

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ ΚΑΙ ΠΟΛΙΤΙΣΜΟΥ
ΙΔΡΥΜΑ ΔΙΑΧΕΙΡΙΣΗΣ ΑΠΟΓΕΥΜΑΤΙΝΩΝ ΚΑΙ ΒΡΑΔΙΝΩΝ
ΕΠΙΜΟΡΦΩΤΙΚΩΝ ΠΡΟΓΡΑΜΜΑΤΩΝ
ΚΡΑΤΙΚΑ ΙΝΣΤΙΤΟΥΤΑ ΕΠΙΜΟΡΦΩΣΗΣ

**ΤΕΛΙΚΕΣ ΕΝΙΑΙΕΣ ΓΡΑΠΤΕΣ ΕΞΕΤΑΣΕΙΣ
ΣΧΟΛΙΚΗ ΧΡΟΝΙΑ 2012-2013**

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**ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΠΕΝΤΕ (5) ΣΕΛΙΔΕΣ
ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΔΟΘΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ**

PART I: WRITING (40 MARKS)

Write a composition of 300-350 words on ONE of the following topics:

1. Health experts who are concerned about increasing child obesity believe that advertising of unhealthy food products on television should be banned. Explain how useful such a ban could be.
2. More and more people nowadays prefer to send their children to private schools. In your opinion why does this happen?

PART II: READING COMPREHENSION (30 MARKS)

Read the two passages below and do all the tasks that follow.

PASSAGE 1

Athlete Burnout

Most of us are familiar with feeling burned out. What you might not know is that young athletes are capable of getting burned out, too. Burnout is defined by sports psychologists as “physical/emotional exhaustion, sport devaluation, and reduced athletic accomplishment”. This is an important issue in youth sports because it is thought to contribute to dropping out of sports altogether. Given the tremendous benefits that accompany exercise and sport participation, the athlete who gives up sport participation is also giving up the important health benefits. Even at a young age, children are developing lifestyle patterns that will carry over into adulthood. Active youth are much more likely to be active adults. But if we allow our youth to become burned out of sports, this may become a barrier to leading a healthy lifestyle as an adult.

There are two main theories about how athletes become burned out. One possible explanation has to do with excessive stress and pressure. Constant pressure to win, train and perform could lead to mental and physical exhaustion and stress, leading to burnout. A second possible cause is the feeling of entrapment. The athlete who experiences feelings of entrapment has invested a lot of time and energy into the sport but does not experience any rewards from participation or enjoyment in the sport. The costs begin to outweigh the benefits, and they will eventually burnout and drop out.

There are several signs and symptoms that you can look for to help you identify athlete burnout so that you can stop it before it reaches the dropout point. Physical signs to look for include tension, fatigue, irritability, decreased energy level, and exhaustion. Behavioral indicators of burnout are depression, feeling helplessness, anger, feelings of disappointment, and feeling that one's contribution to the team is insignificant. If you recognize the warning signs of impending burnout, remember that it will only get worse if you don't take steps to prevent burnout from eventually becoming a full-blown breakdown.

Burnout can be avoided. It is important that cases of dropping out related to burnout be corrected so that as many youth as possible will continue their involvement in sports.

(Adapted from :<http://educatedsportsparent.com/athlete-burnout>)

A. Choose the best alternative according to Passage 1. (3 x 2 = 6 marks)

1. Young athletes might drop out of sports when they ...

- A. are physically exhausted.
- B. change their way of life.
- C. feel completely satisfied.
- D. lose their health benefits.

2. Athletes might be led to burnout when they...

- A. avoid practicing a lot..
- B. enjoy participating in sports.
- C. invest money into sports.
- D. press themselves to win.

3. Burnout can be ... by taking certain steps.

- A. expanded.
- B. changed.
- C. prevented.
- D. improved.

B. Complete the paragraph using words from Passage 1. (5 x 2 = 10 marks)

A lot of young athletes today experience excessive pressure to train and win which often leads to exhaustion. There are physical signs and behavioral indicators which help you **(1)** _____ burnout. Athletes have feelings of great **(2)** _____ and believe that their contribution to the team is **(3)** _____. It is very important to take certain steps in order to prevent the **(4)** _____ burnout and help young athletes continue their **(5)** _____ in sports.

PASSAGE 2

Read the passage and then do the exercises that follow.

Classroom Disruption

Classroom disruption is not conducive to learning. Not only does it divert attention from the lecture and learning activities, but also it makes it frustrating for a teacher to impart information. The difficulty of managing a classroom of many students is trying to meet the needs of all of the students.

Classroom disruption can be caused by inadequate diets. Lower-income children often suffer from behavioral problems due to inadequate diets. This is one of the reasons why many schools have implemented free or reduced lunch and breakfast programs. The hope is that adequate nutrition and having full stomachs may help reduce classroom disruption.

Curriculum and teaching strategies that are inappropriate contribute to classroom misbehavior. This is sometimes because it is difficult for teachers to meet the needs of all students. Lack of equipment, large group size, cultural barriers and limited planning time for teachers all contribute to this. If the curriculum does not match the overall skill levels and learning abilities of your classroom, it is best to adjust it to reduce classroom disruption.

Emotional or learning disabilities can be the cause of classroom troubles. Children with disorders such as mood disorders or mental illness often do not deliberately cause disruption in the classroom. Other times the student does act in a disruptive manner on purpose. If the teacher already has knowledge of the student's learning disabilities or emotional troubles, it is usually easier to manage.

(Adapted from http://www.ehow.com/list_7643714_causes-classroom-disruption.html#ixzz2KBzQvDom)

C. Choose the best alternative according to Passage 2. (2 x 2 = 4 marks)

1. Classroom disruption ...

- A. diverts attention from the lecture.
- B. enables teachers manage the classroom.
- C. helps students attend the lectures.
- D. meets the needs of all the students in class.

2. One way to reduce classroom disruption, is to...

- A. adjust the curriculum.
- B. limit the planning time.
- C. set some cultural barriers.
- D. use less equipment.

- D. Put a tick (✓) in the correct box to say whether the following statements are TRUE or FALSE according to Passage 2 (5 x 2 = 10 marks)**

		TRUE	FALSE
1	Classroom disruption prevents the teachers' work.		
2	Classroom disruption and diet are often connected.		
3	Schools cannot do anything to reduce classroom disruption.		
4	Schools offer free lunch to help lower-income children.		
5	It is easy for the teacher to manage mood disorders.		

PART III: USE OF ENGLISH

(30 MARKS)

- A. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. (10 x 1 = 10 marks)**

- If she doesn't follow a stricter diet, she won't lose any weight. **(unless)**
She won't lose any weight, _____ a stricter diet.
- "How much does it cost to go to Rome by plane?" he asked himself. **(wondered)**
He _____ to go to Rome by plane.
- I suppose Tim has gone to the dentist because he had a terrible toothache. **(have)**
Tim _____ to the dentist because he had a terrible toothache.
- The teacher didn't let us leave before we finished the essay. **(allowed)**
We _____ before we finished the essay.
- This is the worst book I have ever read. **(than)**
I have never read _____ this one.
- I'm sorry I spoke so badly to my teacher. **(spoken)**
I wish _____ badly to my teacher.
- Alex and Lara got married in September. **(been)**
Alex and Lara _____ September.
- Years ago, a lot of people spent their holidays with relatives. **(used)**
Years ago, a lot of people _____ their holidays with relatives.
- Paris is a nice city but it's so expensive. **(such)**
Paris is nice, but it's _____ city.
- Perhaps Nick has forgotten that practice was cancelled. **(might)**
Nick _____ that practice was cancelled.

B. Use the words given in brackets to form words that fit the blanks.**(10 x 1 = 10 marks)****Characteristics of a Profession**

There is a considerable agreement about defining the characteristic features of a profession. They have a “professional 1. _____ (**ASSOCIATE**), cognitive base, institutionalized 2. _____ (**TRAIN**), licensing, work autonomy, colleague control and code of ethics, “to which Larson then also adds, “high standards of 3. _____ (**PROFESSION**) and intellectual excellence, “that “professions are 4. _____ (**OCCUPY**) with special power and prestige,” and they comprise” an 5. _____ (**EXCLUSION**) elite group,” in all societies. Members of a profession have also been defined as “workers whose qualities of 6. _____ (**DETACH**), autonomy, and group 7. _____ (**LOYAL**) are more expensive than those found among other groups, and their attributes include a high degree of 8. _____ (**SYSTEM**) knowledge; strong community orientation and commitment; self-9. _____ (**REGULATE**); and a system of rewards defined and 10. _____ (**ADMINISTER**) by the community of workers.”

C. Complete the gaps with ONE suitable word.**(10 x 1 = 10 marks)****“The Silver Explorer”**

Ultra-luxury Silversea Cruises today announced plans to change the name of the Prince Albert II, its expedition ship, to Silver Explorer. The change 1. _____ occur later this month while the vessel is in dry dock 2. _____ the Lisnave shipyard in Setubal, Portugal, undergoing routine maintenance prior 3. _____ commencing a summer origramme of Northern Europe and Arctic voyages. Manfredi Lefebvre, Silversea’s chairman, said: “Our expansion 4. _____ adventure travel has turned out quite successful and we 5. _____ to prepare for the possibility of adding more ships. To reinforce the Silversea luxury brand image 6. _____ the expedition section, we decided the name of our first expedition ship Silver Explorer and anticipate any future expedition ships will bear similar names 7. _____ evoke a sense of luxurious adventure. Lefebvre added: “It has 8. _____ an absolute privilege to have a ship in our fleet named in tribute to His serene Highness Prince Albert II. We will continue to honour his legacy 9. _____ exploration and environmental conservation through our support of the Prince Albert II of Monaco Foundation, and look 10. _____ to hosting future onboard fundraising events to benefit the Foundation’s projects”.