



Instrucciones. a) Duración: 1h30m. b) No se permite el uso de diccionario.
c) La puntuación de las preguntas está indicada en las mismas. d) Las opciones A y B no se pueden mezclar.

OPTION A: "Team spirit"

1. Team players can tolerate twice as much pain as those who work alone, according to recent research that throws fresh
2. light on some of the most surprising achievements in sports history.
3. Researchers at Oxbridge University have found that members of its rowing team had a greater ability to resist pain
4. –or "pain threshold"– after training together than when they performed the same exercises individually.
5. Working as a group stimulates the production of endorphins, a feel-good chemical released in the brain that is a
6. temporary painkiller.
7. This effect might have played a part in an extraordinary football final between Manchester City and Birmingham
8. in 1956. The City goalkeeper broke his neck after diving for the ball, but went on to make a series of crucial saves to
9. help his team win the game 3-1.
10. The Oxbridge researchers speculate that a similar sudden rise of endorphins might be the cause of the feel-good
11. sensations people experience when they dance together, play team sports or take part in religious rituals.
12. They made a study that involved twelve male rowers. In the first part of the experiment, two teams of six rowed
13. continuously for 45 minutes in the gym. Their rowing machines were linked up to create a "virtual boat" that
14. demanded that they all row in synchrony. In the next training session, the rowers performed the same exercise as
15. individuals, unobserved by others in the team. Between five and ten minutes after each training session, the
16. investigators measured the rowers' pain thresholds by putting a blood pressure cuff around the arm and inflating it
17. until it became uncomfortably painful. Then they measured the release of endorphins in the blood system.
18. The researchers say that, compared with training alone, group training significantly increases the pain threshold: "
19. We can eliminate the possibility that this effect might have been due to elevated work rates, because the rowers'
20. power output was not significantly different." They also added: "What this study shows us is that synchrony alone
21. seems to increase the production of endorphins so as to strengthen the effect when we do these activities in groups."

I * COMPREHENSION (4 points: questions 1-3, 1 point each; questions 4-5, 0.5 points each)

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

- 1 What is the relationship between endorphins and the "pain threshold"?
- 2 How could the City goalkeeper keep on playing after breaking his neck?
- 3 What activities produce the rise of endorphins?

ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH THE PRECISE WORDS OR PHRASES FROM THE TEXT, OR USE YOUR OWN WORDS.

- 4 Endorphins could explain some astonishing sports events.
- 5 The experiment showed that the amount of physical exercise done in group and individually was approximately the same.

II * USE OF ENGLISH (3 points; questions 6-9, 0.25 points each; questions 10-13, 0.5 points each)

- 6 FIND IN THE TEXT ONE SYNONYM FOR "put up with" (VERB).
- 7 FIND IN THE TEXT THE WORD WHICH HAS THE FOLLOWING DEFINITION: "extremely relevant" (ADJECTIVE).
- 8 GIVE A VERB WITH THE SAME ROOT AS "blood" (NOUN; LINE 16).
- 9 FILL IN THE GAP WITH THE CORRECT OPTION: "He says he has got in his stomach." *Hurt / aches / pains / suffering.*
- 10 FILL IN THE GAP WITH THE CORRECT PREPOSITION: "The experiment consists two different parts."
- 11 GIVE A QUESTION FOR THE UNDERLINED WORDS: "They spent three hours swimming with their team."
- 12 TURN THE FOLLOWING SENTENCE INTO THE PASSIVE VOICE: "They gave us a lot of information about Iceland."
- 13 USE THE WORDS IN THE BOXES TO MAKE A MEANINGFUL SENTENCE. USE ALL AND ONLY THE WORDS IN THE BOXES WITHOUT CHANGING THE FORM:
get | tattoo | to | my | ought | removed

III PRODUCTION (3 points)

14 WRITE A COMPOSITION OF APPROXIMATELY 120 WORDS. CHOOSE ONE OF THE FOLLOWING OPTIONS, AND FOCUS STRICTLY ON IT. SPECIFY YOUR OPTION.

- A) Imagine you are an athlete taking part in the London 2012 Olympic Games. Describe one day of your life there.
- B) The importance of sports in everyone's health today. Discuss.