WWW.ZUFIL	شناسی ناپیوست بر نیکویی برای ایمان است	کارشناسی و کار حضرت علی(ع): دانش راه	دانشگاه پیام نور هرکز آزمون وسنجش
سری سوال: یک ۱	نه): تستی : ۱۰۰ تشریحی : ۰	زمان آزمون (دقين	یداد سوالات : تستی : ۳۰ تشریحی : ۰
ما مارم) شد مرام			بنـــوان درس: زبان تخصصی ۱،متون خار ِ شته تحصیلی/کد درس: (تربیت بدنی وعا
ی و عنوم ورز شی (حواهران		وم ورزشی (ناپیوسته) ۱۲۱۵۹۶ ، -	
1 of nation	team needs to high skill a	nd experience.	
1. Endurance	^{2.} Movement	^{3.} Coaching	^{4.} Process
2-The of athleti	c programs at our country	has been very good in f	ew years.
1. coaching	^{2.} administration	^{3.} curriculum	^{4.} endurance
3-We were very	with our meat at the restu	rant last night.	
1. satisfy	^{2.} satisfied	^{3.} satisfactory	^{4.} satisfaction
	and sister and our parents attention we needed.	worked full time so it w	as hard for them to give
1. separate	^{2.} individual	^{3.} private	^{4.} personal
In the middle grades,th	e basic movements provid	e the foundation for mo	ore complex physical
activities and the learn	ing of special skills.these a	re often acquired throu	gh partication in team games
such as volleyball and s	oftball ,whitch provide pe	rsonal interaction and e	xperiences that improve
ones ability to play wit	h others.During this period	it is very important for	children to experience
physical success becaus	e of its role in personality	growth.particularly in d	eveloping a positive self-
5-What is important in	n developing a positive sel	f-image?	
1. educational succ	ess	^{2.} physical educat	tion
^{3.} physical success		^{4.} physical structu	ure
6-Which skills are ofte	n acquired through partici	pation in team games s	uch as vollyball and softball?
1. regular skills		^{2.} special skills	
^{3.} Basic skills		⁴ . professional sk	ills
7-Which experience is	important during middle	grades for children?	
 Physical success 		^{2.} Educational suc	ccess
^{3.} Social success		^{4.} Mental success	
⁸⁻ In some animals the	of their body is much r	nore sensitive than the	other organ of their body.
1. density	^{2.} extremities	^{3.} liquid	^{4.} rule
ــــــــــــــــــــــــــــــــــــــ		ــــــــــــــــــــــــــــــــــــــ	1010/1010176

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	ست سی و پیر س ببر نیکویی برای ایمان است	کارشناسی و کار حضرت علی(ع): دانش راه	دانشگاه پیام نور مرکز آزمون وسنجش
سری سوال: یک ۱	نه): تستی: ۱۰۰ تشریحی: ۰	زمان آزمون (دقية	د سوالات : تستی : ۳۰ تشریحی : ۰
ی وعلوم ورزشی (خواهران	ی وعلوم ورزشی (برادران)، تربیت بدن ۱۲۱۵۰۵۲		
9-If my mother is inter	ested in losing weight, she	e must follow this daily	and do more exercis
1. treatment	^{2.} relaxation	^{3.} reduction	^{4.} regimen
10-I hurt my shoulder b	adly, so I put a cold	. on it.	
1. compress	^{2.} contract	^{3.} force	4. stress
11- What's ab	out this situation for you	right now?	
1. stressfully	^{2.} stress	^{3.} stressful	^{4.} stressing
12- A can be bodily	disorder or disease that i	in needs to prescribe by a	a doctor.
1. specimen	^{2.} pulse	^{3.} check up	^{4.} complain
13-The neck isfor s	wellings, stiffness or rashe	es motion of the head is a	lso checked.
1. examined	^{2.} examination	^{3.} examine	^{4.} examiningly
14-The last stage of the	disease is marked by the	of crashes on t	he skin.
1. observation	2. axistence	^{3.} appearance	^{4.} appear
15-My friend suffering f	rom mind and oft	en forget something.	
1. disorder	^{2.} bleeding	^{3.} spasm	^{4.} medicine
16- I get very w	hen I am on stage perforn	ning.	
1. injured	^{2.} nervously	^{3.} nerve	^{4.} nervous
17-All doctors believe tl	hat daily walking can effec	ct on	
1. disability	^{2.} alleviation	^{3.} circulation	^{4.} circulatory
18-The patient's	after the serious moto	rcycle accident to take as	s long as six months.
1. recover	^{2.} recommend	^{3.} recovery	^{4.} depletion

V

کارشناسی و کارشناسی ناپیوست

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

دانشگاه پیام نور مرکز آزمون وسنجش

سرى سوال: يک ۱

زمان آزمون (دقیقه) : تستی : ۱۰۰ تشریحی: ۰

تعداد سوالات: تستى: 30 تشريحي: ٥

عنـــوان درس: زبان تخصصی ۱،متون خارجی تخصصی

رشته تحصیلی/کد درس:(تربیت بدنی وعلوم ورزشی ۱۲۱۲۱۵۸ – ، تربیت بدنی وعلوم ورزشی (برادران)، تربیت بدنی وعلوم ورزشی (خواهران تربیت بدنی و علوم ورزشی (ناپیوسته) ۱۲۱۵۱۷۶ ، – ۱۲۱۵۰۵۲

These strategies are based on delaying fatigue by providing fluid and fuel in the most effective ways. Fatigue during prolonged heavy exercise occurs when the rate of energy expenditure, cannot be covered by their energy production. This is largely the result of a reduction in the carbohydrate stores of skeletal muscles to critically low levels (Bergstrom and Hultman, 1967). Carbohydrate is stored in the liver and in skeletal muscles as glycogen granules, which are coiled chains of glucose molecules (Williams, 1982). During training and competition there is always a reduction in muscle glycogen, even if the activity involves sprinting over relatively short distances repeatedly, as in the multiple sprint sports such as hockey. soccer, rugby and tennis (Williams, 1987). Therefore, the rationale for high carbohydrate diets is obvious when seen in the light of the exercise demands on the limited glycogen stores in skeletal muscles (Costill and Hargreaves, 1992). The nutritional preparation for optimum performance, whether in training or in competition, is based on delaying the depletion of muscle and liver glycogen stores in order to ensure the continued provision of this fuel for muscle metabolism. Dehydration is equally as effective in accelerating the onset of fatigue, as is muscle glycogen depletion, but potentially more of a health threat (Maughan, 1991). Therefore, optimum fluid intake is part of the nutritional strategies used to improve exercise tolerance. Thus, delaying the onset of fatigue is the main contribution of nutrition to improved sports performance and so nutritional preparation and training work in concert to improve the fitness of the athlete for competition.

19-During training and competition always reduces.

1.	coiled chain	2.	muscle glycogen
3.	fatigue	4.	sprint

20-Because of optimizing their performance; athletes must achieve between training and diet.

1. training program		^{2.} three elements	
^{3.} rapid recovery		^{4.} appropriate balanc	ce
-Runners suffer from .	in this heat.		
1. dehydration	^{2.} metabolism	^{3.} expenditure	4.

21

carbohydrate

سری سوال: یک ۱ وعلوم ورزشی (خواهران	لىقە): تستى: ١٠٠ تشريحى: ٠	زمان آزمون (دق	
وعلوم ورزشی (خواهران			الات: تستى: ٣٠ تشريحى: •
נ	نی وعلوم ورزشی (برادران)، تربیت بدنی و		ن درس: زبان تخصصی ۱،متون ن صلی/کد د. س.: (تربیت بدنی
		و علوم ورزشی (ناپیوسته) ۱۲۱۵۱۷۶ ، -	
22is stored in	the liver and in skeletal muse	eles.	
1. _{Fat}	^{2.} Carbohydrate	^{3.} Glycogen	^{4.} Carbon
	e <u>t</u> of fatigue in the main contr set" means	ribution of nutrition to im	proved sports
1. training	^{2.} involving	^{3.} beginning	^{4.} providing
24-involves means			
1. includes	^{2.} reason	^{3.} training	^{4.} providing
25-There are in all cre	atures some that c	cod for the color of skin a	nd hair.
1. zygote	^{2.} species	^{3.} gene	^{4.} replica
26- The shared featur	es of biological organization l	begin with the basic mole	cules of
1. heredity	^{2.} evolution	^{3.} biochemistry	^{4.} gen
27-Drivers should kee	p a distance fror	n the car in front.	
1. safe	^{2.} safety	^{3.} safely	^{4.} save
28- The dove	e deep down to the bottom o	of the ocean look for lost t	:hing.
1. divers	^{2.} jumper	^{3.} skater	^{4.} racer
29-My cousin won the	e race of sprint, because of hi	is long	
1. chitins	^{2.} spins	^{3.} speeds	^{4.} strides
ernenis			
	o over a pair of sho	bes.	