

Passage 3

For years, the fitness industry has recommended that children refrain from weight training until after puberty. There was concern that resistance training would damage the body's growth plates and stunt a child's musculoskeletal development. Recent research, however, has shown that kids actually benefit from a strength-training program.

Both the American Academy of Pediatrics and the American College of Sports Medicine support youth strength training –as long as it's done correctly. A well-crafted strength-training program can improve a young athlete's performance on the field or on the court. A well-designed program can increase muscular strength and endurance, strengthen bones, boost metabolism, and improve self-esteem and body image.

Young children can increase their muscular strength and endurance by using their own body weight. Push-ups, wall-sits and hanging from the monkey bars are a few examples. But when is a child ready for weight training? Once kids demonstrate enough body awareness to understand the concept of proper form, external weight can be added. Proper form is the fundamental first step of weight training for both kids and adults. It prevents injuries and ensures that you get the most out of the exercise. Before I give my students exercise tubing for bicep curls, I have them demonstrate what bicep curls look like without the added resistance.

131 . According to the passage, youth training is beneficial if

- suggested by a pediatrician
- performed on the court
- focused on developing bicep curls
- conformed to a well-designed program

132 . Benefits of weight training have been disfavored by

- fitness industry
- new research
- child trainers
- academy of pediatrics

133 . Wall-sit is an example suggested for body strengthening, using

- one's body weight
- external weight
- one's bicep curls and body image
- fitness industry trainers

134 . The underlined It (paragraph 3, line 5) refers to

- proper form
- first step
- external weight
- weight training

135 . The writer believes that the youth are ready for weight training when.....

- they have passed teen years and reached puberty
- the musculoskeletal system is adequately developed
- self-esteem and body image have improved
- the concept of the body's proper form is realized

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