

**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?