

## READING COMPREHENSION



1 Read the following text and answer the questions.

### Taping and Bracing

Basketball players are more likely than any other sports players to injure their **ankles**. The most common ankle injuries among basketball players are inversion (turning **inward**) and eversion (turning outward) of the ankle. There are many factors that make basketball players especially **prone** to ankle injuries. The **sharp** twists, frequent running, constant jumping, and **sudden** stopping associated with

basketball put tremendous pressure on a player's ankle **joint**. The ligaments within that joint can only **withstand** so much force before **tearing**. Although there are several ways that players and **trainers** try to treat and prevent these injuries, there has yet to be a completely successful solution. Taping is the traditional method used by athletic trainers to treat ankle injuries. In this method, ankle tape is simply **wrapped snugly** around the ankle joint.



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Taping can be beneficial, but it also has many drawbacks. It is criticized by athletic trainers and players alike. Taping is not very expensive when used once, but when used **throughout** the season, taping is three times more costly than bracing. This is due to the fact that tape must be **reapplied** for each practice and game, causing it to become very expensive over time. Taping also loosens with physical activity; after only ten minutes of exercise, the tape will become 50% looser. After one hour of exercise, taping offers no significant support **whatsoever**.

Bracing has proven to be more effective than taping in a number of different studies. It is also much more cost effective throughout a season. Several types of ankle braces are available for use, ranging from cloth **lace-on** braces to more rigid plastic braces. Braces decrease the range of motion of the ankle more than taping does, and, therefore, help to prevent future ankle injuries. However, despite the numerous benefits of ankle braces over ankle tape, bracing is still not a frequent practice for athletes. Although braces are easily applied and maintained, the attitude towards braces is fairly negative. Braces are believed to overly restrict movement capabilities and also cause discomfort.

Both taping and bracing are typically only used after a player has already been injured. One of the most common attempts to prevent ankle injuries in the first place is simply using a high-top shoe rather than a low-top shoe. Researchers have found that shoe height does not improve resistance to eversion moments, but does significantly increase resistance to inversion moments. But while high-top shoes may help protect players, players shouldn't spend a great **deal** of money on their shoes. Recent research has also shown that more expensive shoes often cause more ankle injuries than cheaper shoes. The air cells **within** the expensive shoes are thought to be responsible for this.



1. The primary purpose of this passage is to

- a provide doctors information about how to treat common ankle injuries
- b warn basketball players about the dangers of ankle injuries
- c inform readers about a common sports injury and ways to treat it
- d explain to readers the best way to treat an ankle injury

para un lector como lector (Porque esta hablando para un lector como lector)

2. Based on information in paragraph 1, the reader can infer that basketball players are more likely than baseball players to suffer an ankle injury because basketball players

- a jump and twist more than baseball players
- b wear low-top shoes, whereas baseball players wear high-tops
- c wear more ankle tape than baseball players
- d play more aggressively than baseball players

(The sharp twists, frequent running, jumping, and sudden...)

3. According to the passage, in which of the following ways is bracing a better choice for treating an ankle injury than taping?

- I. Bracing is less expensive when used over the course of a season.
- II. Bracing decreases the range motion of the ankle more than taping does.
- III. Bracing is often considered more comfortable than tape.

- a I only
- b I and II only
- c II and III only
- d I, II, and III

(Taping is three times more costly than bracing) (braces decrease the range of motion of the ankle more than taping does)

4. Which of the following statements from the passage represents an opinion, rather than a fact?

- a "Both taping and bracing are typically only used after a player has already been injured."
- b "One of the most common attempts to prevent ankle injuries in the first place is simply using a high-top shoe rather than a low-top shoe."
- c "Researchers have found that shoe height did not improve resistance to eversion moments, but did significantly increase resistance to inversion moments."
- d "But while high-top shoes may help protect players, players shouldn't spend a great deal of money on their shoes."

porque no es un hecho, es más la opinión del escritor

My favorite hobby is reading

## Vocabulary

Ankles - Tobillos  
Inward - hacia adentro  
Prone - propensas  
Sharp - agudo  
Sudden - Subitamente  
Joint - Conjunta  
Tearing - desgarro  
lace on - con un caje  
within - dentro de

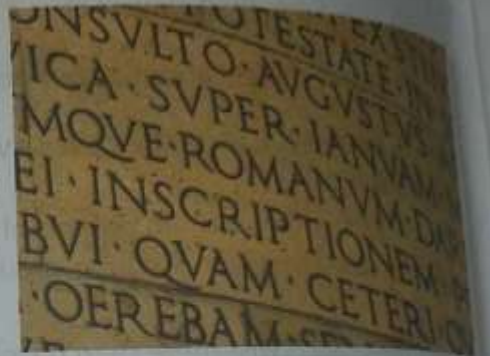
Trainers - entrenadores  
withstand - soportar  
wrapped - envuelto  
Snuggly - cómodamente  
throughout - en todo  
reapplied - reaplicado  
whatsoever - lo que sea  
deal - acuerdo

## Latin as a Second Language

Many people believe that it is beneficial to learn a second language. Knowing two languages makes it easier to travel to **foreign** countries, communicate with people from other cultures, and conduct international business. Even if you do not learn to speak another language fluently, studying a language is a useful academic exercise because it requires concentration and logical thinking.

Some people choose to learn Latin, which is a dead language.

Latin has not been spoken for over a thousand years. **Nevertheless**, schools in many different countries offer courses in Latin. Some **argue** that Latin can help English speakers build their vocabulary, since many English words are derived from Latin. Latin is also the **basis** for all of the modern Romance languages. If you already know Latin, languages like Italian and Spanish will be easier to learn. **Nonetheless**, if you choose to study a language that no one speaks anymore, many of the practical **advantages** of learning a second language are **erased**. This means you should think carefully about which language you choose to learn.





1. The author apparently believes that Latin is

- a completely useless as a second language
  - b less useful than spoken languages
  - c useful for English speakers but no one else
  - d more useful than other dead languages, such as ancient Greek
- latin has not been spoken for over a thousand years*

2. Based on information in paragraph 1, it can be understood that the word beneficial belongs to which of the following word groups?

- a healthy, wholesome, nutritional
  - b wise, smart, intelligent
  - c advantageous, helpful, valuable
  - d common, usual, customary
- (similar meaning)*

3. Based on information in the passage, it can be understood that a "dead language" is a language that is

- a over a thousand years old
  - b not spoken anymore
  - c useful for learning modern vocabulary
  - d the basis for other languages
- (a dead language)*

4. Someone who knows Latin will likely be able to

- I. think logically
- II. learn Spanish easier
- III. communicate with foreigners

- a) I only
- b) I and II only
- c) II and III only
- d) I, II, and III

(requires concentration and logical thinking)  
 (it easier to travel to foreign languages like Italian and Spanish will be easier to learn)

5. According to the author, Latin can be helpful for English speakers because it is

- a) the basis for all of the modern Romance languages
- b) a way to conduct international business
- c) taught in schools in many different countries
- d) a way to help build their vocabulary

Some words are derived from Latin

6. As used in paragraph 2, something that is derived must

- a) come before something else
- b) come from something else
- c) be the same as something else
- d) replace something else

(si no seria igual)

7. The author writes, "If you already know Latin, languages like Italian and Spanish will be easier to learn." Assess this argument. Is this a strong enough reason to learn Latin instead of simply learning Spanish first? Why or why not?

yes because the Spanish is a language hard to learn when you don't live in a country that speak it and the latin facilitates learn it and not only the Spanish but also the Italian and English, so I say, yes.