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https://www.100test.com/kao_ti2020/123/2021_2022__E7_8E_8B_E9_95_BF_E5_96_9C_E5_c84_123112.htm 第三十四篇来源

: www.examda.com Jogging has become the most popular individual sport in America. Many theories, even some mystical ones, have been advanced to explain the popularity of jogging. The plain truth is that jogging is a cheap, quick and efficient way to maintain (or achieve) physical fitness. The most useful sort of exercise is exercise that develops the heart, lungs, and circulatory systems. If these systems are fit, the body is ready for almost any sport and for almost any sudden demand made by work or emergencies. One can train more specifically, as by developing strength for weight lifting or the ability to run straight ahead for short distances with great power as in football, but running trains your heart and lungs to deliver oxygen more efficiently to all parts of your body. It is worth noting that this sort of exercise is the only kind that can reduce heart disease, the number one cause of death in America. Only one sort of equipment is needed a good pair of shoes. Physicians advise beginning joggers not to run in a tennis or gym shoe. Many design advances have been made in only the last several years that make an excellent running shoe indispensable if a runner wishes to develop as quickly as possible, with as little chance of injury as possible. A good running shoe will have a soft pad for absorbing shock, as well as a slightly built-up heel and a full heelcup that will give the knee and ankle more stability. A wise

investment in good shoes will prevent blisters and the foot , ankle and knee injuries and will also enable the wearer to run on paved or soft surfaces.来源 : www.examda.com No other special equipment is needed ; you can jog in any clothing you desire , even your street clothes. Many joggers wear expensive , flashy warm up suits , but just as many wear a simple pair of gym shoes and T-shirt ; in fact , many people just jog in last year ' s clothes. In cold weather , several layers of clothing are better than one heavy sweater or coat. If joggers are wearing several layers of clothing , they can add or subtract layers as conditions change. It takes surprisingly little time to develop the ability to run. The American Jogging Association has a twelve week program designed to move from a fifteen-minute walk (which almost anyone can manage who is in reasonable health) to a thirty-minute run. A measure of common sense , a physical examination , and a planned schedule are all it takes. 1.They main purpose of this passage is to _____. A.discuss jogging as a physical fitness program B.describe the type of clothing needed for jogging C.provide scientific evidence of the benefits of jogging来源

: www.examda.com D.distinguish between jogging as a “ common sense ” fitness program and a cult (崇拜) movement 2.The most useful kind of exercise is exercise that _____. A.trains the body for weight lifting B.enables a person to run straight ahead for short distances with great power C.is both beneficial and inexpensive D.develops the heart , lungs , and circulatory systems 3.We can conclude from this passage that _____. A.because of jogging , heart disease is no longer an American problem B.jogging can be

harmful if the runner is not properly prepared C.warm-up suits are preferable to gym shoes and T-shirts D.jogging is bad for the ankles and knees 4.The author ' s tone _____.来源 : www.examda.com A.skeptical B.aggressive C.approving D.purely objective 5.As used in this passage , the word “ mystical ” means _____. 100Test 下载频道开通 , 各类考试题目直接下载。详细请访问 www.100test.com