

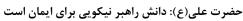
سوع سوال: یک ۱ مراج سوال: یک ۱ م. ان) ۲۵۰ هم

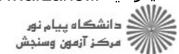
زمان آزمون (دقیقه): تستی: ۱۲۰ تشریحی: ۰

تعداد سوالات: تستى: 30 تشريحى: .

عنسوان درس: زبان تخصصی ۱،متون خارجی تخصصی رشته تحصیلی / کد درس: تربیت بدنی وعلوم ورزشی ۱۲۱۲۱۵۸ - ،ت

نی وعلوم ورزشی (برادران) ۵۲ ۱۲ ۷۰	وعلوم ورزشی (خواهران)،تربیت بد	وعلوم ورزشی ۱۲۱۲۱۵۸ – ، 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 e	ye to play ball ${}_{i}$	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.} exericise	
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 bloc	od around the body is ca	lled		
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	





از. المحالمة المحال المحال المحال

زمان آزمون (دقيقه): تستى: ١٢٠ تشريحي: ٠

تعداد سوالات: تستى: ٣٠٠ تشريحى: ٠

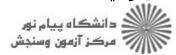
عنوان درس: زبان تخصصي ١،متون خارجي تخصصي

دنی وعلوم ورزشی (برادران) ۵۲ (۱ ۲۸ ۰۵۲ ۱	وعلوم ورزشی (خواهران)،تربیت ب	 للوم ورزشی ۱۲۱۲۱۵۸ – ،تربیت بدنی علوم ورزشی (ناپیوسته) ۱۲۱۵۱۷۶، –	ت می در می در می از این از از این از
14-This medicine will give	you some		
1. relieve	^{2.} relief	^{3.} relieved	4. relievedly
15-The use of energy, time	e, materials, etc is callec	I	
1. expenditure	2. glycogen	^{3.} fat	4. fatigue
16-The central part of son	ne cells containing the g	enetic material is called	•••••
 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-Thesyster disease.	m is the body produces s	ubstances to help to figh	t against infection and
1 . immune	^{2.} immunology	^{3.} immunize	4. immunologic
19-One long step: the dist	ance covered by a step i	is called	
1. track	2. spin	3. stride	4. take off
20- John's arms	as he walks.		
1. swings	2. swing	3. swinging	4. swingingly
Reading these passage an	d then answer the quest	tions.	
Text 1:			
Physical education is instr physiological and mechan young child learns basic m	ical functions, and its m	ost effective use. This pro	ocess begins when the
21-In line 1, "its" refers to	?		
 physical education 		^{2.} physical structu	re
^{3.} the body		4. mechanical func	tions
22-when The process of p	hysical education begins	s?	
1. in childhood		^{2.} at the birth	
3. in adolescence		^{4.} in elementary sc	hool

ة نيمسال دوم ٩٢-١٣٩١ =

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حضرت على(ع): دانش راهبر نيكويي براي ايمان است



زمان آزمون (دقيقه): تستى: ١٢٠ تشريحي: ٠

تعداد سوالات: تستى: 30 تشريحى: .

ــوان درس: زبان تخصصی ۱،متون خارجی تخصصی

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

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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: صفحه ۱۳: 4 **=**

: نیمسال دوم ۹۲-۱۳۹۱ **=**



تعداد سوالات: تستى: 30 تشريحى: .

عنــــوان درس: زبان تخصصی ۱،متون خارجی تخصصی

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

Specificity of form occurs in the cell as well as the whole organism. Every cell arises from a preexisting 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 rises to muscle cells, never 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 of 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

: نیمسال دوم ۹۲-۱۳۹۱ **=**