

READING COMPREHENSION

VERSION: 2018A ANSWER SHEET

NAME:

Date:

SUBJECT COMBINATION:

Instructions:

For each question, choose **the best** answer: A, B, C or D. You must take one choice only for each number.

Mark your answers on the answer sheet. You must mark the answer you have chosen with a cross (X), as in the example.

Example:	A	B	C	D
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1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D

Final number of points:

Marker and double marker signatures:

LISTENING COMPREHENSION

VERSION: 2018A

ANSWER SHEET

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1.	A	B	C	D	11.	A	B	C	D
2.	A	B	C	D	12.	A	B	C	D
3.	A	B	C	D	13.	A	B	C	D
4.	A	B	C	D	14.	A	B	C	D
5.	A	B	C	D	15.	A	B	C	D
6.	A	B	C	D	16.	A	B	C	D
7.	A	B	C	D	17.	A	B	C	D
8.	A	B	C	D	18.	A	B	C	D
9.	A	B	C	D	19.	A	B	C	D
10.	A	B	C	D	20.	A	B	C	D

Final number of points:

Marker and double marker signatures:

USE OF ENGLISH

VERSION: 2018A

ANSWER SHEET

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Example:	A	B	C	D
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1.	A will never	B are going to	C will hopefully	D need to
2.	A of	B by	C with	D for
3.	A riotous	B riveting	C intense	D inspired
4.	A boil	B cool	C heat	D scorch
5.	A are aware	B have read	C deny	D hope
6.	A like	B than	C as	D then
7.	A abandon	B absorb	C absolve	D abide
8.	A let it up	B give it out	C give up	D give it up
9.	A at night	B over night	C through night	D by night
10.	A tries to	B is going to	C will	D will not
11.	A congregation	B confederation	C constellation	D conference
12.	A later	B prior	C earlier	D sooner
13.	A has to	B likes to	C is unlikely to	D could
14.	A release	B retain	C remain	D offer
15.	A per	B on	C for	D over
16.	A will enjoy	B prepare for	C can expect	D are denied
17.	A sweaty	B drippy	C soaky	D soaking
18.	A will have been	B have been	C had been	D were being
19.	A avoided	B failed	C missed	D managed
20.	A not more than	B at least	C barely	D hardly

Final number of points:

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READING COMPREHENSION
VERSION: 2018A
TEXT SHEET

CALISTHENICS: The world's oldest form of resistance training

(A) From the very first caveman to scale a tree or hang from a cliff face, to the mighty armies of the Greco-Roman empires and the gymnasiums of modern American high schools, calisthenics has endured and thrived because of its simplicity and utility. Unlike strength training which involves weights, machines or resistance bands, calisthenics uses only the body's own weight for physical development.

(B) Calisthenics enters the historical record at around 480 B.C., with Herodotus' account of the Battle of Thermopylae. Herodotus reported that, prior to the battle, the god-king Xerxes sent a scout party to spy on his Spartan enemies. The scouts informed Xerxes that the Spartans, under the leadership of King Leonidas, were practicing some kind of bizarre, synchronised movements akin to a tribal dance. Xerxes was greatly amused. His own army was comprised of over 120,000 men, while the Spartans had just 300. Leonidas was informed that he must retreat or face annihilation. The Spartans did not retreat, however, and in the ensuing battle they managed to hold Xerxes' enormous army at bay for some time until reinforcements arrived. It turns out their tribal dance was not a superstitious ritual but a form of calisthenics by which they were building awe-inspiring physical strength and endurance.

(C) The Greeks took calisthenics seriously not only as a form of military discipline and strength, but also as an artistic expression of movement and an aesthetically ideal physique as we know from historical records and images from pottery, mosaics and sculptures of the period. Indeed, the term calisthenics itself is derived from the Greek words for beauty and strength.

(D) Calisthenics experienced its second golden age in the 1800s. This century saw the birth of gymnastics, an organised sport that uses a range of bars, rings, vaulting horses and balancing beams to display physical **pro**wess. This period is also when the phenomena of strongmen developed. These were people of astounding physical strength and development who forged nomadic careers by demonstrating outlandish feats of strength to stunned populations. Most of these men trained using hand balancing and horizontal bars, as modern weight machines had not yet been invented.

(E) In the 1950s, Angelo Siciliano – who went by the stage name Charles Atlas – was crowned “The World's Most Perfectly Developed Man”. Atlas's own approach stemmed from traditional calisthenics, and through a series of mail order comic books he taught these methods to hundreds of thousands of children and young adults through the 1960s and 1970s. But Atlas was the last of a dying breed. **The tides were turning**, fitness methods were drifting away from calisthenics, and no widely-regarded proponent of the method would ever succeed him.

(F) In the 1960s and 1970s calisthenics and the goal of functional strength combined with physical beauty was replaced by an emphasis on huge muscles at any cost. This became the sport of body building. Although body building's pioneers were drawn from the calisthenics tradition, the sole goal soon became an increase in muscle size. Physical development of this nature was only attainable through the use of anabolic steroids, synthetic hormones which boosted muscle development while harming overall health. These body builders also relied on free weights and machines, which allowed them to target and bloat the size of individual muscles rather than develop a naturally proportioned body. Calisthenics, with its emphasis on physical beauty and a balance in proportions, had little to offer the mass monsters.

(G) In this "bigger is better" climate, calisthenics was relegated to groups perceived to be vulnerable, such as women, people recuperating from injuries and school students. Although some of the strongest and most physically developed human beings ever to have lived acquired their abilities through the use of sophisticated calisthenics, a great deal of this knowledge was discarded and the method was reduced to nothing more than an easily accessible and readily available activity.

(H) In recent years, however, fitness trends have been shifting back toward the use of calisthenics. Bodybuilding approaches that promote excessive muscle development frequently lead to joint pain, injuries, unbalanced physiques and weak cardiovascular health. As a result, many of the newest and most popular gyms and programmes emphasize calisthenics-based methods instead. Modern practices often combine elements from a number of related traditions such as yoga, Pilates, kettle-ball training, gymnastics and traditional Greco-Roman calisthenics. Many people are keen to recover the original Greek vision of physical beauty and strength and harmony of the mind-body connection.

(abridged from <http://ielts-up.com/reading/general-reading-sample-2.3.html>)

READING COMPREHENSION

VERSION: 2018A - Question sheet

- 1. Choose a synonym for the word “prowess” (par. D):**
A. flexibility B. readiness C. excellence D. strength
- 2. The expression “the tides were turning” means (par. E):**
A. to change or reverse something dramatically
B. to turn something upside down
C. to improve something significantly
D. to return to the original state
- 3. Choose the best definition of the term calisthenics:**
A. physical exercises designed to increase muscle size using modern equipment
B. a set of ritual dances designed to deter the enemy
C. a set of physical exercises used in military
D. physical exercises designed to develop physical health and vigour by using only the body’s weight
- 4. Why was it probably a mistake for Xerxes to think Spartan calisthenics were amusing?**
A. Because the Spartans had a much larger army
B. Because the Spartans were preparing to fight on their own soil and knew the terrain
C. Because the Spartans were building up impressive physical strength and endurance
D. Because the Persians were less educated than the Spartans
- 5. Who was the leader of the Spartans?**
A. Leonidas C. Siciliano
B. Herodotus D. Xerxes
- 6. Charles Atlas developed his physical strength by using:**
A. stacks of comic books C. traditional calisthenics
B. home-made weight machines D. the first anabolic steroids
- 7. The author implies that the career of the “strongmen” usually involved:**
A. law breaking C. high stress
B. traveling D. bizarre dieting
- 8. According to the author, body building emphasizes:**
A. unduly bloated muscles C. cardiovascular health
B. balance in proportions D. physical endurance
- 9. In the “bigger is better” climate, which people would be seen as likely participants in calisthenics?**
A. unbalanced muscular men C. female weight lifters
B. people recovering from injuries D. steroid salesmen
- 10. Which of the following best represents the historical changes expressed in the essay?**
A. Calisthenics was invented by the Greeks and then forgotten by the modern world.
B. Calisthenics was invented by the Greeks; then it was unpopular in the 1800s; and the most recent trend is to ignore it.
C. Calisthenics was a popular form of fitness training until body building became more popular, but the recent trend again emphasizes the value of calisthenics.
D. The golden age of Calisthenics was the 1800s, but today no one sees any value in it.

USE OF ENGLISH

VERSION: 2018A

TEXT SHEET

(adapted from: *New Scientist*)

Cities will heat up on summer nights

Summer nights (1) get stickier — especially in the city. An analysis by the UK Met Office shows that the effects (2) global warming will be much more (3) in urban areas, where vehicles and buildings (4) the air and asphalt and concrete retain heat at night.

As many city-dwellers (5), urban air is often hotter (6) that of the countryside, where fields and forests (7) less heat in the day and (8) more readily (9). But Richard Betts of the Hadley Centre for Climate Prediction in Exeter, says this "urban heat island" effect (10) intensify.

Betts told a (11) on climate change in Devon, (12) this month that a doubling of carbon dioxide levels in the atmosphere (13) triple the intensity of the heat island effect. Cities that now (14) an average of 20 watts of heat (15) square metre will in future generate 60 watts more.

Londoners, says Betts, (16) many more (17) nights as a result. In the past 30 years, there (18) only 20 nights when the minimum temperature in London (19) to fall below 20 °C. Doubling carbon dioxide levels will be likely to increase that number. "This could have quite significant effects on human health," he says. Last year's heat wave in Europe caused (20) 20,000 deaths, for example.

LISTENING COMPREHENSION

VERSION: 2018A

Question sheet

1. How did it happen that the speaker came into contact with arias from Puccini and Artobello in the crib?

A In the crib he would calm down listening to his mother's voice singing arias from Puccini or Artobello.

B It was an aria from Puccini or Artobello his mother put on to calm him down when in the crib.

C When he was having a particularly bad night he was punished by having to listen to arias from Puccini or Artobello.

D He hated arias from Puccini or Artobello in the crib as it played on and on in his home.

2. How was he introduced to classical singing?

A He was forced to take classical singing lessons when he was 5.

B His mother gave classical singing lessons to children who turned 5.

C It was not possible for him to start classical singing lessons at the age of 5.

D He himself initiated taking classical singing lessons when he was 5.

3. How did he feel about nursery rhymes?

A He found the simple character of nursery rhymes boring.

B He forced kindergarten classmates to sing nursery rhymes.

C He never attended kindergarten due to the bad quality music taught there.

D The simple character of nursery rhymes reminded him of Puccini.

4. Does he favour a nursery rhyme Old MacDonald?

A His favourite nursery rhyme was Old MacDonald for sure.

B The simple character of Old MacDonald caused his re-composing of this nursery rhyme.

C Hearing Old MacDonald brings unpleasant feelings to him even today.

D Hearing Old MacDonald brings sweet memories to him even today.

5. How does the speaker explain his protective activities?

A He thinks of himself as being a protector of what is best in humanity, though some people find him arrogant and elitist.

B His arrogant protective behaviour caused some people to protect themselves from him.

C Protecting of what is best in humanity he finds arrogant.

D His being protective reflects what is best in humanity to prevent arrogant elitists from excluding others.

- 6. When describing our current culture, the speaker claims that:**
- A A bucket of fried chicken and a Big Mac are not popular in our culture.
 - B Our cultural values are being carefully cherished.
 - C “Fast and cheap” has never been the character of our cultural values.
 - D Modern culture turned into a commodity being consumed in a similar way as a bucket of fried chicken and a Big Mac.
- 7. How does he think quality cultural values come to exist?**
- A Cultural values should not be “cooked” for too long because they might become a disgusting stew in our soul.
 - B Cultural values that last need time to develop in our soul and he equates them to a good stew that needs time to be cooked.
 - C Our best cultural values originate in gastronomy.
 - D You do not need patience and training to achieve the best quality values in your soul.
- 8. What does the speaker fear? He fears that:**
- A the great cultural achievements of human civilisation will be destroyed by the deification of instant gratification in our modern world.
 - B our great cultural achievements will be destroyed by radical extremists.
 - C our cultural achievements cannot be accessed by our population due to technological problems.
 - D the great cultural achievements of human civilisation will be destroyed due to the deification of modern extremism.
- 9. How did the speaker react to the task of writing a diary?**
- A The speaker felt enthusiastic about writing a diary.
 - B The speaker used Google, which helped a lot in completing the task.
 - C The speaker felt down and lost due to the task.
 - D The speaker intended to analyse his thoughts in his diary.
- 10. What did the teacher suggest when he asked for her advice?**
- A The teacher suggested that he write about his everyday life.
 - B The teacher suggested that he write about interesting people on Youtube.
 - C The teacher expressed her worries concerning him having no thoughts.
 - D The teacher expressed her worries concerning him having a boring life.
- 11. What is the teacher’s approach to the content of the students’ diaries?**
- A The teacher is deeply concerned with the content of her students’ diaries.
 - B The teacher feels rather indifferent about the content of her students’ diaries.
 - C The teacher’s approach to her students’ diaries is very demanding and detailed.
 - D The teacher’s attitude towards the task she had given her students is extremely professional.
- 12. Choose one statement which is true:**
- A The student finds the way the teacher laughs during their conversation amusing and supportive.
 - B The teacher bursts into tears in response.
 - C The teacher finds the students’ questions irrelevant and does not react to them at all.
 - D The student feels offended when the teacher laughs in response to his questions.

13. Choose one true statement:

- A The teacher sets a new homework assignment that better suits the student.
- B The teacher gives up trying and allows the student not to write the diary after all.
- C The teacher quits her job.
- D The teacher marks the student with an F.

14. Choose one true statement:

- A The student is not very talented and probably a bit lazy too.
- B The student is hard working and very talented.
- C The student is constantly looking for a new challenge.
- D The student hates YouTube as his own life is much more interesting.

15. Which of the following statements is correct?

- A Bill Yost was raised as a noble man.
- B Bill Yost was raised as a town boy.
- C Bill Yost was raised as a rancher.
- D Bill Yost was raised as a village boy.

16. What does Bill Yost say about his parents' character?

- A They were like identical twins in their nature.
- B They were very similar in their nature.
- C They came from the same background which shaped their character.
- D They were very different. Complete opposites one could say.

17. Choose the correct one: Yost saw his first film at the age of:

- A 13
- B 18
- C 20
- D 30

18. What was his reaction after he saw his first film?

- A He hated it.
- B He decided to see it more times.
- C He immediately decided to move to California to make films.
- D He decided to buy a cinema of his own.

19. What was the reaction of his parents when he decided to leave home?

- A His mother was devastated but his father would let him go.
- B His mother was very supportive but his father was against it.
- C They both agreed gladly.
- D The speaker does not mention their reaction.

20. In later years he admitted:

- A His parents had no impact on him.
- B His parents ruined his career.
- C He attributed his success to the values his parents had given him.
- D He attributed his success to money his parents had given him.

USE OF ENGLISH - ANSWERS

VERSION 2018

TEXT SHEET

(adapted from: *New Scientist*)

Cities will heat up on summer nights

Summer nights **are going to** get stickier — especially in the city. An analysis by the UK Met Office shows that the effects **of** global warming will be much more **intense** in urban areas, where vehicles and buildings **heat** the air and asphalt and concrete retain heat at night.

As many city-dwellers **are aware**, urban air is often hotter **than** that of the countryside, where fields and forests **absorb** less heat in the day and **give it up** more readily **at night**. But Richard Betts of the Hadley Centre for Climate Prediction in Exeter, says this "urban heat island" effect **will** intensify.

Betts told a **conference** on climate change in Devon, **earlier** this month that a doubling of carbon dioxide levels in the atmosphere **could** triple the intensity of the heat island effect. Cities that now **release** an average of 20 watts of heat **per** square metre will in future generate 60 watts more.

Londoners, says Betts, **can expect** many more **sweaty** nights as a result. In the past 30 years, there **have been** only 20 nights when the minimum temperature in London **failed** to fall below 20 °C. Doubling carbon dioxide levels will be likely to increase that number. "This could have quite significant effects on human health," he says. Last year's heat wave in Europe caused **at least** 20,000 deaths, for example.

USE OF ENGLISH

VERSION: 2018

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Final number of points:

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Correct Answers Listening 2018

Correct answers:

- 1 **B**
- 2 **D**
- 3 **A**
- 4 **C**
- 5 **A**
- 6 **D**
- 7 **B**
- 8 **A**
- 9 **C**
- 10 **A**
- 11 **B**
- 12 **D**
- 13 **B**
- 14 **A**
- 15 **C**
- 16 **D**
- 17 **B**
- 18 **C**
- 19 **A**
- 20 **C**

Reading