

全国职称英语等级考试应试指导-卫生类--强化训练题3(2)

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https://www.100test.com/kao_ti2020/204/2021_2022__E5_85_A8_E5_9B_BD_E8_81_8C_E7_c91_204597.htm 第一篇 Sleep Sleep is part of your daily activity cycle, but there are several different types or stages of sleep and they too occur in cycles. If you are an average sleeper, your sleep cycle will go something like this: When you first drift off into sleep your eyes will roll about a bit, your temperature will drop slightly, your muscles will relax, and your breathing will slow and become quite regular. Your brain waves slow down a bit too. This is called Stage 1 sleep. For the next half hour or so, as you relax more and more, you will drift down through Stage 2 and Stage 3 sleep. The lower your stage of sleep, the slower your brain waves will be. Then, about 40-60 minutes after you lose consciousness, you will have reached the deepest sleep of all. Your brain waves will show the delta rhythm. This is Stage 4 sleep. You may think that you stay at this deep fourth stage all the rest of the night, but that turns out not to be the case. Instead, about 80 minutes after you fall into sleep your activity cycle will increase slightly. The delta rhythm will disappear, to be replaced by the activity pattern of brain waves. Your eyes will begin to move around under your closed eyelids as if you were looking at something occurring in front of you. This period of Rapid Eye Movements lasts for some 8-15 minutes and is called REM sleep. During both light and deep sleep, the muscles in your body are relaxed but capable of movement. However, as you slip into REM sleep, a very odd thing occurs? Most of the voluntary

muscles in your body become paralyzed. 21、 Although your brain shows very rapid bursts of neural activity during REM sleep, your body is incapable of moving. The lower the stage of sleep,_____.

A.the greater the alpha waves will be B.the slower the brain waves will appear C.activity pattern of the brain D.the closer one is to the initial

Stage 1 sleep 22、 (同21题) Before one reaches the deepest

sleep,_____. A.muscular inhibition occurs B.one's body muscles

become paralyzed C.loss of consciousness has already occurred

D.one's eyes begin to move as if looking at something 23、 (同21

题) REM sleep is characterized by_____. A.a 0drop in temperature

B.a loss of consciousness C.a lack of body movement D.the

appearance of delta waves 24、 (同21题) Muscular relaxation, a temperature 0drop, and breath regularity are characteristics of_____.

A.REM sleep B.Stage 1 sleep C.delta rhythms D.Stage 2 and 3 sleep

25、 (同21题) An increase in the activity cycle indicates_____. A.one

is waking up B.a relaxing of body muscles C.an increase in the body

's rhythms D. The disappearance of delta rhythm 第二篇 The

Structure of the Brain When you refer to your brain, you should probably say 'brains'. Most modern scientists studying the brain

have concluded that there are three major parts of our brain, that

each is separate from the others, and that each has its own function

and different processes. Brain 1 includes the spinal cord, the medulla

? Which sites directly on the top of the cord? And the middle

section of the brain. It includes the controls for involuntary functions

like breathing and digestion. Brain 2 is an area surrounding brain 1.

In this second brain are the various glands located in the brain, such

as the pituitary and amygdala. Scientists studying brain 2 are convinced that human emotions such as excitement, fear, and love are centered here, as well as the senses of taste and smell. Memory and learning are also controlled by brain 2. Brain 3 is the neocortex, the thick covering that surrounds the top and side portions of the brain. This is the 'gray matter' we often think of when we speak of the brain. Only the higher orders of animals have brain 3, and none is as highly developed as the human neocortex. Brain 3 sends information from the other two brains to the body and receives data from the body. It is brain 3 that makes us fully human. Brain 3 allows us to stand erect, to see, to speak, to write, to use symbols and tools, and to remember. Brain 3 also acts as a unifying control of the other two brains. As scientists continue to study the brain, they discover specific areas that control particular functions of the body and particular emotions.

- 26、 This passage is mainly about____ A.the functions of the three sections of the brain. B.the human brain. C.complexity of the human brain. D.the areas that control different kinds of behaviour.
- 27、 (同26题)As used in this passage, the word 'involuntary' means____ A.normal. B.abnormal. C.particular. D.automatic.
- 28、 (同26题)Excitement, fear, and love are centered in____ A.the neocortex B.The pituitary. C.Brain 2. D.The medulla.
- 29、 (同26题)We can conclude from the passage that____ A.only humans have the neocortex section of the brain. B.we know very little about the brain. C.brain 3 is all we need to survive. D.we still have a lot to learn about the brain.
- 30、 (同26题)That passage suggests that____ A.man is the only animal that has emotions. B.`mind

control ' will be possible very soon. C.research on the human brain is one of the most important types of research scientists are engaged in. D.we have learned as mush as we are capable of understanding about the human brain. 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