

الاسم:
الرقم:مسابقة في مادة اللغة الإنكليزية وأدائها
المدّة: ساعتان ونصف**Part One : Reading****(Score : 11/20)**

The following article surveys different attitudes towards tai chi, a martial art with psychological and physiological benefits. Read it carefully, and then answer the questions that follow.

Can Tai Chi Heal?

- 1 On a languid March evening, Jeff Morris, a lean, muscular man with a calm smile and shaved head, led a class of three men and two women with slow, fluid, continuous movements through the formalized postures of tai chi, the centuries-old Chinese Taoist martial art. For 75 minutes, the participants focused their attention on controlling the positions of their arms, legs, torsos and spines, guiding them in concert repeatedly through their poses with varying degrees of gracefulness.
- 2 Told in 1986 that he had AIDS and just a year to live, Morris turned to tai chi, its companion discipline qigong, and later a cocktail of antiviral drugs. Now, HIV, the virus that causes AIDS, is virtually undetectable in his blood, and he teaches tai chi at various locations in Miami.
- 3 Morris is not alone in attributing healing value to what is often called meditation in motion. But as with acupuncture and other non-Western healing arts, determining how well this ancient discipline works challenges researchers.
- 4 Tai chi is said to enhance balance, flexibility, gait, posture, digestion, concentration, memory and overall physical and mental well-being. Its proponents say it is especially beneficial for the elderly and for people with chronic medical disorders.
- 5 Tai chi's methods and purpose stand in stark contrast to more active aerobic activities like running, cycling, swimming or even brisk walking. Eastern exercises like tai chi emphasize internal strength and energy, while Western activities traditionally focus on building muscles, said Dr. Chenchen Wang, who studies the medical use of tai chi at the Tufts-New England Medical Center.
- 6 Over the past five decades, dozens of clinical studies have suggested that tai chi may benefit people with high blood pressure, heart problems, multiple sclerosis, arthritis, Parkinson's disease, Alzheimer's disease, anxiety and depression, among other ailments.
- 7 But despite the generally favorable findings on the physiological and psychological value of tai chi, Wang said, the studies were neither conclusive nor definitive.
- 8 Wang based her conclusions on an analysis of 47 medical studies conducted in China and the United States over the past five decades. She and two collaborators, Dr. Joseph Lau of the Tufts-New England Medical Center in Boston and Dr. Jean-Paul Collet of McGill University in Montreal, published their findings in the journal Archives of Internal Medicine. "The promise of tai chi is great," Wang said, "but given the current state of knowledge, I wouldn't recommend to my patients to do tai chi over other exercise." She added that more and better studies were needed to determine which of the many forms of tai chi were best for which problems, how long a patient needed to follow a program to show improvement and whether tai chi was more effective than other forms of exercise. Wang is now preparing to publish the findings of a comprehensive study of the effectiveness of tai chi in helping people with rheumatoid arthritis improve their balance and prevent falls.
- 9 It is axiomatic that exercise is essential to good health. Although recommendations vary somewhat among organizations and for different age groups, the National Center for Chronic Disease Prevention and Health Promotion recommends for adults a minimum of 30 minutes of moderate-intensity activity – brisk walking, for example – at least five days a week, or a minimum of 20 minutes of vigorous exercise, like running, three or more days a week.
- 10 Dr. Deborah Rohm Young, a kinesiologist at the University of Maryland, said the question for the 80 percent to 85 percent of Americans who do not meet that threshold, for reasons including

chronic illness, is which exercise is best – well known aerobic activities like walking, jogging or cycling or Eastern exercises like yoga, tai chi or even qigong, which focuses on meditation and breathing.

- 11 In a 12-week clinical trial in the late 1990s, Young and her colleagues found that moderate-intensity aerobic exercise was slightly better than low-intensity tai chi at lowering blood pressure and noticeably better at improving fitness in a group of 62 sedentary elderly people.
- 12 But the style of tai chi they taught, known as yang, popular because of its slow, continuous movements, performed well enough to lead the researchers to conclude that it might help sedentary older adults who could not engage in more rigorous exercise.
- 13 Studies of tai chi are hard to conduct, because tai chi masters differ in their instruction methods and often do not want to change what they do to conform with other teachers, said Dr. Jorge Juncos, a neurologist at the Emory University School of Medicine in Atlanta.
- 14 Juncos is conducting a study comparing the relative effectiveness of tai chi, qigong and traditional huff-and-puff aerobics in helping patients with Parkinson’s disease improve their gait, balance, posture and conditioning.
- 15 Exercise may benefit Parkinson’s patients primarily through caloric expenditure; in that case, the form matters less than the intensity, Juncos said. Alternatively, it may be the emphasis in tai chi on integrating the mind and the body that is beneficial.

Questions

A. Answer each of the following questions in 2 or 3 sentences of your own.

1. Under what condition(s) did Morris decide to resort to tai chi for help? (Score:01)
2. What does the writer mean by “meditation in motion” in Paragraph 3? (Score:1½)
3. Why do researchers find it so difficult to reach conclusive results with respect to tai chi? Provide at least two reasons. (Score: 1½)

B.

1. What tone is expressed in Paragraph 8? Justify your answer. (Score: 1½)
2. How are Paragraphs 7 and 8 thematically related? Explain. (Score: 1½)
3. What pattern of organization is used in Paragraph 6? Justify your answer. (Score: 1½)

C. Scan Paragraphs 4, 5, and 6 to complete the following table. Copy the table in your booklet.

Use phrases not sentences. (Score: 01)

Advantages of Eastern Exercises	An Advantage of Western Activities
1.	
2.	
3.	

D. The following statements are false because they misinterpret the writer's ideas. Rewrite them correctly. (Score: 1½)

1. Dr.Chenchen Wang, a male physician, has full knowledge of tai chi and highly favors it over other exercises.
2. Irrespective of age, all people equally benefit from tai chi.
3. Had it not been for tai chi only, Jeff Morris would not have been healed.

Part Two: Writing

(Score: 09/20)

*Sound health can best be attained either traditionally through consulting physicians or unconventionally through taking medicinal herbs, practicing physical exercises, or learning martial arts (karate, kung fu, yoga, etc.). Where do you stand? Verify your position by focusing on a specific case of a person you have known or read about. See that you mention the procedures the patient has taken to overcome his/her critical case. Make sure that, in your introduction, you put your reader in the general atmosphere of your topic and clearly provide a thesis statement, and that each of your body paragraphs starts with a topic sentence which you back up with relevant supporting details. Draft, revise and proofread your essay. Your writing will be assessed for **ideas, language, style, and tidiness.***

(Score: 05 for ideas and organization, **03** for language and style, and **01** for tidiness and legible handwriting)

**Exam session of August 2005
Sociology and Economics Section
ANSWER KEY**

A.1. Knowing that he had Aids and one year to live, Morris decided to resort to tai chi in the hope of finding an outlet to his case. (01)

2. "Meditation in motion" suggests that participants are supposed/expected to maintain balance between mind and body. This can be achieved through the harmonies movements of body parts, a process which facilitates meditation. (1 1/2)

- 3.**
- a. It is very difficult to identify which suitable form of tai chi matches its corresponding health problem.
 - b. It is very difficult to identify the period needed to follow a program.
 - c. The individualism of teachers of tai chi makes it difficult for researchers to conduct any study. (1 1/2)

B. 1. It is uncertain, unsure, indecisive, questionable tone.
The phrase "neither conclusive nor definitive" conveys/reflects such tone.

2. Paragraph 8 is a kind of a concrete support to the idea conveyed in Paragraph 7. Paragraph 8 explains/shows/produces the result of Wang's research with other scientists in addition to her comments. (1 1/2)

3. The pattern is that of cause-effect; it highlights the positive effects of tai chi. (1 1/2)

C.

Advantages of Eastern Exercises	An Advantage of Western Activities
1. emphasizing internal strength and energy	1. focusing on building muscles
2. enhancing balance ... mental well-being	
3. having beneficial purposes for the elderly and for people with chronic diseases	

D. 1. Dr. Chenchen Wang, a female physician, has incomplete knowledge because of inconclusive and indefinite answers and can not recommend to her patients to do tai chi over other exercises. (1/2)

2. Only older adults prefer or benefit from tai chi because it does not engage them in more rigorous exercises. (1/2)

3. Had it not been for tai chi and a cocktail of antiviral drugs, Jeff Morris would not have overcome his disease. (1/2)