



Level 2



Focus on Health

English and maths quiz

Maths

- 1 Figures show that 60% of all new and returning exercisers will drop out of their exercise plans within the first six months, and 60% of those will drop out in the first six weeks! Out of 100 starters how many will be left after six months?

- A 60
- B 40
- C 30
- D 66

Answer:

- 2 Squash is popular among women – of the one and a half million people who play every week, 400,000 are female. What is the ratio of male to female squash players?

- A 4:11
- B 15:40
- C 11:4
- D 15:4

Answer:

- 3 Forty-eight people with a disability were asked about their fitness. Out of the 48 people, a quarter of them said that they felt seriously unfit and would like to join a fitness programme. How many want to join a programme?

- A 14
- B 12
- C 16
- D 18

Answer:

- 4 To mix a sports drink, you must measure out 15 fluid ounces of milk. Your jug measures in millilitres, to the nearest five millilitres (1 fluid ounce = 28.4 millilitres). How many millilitres of milk should you use?

- A 400 ml
- B 410 ml
- C 415 ml
- D 425 ml

Answer:



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English

- 5 This question is based on the text below, taken from a newspaper column.

Women are often told that in choosing food for the family, they have their family's hearts in their hands. But my readers tell me that in reality, partners and children are often in control – they simply refuse to eat certain foods. Many women end up feeling guilty as they try to reconcile healthy eating advice with their family's habits. And sometimes the only way to avoid family fallout is to give in and give them chips.

Is this text based on:

- A scientific research
- B questionnaire findings
- C experience
- D interviews

Answer:

- 6 The text below is about gyms of the future.

Futuristic Body Map

Gym inductions of the future could involve you standing still for 20 seconds in a scanner to estimate your body fat. A prototype scanner uses two new imaging techniques to predict the amount of fat present. Water is calculated via coils, which map the internal conductivity of the body, while digital cameras map the surface contours to give body volume. Either water or volume can be used with body mass to predict fat. However, combining all three gives a better estimate by compensating for changes in hydration.

What does 'changes in hydration' mean in the final line of the text?

- A changes in drinking habits
- B changes in temperature
- C changes in water content
- D changes in fitness levels

Answer:

- 7 Which of the following sentences is not punctuated correctly?

- A You know, something is definitely working.
- B My friends joining the gym class.
- C I'm using my new-found confidence level at work.
- D Trainers' meetings are once every six weeks.

Answer:



- 8 The text below is reproduced from an article by Lena Corner in *Times Online*.

Water: message in the bottle

A recent arrival in the UK is Blue Water, produced by the Ultimate Water Company, which at £11 a litre is comparable in price to a fine wine. Its formula was devised by Johann Grander, an Austrian naturalist, who claims that it can improve skin conditions because he has 'removed the negative memories from water and transferred beneficial energy patterns to it'. Unfortunately, he keeps his methods close to his chest, so scientific analysis is impossible.

Which is not factual information?

- A negative memories have been removed
- B its name is Blue Water
- C it costs £11 a litre
- D it's comparable in price to a fine wine

Answer:

- 9 Read the following extract taken from *How little exercise can I do and still get health benefits?* by Dr Andy Smith.

If you want to know how much exercise is enough, you need to be clear about what you want to achieve. Do you want to be fit or healthy? It is easy to confuse the terms 'fitness' and 'health'. They are often used together and it can be assumed that they are the same thing. However, they are different in both physiological and psychological terms.

Fitness has been defined in relation to a concept called physical work capacity. This relates to how much work the body can do. A person's fitness can be determined in a laboratory by looking at how much energy they can produce on a cycle ergometer when cycling at a specific heart rate, or on an athletic track by looking at how far they can travel in a set time. Fitness can also be understood in relation to a number of components such as endurance, flexibility, strength and power.

Health is a broader concept that includes being free from and resilient to disease, mental and spiritual well-being and the quality of our social relationships. Normally, being fit and healthy go hand in hand. But this is not always the case. For example you can be very fit but be suffering from a major health problem like alcoholism.

The purpose of the author in this text is to:

- A persuade the reader to stay fit
- B persuade the reader to eat healthy foods
- C tell the reader how to exercise to benefit their health
- D tell the reader to go on a cycle ergometer

Answer:



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