**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part 1**

**Vocabulary**

**Circle the best answer to complete each sentence.**

1. The \_\_\_\_ of the medical text is a well-known doctor.

A) individual

B) author

C) label

2. The \_\_\_\_ on the book says: “Do not remove from the library.”

A) label

B) publisher

C) illustration

3. The \_\_\_\_ chapter of the book explains how to control your emotions.

A) physical

B) final

C) individual

4. Each \_\_\_\_ has a different response to stressful situations.

A) text

B) label

C) individual

5. Sweating and shaking are \_\_\_\_ reactions to fear.

A) individual

B) final

C) physical

6. The \_\_\_\_ is well written and easy to understand.

A) text

B) illustration

C) author

**Circle the correct word form to complete each sentence.**

7. The book is beautifully \_\_\_\_ with color photographs of the human body.

A) illustrate

B) illustrated

C) illustration

8. The physiologist wants to \_\_\_\_ her article about adrenaline in a scientific magazine.

A) publish

B) published

C) publisher

9. I like to work alone, so I prefer to do \_\_\_\_ activities.

A) individually

B) individuals

C) individual

10. The students are very nervous about their \_\_\_\_ exams.

A) final

B) finals

C) finally

**Use five of the words in the box to complete the sentences.**

author finalize illustrate individuals

label physically published texts

11. You need to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fit to run in a marathon.

12. The sisters look alike, but they are unique \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

13. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ says to take the medicine twice a day with food.

14. The professor needs to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ her paper for tomorrow’s presentation.

15. *Gray’s Anatomy* was first \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in 1858.

**Part 2**

**Listening**

**Listen to the lecture. Circle the best answer to complete each sentence.**

16. The lecture is mainly about the relationship between physical activity and \_\_\_\_.

A) exercise

B) creativity

C) research

17. People who exercise often \_\_\_\_.

A) live longer

B) learn more

C) walk a lot

18. The Stanford study showed that \_\_\_\_ increases creative output.

A) studying

B) thinking

C) walking

19. \_\_\_\_ used to have meetings while he walked.

A) Daniel Schwartz

B) Steve Jobs

C) Geoff Nicholson

**Listen to the lecture again. As you listen, complete the notes.**

Physical (20.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gets the blood moving + increases oxygen levels.

Exercise helps maintain a (21.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Less likely to get diseases. Live longer.

Endorphins = powerful chemicals in the (22.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Make us feel good.

Cognitive function – e.g. thinking and (23.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Stanford researchers studied (24.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ people.

Many creative people  best thinking when they (25.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Circle the best answer to complete each sentence about presentation skills.**

26. Good presenters appear calm and \_\_\_\_.

A) confident

B) slow

C) healthy

27. As you speak, look at \_\_\_\_.

A) your notes

B) the audience

C) the main points

28. Speak a little more \_\_\_\_ than usual.

A) seriously

B) quietly

C) slowly

29. Use your \_\_\_\_ to keep people’s attention.

A) hands

B) eyes

C) voice

30. Use notes, but don’t write every \_\_\_\_.

A) page

B) point

C) word

**Part 3**

**Speaking**

**Write notes for a 30-second speech about your physical activity. Then present your speech to the class.**

* What kind of exercise do you do?
* How often do you do it?
* How does it make you feel?