



INGLÉS

OPCIÓN DE EXAMEN Nº 1

**Arachnophobia App Fights Spider Phobia**

Arachnophobia is an acute and persistent fear of spiders and affects approximately one in six people around the world. But if you start to tremble at the mere sight of a spider, never fear - a new iPhone app believes it can help. The new “Virtually Free” app is hoping to help people combat arachnophobia by showing pictures of spiders every day, and aims to help sufferers through an interactive 'systematic desensitisation'. Initially, it uses an unrealistic eight-legged caricature, which is then followed by a series of cartoon spiders that steadily become more realistic and therefore 'scarier'.

Created with the help of a specialist psychiatrist, users begin with desensitisation sessions one to three, before progressing to pictures of a 'low fear spider'. By session seven, the user is faced with an image of a tarantula in augmented reality, “which looks and behaves like the real thing”. In the final session, the user is expected to take pictures of real spiders using their phone or iPad. The app also allows users to engage with other people who share their fear.

Using cartoons to cure a severe phobia may seem far-fetched, but the British National Health Service have reviewed and endorsed it. The app promises: “Systematic desensitisation deals with your fear of spiders by teaching you to be relaxed and then getting you progressively closer to the spider until you are able to touch it without fear. “It sounds impossible but this technique has been successfully used in therapy for many, many years now.”

James Thaxton, a patient who has benefitted from the treatment has said: “It doesn’t seem to make sense, but it worked for me. I used to feel panic whenever I saw a spider, but now they don’t really bother me at all.” And for those who find looking at the animated arachnids a little distressing, the “Virtually Free” 'Stress app' is included for free.

(27.11.2013 *The Independent*).

**Question 1:** [2 POINTS] Indicate whether the following statements are true or false and write down which part of the text justifies your answer.

- a) The app shows sufferers photos once a week.
- b) Sufferers have to take some photos of spiders themselves.
- c) Systematic desensitisation is a new technique which has not been tested.
- d) James Thaxton has found the technique very helpful.

**Question 2:** [2 POINTS] Answer the following questions in your own words according to the text.

- a) How do the pictures of the spiders change over the sessions of the course?
- b) How does the technique help sufferers deal with their fear of spiders?

**Question 3:** [1,5 POINTS] Find words or phrases in the text that correspond to the words and definitions given.

- a) serious (paragraph 1)
- b) at first (paragraph 1)
- c) to permit (paragraph 2)
- d) nearer (paragraph 3)
- e) every time (paragraph 4)

**Question 4:** [1,5 POINTS] Complete the following sentences without changing the meaning.

- a) Researchers are discovering more efficient drugs all the time.  
More efficient drugs .....
- b) I’m not going to ask her out because she doesn’t like me.  
If she .....
- c) “Are you going to the beach tomorrow?” John asked me.  
John asked me .....

**Question 5:** [3 POINTS] Write a short essay (about 120-150 words) on the following topic:

– Do you find Apps useful in your everyday life? Say yes or no and explain why.



## OPCIÓN DE EXAMEN N° 2

### Exercise Helps Teenagers Improve their Grades

Children who exercise regularly are more likely to perform well in exams, say Scottish researchers. Experts discovered youngsters with higher levels of activity secured better academic test scores. The authors looked at exercise levels among 5,000 11-year-olds in 2001 and 2002. The 2001 "Children of the 90s" health study measured levels of children's activity compared to their blood pressure and body fat. The latest research compared the results with the children's exam results until the age of 16.

On average, 11-year-old boys clocked up 29 minutes of moderate to vigorous exercise each day, compared to 18 for girls. None of the groups reached the National Health Service recommended level of 60 minutes of exercise per day. The children's academic performance in English, maths and science was then assessed at the ages of 11, 13 and 15 or 16. By the age of 15 or 16, exam results in all three subjects showed an improvement of around a quarter of a grade for every additional 17 minutes of intensive exercise per day by boys and the same boost for every 12 minutes per day by girls.

The study was led by Dr Josephine Booth, from the University of Dundee, and Professor John Reilly, from Strathclyde University, in collaboration with teams from the Universities of Georgia and Bristol. Dr Booth said: "When we compared the group of boys and girls who were doing the most with the group doing the least, we found that there was a difference in their academic attainment. So what we are saying is that if a student does more exercise, his or her academic marks will be higher. In addition, if moderate to vigorous physical activity does influence academic attainment, this has implications for public health and education policy."

(20.10.2013 *The Guardian*).

**Question 1:** [2 POINTS] Indicate whether the following statements are true or false and write down which part of the text justifies your answer.

- a) The boys in the study did more exercise than the girls.
- b) According to the authorities, you should do an hour of exercise every day.
- c) The grades were better in English and maths but worse in science.
- d) Only one university was involved in the study.

**Question 2:** [2 POINTS] Answer the following questions in your own words according to the text.

- a) What have the Scottish researchers proved in their study?
- b) What differences and similarities between boys and girls are mentioned in the text?

**Question 3:** [1,5 POINTS] Find words or phrases in the text that correspond to the words and definitions given.

- a) most recent (paragraph 1)
- b) approximately (paragraph 2)
- c) extra, further (paragraph 2)
- d) to contrast (paragraph 3)
- e) to discover (paragraph 3)

**Question 4:** [1,5 POINTS] Complete the following sentences without changing the meaning.

- a) "Stop where you are!"  
He told us .....
- b) You have to answer more than 30 different questions in the interview.  
More than 30 different questions .....
- c) The only way not to gain weight is to do more exercise.  
Unless you .....

**Question 5:** [3 POINTS] Write a short essay (about 120-150 words) on the following topic:

- Do you think doing sport is good for your health? Why or why not?