

# SESSION ONE

The University of the State of New York

REGENTS HIGH SCHOOL EXAMINATION

## COMPREHENSIVE EXAMINATION

IN

ENGLISH

SESSION ONE

**Thursday, August 16, 2001 — 8:30 to 11:30 a.m., only**

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The last page of this booklet is the answer sheet for the multiple-choice questions. Fold the last page along the perforations and, slowly and carefully, tear off the answer sheet. Then fill in the heading of your answer sheet. Now circle “Session One” and fill in the heading of each page of your essay booklet.

This session of the examination has two parts. Part A tests listening skills; you are to answer all six multiple-choice questions and write a response, as directed. For Part B, you are to answer all ten multiple-choice questions and write a response, as directed.

When you have completed this session of the examination, you must sign the statement printed at the end of the answer sheet, indicating that you had no unlawful knowledge of the questions or answers prior to the session and that you have neither given nor received assistance in answering any of the questions during the session. Your answer sheet cannot be accepted if you fail to sign this declaration.

**DO NOT OPEN THIS EXAMINATION BOOKLET UNTIL THE SIGNAL IS GIVEN.**

## Part A

**Overview:** For this part of the test, you will listen to a speech about the United Nations, answer some multiple-choice questions, and write a response based on the situation described below. You will hear the speech twice. You may take notes on the next page anytime you wish during the readings.

**The Situation:** Your social studies class is learning about the United Nations (U.N.). Your teacher has asked you to write a report about the ways in which the U.N. functions in the United States. In preparation for writing your report, listen to a speech by Kofi Annan, Secretary-General of the United Nations, delivered in San Francisco in 1997. Then use relevant information from the speech to write your report.

**Your Task:** Write a report for your social studies class in which you discuss how the U.N. functions in the United States.

### Guidelines:

#### Be sure to

- Tell your audience what they need to know to help them understand how the U.N. functions in the United States
- Use specific, accurate, and relevant information from the speech to support your discussion
- Use a tone and level of language appropriate for a report for a social studies class
- Organize your ideas in a logical and coherent manner
- Indicate any words taken directly from the speech by using quotation marks or referring to the speaker
- Follow the conventions of standard written English

## NOTES

**DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.**

## Multiple-Choice Questions

**Directions** (1–6): Use your notes to answer the following questions about the passage read to you. Select the best suggested answer and write its number in the space provided on the answer sheet. The questions may help you think about ideas and information you might use in your writing. You may return to these questions anytime you wish.

- |   |  |
|---|--|
| <p>1 The speaker describes the “crucial juncture” as a time of</p> <ul style="list-style-type: none"><li>(1) changing priorities</li><li>(2) contrasting conditions</li><li>(3) shrinking resources</li><li>(4) fading traditions</li></ul> <p>2 In referring to American support for the United Nations (U.N.), the speaker probably uses the expression “a sense of common humanity” to indicate America’s feeling of</p> <ul style="list-style-type: none"><li>(1) superiority</li><li>(2) isolation</li><li>(3) frustration</li><li>(4) responsibility</li></ul> <p>3 The speaker implies that one purpose of the International Civil Aviation Organization is to</p> <ul style="list-style-type: none"><li>(1) reduce dependency on airline travel</li><li>(2) preserve artifacts from historical flights</li><li>(3) establish standards for airplane safety</li><li>(4) provide information about aviation careers</li></ul> | <p>4 The speaker mentions California-made movies in order to emphasize the importance of</p> <ul style="list-style-type: none"><li>(1) copyright protection</li><li>(2) industry standardization</li><li>(3) geographic location</li><li>(4) audience expectation</li></ul> <p>5 According to the speaker, the United Nations Convention on the Law of the Sea gives a coastal state the right to</p> <ul style="list-style-type: none"><li>(1) impose travel restrictions on its citizens</li><li>(2) prohibit other countries from fishing nearby</li><li>(3) dump industrial waste into the sea</li><li>(4) seize cargo from foreign ships</li></ul> <p>6 How are the organizations mentioned in the speech connected to the U.N.?</p> <ul style="list-style-type: none"><li>(1) They are part of the U.N.</li><li>(2) They oppose the U.N.</li><li>(3) They were replaced by the U.N.</li><li>(4) They were a model for the U.N.</li></ul> |
|---|--|

After you have finished these questions, turn to page 2. Review **The Situation** and read **Your Task** and the **Guidelines**. Use scrap paper to plan your response. Then write your response in Part A, beginning on page 1 of your essay booklet. After you finish your response for Part A, go to page 5 of your examination booklet and complete Part B.

## Part B

**Directions:** Read the text and study the table on the following pages, answer the multiple-choice questions, and write a response based on the situation described below. You may use the margins to take notes as you read and scrap paper to plan your response.

**The Situation:** The director of after-school programs wants to offer a physical fitness program. You have decided to write a letter to the director in which you discuss components of physical fitness and recommend activities that should be included in the after-school physical fitness program.

**Your Task:** Using relevant information from *both* documents, write a letter to the director of after-school programs discussing the components of physical fitness and recommending activities that should be included in the new after-school physical fitness program. *Write only the body of the letter.*

### Guidelines:

#### Be sure to

- Tell your audience what they need to know about the components of physical fitness
- Recommend activities that should be included in the after-school physical fitness program
- Use specific, accurate, and relevant information from the text *and* the table to develop your recommendations
- Use a tone and level of language appropriate for a letter to the director of after-school programs
- Organize your ideas in a logical and coherent manner
- Indicate any words taken directly from the text by using quotation marks or referring to the source
- Follow the conventions of standard written English

## Physical Fitness

Regular exercise is a vital component of overall health. Fitness is not simply a matter of good genes; it requires taking responsibility for your health. A sensible exercise program will help promote overall well-being—not only physical health, but mental and emotional health as well. In addition to conditioning your body, exercise can also help relieve the effects of stress, provide a sense of personal accomplishment, and improve self-esteem. Regular exercise can help you look and feel your best.

No single definition of physical fitness satisfies everyone. To an Olympic athlete, fitness might mean the ability to break a world record in the 440-yard dash. To a more sedentary person, fitness might mean nothing more than the ability to perform the routine chores of everyday life.

Although performance standards vary, most exercise experts recognize five basic components of physical fitness:

1. **Aerobic fitness or cardiorespiratory endurance.** The ability to do moderately strenuous activity over a period of time. It reflects how well your heart and lungs work to supply your body with oxygen during exercise.
2. **Body composition.** The proportion of fat to bone and muscle.
3. **Muscular strength.** The ability to exert maximum force. Lifting the heaviest weight you can in a single exertion is an example of muscular strength.
4. **Muscular endurance.** The ability to repeat a movement many times, or to hold a particular position for a prolonged period, for example, the work required to lift a weight 20 times or to hold it up for five minutes.
5. **Flexibility.** The ability to move a joint through its full range of motion and elasticity of the muscle.

A well-rounded exercise program should develop each fitness component. The human body has an amazing ability to adapt to physical demands. If you follow a sensible exercise program, your body will respond to the increased demands you make on it, and you will become more fit.

### Aerobic Fitness

The term *aerobic* means “using oxygen.” During aerobic exercise, your heart and lungs work harder than normal to provide your muscles with the oxygen they need. You work at a slow and steady pace—hard enough to get you breathing heavily, but not hard enough to leave you gasping for breath. Aerobic exercise is the most important component of a fitness program.

Sudden bursts of activity, such as sprinting for the bus or spiking a volleyball, are *anaerobic*, which means you are exercising so hard that your muscles demand more oxygen than your body can provide. This is why sprinters gasp for breath at the end of a race. No one can do anaerobic exercise for more than a couple of minutes, but everyone can and should do aerobic exercise for extended periods.

To improve aerobic fitness and strengthen your heart and lungs, you need to choose an aerobic exercise program that uses your large muscle groups steadily and rhythmically.

To determine whether or not you are working hard enough, you should monitor your heart rate. You can take your pulse at your radial artery (in your wrist,

45 just inside your wristbone). Hold your fingers firmly in place to feel the artery pulsating. Each pulsation indicates a single heartbeat.

To find your pulse rate, use a stopwatch or a watch with a sweep second hand to time yourself as you count the number of heartbeats in ten seconds, then multiply the number by six.

50 To build and maintain aerobic fitness and strengthen your cardiovascular system you need to exercise 20 to 30 minutes at 60 to 85 percent of your maximum heart rate at least three times a week. If you exercise less often or less intensely, your cardiovascular fitness will not improve and you will lose conditioning.

### **Body Composition**

Your body is made up of muscle, bone, and fat. Do not be afraid of some fat.  
55 Your body needs a certain amount of stored fat to function properly; acceptable rates are about 15 to 20 percent body fat for men and about 20 to 25 percent for women. You should be concerned with *excess* fat, which has been linked to heart disease, diabetes, gallbladder disease, and high blood pressure.

60 The best way to lose fat is to eat less and exercise more. Dieting alone can make you lose muscle as well as fat, but a combination of diet and exercise will help you tone muscle while you lose fat. Strengthening muscle actually helps you lose weight more quickly because it takes more energy for your body to work muscle than to burn fat. About 90 percent of the calories you use each day are consumed by muscle, even when you are not exercising.

65 Do not assume you will use more calories by doing a high-intensity exercise. If you do a low-intensity exercise for a longer time, you may burn more calories than by doing a high-intensity exercise for a shorter time. For example, you may actually use more calories in walking an hour than you would by jogging for 20 minutes.

70 Remember, the best way to lose fat is through a combination of balanced diet and aerobic exercise.

### **Muscular Strength and Endurance**

The only way to increase strength and endurance is to overload your muscles *gradually*. The best way to do this is to follow a weight-training program. You can use free weights or weight machines for resistance, or you can do calisthenics and  
75 work against your own body weight.

You can adjust the amount of weight you lift to build either muscular strength, muscular endurance, or both. To build strength, lift the heaviest weight you can for six to eight repetitions of an exercise, doing two or three sets of each exercise. When you can do two or three sets of eight repetitions, increase the weight and  
80 return to six repetitions. To build endurance, follow the same overload principle, but use a lighter weight that allows you to do one set of 10 to 20 repetitions. To build both strength and endurance, do one set of 8 to 15 repetitions with moderate weight before increasing the weight. When you start out, begin with less weight and *gradually* increase it to increase your workload.

## Flexibility

85 Your flexibility depends on the condition of your bones, tendons, ligaments, and muscles. Joints that are regularly moved through their full range of motion retain their normal mobility, while those that are not become less supple. Flexibility not only permits freedom of movement, but it also makes you less prone to many injuries such as muscle pulls, strains, and tears.

90 To improve flexibility, you must stretch regularly. This is especially important if your fitness program includes an exercise that does not take a joint through its full range of motion. Jogging, for example, can tighten the hamstrings, the hip flexors that bring your leg forward, the Achilles tendons in the calves, and the quadriceps in the upper thigh. Joggers can maintain—and even gain—flexibility  
95 in these muscles if they stretch them regularly. Just as with aerobic fitness activities, every fitness routine should include some stretching.

Every well-rounded exercise program includes some form of regular aerobic exercise to strengthen the cardiovascular system. When it comes to fitness, it does not matter how slim or muscular you are; you are not really in shape until your  
100 heart and lungs are in shape.

If you try one type of exercise and find, after a reasonable time, that you do not like it, switch to another. Find two or more kinds of exercise you enjoy, and vary your routine.

—Consumers Union



**TABLE**

<b>Fitness Ratings for Popular Activities</b>						
<b>Key: Excellent—1</b>	<b>Very Good—2</b>	<b>Good—3</b>	<b>Fair—4</b>	<b>Poor—5</b>		
<b>Activity</b>	<b>Aerobic Fitness</b>	<b>Body Composition</b>	<b>Muscle Strength</b>	<b>Muscle Endurance</b>	<b>Flexibility</b>	
Aerobic exercise routines						
Low-impact	1	2	4	3	2	
High-impact	1	1	2	1	2	
Aqua stretching	5	4	4	4	1	
Ballet	3	3	2	1	1	
Ballroom dancing	3	4	2	1	1	
Basketball	2	2	4	2	3	
Bicycling						
13-mph	1	2	3	1	2	
20-mph	1	1	2	1	2	
Bowling	5	5	4	5	4	
Calisthenic circuit training	1	1	3	1	3	
Canoeing, kayaking	3	3	3	2	3	
Cheerleading	3	3	3	3	2	
Cross-country skiing	1	1	3	1	2	
Dancing: folk, square	2	3	4	3	3	
Dancing: rock and roll	3	4	5	3	4	
Field hockey	1	1	3	1	3	
Football (touch)	4	4	4	4	4	
Golf (carrying bag)	3	4	4	3	3	
Handball (singles)	2	2	4	2	2	
Hiking	1	2	3	2	5	
Hockey (ice)	1	2	3	2	4	
Horseback riding	4	4	4	4	5	
Jogging/running						
12 min/mile	1	1	3	2	5	
7 min/mile	1	1	2	1	5	
Sprinting	4	3	2	3	4	
Karate	2	2	3	1	1	
Racquetball	2	2	4	3	3	
Rope jumping	1	2	4	2	4	
Rowing	1	2	1	1	2	
Sailing	5	5	5	4	5	
Skateboarding	3	4	4	3	4	
Skating (ice, roller)	2	3	3	2	3	
Skiing (downhill)	3	3	2	2	4	
Soccer	1	1	3	1	3	
Swimming						
20 yd/min	2	2	3	1	2	
55 yd/min	1	1	2	1	2	
Tennis (singles)	3	3	4	3	3	
Volleyball	3	3	5	4	3	
Walking						
Brisk walking	1	2	3	4	3	
Racewalking	1	1	2	2	4	
Waterskiing	4	5	3	2	4	
Weightlifting	5	3	1	2	2	
Windsurfing	3	4	3	2	3	
Yoga	5	4	5	3	1	

## Multiple-Choice Questions

**Directions** (7–16): Select the best suggested answer to each question and write its number in the space provided on the answer sheet. The questions may help you think about ideas and information you might want to use in your writing. You may return to these questions anytime you wish.

- 7 The first paragraph of the text explains some
- (1) components of an exercise program
  - (2) benefits of regular exercise
  - (3) alternatives to traditional exercise
  - (4) types of effective exercise
- 8 Lines 14 through 25 contain a list of
- (1) explanations
  - (2) reasons
  - (3) suggestions
  - (4) definitions
- 9 According to the text, the primary purpose of aerobic exercise is to
- (1) strengthen lungs and heart
  - (2) decrease body weight
  - (3) improve rhythm and balance
  - (4) increase range of motion
- 10 The author implies that people who are trying to lose excess fat should develop more muscle because
- (1) fat weighs more than muscle
  - (2) fat can gradually turn into muscle
  - (3) muscle uses more energy than fat
  - (4) muscle is more attractive than fat
- 11 According to the text, lifting a moderately heavy weight 20 times will help improve
- (1) muscular endurance
  - (2) flexibility
  - (3) body composition
  - (4) muscular strength
- 12 According to the table, which activity offers the same overall fitness results as high-impact aerobic exercise routines?
- (1) jogging/running 7-minute miles
  - (2) swimming 55 yards per minute
  - (3) racewalking
  - (4) weightlifting
- 13 According to the table, which sport is *least* effective for overall fitness?
- (1) basketball
  - (2) field hockey
  - (3) football (touch)
  - (4) tennis (singles)
- 14 According to the table, which activity results in the best aerobic fitness?
- (1) dancing: rock and roll
  - (2) rope jumping
  - (3) skateboarding
  - (4) skating (ice, roller)
- 15 According to the table, which activity is most useful in building muscle strength?
- (1) ballroom dancing
  - (2) bowling
  - (3) cheerleading
  - (4) rowing
- 16 The table implies that a personal fitness routine consisting only of handball and volleyball would be most lacking in the component of
- (1) muscle strength
  - (2) body composition
  - (3) aerobic fitness
  - (4) flexibility

After you have finished these questions, turn to page 5. Review **The Situation** and read **Your Task** and the **Guidelines**. Use scrap paper to plan your response. Then write your response to Part B, beginning on page 7 of your essay booklet.

COMPREHENSIVE EXAMINATION IN ENGLISH

SESSION ONE

Thursday, August 16, 2001 — 8:30 to 11:30 a.m., only

ANSWER SHEET

Session One – Essay A \_\_\_\_\_  
Essay B \_\_\_\_\_

Session Two – Essay A \_\_\_\_\_  
Essay B \_\_\_\_\_

Total Essay Score

Session One –  
A–Multiple Choice \_\_\_\_\_  
B–Multiple Choice \_\_\_\_\_

Session Two –  
A–Multiple Choice \_\_\_\_\_

Total Multiple Choice

Final Score

Tear Here

Student ..... Sex:  Male  Female

School ..... Grade ..... Teacher .....

Write your answers to the multiple-choice questions for Part A and Part B on this answer sheet.

- | Part A               | Part B               |
|----------------------|----------------------|
| 1 _____              | 7 _____              |
| 2 _____              | 8 _____              |
| 3 _____              | 9 _____              |
| 4 _____              | 10 _____             |
| 5 _____              | 11 _____             |
| 6 _____              | 12 _____             |
| <input type="text"/> | 13 _____             |
|                      | 14 _____             |
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HAND IN THIS ANSWER SHEET WITH YOUR ESSAY BOOKLET,  
SCRAP PAPER, AND EXAMINATION BOOKLET.

Your essay responses for Part A and Part B should be written in the essay booklet.

I do hereby affirm, at the close of this examination, that I had no unlawful knowledge of the questions or answers prior to the examination and that I have neither given nor received assistance in answering any of the questions during the examination.

\_\_\_\_\_  
Signature

Tear Here

