



سری سوال : یک ۱

زمان آزمون (دقیقه): تستی : ۱۲۰ تشریحی : ۰

تعداد سوالات : تستی : ۳۰ تشریحی : ۰

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رشته تحصیلی / کد درس : تربیت بدنی و علوم ورزشی ۱۲۱۲۱۵۸ - تربیت بدنی و علوم ورزشی (خواهران)، تربیت بدنی و علوم ورزشی (پسران) ۱۲۱۵۱۷۶
تربیت بدنی و علوم ورزشی (ناپیوسته) ۱۲۱۵۱۷۶ -

1-The scientific, study of the structure of human or animal bodies is called

1. athletic 2. anatomy 3. contest 4. curriculum

2-You need good hand eye to play ball games.

1. anatomy 2. education 3. coordination 4. evaluation

3-The students of our university are in all forms of track and field.

1. Endurance 2. involved 3. competed 4. exercise

4-They appointed a new manager tothe work of the team.

1. coordinate 2. coordination 3. coordinately 4. coordinating

5-Bob has damaged the in His knee.

1. ligament 2. cartilage 3. muscle 4. bones

6-Metal as it becomes cool.

1. contraction 2. contractible 3. contractibly 4. contracts

7-Vitamins are essential for healthy

1. growth 2. grow 3. growingly 4. growing

8-An accurate was made after a series of tests.

1. limb 2. diagnosis 3. pulse 4. impulse

9-The act listening with a stethoscope is called

1. osculation 2. limb 3. check up 4. impulse

10-Public health officials were called tothe factory.

1. inspectable 2. inspectingly 3. inspect 4. inspection

11-The movement of blood around the body is called

1. crutch 2. disorder 3. circulation 4. nerve

12-They set up a drug center in the hospital.

1. spasm 2. epidemic 3. hygiene 4. rehabilitation

13-The treatment of a physical problem or an illness is called

1. nerve 2. therapy 3. medication 4. hygiene



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14- This medicine will give you some

1. relieve 2. relief 3. relieved 4. relievedly

15- The use of energy, time, materials, etc is called

1. expenditure 2. glycogen 3. fat 4. fatigue

16- The central part of some cells containing the genetic material is called.....

1. phosphorylation 2. nucleus
3. ribosome 4. heredity

17- A copy or reproduction of something is called

1. species 2. synthesis 3. replica 4. organele

18- Thesystem is the body produces substances to help to fight against infection and disease.

1. immune 2. immunology 3. immunize 4. immunologic

19- One long step: the distance covered by a step is called

1. track 2. spin 3. stride 4. take off

20- John's armsas he walks.

1. swings 2. swing 3. swinging 4. swingingly

Reading these passage and then answer the questions.

Text 1:

Physical education is instruction about the physical structure and development of the body, its physiological and mechanical functions, and its most effective use. This process begins when the young child learns basic movement patterns that provide stimulation to physical development.

21- In line 1, "its" refers to?

1. physical education 2. physical structure
3. the body 4. mechanical functions

22- when The process of physical education begins?

1. in childhood 2. at the birth
3. in adolescence 4. in elementary school



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Progressive exercise is thought to improve the mechanical and structural properties of tissues, good physical fitness is also considered crucial to avoiding sport injury. Preventive training includes training of muscle mobility and flexibility, and coordination. Warm- up and cool- down are also considered to be important features of injury prevention.

Low intensity training promotes increases in bone length and growth in the growing athlete, but relatively high intensity training inhibits these. Zernike (1998) considered that high intensity training (70-80% of maximum oxygen uptake) inhibits bone remodeling and leads to a significant reduction in bending stiffness and leads to a significant reduction in bending stiffness and energy to- Failure.

23- which sentence is correct?

1. Warm- up and cool- down are considered to be important features of Preventive training.
2. good physical fitness is considered crucial to increase sport injury
3. Preventive training includes mechanical and structural properties of tissues.
4. High intensity training (70-80% of maximum oxygen uptake) inhibits bone remodeling.

24- which of the following changes exists in result of low intensity training?

1. increases in bone length
2. reduction in bending stiffness
3. reduction in energy to- Failure
4. reduction in bone length

25- To prevent injury in training are considered?

1. to improve muscle mobility
2. Warm- up and cool- down
3. normal physical fitness
4. to improve muscle coordination

26- Which kind of training inhibits increases in bone length and growth in the growing athlete?

1. moderate intensity training
2. low intensity training
3. high intensity training
4. Preventive training



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Specificity of form occurs in the cell as well as the whole organism. Every cell arises from a pre-existing cell. By processes of cell division and heredity that are themselves universal, new molecules are synthesized in the production of two cells from one, and these molecules come together in various assemblies that duplicate cellular structures such as chromosomes, membranes, and mitochondria. In this way, daughter cells reproduce the form of the parent cell. However, in the development of a multicellular organism, daughter cells progressively come to differ from the parent cell. This process, called differentiation, occurs when a single fertilized cell, the zygote, eventually gives rise to muscle cells, nerve cells, bone cells, and the rest.

27- which one is the best title for the text ?

1. Warm-up
2. sport injury
3. physical fitness
4. exercise and training

Text3:

If you watch an athlete in a wheelchair race you will notice the swinging (angular) motion of the athlete's arms as they spin the wheels of the wheelchair. The rotary motion of the wheels carries both athlete and chair along the track. Down the straightway the athlete and chair can be moving in a straight line at the same time, the wheels exhibit angular motion. This combination of angular and linear motion is known as general motion.

28- In a wheelchair race, what kind of motion of the wheels carries both athlete and chair along the track?

1. The linear motion
2. The general motion
3. The rotary motion
4. The circling motion

29- In line 2 "they" refers to.....

1. swinging motion
2. wheels of the wheelchair
3. wheelchair race
4. athlete's arms

30- In a wheelchair race, athletes have a combination of motion.

1. angular and linear
2. linear and pirouetting
3. angular and general
4. angular and swinging