

Construct Meaning: Cause & Effect I

Read the passage below. Then choose the best answer for each question.

Most people are not satisfied with the appearance of their bodies when they look in a mirror; they see themselves as too fat or too skinny. Either way, most will attempt at least once in their lives to improve things. Of those who take on a program of physical fitness, few succeed. Besides the obvious factors that sabotage the shape of the body: watching too much TV, bad genetics, demanding work, school, and family stressors, there are other lesser-known causes.

For example, an improper diet, according to some who have attained the "perfect body" is the greatest problem. Most people do not eat enough protein, and consume too many simple carbohydrates. A specific ratio of each should be followed in order to develop mass (muscle). The good news is that you must eat more calories than your body burns. You need to eat more than ever before to gain muscle weight, and you will need to eat six meals per day, but junk food is off-limits.

Secondly, people are not "stressing" their bodies during each workout. As one formerly skinny male says, "You don't have to kill yourself, but you must subject your body to out of the ordinary stress each workout to grow muscle. Workouts should be short and intense, about an hour in length.

Another problem that limits success is the lack of consistency in a chosen program. Here, body builders must commit to a minimum of a twelve-week program of proper eating, free weights, and cardio-vascular training. Because people do not often see immediate results, they get discouraged and quit. Results will happen only if a person sticks to a plan; no program will be successful if the person is inconsistent.

Since many people do not understand the changes going on inside the body, they lose ambition. However, when one is aware of the causes of failure in a physical fitness regimen, then a person can control factors leading to a successful plan.

Now choose the best answer for each question.

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| <p>1. What is the main point of the passage?</p> <ul style="list-style-type: none">A. People do not like to stress their bodies during workouts.B. There is a high rate of success in short-term fitness programs.C. There are many causes of fitness program failures that lead to frustration.D. Avid weight lifters prefer free weights. | <p>2. Obvious causes of failed fitness plans include</p> <ul style="list-style-type: none">A. Watching excessive amounts of television, life stresses, and consistency.B. Not stressing the body during workouts, too much TV, and demanding work.C. Genetics, improper balance in diet, and family stressors.D. Genetics, watching excessive amounts of television, and life stresses. |
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| <p>3. What is the cause of most dietary failures in a fitness program?</p> <ul style="list-style-type: none">A. Incorrect ratio of protein to carbohydratesB. Eating too muchC. Eating three meals a dayD. Eating more calories than the body burns <p>4. Why should the body builder "subject your body to out of the ordinary stress each workout," as the passage states?</p> <ul style="list-style-type: none">A. To learn to handle stressB. To encourage muscle growthC. To keep ambition highD. To eat more food each day | <p>5. Why do people often sabotage their own success in a fitness regimen?</p> <ul style="list-style-type: none">A. Because they get too hungryB. Because they often do not understand the internal changes in the bodyC. Because they cannot overcome bad geneticsD. Because equipment costs too much money <p>6. How many weeks should a person committed to a successful body-improvement plan be prepared to stick to?</p> <ul style="list-style-type: none">A. A maximum of twelveB. A minimum of twelveC. At least sixD. The number varies from person to person |
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Read the passage below. Then choose the best answer for each question.

Feeling anger can be beneficial if it motivates us to make necessary changes in our lives. But, when anger has the upper hand on our behavior or on our peace of mind, it blocks our ability to think constructively. For most, anger results when we do not get our own way. Unfortunately, anger has a direct impact on us physically. When we become angry, many physical reactions occur. For example, the heart must pump faster, the brain releases extra adrenalin, blood flows faster, blood pressure rises, and our muscles tense up.

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| <p>7. The arrangement of the major details in this passage can best be described as</p> <ul style="list-style-type: none">A. Many causes lead to one effect.B. Many effects lead to many causes.C. Many causes lead to one effect.D. One cause leads to many effects. | <p>8. Why might the emotion of anger be useful?</p> <ul style="list-style-type: none">A. Used properly, anger can help us make changes in our lives.B. Used properly, anger can help us control others.C. Anger can get adrenalin flowing.D. Anger can help us think constructively. |
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Assume that the following letter appeared in a local newspaper. Read the letter, then answer Numbers 9 and 10.

Dear Editor.

I read with interest the reasons stated in the newspaper in favor of the one-cent sales tax proposal for a new library that will be on the July 20th ballot. Community leaders have mentioned that mostly non-residents would shoulder the sales tax burden.

Please allow me to disagree. It is wrong to scheme for other people -- visitors and passers-by -- to pay for our responsibility. Should we raise our children with the value that it is okay to get other people to pay for things our children want?

I agree that we need a new library, but don't you see where this will lead us? It is inescapable. The sales tax will unfairly burden minorities and the poor who can least afford it. Also, we are told that the new library means either a sales tax increase or a hike in property taxes, both of which are objectionable.

Sincerely,

A concerned citizen

Now choose the best answer for questions 9 and 10.

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| <p>9. The concerned citizen believes that the one-cent raise in the sales tax would lead to</p> <ul style="list-style-type: none">A. Higher property taxes, unfair burden on the poor, and protests.B. The construction of an unnecessary building.C. Scheming, higher property taxes, and unfair burden on the poor.D. The community meeting its responsibility. | <p>10. Because of the issue of fairness, the author probably feels</p> <ul style="list-style-type: none">A. UpsetB. PleasedC. BoredD. Unpatriotic |
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Answer Key

1. C
2. C
3. A
4. B
5. B
6. B
7. D
8. A
9. C
10. A