全国职称英语等级考试应试指导-卫生类--强化训练题1(2) PDF转换可能丢失图片或格式,建议阅读原文 https://www.100test.com/kao_ti2020/204/2021_2022__E5_85_A8_ E5_9B_BD_E8_81_8C_E7_c91_204615.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 sl eeper, your sleep cycle will go something like this: When you first drift off into sleep your eyes will roll about a bit, your te mperature will 0drop slightly, your muscles will relax, and your breathing will s low and b***me 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 reache d the deepest sleep of all. Your brain waves will show the delta rhythm. This I s 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 c apable of movement. However, as you slip into REM sleep, a very odd thing occurs? Most of the voluntary muscles in

your body b***me paralyzed. Although your b rain shows very rapid bursts of neural activity during REM sleep, your body is I ncapable of moving.21. 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 b***me 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 Odrop in temperature. B.a loss of consciousness. C.a lack of body movement. D.the appearance of data 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 Hearing Damage Doctors have known for a long time that extremely loud noises can cause he aring damage or loss. The noise can be the sound of a jet airplane or machines I n factories or loud music or other common sounds found at home and at work. A pe rson only needs to hear the noise for little more than one s***nd to be affected. An American scientist has found that using aspirin can increase the tempor ary (暂时的)hearing loss or damage from loud noise. He did an experiment using a number of students at a university who all had normal hearing. He gave them dif ferent amounts of aspirin for different periods of time, then he tested

their he aring ability. He found that students who were given four grams of aspirin a day for two days suffered much greater temporary hearing loss than those who did no t use aspirin. The hearing loss was about two times as great. The scientist said millions of persons in the United States use much larger amounts of aspirin than were used in his experiment.26. He said these persons face a se rious danger of suffering hearing loss from loud noise. Doctors have long known that_____ A.one may b***me deaf when he hears a loud noise. B.loud noises can cause damage to the hearing of young people only. C.one may lose his hearing when he hears a terribly loud noise. D.common sounds at home are not harmful to the ear. 27、(同26题)This passage suggests that one 's hearing_____ A.will be damaged even if he has heard a loud noise for less than one s***nd. B.will be damaged even if he has heard a loud noise for only little more than one s***nd. C.will not be damaged if he has heard a loud noise for only little more than one s***nd. D.will not be damaged if he has little more than one s***nd to get ready. 28、(同26题)One conclusion you can draw from this passage is that aspirin_____ A.should never be taken more than four grams. B.can damage one 's hearing when it is given more than four grams daily. C.makes hearing damage from loud noise worse. D.always increases hearing loss by two times. 29、(同26 题)Millions of Americans are in danger of suffering hearing loss because they____ A.often take air trips. B.like listening to loud music. C.have too much loud noises at home and at work. D.take too much aspirin. 30、(同26题)The American scientist did his experiment in order to find_____ A.how much aspirin would affect a

person's hearing. B. How much aspirin should be given in the treatment of the patients with hearing damage from loud noise. C. whether aspirin would increase the temporary hearing damage from loud noise. D. whether the person who had hearing damage should use aspirin. 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