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Energy levels ebb and flow throughout the day, influenced by everything from your mood to your bodys circadian rhythms (生理节奏) daily changes in things like heart rate, temperature, and blood pressure. Here are recommendations of exercising at various times of day. **MORNING:** The main difficulty in the morning is dragging yourself out of bed. Once youve done that, however, theres little else to distract you from the business at hand. That may be why people who work out in the A.M. are more likely to stick with it over time, which means theyre well on their way to reaping the long term energy boost that being fit brings.

LUNCHTIME: Most people feel an energy decline between two and three in the afternoon. “ Its not related to eating. its just part of the bodys natural cycle, ” says Thomas Reilly, an exercise physiologist(生理学家). Exercising in the middle of the day can smooth out the low energy, Reilly says, because it increases the flow of hormones (荷尔蒙) that push you up for a few hours after a session. But dont skip lunch to work out. A light meal an hour before you exercise will give you the energy to get moving. **EVENING:** In the late afternoon and early evening, people breathe easier because the lungs airways are more open, our strength peaks since body temperature is higher. But, dont work out too close to bed time or the resulting burst of energy may make it difficult to fall asleep. Questions: 1 . According to

Paragraph One, blood pressure will have an effect on energy level because of _____. 2. What will trouble us in the morning? _____ 3. What is the mistaken belief about afternoon tiredness? _____ 4. What is the meaning of “ to skip lunch ” in Paragraph Three? _____ 5.

From Paragraph Four we can conclude that the higher temperature is, _____. **答案部分 短文大意**
本文主要谈论人一天中的精力状况。一天当中人的精力有起有落，会受到从心情到生理节奏等任何因素的影响，文中按早中晚三个不同时间段向大家推荐适量的，令人精力充沛的运动。
1. 【参考答案】 Its daily changes 【解题技巧】 从细节入手。 【详细解答】 本题通过一个例子让考生概括整段意思。
2. 【参考答案】 Getting up. 【解题技巧】 找出文中与题目相呼应的词或部分。 【详细解答】 trouble与difficulty意思相呼应。这正是我们寻找答案之处。
3. 【参考答案】 It is caused by eating 【解题技巧】 否定之处即是mistaken处。 【详细解答】 先确定问题的出处第三段，its not related to eating对其否定，正是因为这是错误的认识。
4. 【参考答案】 Dont have lunch. 【解题技巧】 利用上下文来推断。 【详细解答】 在句中的a light meat...是接着前一句内容继续说：吃点东西才会有精力。这正好提示了前一句的意思。
5. 【参考答案】 the more energetic we will become 【解题技巧】 关键在于正确表达。 【详细解答】 此问题难在正确的连接，我们不仅要学会准确地理解，而且更要掌握正确的表达。 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