

Olympiáda v anglickom jazyku, 25. ročník, celoštátne kolo 2014/15, kategória 2B**- úlohy****READING COMPREHENSION**

Read the article carefully. There are two tasks to do on the next page.

PUT YOUR HEART INTO IT!

Want to keep your finger on the fitness pulse? Then it's time to get in the zone with heart-rate based training!

When it comes to matters of the heart, it's time to get yours strapped to a monitor. This summer, the trend that's set to get yours racing is heart-rate based training. There's been an **influx** of fitness classes where your heart rate is monitored and beamed wirelessly onto a big screen so that you (and your class leader!) know if you're working hard enough. And while monitors used to be the domain of iron-made types, there's also been a rise in more fun and affordable heart-rate gizmos. "People track calories, stress levels, their social life, so it makes sense that they want to track the effort they're putting into their workout," says Lee Drabble, project manager at Fitness First and the brains behind the workouts at Beat, its new concept gym where all classes are based around heart rate.

THE SCIENCE

"The heart is a pump, delivering blood to your muscles to supply them with oxygen and to remove waste products," explains Dr James Fisher, senior lecturer in exercise physiology at the University of Birmingham. "During exercise, the oxygen demand from your muscles increases, so the heart beats faster to keep up the supply." However, if you were to race Mo Farah, your heart rate would rocket much faster and higher than his. This is because the more we train, the bigger and stronger our tickers become. "The heart is just like any muscle – we can grow it. It becomes denser through exercise and a more powerful pump," says Drabble. Imagine emptying buckets of water into a container. Obviously the bigger the bucket, the quicker the container will fill. So the higher your stroke volume (the amount of blood your heart pumps per beat), the slower it can beat while still meeting your muscles' oxygen demands," says Dr Fisher.

This also explains why the fitter you are, the quicker your heart rate slows after exercise – with fewer (but more powerful) pumps, your heart could provide enough blood to clear the waste products in your muscles post exercise. This increased stroke volume in the heart means that, even at rest, the fitter you are, the lower your heart rate is likely to be.

"I believe every single person should know what their resting heart rate is," says Drabble. It's a simple, free and reliable way to monitor your fitness. So if the last time you took your pulse was back in school PE class, it's time to give it a go again. However, you need to get the timing right for an accurate result. "Our resting heart rate is when we're completely still and at peace," says Drabble. "So that would normally be when we've just woken up – but not if you've been jolted awake by an alarm or you need to go to the loo. So wake up, go to the toilet, then lie in bed for five or 10 minutes before you take it." Count the number of beats per minute, make a note of it, and then re-test every month or so to see whether your exercise regime is paying fitness dividends.

Olympiáda v anglickom jazyku, 25. ročník, celoštátne kolo 2014/15, kategória 2B**- úlohy****READING COMPREHENSION** (continued)

IN THE ZONE

The focus of the new training classes and **gadgets**, however, is not how fast your heartbeat is when you're at rest, but how fast it can go when you start moving. The classes get you working within "heart rate zones" – percentages of your maximum possible rate (and lots of the new gadgets will allow you to track what zone you're working in, too). Different zones bring different benefits. Roughly speaking, working at around 60-75 % of your maximum heart rate is thought to put you in the fat-burning zone (which does what it says on the tin); around 75-85% in the cardio zone (improving cardio fitness); and around 85-95% in the lactic-**threshold** zone (improving your athletic potential – so you can train harder and faster for longer). It's important to note that training in this highest zone should be done in intervals, as it's impossible to sustain for any length of time as a non-athlete.

Task 1: Based on what you have read in the article, decide whether the statements below are true (T) or false (F). Circle one of the two letters. Be careful, sentences do not follow in the same order as the information in the article.

1. When you train at 70% of your maximum heart rate, you are in a suitable zone for removing fat. T / F
2. Monitoring heart rate during fitness trainings is still a tool of iron-man types. T / F
3. During fitness trainings, your heart reacts to the requirements of your muscles. T / F
4. Tracking heart rate leads to enhancement of fitness results. T / F
5. The best time to measure your heart rate is immediately when you wake up regardless of the circumstances. T / F
6. The title of the article is unambiguous; it has one meaning only. T / F
7. Eliminating waste products in your body is due to the heart beating faster during fitness. T / F

Task 2: Choose the best definition (a, b, c, or d) for each of the words below (they are also underlined in the text). Circle your answer.

8. influx

- | | |
|---|---|
| a) the arrival of large numbers of people or things | b) an establishment of new institutions or things |
| c) a tension between traditional and new things | d) growing importance of something |

9. gadgets

- | | |
|-------------------------------------|--|
| a) new methods in fitness trainings | b) modern facilities for fitness classes |
| c) small, cleverly designed tools | d) useful machines of a large size |

10. threshold

- | | |
|--|---|
| a) the boundary at which the body is resistant | b) the boundary at which things become risky |
| c) the boundary for the activation of body chemicals | d) the boundary at which things start to happen |

Olympiáda v anglickom jazyku, 25. ročník, celoštátne kolo 2014/15, kategória 2B**- úlohy****V O C A B U L A R Y**

The words in the box are used as verbs in the sentences below (1-5). Complete each sentence with the correct verb. Be careful, there are five extra verbs.

head	mouth	shin	back	finger
foot	shoulder	elbow	thumb	palm

1. There was a crowd of young people there. I had to my way through.
2. They've decided to their way round Latin America. They're experienced hitch-hikers.
3. I'm having my cottage painted. It's very expensive. I don't know how I'm going to the bill.
4. Jim's very fit and strong. Watch him up that tree like a monkey.
5. A large manufacturing firm has offered to the Himalayan Expedition.

Complete the text below by filling in each gap with the correct form of the WORD on the same line.

BRINGING UP CHILDREN

It is often said that we live in a (6) age, one in which **PERMIT** people are allowed to do almost anything they like. Is it good for children?

They are going through their (7) which is a very **ADOLESCENT**

(8) stage of their development since their final adult **FORMATION**

characters are beginning to take shape. Some parents think it is good for children

to be allowed to run wild, without control or supervision. However, this might

lead to juvenile (9) with the children ending up in **DELIQUENT**

court. Other parents believe in being strict, but taken to extremes this can produce

a too (10) atmosphere in the home, with the children **AUTHORITY**

dominated and ruled by their parents.

Olympiáda v anglickom jazyku, 25. ročník, celoštátne kolo 2014/15, kategória 2B**- úlohy**
GRAMMAR**Fill in each of the numbered gaps in the passage with one suitable word.**

We all carry round baggage of attitudes and beliefs (0).....*that*..... colours our response to new situations. If you're lucky, these will be "can-do" messages, but many of us are programmed (1)..... failure. Perhaps every time you stepped (2)..... the door when you were little, your parents cried "Be careful!", as (3)..... doom and disaster lurked at every turn, or friends say, "I wouldn't attempt that if I (4)..... you!". If you hear negative statements (5)..... enough, you learn to expect the worst. "Most people's confidence is a level or two (6)..... their competency," says clinical psychologist Averil Leimon, director of a company which helps personnel transform (7)..... behaviour. Everybody feels fearful in unfamiliar situations. That doesn't mean we (8)..... avoid them. Taking risks, even tiny (9)..... like picking up a telephone to (10)..... a complaint, is a step in the right direction. The best strategy you can adopt is to understand why you feel so fearful and learn how to deal with it. Then, when you succeed in a difficult situation, you'll feel more confident about approaching it next time (11)..... .

..... / 11 pts

Complete the second sentence so that it has a similar meaning to the sentence above it. You must use the word at the end of the first sentence exactly as it is given. Do not change it. You must use between three and eight words, including the word given.

12. I haven't been told clearly what I'll have to do in my next project at work.

REQUIRED

It hasn't been mademe
in my next project at work.

13. What gave you the impression that Jill and Henry were going to split up?

LED

What was that
Jill and Henry were going to split up?

14. I don't think it was reasonable of you to complain so much about the quality of food.

JUSTIFIED

I don't think you fuss
about the quality of food.

15. Sue was faced by a lot of problems during her adolescence.

CONTEND

Sue had aduring
her adolescence.

..... / 4 pts

..... / 15 pts

Olympiáda v anglickom jazyku, 25. ročník, celoštátne kolo 2014/15, kategória 2B
- úlohy

LISTENING COMPREHENSION

You will hear a radio programme in which Pat Chapman, author of *The Cobra Good Curry Guide* and founder of Curry Club, talks about Indian food.

Based on what you hear, fill in the missing words (one or two words). Use the exact words from the recording. You will hear the programme twice.

INDIAN FOOD

1. Pat Chapman thinks that, for the British people, curry has become a
..... (2 words)

2. After the War, curry caught on due to the chronic
..... (2 words)

3. For the Indians, Britain was a/an desert. (1 word)

4. In reality, Indian restaurants are run not only by Indians, but also by
..... and (2 words)

5. Nowadays, additional are added to pre-cooked ingredients.
(1 word)

..... /5 pts

Autor: PhDr. Eva Žitná

Recenzent: PaedDr. Anna Brisudová

Korektor: Lyn Steyne, PhD.

Olympiáda v anglickom jazyku

Vydal: IUVENTA – Slovenský inštitút mládeže, Bratislava 2015