I. **READING** (5 Marks)

A. Read the following passage and answer the questions that follow.

**Are You in Shape?**

A. Are you in shape? To find out, ask yourself some questions: Do I exercise regularly? Do I ever walk places instead of driving my car? Do I ever play sports for fun? Do I ever take the stairs instead of the elevator? If you answered no to any or all of the above questions, you are probably out of shape and need to start a fitness program.

B. Exercise is very important, and it has many benefits. It improves your strength and blood circulation. It gives you more energy. It can reduce stress and help you sleep, and it can help control your weight. In fact, the U.S. Surgeon General says that physical activity can help prevent heart disease, diabetes, obesity, and osteoporosis (a disease that weakens the bones). If you don't do any physical activity, you will be at a higher risk for heart disease.

C. The first step is to create a program. A good fitness program should be fun. It should involve both your arms and your legs, and it should help you to build endurance (the ability to do exercise for a long time). To make a good program for yourself, first you should think about the types of activities you like to do, what you think you are able to do, and when you will have time to do it. A good exercise program will involve cardiovascular activities, such as running, biking, swimming, roller-skating, playing soccer or tennis, or jumping rope. It will also involve weight-bearing exercise, such as weightlifting, and stretching activities. Also, daily, low-intensity activities such as walking, gardening, dancing, and climbing stairs can contribute to your physical health.

D. So what are you waiting for? Get off of the couch and start exercising. Sign up for yoga, tai chi, or pilates. Join a gym or a running club, or just start walking a half an hour every day. Every little bit helps!

**Answer the following questions:**

A. Give one benefit of exercise. (1 Mark)

_______________________________________________________________
B. Fill in the blanks. (3 Marks)

a. ________________ and ________________ are cardio-vascular activities.

b. A good fitness program involves both your ________________ and ________________.

c. Give one word for “the ability to exercise for a long time” ________________.

d. Obesity, diabetes and osteoporosis are ________________.

C. It in paragraph C refers to ________________. (1 Mark)

II. WRITING (5 Marks)

A. Write a paragraph on “Shopping” or “How to be Healthy”. (2 Marks)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
B. **Rewrite in the correct order to make a proper sentence.** (1 Mark)

talk about / help / women / and / problems / ask for

______________________________________________________.

C. **Join the two sentences with ‘but’ ‘and’ or ‘or’.** (1 Mark)

Fruit and vegetables are good for you. Junk food is bad for you.

______________________________________________________.

D. **Punctuate the given sentence.** (1 Mark)

Is hajar beautiful or smart

______________________________________________________.

III. **GRAMMAR** (10 Marks)

A. **Make questions.** (2 Marks)

1. A: __________________________________________________

   B: Because we are doing an exercise. (We are reading our grammar book because we are doing an exercise)

2. A: __________________________________________________?

   B: It’s Tuesday.

B. **Do as directed.** (3 Marks)

a. Ali (speak) ___________ Arabic, but right now he (speak) ___________ English.

   (Put the verb in the brackets in the correct tense)

   b. Is there any juice in the fridge? (Give a short answer)

   ____________________________________________.

   c. Olga and Ivan has three child. (Correct the error)

   ____________________________________________.
C. Fill in the blank with the correct preposition. (2 Marks)

a. We have our class __________ 10:00 a.m. __________ 11:00 a.m.

b. Mary is __________ a bank. She lives __________ 3471 Tree Street.

D. Use the plural form of the words given in the bracket. (1 Mark)

a. The students in my college come from many______________ (country).

b. My __________ are white. (tooth)

E. Use (a / an / some) (1 Mark)

a. I’d like to have __________ soup with my sandwich.

b. Mrs. Jane is __________ honest lady.

F. Underline the subject and circle the preposition. (1 Mark)

The teacher is erasing the board with her hand.

IV. MEDICAL TERMINOLOGY (10 Marks)

A. Choose the correct answers. (2.5 Marks)

1. The ______________ controls breathing, it’s a process in which air enters and leaves the body.
   a. respiratory system  
   b. endocrine system  
   c. nervous system  
   d. urinary system

2. The lungs are surrounded by double membrane called________
   a. mediastinum  
   b. peritoneum  
   c. pleura  
   d. pelvis
3. The vertical plane that divides the body parts into front and back portion is known as ______________
   a. sagittal  c. transverse
   b. frontal   d. MRI

4. Inflammation of skin is known as______________
   a. adenitis   c. arthritis
   b. dermatitis d. osteoarthritis

5. Excessive bleeding from the uterus at the time of mensuration is __________
   a. menorrhea  c. menorrhagia
   b. hematuria  d. uremia

D. Match the column A with column B. (2 Marks)

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Crani/o</td>
<td>a. Abdomen</td>
</tr>
<tr>
<td>2. Lapar/o</td>
<td>b. Skull</td>
</tr>
<tr>
<td>3. Pelv/o</td>
<td>c. Inflammation</td>
</tr>
<tr>
<td>4. -itis</td>
<td>d. Hipbone</td>
</tr>
</tbody>
</table>

E. Give the meaning of the following medical terminology. (1 Mark)

Arthralgia: ___________________________________________________

F. Circle “T” for True and “F” for False statement. (2 Marks)

1. Posterior is pertaining to the back side of the body. (T) / (F)
2. Endocrine system produces urine and sends it out of the body. (T) / (F)
3. Pain in the nerve is known as neuralgia. (T) / (F)
4. -ectomy refers to “incision”. (T) / (F)
G. Label the diagram. (2.5 Marks)