



کارشناسی و کارشناسی ناپیوسته
حضرت علی (ع): دانش راهبر نیکویی برای ایمان است

دانشگاه پیام نور
مرکز آزمون و سنجش



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

تعداد سوالات: تستی: ۳۰ تشریحی: ۰

عنوان درس: زبان تخصصی ۱، متون خارجی تخصصی

رشته تحصیلی/گد درس: تربیت بدنی و علوم ورزشی ۱۲۱۲۱۵۸ -، تربیت بدنی و علوم ورزشی (برادران)، تربیت بدنی و علوم ورزشی (خواهران) ۱۲۱۵۰۵۲
تربیت بدنی و علوم ورزشی (ناپیوسته) ۱۲۱۵۱۷۶ -

۱-Part ۱. Select the best choice using your own knowledge.

Courses like kinesiology and physiology are included in professional physical education

.....

۱. curriculum ۲. capability ۳. function ۴. methodology

۲-The aim of is to return the patient to a pain free productive life.

۱. radiology ۲. biology ۳. physiology ۴. physical therapy

۳-During training and competition always reduces.

۱. heart beat ۲. muscle glycogen
۳. muscle fatigue ۴. heart blood flow

۴-The generation of faithful replicas by living creatures relates to

۱. specificity ۲. differentiation ۳. synthesis ۴. preparation

۵-..... is an example of projectile.

۱. Sprint Events ۲. Javelin throwing
۳. Walking Events ۴. Endurance Events

۶-Athletes who participate in this sport, frequently use for shooting arrows.

۱. dive ۲. bat ۳. gun ۴. bow

۷-The ability to do and stay in a new situation, this means

۱. Specificity ۲. Complexity ۳. Fertility ۴. Adaptability

۸-Which one of the following substances can provide energy during rest and activity?

۱. Fat ۲. Vitamins ۳. Minerals ۴. Water

۹-A situation in which, a sudden and painful tightening of a muscle occur and you cannot control it, called.....

۱. sprain ۲. strain ۳. spasm ۴. contusion

۱۰-Doctors usually use this instrument to examine the interior parts of the ear.

۱. Ophthalmoscope ۲. Otoscope
۳. Stethoscope ۴. Osculation

۱۱-After participating on regular exercise, muscle variations will appear and muscle size will increase. The phenomenon well - known as

۱. hyperplasia ۲. atrophy ۳. hypoxia ۴. hypertrophy



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۱۲-Physical education in the elementary schools emphasizes the evaluation of

۱. basic movement
۲. high demand movements
۳. complex movements
۴. complicate activities

۱۳- The term refers to the teacher or training of a person or a group of people to play a sport.

۱. competitor
۲. coaching
۳. event
۴. exercise

۱۴-A (an) is a fixed plan of food or exercise in order to improve your health?

۱. vegetarian
۲. regimen
۳. fitness
۴. contract

۱۵-The new coaching strategies will enhance your

۱. performed
۲. performable
۳. perform
۴. performance

۱۶-Glucose stores in liver and skeletal muscle as a complex material named Glycogen. This process named

۱. Synthesis
۲. Analysis
۳. Paralysis
۴. Diagnosis

۱۷-Part ۲

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

The nutritional preparation for optimum performance is based on delaying the depletion of muscle and liver glycogen stores.

۱. Continuing a state or situation
۲. To make something bigger in amount
۳. Reduction in the amount of something
۴. Lifting something to a high level

۱۸-Which one of the following words has the closet meaning to Translation?

۱. Linear Motion
۲. General Motion
۳. Angular motion
۴. Rotatory Motion

۱۹-Results of many studies have shown that, Tension in the neck muscles can cause headaches and this condition usually begins slowly and gradually.

۱. An injury
۲. Tightness in a muscle
۳. Sprain in a ligament
۴. Strain in a muscle

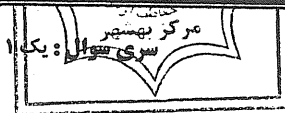
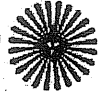
۲۰-The ability of living creatures to construct their distinctive organic structures is one of the more impressive shared features of life. Construct means

۱. Build
۲. Show
۳. Hang
۴. Seek



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Normal compressive forces and tensile forces caused by muscle action create an electrical potential which induces bone growth. This may explain why people who are physically active have significantly greater bone densities than those who are less active (Kannus ۱۹۹۲b). long distance runners have been reported as having ۲۰% higher bone mineral content have than controls, and local increases in the bone mineral content have been found for loaded areas of the skeleton , for example in tennis players (Zetterberg , ۱۹۹۲). The long bones of the extremities, in particular, are highly responsive to changes in mechanical loading – they increase in both size and

۲۱- According to the passage which one of the following choice is true?

۱. Bone growth cannot change after participate on activities
۲. Forces which produced by muscles can affect bone growth
۳. Only during early childhood, muscle forces affect bone growth
۴. None

۲۲- Results of studies have shown that....

۱. control group have more bone mineral content than long distance runners
۲. long distance runners and control group have the same bone mineral content
۳. long distance runners have more bone mineral content than control group
۴. control group have more bone mineral density than long distance runners

۲۳- According to the passages which areas of Tennis players have more bone mineral content than other area?

۱. Upper trunk
۲. Upper extremities
۳. The long bones of the trunk
۴. The long bones of the extremities

۲۴- Which one of the following title is suitable for the passage?

۱. Physical activity
۲. Effects of forces on bone mineral content
۳. Runners and Tennis players
۴. External factors and bone mineral density



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Before considering those nutritional strategies which help optimize sports performance, a number of assumptions must be made and some concerns aired. The first assumption is that athletes follow the recommendations to eat a wide range of foods in sufficient quantity to cover their daily energy expenditures. Furthermore, the carbohydrate content of their diets accounts for between ۵۰ and ۶۰% of their daily energy intake, protein contributes between ۱۲ and ۱۵% and fat makes up the remainder (Williams and Devlin, ۱۹۹۲). There is, at present, no evidence to recommend that athletes who consume well balanced diets will improved their performance if they consume additional vitamins and minerals. However, the potential for inadequate intakes of these micronutrients does exist in those athletes who eat too little in relation to their energy expenditures. This negative energy balance is often the result of athletes trying to reduce their body weights in order to compete in weight

۲۵-According to the passages athletes should receive carbohydrate Of their daily energy intakes.

۱. ۵۰-۶۰ ./%

۲. ۱۲-۱۵ ./%

۳. ۲۰-۳۰ ./%

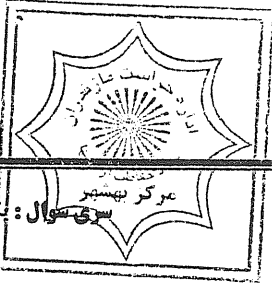
۴. ۱۵-۵۰ ./%

۲۶-According to the passage which one of the following choice is true?

۱. Athletes who consume additional vitamins, will improve their performance
۲. Athletes who consume additional minerals, will improve their performance
۳. Up to date there is no clear document to confirm the beneficial effects of consumption additional vitamins and minerals on performance
۴. Additional consumption of vitamins and minerals lead to improve performance

۲۷-Which one of the following title is the best title for the passage?

۱. Daily intake of minerals and performance vitamins and performance
۲. Daily intake of minerals and performance
۳. Daily intake of nutrients and performance
۴. Daily intake of proteins and performance



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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. It continues in later childhood with the development of more complex movement patterns that lead to acquisition of athletic skills. The final phase of this process involves instruction in positive habits that will help to maintain an optimum level of activity that is conducive to good health and fitness throughout life.

۲۸- In above passage, the underlined word (this) refers to

۱. Physiological functions
۲. Mechanical functions
۳. Development
۴. Physical education

۲۹- Acquisition is closet meaning to

۱. Achieve
۲. Loss
۳. Failure
۴. Ban

۳۰- The last phase of Physical education is

۱. Instruction of basic skills
۲. Instruction of negative habits
۳. Instruction of positive habits
۴. Instruction of walking patterns

