

- b warn basketball players
  - c inform readers about
  - d explain to readers the
2. Based on information in the passage, which of the following is more likely to cause an ankle injury than baseball players to suffer from?
- a jump and twist more
  - b wear low-top shoes, rather than high-top shoes
  - c wear more ankle tape
  - d play more aggressive

3. According to the passage, which of the following is a benefit of bracing an ankle injury rather than taping?

- I. Bracing is less expensive than taping.
- II. Bracing decreases the risk of injury.
- III. Bracing is often considered more comfortable than taping.

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

4. Which of the following statements is most likely to be true according to the passage?

- a "Both taping and bracing are effective ways to prevent ankle injuries."
- b "One of the most common causes of ankle injuries is wearing a high-top shoe."
- c "Researchers have found that bracing is more effective than taping, but did significantly increase the risk of injury."
- d "But while high-top shoes are more expensive, they are worth the extra cost because they are more effective at preventing ankle injuries."

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

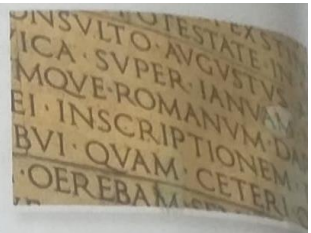
- a completely useless as a second language
- b less useful than spoken languages
- c useful for English speakers but not for anyone else
- d more useful than other dead languages, such as ancient Greek

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



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 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.

- 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?

That is the opinion of the author but for other people it may be different since we all do not learn the same for some it is easier or faster to learn Spanish and for others it could be Latin that opinion from my point of view is not solid