

OPCIÓN A/ A AUKERA

GYM OBSESSION

When it comes to taking selfies, all sexes are guilty, but a recent poll found an interesting difference: 76% percent of men's selfies showed off their bodies, while only 45% of women's did. "Women are more likely to share facial selfies whereas men are most likely to show off their chest, followed by their torso or six pack," reported the *Telegraph*. More than ever, we're devoting ourselves to our bodies. Especially young people as 76% of "regular exercisers" are between the ages of 18 and 34. CrossFit, P90X workout, spinning -every month seems to bring a new fitness trend to jump on. Working out, however, tends to look different for men than it does for women. For men, beauty standards are body standards. While women's beauty standards push them to beautify through hairstyling, skincare and makeup, men's "standards" seem to fixate on the body: muscles are no longer optional, but a necessity, for the modern man.

Indeed, a low level satisfaction at not being 'big' enough has become an adolescent rite of passage, ingrained into the male psyche in the same way that their female counterparts normalize constant dieting. A housemaster I spoke to in an independent boarding school, who wished to remain anonymous, agrees. He said "*the entire culture has changed now. It's not enough to be good at sport, you have to 'look the part'. The boys here are working out to be 'beach body ready'. It has little to do with fitness in reality and everything to do with aesthetics.*"

While weight training can be a healthy addition to a rounded fitness regime, it also has a more sinister side. Over the past decade, the fitness and beauty industries have aggressively targeted the male market. As a result, obsession with muscle building is now commonplace amongst men, with the *Daily Mail* reporting that as many as 45% of men suffer from so called 'bigorexia' at some stage in their lives. Bigorexia is so named because symptoms appear to be the inverse of anorexia, with sufferers believing they are too small, constantly striving to be more muscular and often jeopardizing their health as a result. The desire to exercise control over the body, the distorted self-image, obsessive behaviours and the fundamental lack of happiness are the same as any other eating disorder, however.

1. Answer these questions about the text. Use your own words whenever possible (2 points, 1 each)

- Summarize the opinion of the housemaster at the boarding school. What is his vision on why boys practice sport now?
- What are the symptoms of bigorexia?

2. Read the following statements, decide whether they are true or false and justify your answer by quoting evidence from the text (2 points, 0.5 each).

- Men are more obsessed with selfies than women.
- Women's concern is more on their face than on their body.
- Weight training is good for yourself and it does not have a dark side.
- More than half of the men's population suffer from bigorexia.

3. Find in the text the word or group of words which match these definitions (1 point, 0.20 each).

- Expression used to describe a set of highly developed abdominal muscles. (Paragraph 1)
- Persons or things closely resembling or complementing one another. (Paragraph 2)
- Aimed at. (Paragraph 3)
- Making strenuous efforts towards any goal, trying hard. (Paragraph 3)
- Absence of something needed or desirable. (Paragraph 3)

4. Complete the text using the correct words from the box below. There are two words that you won't need (2 points, 0.25 each).

A self-confessed 'bigorexic' who started going to the gym (a) _____ he would not get bullied, has told how he still feels small and skinny (b) _____ dramatically transforming his body. Ross Batten, 20, said he reached his muscly peak after becoming addicted to going to the gym with friends. The mechanical fitter, (c) _____ eats 100 eggs a week to put on muscle, also lifts weights daily. He consumes 5,000 calories a day over nine meals (d) _____ build his physique, and (e) _____ his obsession begun has put on over 30 kilos. Ross has "bigorexia", an illness in which sufferers are consumed (f) _____ the idea that they're not big (g) _____. "I still feel small even though I know I'm bigger (h) _____ most people", says Ross.

TOO	DESPITE	THAT	IN ORDER TO	ENOUGH
BY	SO THAT	WHO	SINCE	THAN

5. Write a composition of about 150 words on ONE of the following topics (3 points).

- Does appearance really matter that much? Pros and cons of going to the gym.
- A friend of yours got obsessed with his/her image and started going to the gym. Tell his/her story.

OPCIÓN B/B AUKERA

WELCOME TO THE WORLD OF POKEMON

When Pokémon GO was finally released in July I had to try it. Too impatient to wait for it to be officially available in the UK I installed it via the APK file. The fact that I'm now more interested in hunting them than finding a dress for my wedding next year should have been the first sign that there was a problem. What the hell is wrong with me? I don't even like the way they look! But something inside me has been awoken and now I have no choice but to catch them all. And this is exactly this what makes Pokémon GO such a brilliant idea. It's the first time technology has really met with consumers en masse.

For those who know nothing about Pokémon GO, I'll explain that there are more than 700 Pokémon in total, but only around 150 in Pokémon GO. Some are like real-life animals, birds, fish and reptiles. Others have less obvious real-world comparisons, particularly in their evolved state, and I hope I never meet a real-life Raticate in the street. The ultimate goal is to catch all the Pokémon in the game. You can do so by leaving the house and physically searching for them, by evolving other Pokémon, or by hatching eggs which, again, involves leaving the house and walking a certain distance. The Pokémon GO interface is simply a map of your local area, and as you walk around you might be lucky enough to find a Pokémon, which will appear on the map. When trying to catch a Pokémon you can do so from an augmented-reality viewpoint, which makes it look as though it is actually standing in front of you. I'm still not okay with the idea of young children wandering around public places with their attention focused more on their phone- or tablet screens than the car that's about to run them over, but I would hope that every one of these children has a watchful parent by their side.

Within a few days of its release Pokémon GO did what activity trackers have been trying to do for years. It made kids - and adults - get up off of their backsides and get some fresh air and exercise. Also, we've all heard the heartwarming tales of people who have lost weight and gained friends (or lost jobs and gained lovers) in their search for Pokémon. Which is nice.

1. Answer these questions about the text. Use your own words whenever possible (2 points, 1 each)

- a. Why can the game be dangerous for young children? Explain.
- b. What are some of the benefits of Pokémon GO?

2. Read the following statements, decide whether they are true or false and justify your answer by quoting evidence from the text (2 points, 0,5 each).

- a. The writer tried Pokémon Go before it was officially available in the UK.
- b. The writer is unable to see that she is hooked on this game.
- c. Some Pokémon can't be easily compared to any living creature.
- d. Catching Pokémon can feel very real.

3. Find in the text the word or group of words which match these definitions (1 point, 0, 20 each).

- a. Developed, changed over time. (Paragraph 2)
- b. Aim, objective. (Paragraph 2)
- c. Breaking open and allowing to come out. (Paragraph 2)
- d. The act of letting something out for publication, use, exhibition or sale (Paragraph 3)
- e. Tenderly moving. (Paragraph 3)

4. Complete the text using the correct words from the box below. There are two words that you won't need (2 points, 0,25 each).

At (a) _____ in the short term, Pokémon Go is a proven phenomenon with millions of players. It is socially very interesting thanks to a (b) _____ smart design decisions. You wouldn't jump off a bridge because (c) _____ doing it, but that is a great reason to play Pokémon Go. I was invited to a Pokémon party in the San Francisco Bay Area. When I arrived there two dozen adults were on the front lawn (d) _____ out the names of Pokémon as they appeared on their phones. I joined (e) _____. We ran inside when someone claimed a Bulbasaur was in the fridge; we ran back outside for Ponyta. We walked a block or two to challenge a nearby Gym (f) _____ to have it taken over right from under us by someone we didn't know and (g) _____ see, it was silly and (h) _____ and fun all at once.

LEAST	LITTLE	FRUSTRATED	COULDN'T	FEW
THEM	ONLY	EVERYBODY'S	CALLING	FRUSTRATING

5. Write a composition of about 150 words on ONE of the following topics (3 points).

- a. Playing video games: a good or bad pastime? Give your opinion.
- b. Describe your favourite video game: what it's called, what you have to do, how you win points, why you like it so much ...

CRITERIOS DE CORRECCIÓN/ZUZENTZEKO IRIZPIDEAK
ASIGNATURA/IRAKASGAIA: INGLÉS/INGELESA
CURSO 2016/2017 IKASTURTEA

Apartado 1. Preguntas de comprensión e interpretación del texto.

a) Preguntas de comprensión y expresión. Puntuación máxima: 2 puntos. Se pretende medir las capacidades de comprensión de las ideas principales del texto y la expresión escrita. Se otorgará 1 punto por la comprensión y 1 punto por la corrección lingüística. Deberá evitarse copiar frases literales del texto.

b) Preguntas de comprensión. Puntuación máxima: 2 puntos. Se medirá exclusivamente la capacidad de comprensión de las ideas globales o aspectos más específicos del texto por medio de la identificación y reproducción de partes pertinentes del mismo, selección de la opción correcta, etc.

Apartado 2. Léxico.

Puntuación máxima: 1 punto. Las diferentes preguntas propuestas irán orientadas a comprobar la capacidad de comprensión del vocabulario del texto.

Apartado 3. Gramática.

Puntuación máxima: 2 puntos. Las preguntas de este apartado medirán la capacidad de utilización correcta de las estructuras morfosintácticas.

Apartado 4. Redacción

Puntuación máxima: 3 puntos. Este apartado pretende medir la capacidad de transmitir un mensaje eficazmente, con corrección y coherencia. Se tendrá en cuenta la riqueza léxica y morfosintáctica utilizadas en la exposición. Igualmente se valorará la creatividad y la madurez demostrada.

Se calificará en función de los siguientes criterios específicos:

Contenido y presentación (1 punto)

- Citar y responder a lo que propone el título.
- Que sea una respuesta personal, elaborada en el examen, no un discurso prefabricado y memorizado o una mera repetición de las ideas o frases del texto.
- No se valorará la información irrelevante, tanto en cuanto al contenido como al léxico (exceso de fórmulas de relleno, frases memorizadas fuera de lugar, etc.)
- Clara organización y secuenciación de ideas, tanto a nivel de párrafo como a nivel textual.
- Se valorará la creatividad donde corresponda.
- Longitud: Deberá tenerse en cuenta la extensión exigida. Se quitará puntuación cuando la respuesta sea demasiado corta o demasiado larga.

Lengua: Forma y corrección (2 puntos)

- Corrección morfosintáctica: concordancias; morfología, uso de conectores, riqueza oracional (estructuras subordinadas); puntuación, etc.
- Variedad y adecuación léxica: tono y registro adecuado al tema elegido; ortografía; riqueza léxica, evitar calcos lingüísticos del castellano o euskera, evitar copiar el vocabulario del texto, etc.

***NOTA:** En cada prueba se especificará al final de cada sección de cada uno de los apartados la puntuación que se le adjudica.

****NOTA:** En caso de que la calificación final no sea un número múltiplo de 0,25 el profesor deberá redondear la nota al múltiplo de 0,25 más cercano.