

秘书实用外语：四级作文范文讲解 PDF转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/58/2021\\_2022\\_\\_E7\\_A7\\_98\\_E4\\_B9\\_A6\\_E5\\_AE\\_9E\\_E7\\_c39\\_58492.htm](https://www.100test.com/kao_ti2020/58/2021_2022__E7_A7_98_E4_B9_A6_E5_AE_9E_E7_c39_58492.htm) Directions: For this part, you are allowed 30 minutes to write a composition on the topic Positive and Negative Aspects of Sport. You should write no less than 150 words and you should base your composition on the outline (given in Chinese) below: 1. 运动的积极因素 (positive side of sports) 2. 运动的消极因素 (negative side of sports) 3. 你的体会 (your opinion) A. Positive and Negative Aspects of Sport Almost everyone of the world today desires to be healthy. (Everyone wants to be healthy.) As the effective way to get fitness, sport is more and more popular nowadays. (Working out to achieve fitness has become much more popular. ) There are countless positive aspects of sports. (The benefits of participating in sports are numerous.) I think the main reasons are its beneficial affects on body and mental, especially for people living in big cities (It ' s especially beneficial for body and mind to those living in urban areas.) First, as people is getting busier and busier today, they rarely have chance to move their bodies. (People today are often too busy to exercise.) They sit before the computer or at the desk day and night, spending their major time on working. (People spend most of their time at work sitting in front of the computer.) It is really terrible for our body health (This is detrimental to one ' s health.) As a result, more and more men are suffering diseases. (More people suffer from disease as a result.) To avoid such affliction , they have to take exercises. (To

avoid diseases, they should exercise.) Sports would make your body more flexible and cost the unnecessary fat of your body so that you will feel far healthier. (If you participate in sports, you will feel healthier because of increased flexibility and reduced body fat.) What 's more, sport is definitely good for mental health . (Sports are beneficial to one 's mental health.) Mental work is taking the place of physical work day and day. (Work is replacing exercise.) So people use brain to think quite much. (As a result, people are using their brains more but physical exercise less.) Meanwhile, a lot of people feel lonely today because the lack of communication with others. (Because of the lack of communication, many people today feel lonely.) In that case, sport would be a proper way to relax and communicate if you take part in some kinds of teamwork . (Sports are a way to relax and communicate with others in a team setting.) Doubtlessly, sport has its negative aspects. (However, sports do have negative aspects.) For example, if you don 't do it in a proper way, you may get hurt when you take sports, or it may take you too much time and energy so that you cannot concentrate on your job. (If not done properly, sports can result in injury and if overdone, it can result in lack of concentration). To sum up, sport is necessary and beneficial if you take it in a proper way. (If done correctly, sports can result in numerous benefits.) It will be part and important part of your life. (It will become an important part of your life.) However, we must bear one thing in mind: it is undesirable to make money at the cost of ignorance of study (0delete). 2 . 1993年6月真

题Directions: For this part, you are allowed 30 minutes to write a

composition on the topic My Most Favorite Program. You should write no less than 150 words and you should base your composition on the outline (given in Chinese) below: 1. 我最喜欢的电视（或无线电）节目是…… 2. 这类节目的内容和特点 3. 我喜欢它的原因

B. My Most Favorite Program If you ask me what is developing most rapidly today, I will answer you without hesitation: media. (Media is rapidly developing.) The countless channels and programs can be an evidence of my opinion. (My opinion is based on the numerous channels and programs now available.) And among so many programs, the program named friend is my favorite. (My favorite program is “ Friend. ” ) Friend is a kind of talk show. (Friend is a talk show.) Every time there will be a center friend. (Each program will focus on a particular friend.) The center friend would be a famous actor, singer, writer or just a common person. (This friend can be a famous actor, sing, writer or everyday person.) He or she will invite some of his or her friends who he considers to be an accompaniment of one period of his life. (He or she will invite friends who have special meaning in his or her life.) The center friend talks with them once in turn. (The friend talks to each of his/her friends separately.) They may recall their experiences together and share them with the audiences. (They talk about their experiences together.) The impresario will ask them some questions to make the talk more clear and interesting. (The MC prompts them with questions, which encourage interesting discussions.) I like this program because it is about some true and moving story. (I enjoy the program because it is about real people and real experiences.) You

might find out the true character and thought and experience of the center friend. (You learn how the central friend feels and thinks. ) You may even consider them as your friends because you found they have so much problem and so many thoughts the same as yours, not just a famous star who is definitely different from you. (You may find out you have a lot in common with them. ) And the moving stories will make you love life and treasure it more and more. (The stories will touch your heart.) 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](http://www.100test.com)