



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.



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 every 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 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 among athletes. **Although** braces are easily applied and **maintained**, the attitude towards braces is 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. **Higher** shoes. The air cells within the expensive shoes are thought to be **responsible** for this.

2 Read the following text and answer the questions.

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

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

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

4. Someone who
- 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

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

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

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?

First study the native or national language
and second in school like English or in some
cases French, study Latin

Vocabulary 20

Injure : lesionar	wrapped : envuelto
Ankles : tobillos	snuggly : comodamente
Prone : propenso	drawbacks : inconveniencias
Sharp : afilado	criticized : criticado
twists : giros	boasting : vanagloriarse
pressure : presión	loosens : afloja
joint : articulación	whatever : lo que
withstand : resistir	proven : probado
Although : a pesar de que	lace-on : cordones
treat : tratar	braces : tirantes

benefits : beneficios

maintained : mantenidas

capabilities : capacidades

cheap : económicas

show : mostrar

responsible : responsable

7-10-01

Sistema

Sistema:

- Identificar riesgos
- Revisar cosas
- Implementar sistema de alerta o monitoreo
- Socializa y analiza con los familiares
- Buscar lugares seguros
- No usar ascensores

P-t

- Copia de documentos
- Copia de llaves de la casa

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

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

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

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 moment 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 them."