

Elija una de las dos opciones propuestas, A o B / Hautatu proposatutako aukera bat, A edo B

Opción A Aukera

MUSIC THERAPY

Music therapist Dr Jeanette Tamplin from the Australian Music Therapy Association explains how many of us already use music as a medicine but most of us do it unknowingly. She explains that whether you're listening to punk rockers or crying to the sounds of Celine Dion, there's every chance you've made your musical selection intuitively responding to what your body and mind need. **5**

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. Music engages so many different areas of our brain that physiological improvements often follow through. This is why targeted music therapy can make a difference in a person's life. However, many doctors also warn about the dangers of overestimating its effects: it certainly helps but it is not a miracle cure. **10**

For example, music helps fight pain. A 2015 US study on patients with fibromyalgia (a disease characterised by severe musculoskeletal pain) found that those who listened to music experienced significant pain reduction compared to people who didn't. The explanation for this is pretty simple: our brain isn't good at multi-tasking so if we focus on music, we're distracting it from acknowledging pain. **15**

Also, music might help if you want to lose weight. Having some soft, slow music on such as light jazz will not only encourage you to eat less, you'll also enjoy your meal more. The music which surrounds you affects you physically, just like exercising to a fast beat can help you run faster or lift more weight. **20**

Another example would be the connection between music and memory. As many people have experienced, learning new information through rhyme and song leads to better recall than acquiring knowledge by other traditional methods. In one study, published in the journal Memory & Cognition, researchers split students learning Hungarian into groups and asked each one to either speak, speak rhythmically or sing phrases and found that the group who sang outperformed the others. **25**

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

- a. What does Dr Jeanette Tamplin explain?
- b. How does music help fight pain?

2. Read the following statements, decide whether they are true or false and justify your answer by quoting evidence from the text (1 point, 0, 50 each).

- a. Some doctors recommend to be cautious about the potential benefits of Music Therapy.
- b. With soft, slow music you will enjoy food more and, therefore, eat more.

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

- a. Deal with (paragraph 2).
- b. Cause a change, matter (paragraph 2).
- c. Rhythm (paragraph 4).
- d. Divided (paragraph 5).
- e. Did better (paragraph 5).

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

Thinking (a) _____ booking yourself in for a massage to relieve emotional stress? Music can do the trick. A study showed that a group of people who listened to one hour of relaxing music (b) _____ 10 sessions experienced the same psychological and physiological benefits of (c) _____ who used the sessions to have a massage. The type of music you listen (d) _____ is a matter of personal taste and of (e) _____ has meaning to you. Just be sure to avoid anything that causes you to (f) _____ scared or very sad. (g) _____, a recent study from the University of Queensland shows that people who listen to heavy metal music (h) _____ more likely to quickly purge emotions such as anger.

THOSE	ARE	THESE	TO	WHAT	ACROSS
INTERESTINGLY		ALTHOUGH		BE	ABOUT

5. Write a composition of around 150-200 words on ONE of the following topics (4 points).

- a. You want to participate in a very popular talent show on TV. Write a letter to the programme managers explaining why they should choose you (explain what you can do, how you learnt to do it, etc.).
- b. What role does music have in your life?

NADIA COMANECI

Nadia Comăneci was born in a small town in Romania in 1961. Her mother said that Nadia was a difficult child that was full of energy, so she enrolled her daughter in gymnastics classes from a young age. She probably never imagined how much impact that decision would eventually have on the rest of her daughter's life. By the time she was six years old, Nadia was hooked on the sport of gymnastics. Even though she was very young she already knew that this was something she wanted to do for the rest of her life. 5

At the age of six, Nadia Comăneci was doing acrobatic exercises for fun on the school playground when she was spotted by Bela Károlyi, a renowned Romanian gymnastic coach. Bela Károlyi was looking for young potentials who could be trained to eventually compete in events all around the world and certainly saw something special in Nadia. When recess ended, he searched the classrooms looking for the girl he'd seen doing amazing acrobatic exercises with such ease. Eventually, he tracked down Nadia offering to train her. Nadia accepted. 10

Nadia Comăneci took part in her first official competition in 1969, when she was 7 years old. This first championship didn't go quite as she had hoped that year, with a finishing place of 13. However, she wasn't going to let her disappointing result slow her down. From the first day after the competition, Nadia started to train harder than ever. In the same competition the next year she placed first. Then, everyone realized the little gymnast was something special. 15 20

The Montreal Olympic Games were held in 1976. Nadia Comăneci was to compete in several events in Montreal including both team and solo routines. However, no one at the time knew that this young gymnast from a small town in Romania was going to do something that no other gymnast had ever managed before. On July 18, Nadia Comăneci made Olympic history by being the first ever gymnast to receive a perfect 10. The perfect score came during a compulsory team section on the uneven bars. At first, there was some initial confusion: as the scoreboard was not programmed to be able to show a 10, the score came up as a 1.00, and the crowd was unsure. However, the penny soon dropped and the audience, Nadia, and her coaches went wild. She went on to bag herself six more perfect tens during the Montreal Olympics. 25 30

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

- How did Bela Karolyi become Nadia's coach?
- How did Nadia make history in the Montreal Olympic Games in 1976?

2. Read the following statements, decide whether they are true or false and justify your answer by quoting evidence from the text (1 point, 0, 50 each).

- Nadia's mum enrolled her daughter in gymnastics because she had seen her potential for this sport.
- It took Nadia some time to go on after her failure in her first competition.

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

- Addicted to or very interested and enthusiastic about (paragraph 1).
- Failing to meet expectations (paragraph 3).
- Noticed, understood (paragraph 3).
- Took place (paragraph 4).
- The people who sit and watch a performance (paragraph 4).

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

Gymnastics is a sport that first evolved (a) _____ exercises that the Ancient Greeks would do in order (b) _____ have better horse mounting skills. It was then developed in Sparta and Athens to help prepare men (c) _____ war. It wasn't (d) _____ the late eighteenth century, however, that modern gymnastics really came into its own. Two German pioneers in physical education, Friedrich Ludwig Jahn, and Johann Friedrich Gutsmaths, were the first to create exercises that included apparatus they had designed (e) _____. They're often considered the true inventors of gymnastics as it is (f) _____ today. Gymnastics has since gone on to become a (g) _____ competitive sport that requires the competitor to be strong, agile, flexible, and rhythmic. By 1896, the sport was deemed (h) _____ popular that it was included in the first modern-day Olympics.

KNOW	KNOWN	SO	TO	FROM	FOR
UNTIL	HIGH	HIGHLY		THEMSELVES	

5. Write a composition of around 150-200 words on ONE of the following topics (4 points).

- You have been competing in sports competitions for 20 years. You are now 35. Tell your story of success and failure.
- Advantages and disadvantages of being a top sportsman or sportswoman.