

(本试卷满分 140 分, 考试时间 120 分钟)

Section A

Directions: In Section A, you will hear ten short conversations between two speakers. At the end of each conversation, a question will be asked about what was said. The conversations and the questions will be spoken only once. After you hear a conversation and the question about it, read the four possible answers on your paper, and decide which one is the best answer to the question you have heard.

1. A. Doctor and patient.
B. Waitress and customer.
C. Wife and husband.
D. Secretary and boss.
2. A. His signature.
B. His room number.
C. His receipt.
D. His check.
3. A. Move her bag at the desk.
B. Tell a story with humor.
C. Undergo an operation.
D. Have a quarrel with the man.
4. A. Mr. James is the new advisor.
B. The advisor is a woman.
C. Every undergraduate has an advisor.
D. The advisor is not there.
5. A. She had difficulty getting tickets.
B. She's already been to the exhibition.
C. She wanted to get tickets for everybody.
D. She'll try to get tickets after work.
6. A. The meeting was announced today.
B. She'll make the call later.
C. There won't be a meeting tomorrow.
D. She has confirmed everything.
7. A. He eats too much when playing chess.
B. He won't join the chess club.
C. Chess is his favorite game.
D. He doesn't enjoy chess as much as he used to.

8. A. The number of the train. B. When the next train will depart.
C. Where to find some equipment. D. Where to board the train.
9. A. She wouldn't use her ticket. B. She didn't want her ticket.
C. She had forgotten about her ticket. D. She didn't want to go to the game.
10. A. The restaurant wasn't very crowded.
B. The meal was very expensive.
C. The magazine wasn't very interesting.
D. The food wasn't very good.

Section B

Directions: In Section B, you will hear two short passages and one longer conversation, and you will be asked several questions on each of the passages and the conversation. The passages and the conversation will be read twice, but the questions will be spoken only once. When you hear a question, read the four possible answers on your paper and decide which one would be the best answer to the question you have heard.

Questions 11 through 13 are based on the following passage.

11. A. It varies from person to person.
B. It is decided by the most healthy lifestyle.
C. It needs some tests and comparison to the standard.
D. It is based more on individual needs than personal goals.
12. A. Strength. B. Endurance. C. Flexibility. D. Health.
13. A. The variety of fitness in the future.
B. The importance of three basic factors concerning fitness.
C. The new concept of fitness and its essential factors.
D. Training effects of some sports on people.

Questions 14 through 16 are based on the following passage.

14. A. Recognizing one's abilities.
B. Analyzing one's strengths and weaknesses.
C. Matching one's abilities to job vacancies.
D. Presenting one's abilities to future employers.

15. A. Finding out what they can do about the employer.
B. Avoiding asking unsure questions.
C. Arriving as early as they can.
D. Answering questions in a polite way.
16. A. Graduates from famous universities. B. Determined, skilled and able people.
C. Capable and modest people. D. People with much work experience.

Questions 17 through 20 are based on the following conversation.

17. A. Sharing pictures online with his followers.
B. Picking out the pictures to be shared online.
C. Having pictures taken by his followers online.
D. Helping others to take some pictures online.
18. A. His friends and relatives. B. His friends and followers.
C. His social media friends and followers. D. All people online.
19. A. Opposed. B. Favorable. C. Indifferent. D. Doubtful.
20. A. There are a lot of virus and various crimes online.
B. It's full of too many false and unqualified products.
C. It's changeable and hard to be controlled by people.
D. There are all kinds of cheats online actually.

II. Grammar and Vocabulary

Section A

Directions: After reading the passage below, fill in the blanks to make the passage coherent and grammatically correct. For the blanks with a given word, fill in each blank with the proper form of the given word; for the other blanks, use one word that best fits each blank.

This weekend many families in America will celebrate Mother's Day. The event dates back to May 9, 1914, (21) _____ America's President Wilson established the official holiday. Some people had begun campaigning for the holiday a few years (22) _____ (early). Finally in 1914, the president made it official. He declared that each second Sunday in May (23) _____ (dedicate) to thanking the nation's mothers. He also ordered all government buildings (24) _____ (display) the national flag on that day. According to President Wilson, this was done "as a public expression of... love ... for the mothers of our country".

Before long, people in other countries (25) _____ (begin) asking for a similar holiday to celebrate their mothers. Mexico celebrated its first official Mother's Day on May 10, 1922. May 10th became their annual holiday because the country preferred a fixed date to (26) _____ that changed.

Other countries are happy to share the day with the United States. Some on the list include Australia, Belgium, Canada, Denmark, Finland, Italy, Japan and Turkey.

Oddly enough, the U.S. Congress rejected a Mother's Day resolution at first. Today, though, Mother's Day is a highly popular holiday. It's also very successful commercially. Along with giving cards, candy and flowers, (27) _____ (take) moms out for brunch is a very popular gesture. America's National Restaurant Association says Mother's Day is the year's most popular day for eating out.

But why do we honor our mothers? Many moms lovingly dedicate their lives to their children. Moms sacrifice time, sleep and often their own dreams. Moms try to provide a strong foundation (28) _____ children can build their lives. With (29) _____ (love) care, mothers guide their children toward adulthood.

When we consider everything our mothers have done for us, how can we not honor them? There's no need to wait for a national holiday, though. Every day is a great opportunity to tell our mothers (30) _____ they mean to us.

Section B

Directions: After reading the passage below, fill in each blank with a proper word given in the box. Each word can be used only once. Note that there is one more word than you need.

A. productions	B. excitement	C. exactly	D. sound	E. realistic	F. assemble
G. particularly	H. assurances	I. performed	J. matching	K. original	

Simba, everyone's favorite baby lion, returns to movie theaters July 19th (in the U.S.). This time around, though, he will be much more 31 through the magic of *CGL* (电脑合成影像). The much-loved classic, *The Lion King*, will open for the 25th anniversary of the 32 movie.

The 1994 film proved to be one of Hollywood's best-loved vivid movies! It made almost US\$970 million worldwide. The film went on to win numerous awards for its music and its later stage shows. Simba's story opened on Broadway in 1997, followed by theatrical 33 around the world. Today, audiences on six continents have seen *The Lion King* 34 on stage. Now, more than 20 years later, it is still one of Broadway's most popular shows.

Great 35 is building for the new movie. Disney released its first official video clip during Thanksgiving

Day football games last year. The *trailer* (预告片) was viewed more than 224 million times in the first 24 hours!

The trailer was received very positively, especially because of its realism. Some fans, though, noticed that the clip of the new film was 36 the same as in the 1994 opening scene. One Disney executive quickly gave some 37. He said the movie kept the best of the original, while adding in some new elements.

One thing that excited many viewers was the 38 of a very familiar voice. James Earl Jones, with his famous low but strong voice, has returned as Simba's father Mufasa. Jones is the only one of the original voice actors to return in the new film.

Many well-known people provide character voices, including popstar Beyonce and actor Seth Rogan. Director Jon Favreau expressed his excitement over 39 his all-star cast to such a great story. "It's a director's dream to 40 a talented team... to bring this classic story to life."

III. Reading Comprehension

Section A

Directions: For each blank in the following passage there are four words or phrases marked A, B, C and D. Fill in each blank with the word or phrase that best fits the context.

Monaco Grand Prix

The air is fresh with the heat of early summer as you arrive in the beautiful country of Monaco on the day of the race. Your 41 to the Monte-Carlo neighborhood is bursting with color as classic styles of European architecture catch your eye. When you reach the race course area, you are led to the harbor where you will watch the race from the 42 of a friend's *yacht* (游艇). Soon, the Formula One cars will pull onto the starting point and the race will begin.

Each of the cars in the Monaco Grand Prix is 43, but all of them are fast and modern. The race course also 44 as being complex and difficult, with a frightening *hairpin* (发夹) turn along a very narrow street. 45 these streets at speeds over 150 kilometers per hour, drivers must take care. Even the slightest 46 could turn a multi-million dollar car into a pile of waste. The driver who claims first place receives an award and will go down 47 as one of the world's finest drivers.

Indianapolis 500

On race day the *grandstands* (大看台) are filled with excitement as you enter the Indianapolis Motor Speedway. You find your seat, 48 yourself against the harsh heat and marvel at the huge black *oval* (椭圆形的) track below. Moments later, a fleet of Indy Cars rolls onto the track, 49 themselves in 11 neat rows of

three. The sound of 33 turning engines rings in your ears, and you cheer with the crowd as the powerful cars take off from the starting line.

Unlike Monaco Formula One cars, Indycars are more uniform in their 50. They tend to be much longer, and reach 260 kilometers per hour. Since the drivers must race for 500 miles, the race is quite long, 51 three to five hours. The resulting wear and tear on each car is managed with short stops. The driver's excellent team performs 52 at amazing speeds. The dangerous nature of this race requires 53 communication between the drivers and their teams. They must plan short stops 54 or the driver loses precious time and it could 55 them the race.

- | | | | |
|-----------------------|-----------------|--------------|---------------|
| 41. A. memory | B. aim | C. anxiety | D. ride |
| 42. A. comfort | B. position | C. bottom | D. direction |
| 43. A. colorful | B. fashionable | C. unique | D. similar |
| 44. A. comes out | B. stands out | C. turns out | D. points out |
| 45. A. Crossing | B. Constructing | C. Driving | D. Competing |
| 46. A. touch | B. spot | C. error | D. hole |
| 47. A. in history | B. in advance | C. in return | D. in all |
| 48. A. pushing | B. drawing | C. fighting | D. fanning |
| 49. A. following | B. arranging | C. warning | D. urging |
| 50. A. design | B. preparation | C. display | D. regulation |
| 51. A. timing | B. extending | C. delaying | D. lasting |
| 52. A. check | B. maintenance | C. device | D. condition |
| 53. A. short | B. special | C. constant | D. loud |
| 54. A. professionally | B. positively | C. directly | D. carefully |
| 55. A. cost | B. sacrifice | C. defeat | D. fail |

Section B

Directions: Read the following three passages. Each passage is followed by several questions or unfinished statements. For each of them there are four choices marked A, B, C and D. Choose the one that fits best according to the information given in the passage you have just read.

(A)

Wild Track is an organization that aims to protect endangered animals like rhinos. They use a computer program that runs photos of animal tracks through an *algorithm* (演算法). Then the program makes the same observations as a tracker would, allowing scientists to know where individual animals go. However, the program itself needs “training”.

It starts with collecting good photos of prints from endangered animals *in captivity* (圈养). As people send in photos of tracks from animals in the wild, the FIT program can compare it to tracks from animals it “knows.” As the program becomes more accurate, Wild Track hopes it will become a major tool for monitoring any endangered species.

Anyone can help Wild Track by taking images of tracks and sending them to a partner organization called naturalist.org. The only tool you need is a digital camera or cellphone. After finding a clear track, place one ruler along the bottom of the footprint and another along the left side. Below the footprint, place a note containing your exact name and the date. Holding the camera or cellphone directly above the track, take a photo showing the footprint, rulers and note. Later, visit inaturalist.org and follow the instructions on the site to send your photo.

Wild Track needs photos of footprints made not only by animals in captivity but also those living in the wild. In wild places, you should take care not to disturb animals in their natural environment. If you intend to photograph in a wild area that is unknown to you, then you should not go there alone. Instead, go with someone who is familiar with the region and experienced at tracking.

56. How does the writer begin this article about WildTrack?

- A. By discussing the software that it employs
- B. By praising its recent efforts to raise funds
- C. By explaining how and when it was founded
- D. By summarizing different opinions about it

57. According to this article, which animals are WildTrack mainly interested in?

- A. Those which cause a threat to human settlements
- B. Those which are now at risk of becoming extinct
- C. Those which have been illegally kept as pets
- D. Those which disappeared from the Earth long ago

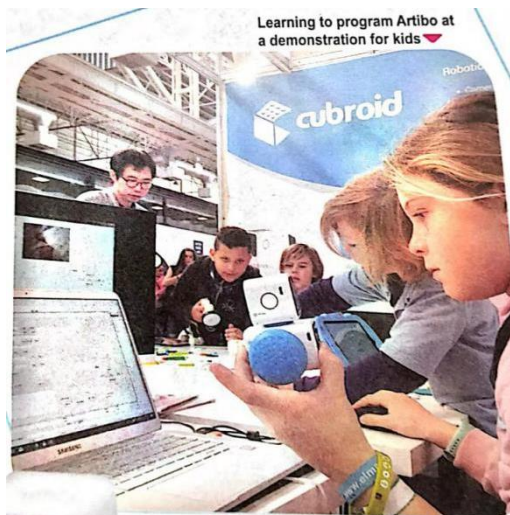
58. What does this article talk about in detail?

- A. A list of locations worth exploring
- B. A strategy for acquiring equipment
- C. A warning not to engage in hunting
- D. A technique containing several steps

59. What does the article suggest doing in wild areas?

- A. Admiring the wild landscape
- B. Preparing well for wild weather
- C. Leaving wild creatures alone
- D. Consuming a diet of wild plants

(B)



Science fiction paints a future where robots play an important part in everyday life. A technology firm is trying to make that future a reality today with an affordable robot called Artibo. Artibo is small. Its brain, or AI block, is a *cube* (立方体) that fits in your hand. That block connects to a motor block and two silicon wheels. Assembled, it's about four inches tall.

Artibo is much more than just a robot that you program to move around. Artibo's designers want it to provide companionship and be a resource for learning coding. With its camera, microphone and connection to a cloud-based AI, it can respond to voice commands or function like a *walkie-talkie* (对讲机). It talks like a chatbot and can tell bedtime stories. It can even help you learn other languages!

Artibo isn't quite ready for stores yet, though. It's part of a crowdfunding project. Crowdfunding is a program where you put a request online to a crowd of people. Supporters can then pay large or small amounts to help you finish a project. Artibo will first be available to people who have paid to help bring it into production.

Using computer code to program your own toys is nothing new. LEGO first released a robot kit in 1998. Since then, programmable robots have become one of the best-selling units in the LEGC product line. Programming robots might sound comparable to rocket science, but anyone can program one using nothing more than a tablet or a smartphone and code blocks.

Code blocks allow you to program simple or complex commands by assembling visual blocks of code on the

canvas (画布) of a computer screen. Just drag and drop a variety of code blocks from a programming menu, link them together, and watch how your robot responds. In Artibo's case coding doesn't stop there. Unlike other similar programmable toys, Artibo will also allow you to write your own code. So as your familiarity with coding increases, you won't lose interest in Artibo.

60. According to the passage, the purpose of developing Artibo is _____.
A. helping people learn anything they want and providing companionship
B. providing a robot that can move, accompany and help people learn coding
C. chatting with people, telling bedtime stories and supplying languages
D. helping people raise money on line and creating programmable robots
61. What can be concluded from the passage?
A. Programming robots is not really complicated.
B. Programming robots is advanced like a rocket.
C. Programming robots can be used in smartphones.
D. Programming robots used in toys is not new at all.
62. The passage implies that _____.
A. People can programme various orders even without code blocks
B. Anyone can control Artibo freely unlike other programming toys
C. The more familiar you're with coding, the more you'll like Artibo
D. Artibo is popular in the world especially among young people

(C)

5G, the fifth generation of wireless, promises lightning-fast download speeds and could lay the foundation for high-tech advancements like self-driving cars. But like many new technologies, it's causing concern about potential health issues.

The first generation of wireless introduced mobile phones, and 2G brought texting. 3G laid the groundwork for smartphones, and 4G allowed video streaming and more. 5G is expected to download data 20 times faster than its *predecessor* (前任), and some experts argue it could be much faster.

Too much of a good thing?

It's not just about streaming data faster, it's about streaming more of it. On a 5G network, a user can

download a movie instantly, and data will flow between connected objects without delay. The amount of data people use on mobile devices has gone up 40 times since 2010 and is only expected to increase. 5G networks are wireless companies' attempts to satisfy that demand.

Uncertain effects

The untested nature of 5G, and the extensiveness of its *infrastructure* (基础设施), has some worried that the increased exposure could have serious health effects.

Wireless safety *advocates* (倡议人士) have called for more studies on the effects of the exposure, and one group is trying to stop the installment of 5G networks in Chicago's neighborhoods.

The federal government has safety rules that wireless companies must obey that limit human exposure to radio waves, including frequencies used with 5G.

Wireless industry association CTIA says typical exposure to 5G infrastructure is comparable to Bluetooth devices and baby monitors, and there is no scientific evidence of negative health effects.

Still, assurances from government agencies and industry operators are not enough for Chicago resident Judy Blake. Additional studies on 5G's health impacts likely wouldn't soothe her either. She said, "People can't choose whether or not to be exposed to this radiation."

"I don't need another test. The only test that's going to happen now is people's lives," said Blake, 67.

Only time will tell?

Though little is known about the long-term health impact of the millimeter waves that 5G operates on, some research has shown short-term exposure could be problematic, said Joel Moskowitz, a public health expert at the University of California at Berkeley.

The eyes and sweat *glands* (腺体) are among several body parts studies have shown could be at risk, Moskowitz said. Insects and plant life could also be affected, he added.

The millimeter waves used in 5G are absorbed by the upper layers of skin, potentially causing the temperature of the skin to rise, said Suresh Borkar, senior lecturer in the Department of Electrical and Computer Engineering at the Illinois Institute of Technology. The effects of extended rises in skin temperature "become a big unknown," he said.

This isn't the first time people will come into contact with millimeter waves: They're also used in airport body scanners, said Lav Varshney, assistant professor of electrical and computer engineering at the University of Illinois at Urbana-Champaign. Still, it's the first time the high-frequency waves will be used on such a scale, and concerns surrounding new technologies are common throughout history.

“When cars first started replacing horse-drawn carriages, people were afraid of what the health impacts of traveling at high speeds would be,” Varshney said. “There has always been occurrence of this fear.”

63. Which of the following is **TRUE** according to the passage?
- A. 5G is faster but not safe to human beings.
 - B. 5G features faster and more in transferring.
 - C. 5G can meet people’s any demand in theory.
 - D. 5G just makes little impact on people’s health.
64. What can be inferred from the passage?
- A. Millimeter waves certainly affect people’s health seriously.
 - B. Millimeter waves will cause the skin’s temperature to rise.
 - C. It’s obvious that many scientists object to 5G technology.
 - D. It’s hard to say whether millimeter waves do damage to health.
65. The word **soothe** in the last but 7 paragraphs most probably means _____.
- A. to make somebody feel calm or less worried.
 - B. to make somebody feel happy or more excited.
 - C. to make somebody feel disappointed or less satisfactory.
 - D. to make somebody feel inspired or more energetic.
66. The best title for this passage is _____.
- A. 5G’s Advantages and Disadvantages
 - B. The Development of Wireless
 - C. 5G Health Concern
 - D. 5G Future Prediction

Section C

Directions: Complete the following passage by using the sentences in the box. Each sentence can only be used once. Note that there are two sentences more than you need.

- A. You may find these colorful symbols unavoidable as they’ve become a language of their own
- B. People can send emoji instead of writing words to participate in a conversation
- C. No wonder emoji use is becoming more and more popular in various fields

- D. Today, emoji use is a standard feature in digital communication
- E. But not all the people show interest in emoji especially elder ones
- F. Unlike most words, there isn't a certain definition for each emoji

Whether you're on social media or sending a text message, you encounter *emoji* (表情符号) regularly. 67 _____. While most people's enthusiasm for emoji increased in the smartphone era, Japan has been crazy for emoji since 1999. Designer Shigetaka Kurita invented emoji for a Japanese phone company 20 years ago as a way to make it easier to express ideas in a short message. The word emoji can be translated as "picture character" from Japanese. After the release of Kurita's emoji, rival phone companies in Japan began creating their own emoji. Many emoji on our digital devices today are imported from Kurita's original set of emoji.

Japan's love for emoji continued well into the 2000s before the rest of the world discovered them. Apple Inc. officially introduced an emoji function in their software in 2011. Soon, other phone companies from around the world made it easier for their customers to use emoji. 68 _____.

As you *scroll* (滑动) through your phone, you can see the wide selection of available emoji. More than 2,000 emoji are in existence now, with more being released each year. These numbers show the popularity and demand for emoji.

Why? Because words alone can't convey the complete meaning of a digital message. In digital communication, emoji express a tone or mood. More than 90 percent of people online use emoji especially ones that show emotion like hearts and smileys. 69 _____. For example, they might send a red heart emoji as a response that they really like something instead of writing, "I love that."

Some emoji are also abstract enough for people to use in any way they like. You can send an emoji as an inside joke, which is only understood between you and your friend. 70 _____. Nor do they belong to a specific culture. You and I give emoji meaning, because emoji is a language that belongs to all of us.

IV. Summary Writing

71. **Directions:** Read the following passage. Summarize the main idea and the main point(s) of the passage in no more than 60 words. Use your own words as far as possible.

People choose to become *entrepreneurs* (创业者) for a wide variety of reasons. One important reason is, of course, financial reward. If you own your own business and it becomes successful, you can reap huge financial rewards. And as an entrepreneur, dependent on how much your boss decides to give you; it's limited only by the

success of your business. And speaking of bosses, not having a supervisor is another major advantage of becoming an entrepreneur. Entrepreneurs are often independent thinkers who want to be in charge of projects, rather than having others tell them what to do. They often have big dreams that they want to pursue rather than making someone else's dream come true. For many entrepreneurs, starting a business is a way of solving a problem or helping people receive something they need. It's a way to change the world for the better.

Being an entrepreneur isn't easy, however, nor is it always fun. Entrepreneurs often have to work long hours, especially early on when they're trying to get their businesses off the ground. That's the reason entrepreneurs need to have a strong work *ethic* (伦理). Employees can work 40 hours a week and then stop, but for an entrepreneur, there's no end in sight.

That's why another feature of successful entrepreneurs is passion; they have to be excited about what they're doing to be willing to work hard for it. Entrepreneurs also need good communication skills to pass on that passion to others. That's important for finding investors, getting people to buy products and attracting employees.

Entrepreneurs also need to be creative people who are able to find solutions to problems they encounter. This is important from the very beginning, when the entrepreneur comes up with an initial concept of a business. But even after that initial step, creative thinking is continually necessary to adapt to changing situations and to solve problems that come up.

V. Translation

Directions: Translate the following sentences into English, using the words given in the brackets.

72. 无论是走路、骑车还是开车，遵守交通规则都很重要。(follow)
73. 只有发展好、运用好、治理好互联网，才能使其更好地造福人类。(Only)
74. 鼓励你，给你建议，并提出有建设性的问题的人被称作人生教练或导师。(helpful)
75. 生命充满了挑战，但是只要有学习新事物的意愿，就能得到克服障碍的正确态度。

(willingness)

VI. Guided Writing

76. **Directions:** Write an English composition in 120—150 words according to the instructions given below in Chinese.

假如你是红星中学高三年级的学生，你的英语老师在作文批阅时经常采用学生自批，学生互批或教师

批阅（或集体批阅或面批）的方式。请就此情况通过微信和英语老师沟通一下，谈谈你的看法，你的文章必须包括：

- 你喜欢哪种方式？为什么？
- 提出你认为可以提高作文批阅效率的合理化建议并给出理由。

注意：请勿透露本人真实姓名和学校名称。

2019 年高三质量检测参考答案和听力录音文字材料

1-10 BACBA CBCAD 11-20 ABCCA BBCAD

21. when 22. earlier 23. would be dedicated 24. to display 25. began

26. one 27. taking 28. on which/so that 29. loving 30. what

31. E 32. K 33. A 34. I 35. B 36. C 37. H 38. D 39. J 40. F

41-55 DACBA CADBA DBCDA

56-59 ABDC 60-62 BAC 63-66 BDAC

67. A 68. D 69. B 70. F

71. This passage is about the advantages and challenges of starting a business. On one hand, a boss can get financial rewards and independence avoiding control from others. On the other hand, a boss must have passion for his own business, good communication skills and creative thinking, which can help him solve problems. (52w)

72. Whether you walk, cycle or drive a car, it's important to follow the rules of the road.

73. Only by developing, using and governing the internet well can it better benefit mankind.

74. A person who encourages you, gives you advice and asks helpful questions is called a life coach or mentor.

75. Life is full of challenges, but a willingness to learn something new gives people the right attitude for overcoming obstacles.

Listening Comprehension

Section A

1. W: Would you care to see the menu?

M: No, thanks. I already know what I'd like to order.

Q: What is most probably the relationship between the two speakers?

2. M: I'd like to check in for the evening, please. I haven't made a reservation though.

W: It's all right. Just sign here and we'll get you a place.

Q: What does the woman want from the man?

3. M: Mrs. Johnson, it looks like the surgery will have to be done.

W: Oh, I was really hoping you weren't going to say that.

Q: What will the woman have to do?

4. M: I'd like to see Mr. James, please.

W: He is not here anymore. Mrs. Henderson is the new advisor for undergraduates.

Q: What does this conversation tell us?

5. W: Susan won't be coming to work tomorrow. She's finally going to the modern art exhibition.

M: Oh, so she managed to get tickets after all.

Q: What does the man imply about Susan?

6. M: Has tomorrow's meeting been confirmed?

W: Ah, I was told it's been called off.

Q: What does the woman mean?

7. W: Are you going to join the chess club this year?

M: Chess eats up too much of my time.

Q: What can be inferred about the man?

8. W: I'm sorry, sir. Train number 544 has departed already.

M: That's all right. Could you please tell me where to find a fax machine?

Q: What is the man asking?

9. W: The baseball game was really impressive.

M: So you used that ticket after all!

Q: What had the man assumed about the woman?

10. M: Are you going to trust the restaurant critic again? That didn't taste anything like the meal we had in Paris.

W: It definitely wasn't worth the wait.

Q: What does the woman imply?

Section B

Questions 11 through 13 are based on the following passage.

What exactly is fit? How do you know whether you are fit? Under the Old Fitness, this question is answered by taking a few tests and comparing your performance to the standard. The New Fitness leaves every individual to arrive at his or her own answer, based on individual need, personal goals and different life styles.

The New Fitness definition is less precise but more flexible: you are fit if you can work effectively at your normal task; if you have enough energy left at the end of the day to invest in leisure activities; and if you have the strength to stand an unexpected physical emergency like running a block to catch a bus, for instance, or rearranging all your furniture.

By this definition, a healthy, physically fit accountant would not be in the same shape as a healthy, physically fit athlete. But there's no need to be.

Fitness can be divided into three basic factors: endurance, strength and flexibility. Of the three, endurance is the factor that is most often used as the key indicator of fitness. And the exercises which build endurance have the greatest effect on your overall health.

Questions:

11. What is the new concept of fitness?
12. What is the most important factor indicating fitness?
13. What does the passage mainly tell us?

Questions 14 through 16 are based on the following passage.

Most career organizations highlight three stages for graduates to follow in the process of securing a suitable career: recognizing abilities, matching these to available vacancies and presenting them well to employers.

Job seekers have to make a careful assessment of their own abilities. One area of assessment should be of their academic qualifications. Graduates should also consider their own personal values and attitudes, or the relative importance to themselves of such matters as money, security, leadership and caring for others.

The second stage is to study the opportunities available for employment and to think about how the general employment situation is likely to develop in the future. After studying various options, they should be in a position to make informed comparisons between various careers.

Good personal presentation is essential in the search for a good career. Job application forms and letters should, of course, be filled in carefully and correctly. When additional information is asked for, job seekers should describe their abilities and work experience in more depth, with examples if possible. When graduates are asked to attend an interview, they should prepare properly by finding out all they can about the employer. Interviewees should try to give positive and helpful answers and should not be afraid to ask questions about anything they are unsure about. This is much better than pretending to understand a question and giving an unsuitable answer.

There will be good career opportunities for people with ability, skills and determination; the secret to securing a good job is to be one of those people.

Questions:

14. What is the second stage for graduates to follow in seeking a suitable career?
15. What is important for interviewees when attending an interview?
16. What kind of people can secure a good job according to the passage?

Questions 17 through 20 are based on the following conversation.

Dina: What are you doing, Roger?

Roger: Hello, Dina. I'm deciding which of these pictures from my birthday party to share online.

Dina: You mean on social media?

Roger: Yes. I want to find the best ones to share with friends.

Dina: Are the people on your social media accounts really your friends?

Roger: Of course they are.

Dina: Really? Do you know all of your social media friends or followers personally?

Roger: No, I don't. But does that really matter?

Dina: It could. Why would you share your life with people you don't know very well?

Roger: Because it's fun to interact with others.

Dina: It's nice to connect with people, but how can you feel comfortable sharing personal photos with them? They may post rude comments.

Roger: Sharing photos is a great way to become known to others. And most people will make nice comments.

Dina: But why are you opening yourself up to that? Anyone can view your social media accounts if you make them public.

Roger: So? Sharing is just a part of networking. And networking has great benefits.

Dina: Such as?

Roger: Networking opens doors to all kinds of opportunities for work, volunteering and real life friendships.

Dina: Maybe I'm traditional, but I think the opportunities are better and safer when you meet someone in person.

Roger: But it's a lot faster to network through social media.

Dina: If you're networking for business purposes, why would you share personal information?

Roger: Social edges have changed over time. People like me find openness attractive. I like being able to be myself. I don't worry too much about what I share and don't share.

Dina: But nowadays people can pretend to be anybody online. There are all kinds of cheats out there. I prefer to be more private and only share with those I have a real relationship with.

Roger: Sometimes your own personal sharing can encourage someone, even people you don't actually know. That can be pretty powerful!

Dina: I'm sure that's possible, but I'd still say it's essential to be wise about what you share.

Questions:

17. What is Roger doing when Dina comes?
18. Who does Roger plan to share his life with online?
19. What is Dina's attitude toward sharing personal life online?
20. According to Dina, what are the disadvantages of social media sharing?