

2022安徽高一下学期人教版高中英语期中考试

1.

Sport is not only physically challenging, but it can also be mentally (精神上地) challenging. Criticism from coaches and other teammates, as well as pressure to win can create a great amount of stress for young athletes. Stress can be physical, psychological, and research has shown that it can lead to burnout. Burnout has been described as dropping of an activity that was at one time enjoyable.

The early years of development are critical years for learning about oneself. The sport setting is one where valuable experiences can take place. Young athletes can, for example, learn how to work with others, make friends, and gain other social skills that will be used throughout their lives. Coaches and parents should be aware, at all times, that their feedback (反馈) to youngsters can have a great effect on their children. Youngsters may take their parents and coaches' criticisms to heart and find a flaw (缺陷) in themselves.

Coaches and parents should also be careful that youth sport does not become work for children. The result of the game should not be more important than the process of learning the sport and other life lessons. In today's youth sport setting, young athletes may be worrying more about who will win than enjoying themselves and the sport. Following a game many parents and coaches concentrate on the result and find fault with youngster's performances. Positive reinforcement (正面表扬) should be provided despite the result. Research shows that positive reinforcement has a better effect on learning than criticism. Again, criticism can create high levels of stress, which can lead to burnout.

21. What's the meaning of the underlined word "burnout" in the first paragraph?

- A. Having no oil left.
- B. Having no money left.
- C. Having no energy left.
- D. Having no food left.

22. According to the passage, sport is positive for young people because ____.

- A. it can help them learn more about society
- B. it teaches them how to set goals for themselves
- C. it helps them to find flaws in themselves
- D. it can provide them with valuable experiences

23. Many coaches and parents are in the habit of criticizing young athletes ____.

- A. without realizing criticism may destroy their self-confidence
- B. in order to make them remember life lessons
- C. believing that criticism is good for their early development
- D. so as to put more pressure on them

24. According to the passage, parents and coaches should ____.

- A. help children to win every game
- B. pay more attention to letting children enjoy sports
- C. encourage children to take part in sports
- D. train children to cope with stress