

+ پاسخ‌های تشریحی

مجموعه سوالات

کنکور علوم ورزشی

جلد ۱
۸۵ → ۹۰

کارشناسی ارشد

زهره احمدی

کارشناسی ارشد آسیب‌شناسی ورزشی دانشگاه تهران

نیلوفر رضائی

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پژمان کاظمی

کارشناسی ارشد مدیریت ورزشی دانشگاه تهران

ویراستاران دانشجوپی

● زهرا بهادری

رتبه ۱ کلیه گرایش‌ها سال ۹۴

● سجاد ترشیز

رتبه ۹ رفتار حرکتی سال ۹۳

● محمدرضا رحمتی

رتبه ۹ فیزیولوژی ورزشی سال ۹۳

● جعفر ابراهیم نژاد

رتبه ۲ مدیریت ورزشی سال ۹۳

● محمد مرادی

رتبه ۴ بیومکانیک ورزشی سال ۹۳



به نام چاشنی بخشش زبانها حالت بخشش معنی در بیانها

آزمون‌های سراسری راهی برای ورود دانشجویان به مقاطع تحصیلی بالاتر و ادامه تحصیل در رشته مورد علاقه هستند. رشته تربیت بدنی و علوم ورزشی در مقطع کارشناسی ارشد به گرایش‌های: فیزیولوژی و تغذیه، مدیریت، رفتار حرکتی، آسیب شناسی، روانشناسی و بیومکانیک ورزشی تقسیم می‌شود. با توجه به افزایش شرکت کنندگان آزمون کارشناسی ارشد برای کسب موفقیت، استفاده از منابع مناسب، آشنایی با سوالات سال‌های گذشته و سرفصل‌های مهم به همراه داشتن یک برنامه‌ریزی دقیق و پشتکار، لازم و ضروری است. کتابی که در پیش رو دارید شامل آزمون‌های سراسری ۱۰ سال اخیر (۹۴-۸۵) به همراه پاسخ‌های کاملا تشریحی است. ویژگی مهم بخش پاسخنامه‌ها، تخصصی و جامع بودن آن است. هرکدام از مولفین این کتاب پاسخگویی به سوالات را با توجه به گرایش تخصصی خود بر عهده داشته‌اند همچنین سعی شده علاوه بر پاسخ‌های تشریحی، توضیحات لازم درباره مبحث اصلی سوال نیز آورده شود. بنابراین شما می‌توانید از این کتاب به عنوان درسنامه‌ای جامع و خلاصه‌ای از پرکاربردترین نکات کنکوری آزمون ارشد نیز استفاده کنید. از آنجایی که سوالات آزمون‌های سراسری سال‌های گذشته معتبرترین منبع جهت انتخاب منابع هر درس به حساب می‌آیند، در انتهای جواب هر سوال آدرس دقیق منبع نیز ذکر شده است. مهمترین بخش‌های این مجموعه عبارتند از:

- پاسخنامه کاملا تشریحی به همراه توضیح مبحث اصلی سوال
- مشخص کردن آدرس دقیق منبع سوال
- تحلیل و بودجه‌بندی دقیق آزمون‌های ۵ سال اخیر
- نمونه‌هایی از کارنامه‌های سال گذشته

در پایان مقدمه از تمام کسانی که در تدوین این کتاب ما را راهنمایی کردند تشکر می‌کنیم و برای همه آن‌ها سلامتی و سربلندی آرزو مندیم. کاملا مشخص است که در این کتاب خطاها و نارسایی‌هایی نیز وجود دارد از این رو از شما خوانندگان عزیز تقاضا داریم ما را از نظرات و انتقادات خود محروم نسازید و با راهنمایی‌هایتان ما را در هرچه بهتر شدن این کتاب یاری کنید.

گروه مولفین

پائیز ۱۳۹۴

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آزمون ورودی دوره‌های کارشناسی ارشد ناپیوسته داخل - ۱۳۸۵

مجموعه تربیت‌بدنی و علوم ورزشی - کد ۱۱۰۶

مدت پاسخگویی: ۱۲۰ دقیقه

تعداد سوال: ۱۵۰

عنوان مواد امتحانی، تعداد و شماره سوالات

ردیف	مواد امتحانی	تعداد سوال	از شماره	تا شماره
۱	زبان عمومی و تخصصی	۳۰	۱	۳۰
۲	فیزیولوژی و تغذیه ورزش	۲۰	۳۱	۵۰
۳	آمار، سنجش و اندازه‌گیری	۲۰	۵۱	۷۰
۴	حرکت‌شناسی و بیومکانیک ورزشی	۲۰	۷۱	۹۰
۵	رشد و یادگیری حرکتی	۲۰	۹۱	۱۱۰
۶	حرکات اصلاحی و آسیب‌شناسی ورزشی	۲۰	۱۱۱	۱۳۰
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زبان عمومی و تخصصی

Part A: Grammar and Vocabulary

Directions: Choose the number of the answer (1), (2), (3), or (4) that best completes the sentence. Then mark your answer on the answer sheet.

1- Are careless when disposing of their garbage.

- 1) People 2) People who 3) The people who 4) that people

2- Water vapor changing to liquid.....heat.

- 1) Release 2) releases 3) Releasing 4) is released

3- Only after a baby seal is pushed into the sea by its mother.....to swim.

- 1) It will learn how 2) How will it learn
3) And it learns how 4) Will it learn how

4- It's difficult to.....these statistics without knowing how they were obtained.

- 1) Derive 2) establish 3) Interpret 4) circulate

5- It's sometimes very difficult to make a clear.....between the different meanings of words.

- 1) Concept 2) transfer 3) Distinction 4) conclusion

6-.....reports said that seven people had died, though this was not confirmed later.

- 1) Initial 2) Excessive 3) Apparent 4) Sufficient

7- He damaged his leg so badly in the accident that the bone was.....

- 1) Emerged 2) exposed 3) Excluded 4) indicated

8- My schedule is quite I can arrange to meet you any day next week.

- 1) Flexible 2) accurate 3) Arbitrary 4) voluntary

9- Some of these educators are hoping to introduce new ideas so as to change the current cultural

- 1) Simulation 2) paradigm 3) Extinction 4) inference



10- I don't want to.....her achievements, but she did have a lot of help.

- 1) Collapse 2) estimate 3) encounter 4) diminish

Part B: Cloze Test

Directions: Read the following passage and decide which choice (1), (2), (3), or (4) best fits each blank. Then mark your answer on your answer sheet.

Elements may be the basic building blocks of matter, but what-if anything-makes up the elements? In other words, what would be the result of taking an element, a piece of gold, for example, and(11)..... it in half, and in half again, ad infinitum. We would soon reach the point of having (12)..... small piece of gold that it would be beyond our ability to cut it. It is at times like these when scientists must use their knowledge about how elements react to continue the experiment in their minds. Scientists have done just that and have agreed that if they continue to cut a piece of gold in half, theywould (13).....reach a particle called the atom (in this case, an atom of gold). The atom is thesmallest part of an element that retains the chemical (14).....of the element. One gold atom is so

Small that billions of them are required to make a tiny speck of gold that can be seen with amicroscope. The atom, therefore, is the basic particle which (15) the elements. Gold iscomposed of gold atoms, iron of iron atoms, and oxygen of oxygen atoms.

- 11- 1) cut 2) cuts 3) to cut 4) cutting
12- 1) so much 2) too 3) such a 4) very
13- 1) inherently 2) eventually 3) Effectively 4) fundamentally
14- 1) schemes 2) compounds 3) Properties 4) circumstances
15- 1) substitutes 2) encompasses 3) Accompanies 4) constitutes

Part C: Reading Comprehension

Direction: Read the following three passages and answer the questions by choosing the best choice among (1), (2), (3), or (4). Then mark the correct choice on your answer sheet.

PASSAGE 1:

It is clear that some people who participate in exercise training will develop injuries to their bones, muscles, and joints. Despite unfounded reports in the mass media of extremely high injury rates among adult exercisers, there have been few good studies of exercise injuries in populations. One of the difficulties in performing such studies has



been the need to identify both the number of cases (individuals who become injured) and the number of persons at risk for injury (the total number of individuals exercising in the population). These two figures are necessary in order to calculate true injury rates. The best available studies on injury rates suggest that about 25 to 30 percent of adult runners will become injured over the course of a year, if injury is defined as an incident that causes an individual to stop exercising for at least one week. If only more serious injuries, such as those for which the individual seeks medical care, are considered, injury rates are much lower, perhaps in the range of 1 percent per year. Little is known about the causes of exercise injuries. One factor that has been linked to injury is the amount of exercise; for example, individuals who run more miles are likelier to be injured than those who run fewer miles. Factors such as age, sex, body type, and experience have not been shown to be associated with risk of injury. It seems logical that structural abnormalities, sudden increases in training intensity, and types of equipment used are likely to be related to injury risk; however, data to support these opinions are not available.

In view of the limited scientific data on injury risk, the exerciser is advised to follow commonsense practices until such time as the causes of injury are better understood. Exercisers should start their program slowly and gradually progress to more intensive training levels. They should use good equipment and pay particular attention to proper footwear. Exercisers who have had previous injuries should recognize that they may be more susceptible to similar injuries in the future.

16- Which of the following is TRUE according to the passage?

- 1) It is relatively easy to identify the number of exercisers at risk for injury.
- 2) Adult exercisers are almost certain to suffer from injury due to exercise.
- 3) Injured exercisers cannot, by definition, exercise for a minimum of one week after injury.
- 4) True injury rates can usually be calculated based on the number of individuals who become injured.

17- Which of the following is NOT true according to the passage?

- 1) There is not much information on what causes injuries relating to doing exercise.
- 2) Over a third of all runners become injured in the course of a year of exercise.
- 3) Serious injuries are usually not included in the standard definition of exercise injuries.
- 4) There is not much information on what causes injuries relating to doing exercise.



18- Which of the following according to the passage seems to be a more important factor for Exercise injuries?

- 1) Training intensity 2) Age of the exerciser
3) Type of the exercise equipment 4) Experience of the exerciser

19- To avoid exercise injuries, the exerciser.....

- 1) Must be particularly careful about the footwear and equipment he's using.
2) Can start with intensive training levels provided that he's skillful in the type of training.
3) Should follow his own understanding of how injuries can be prevented.
4) Should carefully study the scientific data available on exercise injuries.

20- The word "susceptible" in the last line is related in meaning to.....

- 1) Doubtful 2) interested 3) Probable 4) suffering

PASSAGE 2:

To provide guidance on how much exercise an individual should do, exercise physiologists have developed equations based on research. It is generally agreed that to develop and maintain physical fitness, the exercise must be performed on a regular basis. A frequency of about every other day or three days per week appears minimally sufficient. Many individuals exercise more frequently than this, and, of course, such additional exercise is acceptable provided that one does not become overtrained and suffer illness or injury.

The intensity of exercise required to produce benefits has been the subject of much study. Many people have the impression that exercise is not doing any good unless it hurts. This is simply not true. Regular exercise at 45 to 50 percent of one's maximal capacity is adequate to improve one's physiological functioning and overall health. This level of intensity is generally comfortable for most individuals. A reliable way to gauge exercise intensity is to measure the heart rate during exercise. An exercise heart rate that is 65 percent of a person's maximal heart rate corresponds to approximately 50 percent of his maximal capacity. Maximal heart rate can be estimated by subtracting one's age in years from 220 (or, in the case of active males, by subtracting half of one's age from 205). Thus, a sedentary 40-year-old man has an estimated maximal heart rate of 180 beats per minute. Sixty-five percent of this maximal rate is 117 beats per minute; thus by exercising at 117 beats per minute, this individual is working at about 50 percent of his maximal capacity. To determine exercising heart rate, a person should exercise for several minutes, to allow the heart rate to adjust.



The exerciser should then stop exercising, quickly find the pulse, and count the number of beats for 15 seconds. Multiplying this by four gives the rate in beats per minute. The pulse must be taken immediately after stopping exercise, since the heart rate rapidly begins to return to the resting level after work has been stopped. As noted above, exercising at the 50 percent level of intensity will improve physiologic functioning and provide health benefits. This level of exercise will not produce the maximum fitness needed for competitive athletics.

21- Which of the following is TRUE according to the passage?

- 1) The maximal heart rate for an active 20-year-old man is 195.
- 2) There is some truth in saying that 'effective' exercise should hurt.
- 3) An individual's maximal capacity is 45 to 30 percent of regular exercise.
- 4) The heart rate while doing exercise is not always linked to exercise intensity.

22- Which of the following is NOT true according to the passage?

- 1) Physical fitness could not be developed if exercise is done irregularly.
- 2) Exercise of over three days per week can sometimes be harmful to the individual.
- 3) To improve overall health we need not use over half of our maximal exercise capacity.
- 4) Exercise over the minimal amount recommended is not discouraged by exercise physiologists.

23- What is the word "sedentary" in line 17 closest in meaning?

- 1) 'Lively' 2) 'middle-aged' 3) 'Average' 4) 'inactive'

24- Which of the following is NOT true about determining the exercise heart rate?

- 1) Letting the heart beat settle a little before counting it after exercise.
- 2) Exercising for a short period of time before coming to count the beats.
- 3) Not letting a time gap develop between exercise and rest.
- 4) Counting the heartbeats for fifteen seconds after a minimum amount of exercise.

25- The passage is mainly about.....

- 1) exercise frequency intensity and duration
- 2) maximal exercise capacity and heart rate
- 3) the amount of exercise an individual needs to stay healthy
- 4) how to calculate the heart rate during exercise



PASSAGE 3:

Appropriate exercise increases the strength and endurance of skeletal muscles. Increases in muscular strength are associated with increases in muscle mass; increases in muscular endurance are associated with improved blood flow to the working muscles. These results are achieved by resistance training. Any exercise that causes the muscle to increase its tension, whether or not the muscle actually shortens during contraction, provides an appropriate strength-training stimulus. Resistance can be applied to a muscle group by attempting to move an immovable object, by working one muscle group against another, by lifting heavy weights, or by using special strength-training machines and devices. There is a wide selection of strength-training equipment that, when used properly, can increase muscular strength and endurance. It is possible that some of the equipment is more efficient in developing maximal performance, which is important for competitive athletes. But for the average individual, who is training to maintain an acceptable level of muscular fitness, any one device or program is probably about as good as another. Strength and endurance training is done by performing several "reps" (repetitions) of a given exercise, then moving on to another exercise for a different muscle group. Experts generally recommend that exercisers select a resistance that is approximately 65 percent of the maximum they can lift for that particular exercise. This load should allow the completion of 12 reps of that exercise in 24 to 30 seconds. Each group of eight to 12 reps is called a set, and two or three sets of a given exercise are recommended for each training session. The average individual should perform strength and endurance training two to three days per week. Super circuit weight training refers to a program in which running or other aerobic exercises are performed between sets; this training produces aerobic as well as strength benefits.

26- Which of the following is TRUE according to the passage?

- 1) Skeletal muscles are stronger than muscle masses.
- 2) Strength training for the muscles depends on the shortening of the muscles.
- 3) Muscular strength and muscle mass are not particularly related.
- 4) Improved blood flow to the muscles can result in their improved endurance.

27- Which of the following is NOT a method for applying resistance to a muscle group?

- 1) Using strength training equipment.
- 2) Doing regular exercise in the morning.
- 3) Trying to move an object that cannot be moved.