



**UNIVERSIDADES DE ANDALUCÍA
PRUEBA DE ACCESO A LA UNIVERSIDAD**

**BACHILLERATO
ANÁLISIS DE TEXTO EN
LENGUA EXTRANJERA
(INGLÉS)**

- Instrucciones:
- Duración: Una hora.
 - La puntuación de cada pregunta está indicada en las mismas.

ALTERNATIVE THERAPY

A growing number of Westerners have discovered the physical and spiritual benefits of Qigong. After a Qigong session, they confess they feel relaxed and restored. "I feel physically different," one of them says.

5 Qigong is an ancient Chinese healing art that combines gentle movements with deep breathing, self-massage and meditation. It is a 3,000-year-old tradition, and it is based on the Chinese notion that the body has channels which can be used to cultivate the body's vital energy. This concept is radically different from the Western tradition. Western medicine prefers surgery and drugs, while the Chinese use herbs and acupuncture. Yet even Western doctors have to admit the psychological effect of deep breathing and relaxation.

10 Qigong groups are increasing in the U.S., particularly on the West Coast and on the Internet, and several books on the subject will be published this year. Athletes find it relaxing and invigorating, and it's more accessible to the sick and the elderly than yoga or tai chi. Qigong improves posture and circulation, and fights the effects of stress. "It's perfect therapy for the diseases of modern civilization," says a Qigong instructor.

(A) COMPREHENSION (3 points; 1 per question)

ANSWER QUESTIONS 1-3 ACCORDING TO THE INFORMATION GIVEN IN THE TEXT. USE YOUR OWN WORDS.

- Is Qigong a very old tradition all around the world? Why?
- Where can you find further information about Qigong?
- What sort of people can practice Qigong?

(B) LEXICON (2 points; 0.5 points per question)

- Give one **synonym** for NOTION (noun) (line 5).
- Give one **synonym** for RADICALLY (adverb) (line 6).
- Find one **opposite** in the text for HEALTHY (adjective).
- Find in the text **the word** which has the following **definition**:
'Tension and anxiety caused by the problems of living, too much work, etc.' (noun).

(C) GRAMMAR (2 points; 0.5 points per question)

- Put the following sentence into the **passive voice**:
People fight the effects of stress with Qigong.
- Complete** the following sentence:
If old people practised Qigong,...
- Put the following sentence into **reported speech**:
"I've found Qigong perfect for the diseases of modern civilization," an instructor commented.
- Join** the following sentences in an appropriate way (**do not use AND**). Make changes if necessary:
John felt relaxed and restored. John had had a Qigong session.

(D) PRODUCTION (3 points)

WRITE A COMPOSITION (80-100 WORDS). CHOOSE ONE OF THE FOLLOWING OPTIONS. SPECIFY YOUR OPTION.

- How do you relax?
 - Oriental influence in our society...