

**Communication Skills Exam**

Name:

Group:

**PART I: (8 marks)**

**1- Replace the underlined words by synonyms, antonyms or by explanation.**

- The importance of aerobic running is crucial to 800 m training. Aerobic running involves continued, **non-stop** activity at a steady and relatively slow speed. The necessary oxygen is provided by the respiratory and cardiovascular system and virtually no lactate acid should build up in the muscles. The heart rate should be approximately 60-75% of maximum, seldom exceeding 130-145 **beats** per minute. As aerobic capacity improves, running speeds will be gradually increased. Training should be carried out **daily**.



To avoid monotony, the pattern of track training must be varied. A set of runs over different distances, followed by short recuperation periods, enables the body to **rebuild** its forces.

Work in the gymnasium is scheduled every second day. Exercises will range from weight-lifting to exercises designed to improve body posture, arm swing and to strengthen muscles in the back and abdomen. Relaxation of foot muscles can be obtained by walking barefoot in sand or on grass.

**2- Complete the columns by giving the adjective, the noun and the verb:**

adjective	noun	verb
.....	.....	move
.....	Strength	.....
heavy	.....	.....

## ***Self evaluation – exit test***

### **■ Supply the missing words.**

1. As a result of the dust cloud raised by the impact of a large asteroid **ne** ..... heat ..... light would penetrate the Earth's atmosphere. *(not one, not the other)*
2. Optical fibres will produce **en** ..... performances for computers. *(better)*
3. The government would like to **bo** ..... imports. *(help to improve)*
4. The two colours do not **ma** ..... . *(go together)*
5. The disease is **sp** ..... rapidly. *(advancing)*
6. The constant stress and vibration **we** ..... the metal. *(≠ make stronger)*
7. Chameleons, **un** ..... human beings, can survive a drop of 46% of the body fluid. *(in contrast to)*
8. The reason why NASA is interested in nuclear propulsion is that space travel would be ..... fast. *(x 2)*
9. ....  
*(+ people poor / – they eat)*
10. If you drive up the hill too fast, the engine will **ov** ..... . *(get too hot)*

**Good luck**