

CONHECIMENTOS ESPECÍFICOS

TEXT 1

LAZY 'CAN BE ENCOURAGED TO MOVE'

HEALTH PROFESSIONALS CAN MOTIVATE EVEN THE MOST INACTIVE PEOPLE TO INCREASE THE AMOUNT THEY WALK, SAY RESEARCHERS.

However, they found advice had to be tailored to individual needs - adopting a "one size fits all" policy would not be as effective, they suggest.

They found that with the right advice people could be motivated to walk for an extra 30-60 minutes a week - enough
5 for significant health benefits.

Exercise reduces the risk of heart disease, diabetes and some cancers.

The researchers, from the Scottish Physical Activity Research Collaboration, reviewed 48 previous studies into promoting walking.

The Scottish study features in the British Medical Journal.

10 OPTIONS NEEDED

Promotion methods used included using pedometers or promoting walking as an environmentally friendly mode of transport.

In some cases these methods have been targeted at whole communities, for example by handing out free pedometers.

Lead author David Ogilvie said one size may not fit all, and to encourage more walking patients should be offered a
15 range of options.

He said face-to-face advice from healthcare professionals could be useful in enabling patients' needs to be assessed and individual advice given.

Dr Ogilvie said: "We can't point to a single silver bullet that will promote walking for everyone, but we have found evidence that different approaches can be effective."

20 He said different people would find different things useful as motivational tools.

Some might find using a pedometer or attending group meetings to report their progress useful, while others could be motivated by environmental concerns to use walking as a method of transport.

EVERYONE DIFFERENT

25 Ken Fox, professor of exercise and health science at the University of Bristol said as with any behavioural changes, asking people to increase their physical activity levels could present a difficult challenge, and different people could need different help.

He said: "Everyone's personal situation is different, so tailoring recommendations to their different needs and circumstances is important."

30 Cathy Ross, a Cardiac Nurse at the British Heart Foundation (BHF), said 30 minutes of daily, moderate-intensity physical activity could cut heart disease risks by half.

She said: "Whatever way you do it, walking is a fantastic way for everyone to achieve their "30 a Day."

from BBC NEWS

<http://news.bbc.co.uk>

36. Choose the alternative that best summarizes the idea expressed by the first part of the text:

- A) a "one size fits all" policy is an effective way to motivate inactive people to move
- B) exercises are unimportant to health
- C) everybody can increase the amount they walk if motivated with right advice
- D) extra walking can't bring health benefits
- E) physical exercises enhance the risk of cancer

37. Mark the only **INCORRECT** alternative according to the text:

- A) Researchers found that tailoring recommendations to individual needs can be effective to promote walking.
- B) Walking as an environmentally friendly mode of transport can bring benefits to health.
- C) Face-to-face advice from health professionals can motivate even the most inactive people to increase the amount they walk.
- D) Different people find different things useful as motivational tools.
- E) Asking people to increase their physical activity levels and change their behaviour isn't a difficult challenge.

38. According to healthcare professionals, to reduce the risk of heart disease by half one should:

- A) Attend a group meeting to report his progress
- B) Have 30 minutes of daily moderate-intensity physical activity
- C) Buy a pedometer
- D) Face difficult challenges to walk faster
- E) Have an extra 90 -minute walk a week

39. The word “range” (line15) can be replaced without a change in meaning by:

- A) variety
- B) space
- C) measure
- D) degree
- E) height

40. All the items below present sentences in the passive voice, **EXCEPT**:

- A) “...while other could be motivated by environmental concerns...” (line 21/22)
- B) “... could be useful in enabling patients’ needs to be assessed and individual advice given...” (line16/17)
- C) “... in some cases these methods have been targeted at whole communities...” (line13)
- D) “... moderate-intensity physical activity could cut heart disease risks by half...” (line 30/31)
- E) “... with the right advice people could be motivated to walk for an extra ...” (line 4)

41. In the sentence “health professionals can motivate even the most inactive...” (line 1) he modal verb **CAN** expresses the notion of :

- A) necessity
- B) obligation
- C) permission
- D) ability
- E) probability

42. The conjunction “so” (line 28) introduces the idea of:

- A) emphasis
- B) conclusion
- C) contrast
- D) reason
- E) addition

TEXT 2

A FRAMEWORK FOR MOTIVATIONAL STRATEGIES

Skill in motivating students to learn is of paramount importance. Until recently, however, teachers were forced to rely on "bag-of-tricks" approaches in their attempt to manage their classroom and motivate their learners.

5 These approaches have been influenced by two contradictory views:

a) that learning should be fun and that any motivation problems that may appear should be ascribed to the teacher's attempt to convert an enjoyable activity to drudgery; and

b) that school activities are inherently boring and unrewarding, so that we must rely on extrinsic rewards and punishment with a view to forcing students to engage in these unpleasant tasks.

Rewards and punishments may be a mainstay of the teaching-learning process, but they are not the only tools in teachers' arsenal. The spectrum of other potentially more effective motivational strategies is so broad that it is hard to imagine that none of them would work.

The central question in designing a framework of motivational strategies is to decide how to organize them into separate themes. The following corollaries based on the process-oriented model are starting points:

- Creating the basic motivational conditions, which involves setting the scene for the use of motivational strategies
- Generating student motivation, which roughly corresponds to the preactional phase in the model
- Maintaining and protecting motivation, which corresponds to the actional phase
- Encouraging positive self-evaluation, which corresponds to the postactional phase

Adapted from “Motivation and Motivating in EFL” – Dimitrios Thanasoulas

43. The author considers that conflicting points of view pervaded approaches to motivation in relation to:

- A) course syllabus
- B) lesson plan
- C) curriculum goals
- D) instructional procedures
- E) learning styles

44. According to the text motivation relies on the:

- A) collection of strategies available to initial learners
- B) limitation of strategies appropriate to language students
- C) lack of strategies planned for successful classes
- D) multiplicity of strategies effective for different teaching levels
- E) diversity of strategies impossible for creative language teachers

45. The word “MAINSTAY” (line 14) could be replaced without change of meaning by:

- A) variety
- B) basis
- C) hazard
- D) pattern
- E) complement

46. In the sentence “These approaches have been influenced by two contradictory views...” (line 5/6) the use of the Present Perfect Tense stands for:

- A) an action with current relevance to the present time
- B) an indefinite event before the present moment
- C) a past situation unrelated to a present point in time
- D) a present habit linked to a past moment
- E) a planned action in a near future

47. "Until recently, however, teachers were forced to rely on "bag-of-tricks" approaches ..."(Lines 2/3) The meaning of the underlined word in this sentence is the same as in:

- A) However fast he ran he wasn't able to catch up with us.
- B) As for me she can arrange those flowers however she wants.
- C) The deal with the manufactures seems very interesting. There are, however, certain specific points we have to consider carefully.
- D) However you look into this murder case, it makes me shiver.
- E) If you take a loan from the bank, however small it is, you must pay it back.

48. The word in which the suffix **-ER** displays a distinctive function when compared to the other instances is:

- A) reader
- B) learner
- C) writer
- D) teacher
- E) quicker

TEXT 3

LOW FAITH IN BIOFUELS FOR CLIMATE

Decision-makers in the climate change field have little faith in biofuels as a low-carbon technology, the World Conservation Union (IUCN) says.

Unveiled at the UN climate convention meeting in Bali, its survey suggests professionals have more confidence in bicycles than in biofuels. The findings come as ministers assemble for the final part of the UN talks. Conservation groups have highlighted the impact of climate change in the tropics and the Antarctic.

European negotiators at the two-week meeting in the beach resort of Nusa Dua are hoping that the meeting will launch a two-year process leading to a further round of binding cuts in greenhouse gas emissions, to come into force when the current Kyoto Protocol targets expire in 2012. But delegates say much ground remains to be covered as ministers from nearly 190 nations arrive for the last three days of discussions under the UN climate convention (UNFCCC) and Kyoto Protocol.

FUELLING DOUBTS

"Technology must be at the heart of the future response to climate change," UNFCCC executive secretary Yvo de Boer declared at the talks. But which technology? In a survey of 1,000 professionals in 105 countries, IUCN attempted to gauge which technologies inspired the most confidence.

The survey included people from governments, NGOs and industry. Of 18 technologies suggested by IUCN, the current generation of biofuels came bottom of the list, with only 21% believing in its potential to "lower overall carbon levels in the atmosphere without unacceptable side effects" over the next 25 years. Nearly twice as many were confident in the potential of nuclear energy, while solar power for hot water and solar power for electricity emerged as the most favored low-carbon technologies.

Overall, respondents said increasing energy efficiency and reducing demand could produce more benefits than "clean" energy sources.

Although the EU and the US are attempting to boost the expansion of biofuels, recent evidence is equivocal about their potential. Studies show they may produce only marginal carbon savings compared to conventional petrol and diesel. In Indonesia and elsewhere, forests are being cleared for palm oil plantations, partly to produce biofuels.

There is evidence that leaving forests intact results in greater climate benefits while protecting biodiversity.

LIFE AT THE EXTREMES

Two presentations on the sidelines of the Bali conference have highlighted the impacts of climate change on the natural world. Conservation International (CI) researchers took forecasts from the the Intergovernmental Panel on Climate Change's (IPCC) 2007 assessment of the Earth's likely climatic future, and calculated what those forecast trends would mean for areas safeguarded for nature, such as national parks and forest reserves. They found that more than half of these zones were vulnerable to projected climate change. In 21 countries, mainly in the tropics, more than 90% of protected areas were vulnerable.

"We previously assumed that if the land is protected, then the plants and animals living there will persist," said Sandy Andelman, head of CI's Tropical Ecology Assessment and Monitoring network. "That may be wishful thinking."

WWF, meanwhile, looked at conditions at the Earth's other climatic extreme - the cold of the Antarctic peninsula. This tendril of land that projects from the Antarctic towards the tip of South America is warming much faster than the global average. According to WWF researchers, sea ice cover has declined by about 40% over the last quarter century.

"The research done over the last couple of years is that many penguin populations across Antarctica are in decline, with some dropping as much as 65%," said WWF's director-general Jim Leape. "You are seeing a massive loss of sea ice in important parts of the continent, and that sea ice is crucial to the food web of Antarctica upon which these penguins depend."

BINDING TIES

Like other conservation groups, WWF is calling for the inclusion of binding targets for reducing carbon emissions in any agreement coming out of the Bali conference. A draft circulating this week calls for industrialised nations to cut their emissions by 25-40% by 2020. It is supported by the EU. But the US, Australia, Canada and Japan are arguing against the inclusion of concrete targets at this stage.

But there is frustration among some developing countries at what they see as a lack of political will among the high emitters.

"If nobody show the willingness to deal with the reduction of carbon emissions to a manageable level, then what are we doing here?" Brazilian delegate Thelma Krug told the AFP news agency.

But three days of busy talks lie ahead if a deal is to be made.

from BBC NEWS
<http://news.bbc.co.uk>

49. In regard to "cuts in greenhouse gas emissions" (Line 7) it is understood from the text that:

- A) delegates from all over the world are aware that climate changes have nothing to do with carbon emissions.
- B) Delegates from Europe trust that cuts in greenhouse gas emissions will be enforced in the first decade of the 21st century.
- C) According to Thelma Krug delegates in general are reluctant to accept reduction of carbon emissions at reasonable levels.
- D) The climate convention meeting in Bali regard biofuel technology as the best way to reduce carbon emissions to a manageable level.
- E) Ministers from almost 190 nations will arrive for the last three days of discussion under UNFCCC though they are aware that there isn't much to be done.

50. The survey about the best technology aiming the reduction of carbon emissions:

- A) Considered the opinions of 1,000 professionals from NGOs.
- B) Suggested about a dozen technologies.
- C) Considered biofuel technology as the best one without any side effects and was backed by one fourth of professionals.
- D) Presented several technologies, biofuel technology being at the top of the list.
- E) Showed that, in general, professionals do not trust much in "clean" energy sources.

51. As to biofuels:

- A) They produce only very small carbon savings in comparison to petrol and diesel.
- B) Carbon savings are enormous in comparison to petrol and diesel.
- C) Only the US is interested in increasing their expansion.
- D) Some countries destroy their forests in favor of oil plantation to produce biofuels which results in greater climate benefits.
- E) They are as much favored as nuclear energy.

52. According to the text, the following is the impact of climate change on the natural world:

- A) All national parks and forest reserves will be at risk.
- B) Fifty per cent of areas safeguarded for nature will become vulnerable.
- C) Melting of sea ice cover will drop about 40%.
- D) There will be lack of food for penguin populations across Antarctica.
- E) Less than 10% of protected areas in the tropics will become vulnerable.

53. Faster warming of the land that projects from the Antarctica towards the tip of South America has brought the following consequences, EXCEPT:

- A) Reduction in the number of penguins.
- B) Scant decline of sea ice cover in the Antarctic region.
- C) Massive loss of sea ice in important parts of the continent.
- D) Decrease in the food web of Antarctica.
- E) Much more than fifty percent of dropping in penguin populations across Antarctica.

54. "... attempted to gauge..."(Lines 13/14) The underlined part of the word is pronounced the same way as in:

- A) huge
- B) badge
- C) dodge
- D) rage
- E) grudge

55. "... little faith in biofuels as a low-carbon technology..."

(Line 1) The underlined word has the same meaning in:

- A) "The findings come as ministers assemble."(Line 4)
- B) "Nearly twice as many were confident..." (Line 17/18)
- C) "But there is frustration among some developing countries at what they see as a lack of political will among the high emitters." (Line 48)
- D) "But delegates say much ground remains to be covered as ministers from nearly 190 nations arrive for ..." (Lines 8/9)
- E) As the discussion was getting hot the chairman intervened and the session was postponed.

56. "But delegates say much ground remains." (Line 8)

The underlined verb can also be used in:

- A) Can you _____ these two girls apart?
- B) Though she is only five years old she can _____ the time.
- C) _____ the truth now. Enough of lies.
- D) All the teachers _____ him off for talking too much in class.
- E) I'm sure you won't _____ no to this delicious cake!

57. Fill in the blanks with the definite article and mark your option below. X corresponds to absence of article.

_____ **Antarctica** is Earth's southernmost continent, overlying _____ South Pole. It is situated in _____ southern hemisphere, almost entirely south of _____ Antarctic Circle, and is surrounded by _____ Southern Ocean. At 14.4 million square kilometers (5.4 million sq mi), it is the fifth-largest continent in area after Asia, Africa, North America, and South America. Some 98% of its surface is covered by _____ ice, which averages at least 1.6 kilometers (1.0 mi) in thickness.

- A) X; the; the; the; the; X
- B) X; the; X; X; the; X
- C) The; the; the; the; the; X
- D) The; the; X; X; the; the
- E) X; X; X; the; the; the

58. "Although the EU and the US are attempting to boost the expansion of biofuels, recent evidence is equivocal about their potential." (lines 22/23) In this sentence we have:

- A) Three clauses: one finite subordinate, one non-finite object predicative and the main clause.
- B) Three clauses: one finite adverbial; one non-finite direct object and the main clause.
- C) Two coordinated independent clauses linked by a turn-initial coordinator.
- D) Three clauses: one non-finite adverbial, a non-finite subject predicative and a main clause.
- E) One concessive non-finite clause and the main clause.

59. Considering that language is a way of interaction, the more the students interact with their own peers or different groups, more chances to learn they will have. In this way, the teacher will be a teaching /learning process mediator, and his main objective will be:

- A) to create learning opportunities which allow students to be creative, active and independent
- B) to prepare topics that make discussion arise in the classroom
- C) to present grammar points in a creative way
- D) to allow the class flow naturally without interfering on the discussions, controlling its time and topic
- E) to listen to students' opinions about the contents encouraging them to memorize new lexical items

60. Some of the teacher's roles in an interactive teaching mode classroom are:

- A) listening to students' opinions about the contents, choosing and preparing classes according to what they want to learn
- B) preparing FL classes and choosing memorization and fixation activities
- C) mediating the teaching/learning process and creating learning opportunities for students to use the target language
- D) listening to students' problems and preparing some topics to be discussed in class
- E) presupposing a comprehensive knowledge of the learners' needs, assign long reading tasks to introduce new lexical items