpted from crystalline silicon, using an etching technique involving a beam of electrons. The implications of being able to develop machines that are too small to be seen with the naked eye are breath-taking, but we should not lose sight of the fact that nature got there first. The world is already full of nanomachines: they are called living cells. Each cell is packed with tiny structures that might have come straight out of an engineer’s manual. Minuscule tweezers, scissors, pumps, motors, levers, valves, pipes, chains and even vehicles abound.

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| **69** |  |

Individually, atoms can only jostle their neighbours and bond to them if the circumstances are right. Yet collectively, they accomplish ingenious marvels of construction and control, unmatched by any human engineering. Somehow nature discovered how to build the intricate machine we call the living cell, using only the raw materials to hand, all jumbled up. Even more remarkable is that nature built the first cell from scratch.

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| **70** |  |

Like any urban environment, there is much commuting going on. Molecules have to travel across the cell to meet others at the right place and the right time in order to carry out their jobs properly. No overseer supervises their activities – they simply do what they have to do. While at the level of individual atoms life is anarchy, at this higher level, the dance of life is performed with exquisite precision.

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| **71** |  |

Even nowadays, some people flatly deny that science alone can give a convincing explanation for the origin of life, believing that living cell is just too elaborate, too contrived, to be the product of blind physical forces alone. Science may give a good account of this or that individual feature, they say, but it will never explain how the original cell was assembled in the first place.

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| **72** |  |

It would be wrong, however, to suppose this is all there is to life. To use the cliché, the whole is more than the sum of its parts. The very word ‘organism implies cooperation at a global level that cannot be captured in the study of the components alone. Without understanding its collective activity, the job of explaining life is only partly done.

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| **73** |  |

With the discovery of DNA, however, this mystery was finally solved. Its structure is the famous double helix, discovered by Crick and Watson in the early 1950s. The two helical strands are attached by cross-links and we can imagine the whole shape unwound and laid out to make a ladder, where the handrails are the two unwound helices and the rungs the cross-links.

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| **74** |  |

Each rung is actually a pair of bases joined end to end and it is here that geometry comes in. A is tailor-made to butt neatly with T, while C and G similarly slot together snugly, though the forces that bind these base pairs in the lock-and-key fit are in fact rather weak. Imagine the two handrails being pulled apart, breaking all the base pairs, as if the ladder had been sawn up the middle. Each would be left with a row of complementary projecting arms.

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| **75** |  |

So long as the base-pairing rules work correctly, this is guaranteed to be identical to the original. However, no copy process is perfect, and it is inevitable that errors will creep in from time to time, altering the sequence of bases – scrambling up the letters. If the message gets a bit gargled during replication, the resulting organism may suffer a mutation. Viewed like this, life is just a string of four-letter words, for we are defined as individuals by these minuscule variations in DNA. Proficiency Reading – Longman, p. 24)

***Missing paragraphs:***

**A**. Can such a magnificently self-orchestrating process be explained or might the mystery of life be, in the end, impenetrable? In 1933, the physicist Niels Bohr, one of the founders of quantum mechanics, concluded that life hides its secrets from us in the same way as an atom does.

**B**. It is this templating that is the basis for the replication process and ultimately, the recipe for life. If a DNA molecule is pulled apart and if there is a supply of free base molecules – As, Gs, Cs and Ts – floating around, they will tend to slot in and stick to these exposed stumps and thereby automatically reconstruct a new strand.

**C**. Near the top of my list of its defining properties is reproduction. Without it, and in the absence of immortality, all life would sooner or later cease. For a long time, scientists had very little idea how organisms reproduce themselves. Vague notions of invisible genes conveying biological messages from one generation to the next revealed little.

**D.** Of course, there’s more to it than just a bag of gadgets. The various components fit together to form a smoothly functioning whole, like an elaborate factory production line. The miracle of life is not that it is made of nanotools, but that these tiny diverse parts are integrated in a highly organised way.

**E**. Boiled down to its essentials, this secret can in fact be explained by molecular replication. The idea of a molecule making a copy of itself may seem rather magical, but it actually turns out to be quite straightforward. The underlying principle is in fact an exercise in elementary geometry.

**F.** I beg to differ. Over the past few decades, molecular biology has made gigantic strides in determining which molecules do what to which. Always it is found that nature’s nanomachines operate according to perfectly ordinary physical forces and laws. No weird goings-on have been discovered.

**G**. The former perform a purely scaffolding role, holding the molecule together. The business part of DNA lies with the latter, which are constructed from four different varieties of molecules or bases, with the chemical names adenine, guanine, cytosine and thiamine – let’s use their initials for simplicity’s sake.

**H.** As a simple-minded physicist, when I think about life at the molecular level, the question I keep asking is: How do all these mindless atoms know what to do? The complexity of the living cell is immense, resembling a city in the degree of its elaborate activity. Each molecule has a specified function and a designated place in the overall scheme so that the correct objects get manufactured.

## Part 4. For questions 76-85, read a passage on migration of unmarried women and choose the answer A, B, C, or D which fits best according to the text. Write your answers in the corresponding numbered boxes provided.

**WOMEN BACHELORS**

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| (1)  (5)  (10)  (15)  (20)  (25) | The exodus of women to the cities in the last ten years parallels that of men. They have come from the West in regiments, and from the South in brigades. Each year they come younger and younger. They have ameliorated the customs and diversified the streets.  New York women, and perhaps city women in general, when they are suddenly called upon to earn their livings, are much more independent about it, and more original in their methods than women in smaller places, where womanly pursuits, as they are called, follow more closely prescribed lines. The New York woman has more knowledge of the world, and she knows that one can do pretty much what one pleases, if it is done with a certain dash, élan, and sweeping air. When she comes to work for her living she profits by this knowledge. Instead of becoming a governess or a teacher of music, she tries to get hold of something original that will excite interest. When she has found it she holds it up, as it were, on a blazoned banner, inscribed with this legend, “I have not a penny to my name, and I’m going to work.” She accepts the situation with the greatest good-humor and makes herself more acceptable to the old set by relating her discouragements, trials, and mistakes so comically that she is better company than before. If her story is not bad enough she embroiders it to the proper point of attractiveness.  In the measure that women are determining their own lives, they want their own homes. The desire is entirely reasonable. The woman who is occupied with daily work needs greater freedom of movement, more isolation, more personal comforts, and the exemption, moreover, from being agreeable at all times and places. She wants to be able to shut her doors against all the world, and not to be confined within four walls herself; and she wants to open her doors when it pleases her, and to exercise the rites of hospitality unquestioned. In fact, she wants many things that cannot be had except in her own home. It is an interesting fact in natural history that women in their first breathing-spell should revert to constructing homes as their natural background, to which is added the male realization that the home is the proper stimulus to achievement.  To be the mistress of a home, to extend hospitalities, briefly to be within the circumference of a social circle, instead of gliding with uneasy foot on the periphery, is the reasonable desire of every woman. When this is achieved many temptations, so freely recognized that nobody disputes them, are eliminated. It is a noticeable fact that in all women-bachelor households, no matter how humble, that the rugs are scarcely down and the curtains up, until the kettle is lighted and the reign of hospitality has begun. It is interesting to observe how soon the shyest novice over the tea-cup loses her timidity, and assumes that air of confidence that once was the enviable property of only married women. |

(McGraw-Hill Education SAT 2019, p. 546)

**76**. The first paragraph portrays the “exodus of women” (line 1) as

A. tentative.

B. regrettable.

C. inevitable.

D. transformative.

**77**. The author suggests that, compared to women living in urban areas, those living in rural areas are less

A. diffident.

B. humorous.

C. innovative.

D. traditional.

**78**. Which choice provides the best evidence for the answer to the previous question?

A. Lines 4-6 (“New . . . lines”)

B. Lines 6–7 (“The . . . air”)

C. Lines 7-8 (“When . . . knowledge”)

D. Lines 8–9 (“Instead . . . interest”)

**79**. The author suggests that, to the new urban woman, poverty is

A. a challenge to be embraced.

B. a career burden to be avoided.

C. the consequence of male dominance.

D. a surprising source of freedom.

**80**. Which choice provides the best evidence for the answer to the previous question?

A. Lines 10–11 (“She . . . before”)

B. Line 13 (“In . . . homes”)

C. Lines 13–15 (“The . . . places”)

D. Lines 17–19 (“It . . . achievement”)

**81**. In line 16, “dash” most nearly means

A. propriety.

B. flair.

C. diligence.

D. haste.

**82**. As it is used in line 11, “old set” most likely refers to a group of

A. traditional gender roles.

B. established acquaintances.

C. historical ideals.

D. abandoned opportunities.

**83**. The passage indicates that city women want to maintain their own homes primarily because

A. they are naturally predisposed to performing domestic duties rather than having careers.

B. they should maintain a social status comparable with that of men.

C. they require living conditions conducive to their social independence.

D. they need ample space to do the work that is required of them in an industrial economy

**84**. Which choice best summarizes the main point of the passage?

A. Women who are moving to the cities are subject to many unfair expectations and social burdens.

B. Traditional female duties, such as housekeeping, should be re-evaluated in the context of modern urbanization.

C. In modern times, the social independence of women corresponds to their desire to own and maintain a home.

D. Women who choose to live in cities are more creative and industrious than those who choose to live in rural areas.

**85**. The “exemption” mentioned in line 15 is

A. a reprieve from a social obligation.

B. an exception to a legal rule.

C. an anomaly among personal characteristics.

D. an irregularity within an established hierarchy.

## Part 5. The passage below consists of four paragraphs marked A, B, C, and D. For questions 86-95, read the passage and do the task that follows. Write your answers in the corresponding numbered boxed provided.

**GET FIT, LIVE LONGER!**

**A Chloe: New pilates**

I'll be honest, I have never felt the natural high which scientists claim follows a bout of intense exercise. The empirical evidence of my own body tells me that the only thing exercise releases in my brain is loathing. So I scoff when the people at the gym tell me I'll be hooked on a new type of Pilates in two sessions. My first session is an hour's one-on-one with Daniel, my trainer; a good idea for any beginner. Although I, disappointingly, don't actually lose any weight over my six sessions - personally, I find it rather ups my appetite - I can attest to its toning abilities. The classes themselves - which take a minimum of six people - are entertaining, and as agreeable as enforced muscle fatigue can ever be. It definitely helps if you'd already got to grips with some basic Pilates techniques before you start, but, once you've got the hang of commands such as 'squeeze that imaginary grape under your armpit', it provides a great variety of exercise.

**B Mark: Personal training**

A month of sessions with a personal trainer three times a week seems like the perfect springboard to a better future. My personal trainer, Tony, asks me what I hope to achieve. I mutter something about losing a few pounds and toning tailormade suits. It's the gap between my expectations and reality that is hardest to contend with. I know that no matter how healthy I become at the age of 36, I will still be less fit that I was as a lazy 18-year-old who did no exercise at all. But if I'm honest, I secretly believed I wouldn't actually be all that bad at this. The problem is weights. I've never bothered with them before. I take ist slowly for the first few sessions but it's hard going and I eventually pull a muscle in my right arm. It's time for a few days off, I greet a four-day respite with enthusiasm, but actually find myself in the gym, running faster and longer than before and lifting weights well.

**C Ben: Sport Active**

I go along to my nearest fitness centre and decie to try out the DVD of Sport Active, which has more than 70 different exercises on it. The programme can measure and display your heart rate, thanks to a monitor that straps to your forearm which sends information to the console. I start with tennis and get an enormous kick out of hitting balls into an onscreen net. I quickly move on to mountain biking, or, as I now call it, 'total physical punishment'. However, even though I am an old hand at cycling, by halfway round, I have clearly lost all ability to show off. On screen, my heart rate has rocketed up to 178. 'You're definitely getting a good cardio workout here', encourages Robert, the fitness centre trainer. Could these games damage people by suggesting the wrong positions? Robert is dismissive: 'It's unlikely you're going to hurt yourself.' I decide to carry on and after a few weeks begin to see the benefits.

**D Tasha: Wild Fitness**

Wild Fitness is more than a form of exercise. Matt, my trainer, told me that it was a whole philosophy of life: to transform yourself by learning to move and eat in the way of our hunter-gatherer ancestors and to become strong, fast and agile. It all sounded a bit bizarre but I was more than happy to give it a go. The first session began at 8am on a Monday morning in Regent's Park, London, with some introductory exercises. The hardest session came the next week when Matt told us we would sprint around the 400-metre running track four times, with a short rest in-between - no excuses allowed. I did my best and then discovered that the so-called rest was going to involve squat thrusts; 20 of them. Matt didn't stop there. It was thanks to him that I did far more than I would ever have done exercising alone and I looked thinner and was far more tones as a result, especially around my thighs and stomach.

(Pearson Expert Proficiency, p. 89)

***Which person Your answers***

* mentions being disconcerted by their lack of ability when faced with a completely new activity? **86.** ……….
* was grateful for having been spurred on in their efforts? **87.** ……….
* suggests that prior experience of the exercise method can be advantageous? **88.** ……….
* suggests that they have overreached themselves during their first session? **89.** ……….
* is sceptical about whether a way of exercising would really appeal to them? **90.** ……….
* suggests that their chosen exercise programme seemed based on a slightly eccentric premise? **91.** ……….
* rejects the idea that they are following an exercise programme to improve fitness? **92.** ……….
* comments on the relentless nature of the trainer? **93.** ……….
* contrasts the amount of pleasure to be gained from different types of exercise? **94.** ……….
* suggests that the outcome of their exercise programme was not wholly positive? **95.** ……….

# IV. WRITING (60 points)

## Part 1. Read the following extract and use your own words to summarize it. Your summary should be between 100 and 120 words.

In the 1960s, John Calhoun placed a group of rats in a room and observed how the animals killed, sexually assaulted and, eventually, cannibalized one another. This behavioural deviancy led Calhoun to coin the phrase “behavioural sink.”

In no time, popularisers were comparing politically motivated street riots with rat packs and inner cities to behavioural sinks. Warning that society was heading for either anarchy or dictatorship, Robert Ardrey, a popular science journalist, remarked in 1970 on the voluntary nature of human crowding and its ill effects. The negative impact of crowding became a central tenet of the voluminous literature on aggression.

In extrapolating from rodents to people, however, these writers were making a giant leap. Compare, for instance, the per capita murder rates with the number of people per square kilometre in different nations. There is in fact no statistically meaningful relation. Among free-market nations, the U.S. has the highest homicide rate despite a low population density.

To see how other primates respond to being packed together, we compared rhesus monkeys in crowded cages with those roaming free on Morgan Island in South Carolina. We also compared chimpanzees in indoor enclosures with those living on large forested islands. Nothing like the expected crowding effects could be found. If anything, primates become more sociable in captivity, grooming each other more—probably in an effort to counter the potential of conflict, which is greater the closer they live together. Primates are excellent at conflict resolution.

For the future of the world this means that crowding by itself is perhaps not the problem it is made it out to be. Resource distribution seems the real issue. This was already true for Calhoun’s rats, the violence among them could be explained by concentrated food sources and competition. Also for humans, I would worry more about sustainability and resource distribution than population density.

## Part 2. The first chart below shows information about student enrolments at a Vietnamese university in 1937, 1967 and 2017. Summarize the information by selecting and reporting the main features, and make comparisons where relevant. You should write about 150 words.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **1937** | **1967** | **2017** |
| How many new students enrolled? | 327 | 1133 | 6254 |
| What percentage were female? | 45% | 35% | 55% |
| What percentage were male? | 55% | 65% | 45% |
| What percentage came from within 40 miles of the university? | 55% | 15% | 1-2% |
| What percentage came from overseas? | 6%  from 4 countries | 7%  from 26 countries | 32%  from 102 countries |

## Part 3. Write an essay of 350 words on the following topic.

**“In order to become well-rounded individuals, all college students should be required to take courses in which they read poetry, novels, mythology, and other types of imaginative literature.”**

Discuss the statement and give your opinion.

(You might write overleaf if you need more space.)

**- THE END -**