

JUNIOR LYCEUM ANNUAL EXAMINATIONS 2006

Educational Assessment Unit – Education Division

FORM 5

ENGLISH
LISTENING COMPREHENSION

Time: 15 minutes

Teacher's Paper

Instructions for the conduct of the Listening Comprehension Examination

The teacher should instruct the candidates to answer the questions on the paper provided. The following procedure for reading the Listening Comprehension passage is to be explained to the candidates immediately before proceeding with the examination.

You have been given a sheet containing the Listening Comprehension questions. You will be given three minutes to read the questions based on the passage. I shall then read the passage at normal reading speed. You may take notes during the reading. After this reading there will be a pause of another three minutes to enable you to answer some of the questions. The passage will be read a second time and you may take further notes and answer the rest of the questions. After this second reading you will be given a further three minutes for a final revision of answers.

- a. 3 minutes - Read questions
- b. 3 minutes - First reading aloud of passage while students take notes
- c. 3 minutes - Answer questions
- d. 3 minutes - Second reading of passage and possibility to answer questions
- e. 3 minutes - Final revision

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The Decathlon

The Olympic Games have changed a lot since their origins in Ancient Greece. Today, athletes from countries all over the world take part and the Olympics are big business, watched by millions on television. Some things, though, have stayed the same. The athletes then could make a lot of money from winning, just like today's competitors. In the ancient Games, a great champion might have received as much as a year's pay for winning a race.

Another thing that hasn't changed is the search for an all-round champion, somebody who can defeat their opponents at a number of different sporting events. In the ancient Olympics, athletes competed in the pentathlon. This consisted of the long jump, throwing the discus, throwing the javelin, a running race and wrestling. The first winner, in 708 BC, was Lampis of Sparta, who must have been a great athlete to beat so many others from all over the Hellenic world.

The Stockholm Olympics of 1912 brought back this tradition of the search for all-round greatness. The modern pentathlon was included (shooting, swimming, fencing, riding and running) and so was the modern decathlon (ten events), with the heptathlon (seven events) for women being introduced later. So what drives someone to take on this running, throwing, jumping challenge and push their body to its limits? I met decathlete Bruce Thorpe and told him he must have been crazy to take up the decathlon. He laughed.

"Yes, probably. I could have done lots of different sports, but I chose the decathlon. It's very tough and it demands a lot of different skills. You have to train just as hard as other athletes, only you have to do it in ten different events! I think we're all probably a little crazy but it's very satisfying in the end," he said. I asked him to explain what happens in the decathlon.

"The way it works is you complete each event and you get points, depending on how well you do in that event. At the end of two days, the person with the most points is the champion and takes the gold medal, the second person gets the silver and the third the bronze medal. We start with the 100 metres, the long jump, the shot put, the high jump and the 400 metres. The second day, it's the 110-metre hurdles, the discus, the javelin, the pole vault and the one that we all dread, the 1500 metres." I asked him what made the 1500 metres such a struggle. "All the other events demand speed or strength. With the long race, it's stamina. Really, decathletes aren't built for that event."

So what tips does Bruce have for those thinking of taking up the decathlon? "Start as early as you can and join a good club," he said. "It takes a long time to master ten different events, or seven for the heptathlon, and you need expert help. And don't expect to have much free time!"

Ten events, one champion. Think you might be the one?

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Total

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Name: _____ Index No: _____ Class: _____

The Decathlon

In questions 1 to 4, put a tick (✓) in front of the correct ending.

1. The writer says that athletes today
 - a. are more popular than they were in ancient times.
 - b. are much better than those in ancient times.
 - c. participate in the Olympics because it is a business.
 - d. can become wealthy through sport.

1 mark

2. The ancient pentathlon didn't test athletes' abilities to
 - a. throw things.
 - b. jump high.
 - c. run fast.
 - d. jump far.

1 mark

3. According to the passage, the heptathlon for women
 - a. is much easier than the decathlon.
 - b. is similar to the ancient pentathlon.
 - c. tests the ability to ride a horse.
 - d. became an Olympic event after 1912.

1 mark

4. What does Bruce say about the events?
 - a. The 1500-metre race should not be included.
 - b. The first day of the decathlon is tougher than the second.
 - c. If you're not good at the decathlon, try the heptathlon.
 - d. Decathletes aren't suited for the 1500 metres.

1 mark

Write whether these statements are TRUE (T), FALSE (F) or NOT STATED (NS).

5. The events of the decathlon are held over two days. _____
6. To get a gold medal you need to win more events than the other competitors. _____
7. The 1500-metre race should be on the first day. _____
8. Decathletes are better at sports than the other athletes. _____
9. A trainer is essential to guide a heptathlete. _____
10. Bruce Thorpe won gold for the decathlon in the Olympics. _____

6 marks

Note: *decathlon = 10 events* *heptathlon = 7 events* *pentathlon = 5 events*

C. Put the words in brackets into the correct form. The first one (0) has been given.

George Lucas's Star Wars transformed 20th-century (0) **entertainment** (entertain) and raised audience (1) _____ (**expect**) to alarming heights for film producers. Since *Star Wars* was made in 1977 special effects have become (2) _____ (**increase**) important in selling a film. The script of *Jurassic Park*, for example, was rather (3) _____ (**disappoint**) but the film was (4) _____ (**succeed**) because the dinosaurs were so (5) _____ (**amaze**) realistic. However, special effects do not always guarantee success. When *Lost World* came out the technology was far superior, but (6) _____ (**expect**) fared poorly as people did not have enough (7) _____ (**motivate**) to go and see dinosaurs any more. You may be (8) _____ (**surprise**) to discover that the most expensive special effect was filmed in 1956. The parting of the Red Sea in *The Ten Commandments* (9) _____ (**believe**) cost 2 million sterling! But what does the future hold? There is a certain (10) _____ (**fascinate**) about the idea that with computer generated imagery filmmakers may be able to recreate deceased movie stars, such as James Dean or Marilyn Monroe.

5 marks

D. Put the verbs in brackets into the correct tense. The first one (0) has been done for you.

It was now two days since we (0) **had run** (run) aground on submerged rocks. Everybody (1) _____ (**be**) exhausted because we (2) _____ (**struggle**) to get to the shore for several hours. Nobody (3) _____ (**had**) any rest for the past couple of nights and it seemed as if there wouldn't be any rest either for the next few hours. At the moment the sailors (4) _____ (**labour**) hard on the deck trying to launch the lifeboats but with the waves coming over the side they (5) _____ (**not have**) any luck.

"I'm afraid we (6) _____ (**run**) out of time," said the captain. "It (7) _____ (**not be**) so bad if we still had the engines going, but with power off the water's just coming in. We sent a radio message as soon as we hit the reef but we (8) _____ (**not survive**) unless help arrives soon. We (9) _____ (**operate**) the pumps for forty-eight hours now and by midday at the latest the water in the hold (10) _____ (**reach**) the lower deck."

5 marks

E. Comprehension

Read the following passage carefully and then answer the questions below.

HOW WE GREW SO FAT

It's hardly news anymore that people are just too fat. If the endless parade of articles, TV specials and fad diet books weren't **proof enough**, a quick look around the shops, the beach or the crowd at any football match will leave no room for doubt: individual weight problems have become an international crisis.

- 5 People are clearly worried. It wouldn't be such a big deal if the problem were simply aesthetic. But excess weight significantly increases the risk of heart disease, high blood pressure, stroke, diabetes, infertility, gall-bladder disease, osteo-arthritis and many forms of cancer. The Journal of the American Medical Association in the U.S. and a government health committee in the U.K. have both warned that obesity, exacerbated by a poor diet and physical inactivity, could soon
10 overtake tobacco as the leading cause of preventable death.

- So why is it happening? The obvious, almost trivial answer is that people eat too much high-calorie food and don't burn it off with enough exercise. Breaking **those habits** would make the problem go away. But it isn't that easy. Consumers pour scores of billions of dollars every year into weight-loss products and health-club memberships and liposuction and gastric bypass
15 operations. Food and drug companies spend even more trying to find a magic food or drug that will melt the weight away. Yet the West's collective waistline just keeps expanding.

- It's natural to try to find something to blame – fast-food joints or food manufacturers, or even the individual for having too little willpower. But the ultimate reason for obesity may be rooted deep within our genes. Obedient to the inexorable laws of evolution, the human race adapted over
20 millions of years to living in a world of scarcity, where it paid to eat every good-tasting thing in sight when you could find it. Although our physiology has stayed pretty much the same for the past 50,000 years or so, we humans have utterly transformed our environment. Over the past century especially, technology has almost completely removed physical exercise from the day-to-day lives of most people in the West. At the same time, **it** has filled supermarket shelves with
25 cheap, mass-produced, good-tasting food that is packed with calories. And finally, technology has allowed advertisers to deliver constant, virtually irresistible messages that say, "Eat this now" to everyone old enough to watch TV.

- This artificial environment is most pervasive in the U.S. and other industrialized countries. By contrast, among people who still live in conditions most like those of our distant Stone Age
30 ancestors there is virtually no obesity at all. And that's almost certainly the way it was during 99.9% of human evolution. For most of the 7 million years or so since we parted ways with chimps, life has been very harsh - "nasty, brutish and short," in Thomas Hobbes' memorable phrase. The average life expectancy was probably well under 30.

- But much of that dismal brevity can be chalked up to accidents, infections, traumatic childbirth
35 and unfortunate encounters with saber-toothed cats and other such predators. If a Stone Age man, say, could get past these formidable obstacles, he might conceivably live into his 60s or even longer, with none of the obesity-related illnesses that plague people today. Our earliest ancestors probably ate much as their cousins the apes did, foraging for fruits, shoots, nuts, tubers and other vegetation in the forests and savannas of Africa. Because most wild plants are relatively low in
40 calories, it took constant work just to stay alive. Fruits, full of natural sugars like fructose and glucose, were an unusually concentrated source of energy, and the instinct to seek out and consume them evolved in many mammals long before humans ever arose. Fruit wasn't always

available, but those who ate all they could whenever it was were more likely to survive and pass on their sweet tooth to their progeny.

- 45 On an official level, steps are being taken towards addressing the problem. Researchers are hard at work trying to understand the basic biochemistry of hunger and fat metabolism; policymakers are pushing for better labels and nutritional information; school boards are giving their cafeteria menus a closer look and reconsidering vending-machine contracts with makers of sugary soft drinks. Urban planners are rethinking cities and towns to get people out of the car and onto their feet; and more and more foodmakers are beginning to see increased awareness of the obesity epidemic not as a threat but as a business opportunity.

adapted from TIME , August 9, 2004

1. Put a tick (✓) in front of either a, b, c or d.

Every year people

- a. blame fast-food outlets and food manufactures for their obesity.
- b. spend enormous sums of money trying to beat obesity.
- c. all over the world continue to get fatter and fatter.
- d. spend more money on fruit and vegetables than on sweets.

1 mark []

2. State whether the following statements are True (T), False (F), or Not Stated (NS).

- a. Many people are mostly worried about obesity ruining their appearance. _____
- b. At the moment smoking is the principal cause of preventable death. _____
- c. Our physiology has not changed significantly over the past 10,000 years. _____
- d. Obesity exists only in the United States and other industrialised countries. _____

4 marks []

3. Give two reasons why people grow fat.

- i. _____
- ii. _____

2 marks []

4. How are food and drug companies reacting to the increased interest in the fight against obesity?

2 marks []

5. Explain in your own words how evolution has contributed towards obesity.

2 marks []

6. Give four reasons why Stone Age people rarely lived for longer than 30 years.

- i. _____
- ii. _____
- iii. _____
- iv. _____

2 marks []

7. What are authorities trying to do in order to overcome the scourge of obesity?

- i. _____
- ii. _____
- iii. _____
- iv. _____

4 marks []

8. Explain the meaning of the following words and phrases as they are used in the context:

- exacerbated (para. 2) _____
- virtually (para. 5) _____
- parted ways (para. 5) _____

3 marks []

9. What do the following words in the text refer to?

- proof enough (para. 1) _____
- those habits (para. 3) _____
- it (para. 4) _____

3 marks []

10. In a paragraph of about 70 words, explain why today's society suffers from obesity while our Stone Age ancestors did not have the same problem.

_____ (_____ words)

7 marks []

TOTAL: 30 marks

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