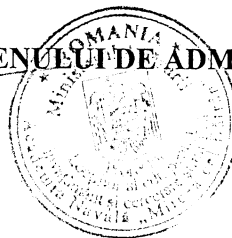


ROMÂNIA
MINISTERUL APĂRĂRII
ACADEMIA NAVALĂ "MIRCEA CEL BĂTRÂN"
EXAMEN DE ADMITERE
Sesiunea IULIE 2008

APROB
PREȘEDINTELE COMISIEI EXAMENULUI DE ADMITERE
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PROBA LIMBA ENGLEZĂ

SECTIUNEA I

30puncte

Read the text below and complete the following tasks.

WORKING OUT

Exercise isn't just about looking good and losing weight. It is probably the best thing we can do (1) _____ and make sure we reach our eighties in fine form. Our bodies were built to move. Without exercise they fall apart.

A well-rounded workout will promote cardiovascular fitness, muscular strength and endurance, flexibility, balance and agility. Many regular gym users will happily use the bike, treadmill or cross trainer which are great for cardio but they'll largely ignore the top half of the bodies – arms, neck and top of the back. There are plenty of machines (2) _____, but free weights will give the best results because you're using more of your body than you do on a machine that concentrates on just one muscle group.

However, do get a professional (3) _____ because it is important to learn the right lifting techniques to avoid injury.

If you have back problems, using a Swiss ball when you are exercising will help (4) _____. You can place it between you and a wall, for example, and roll down it until you're in a squatting position. It is also fun (5) _____ while you're lifting weights because not only are your arms being used but your abdomen will be working hard to keep you from falling off.

If you dislike gym sessions, there are usually plenty of classes that come free with your membership fee. *T'ai chi*, for example, is a perfect way to improve your shape because it teaches poise. Good deportment creates the illusion of a taller and slimmer frame. *Body pump* is a popular newcomer reckoned to be the quickest way to get in shape. It is a complex work out performed to music using barbells with adjustable weights and suitable for all levels of fitness.

1. Five phrases A-F have been removed from the text. Select the appropriate sentence for each gap 1-5 in the text. There is one extra phrase that does not fit.

- A. to help you do this
- B. to show you how to use them
- C. to try to balance on one
- D. to prolong our lives
- E. to protect it
- F. to work these parts.

2. Complete the sentence below:

Working out regularly helps us _____.

SECTIUNEA II

30 puncte

1. Each of the following sentences contains one error. Identify each of the errors and write the correct form on your exam sheet.

1. He is the friend of hers.
2. He told me then that two accidents have just been reported.
3. As usually, he arrived late.
4. The lady which lives next door is a good doctor.
5. The bank will be closed until farther notice.
6. The water boils. Can you turn it off?
7. What will they do with all those money?
8. She went for shopping two hours ago.
9. He hadn't scarcely a penny in the bank.
10. I had no time to have the breakfast as I was late.
11. We reached to the village at sunset.
12. I'll go to bed as soon as I will get home.
13. I awoke up when the alarm-clock rang.
14. Are you familiar to the properties of these plants?
15. John has left school in 1991.



2. Use the words in capitals at the end of each line to form a word that fits in the space in the same line. An example (0) has been provided.

0. The cost of has risen considerably.
The cost of **living** has risen considerably

LIVE

1. Sooner or later you'll have to _____.
2. Let's not have another _____!
3. It was _____ of you to give up when you were so near.
4. I like company, I resent _____.
5. He was the last _____ of China.
6. He fixed everything with amazing _____.
7. I'm glad you have so _____ explained things to her.
8. I'm not going to climb that mountain, it's too _____!
9. It is _____ to assume that everyone thinks the same way as you do.
10. I count on her _____.

APOLOGY
ARGUE
THOUGHT
LONELY
EMPIRE
ABLE
TACT
RISK
LOGICAL
SECRET

11. She has only _____ knowledge of German.
12. I've noticed the _____ number of the car which killed your dog.
13. This is a _____ view of the problem.
14. The baby had _____ eyes when he had measles.
15. Don't worry, this is a _____ material!

BASE
REGISTER
SUBJECT
WATER
WASH

SECTIUNEA III

30puncte

You receive an e-mail containing the following information:

Hello!

You know, I had the opportunity to get a better paid job. They were very satisfied with my knowledge but they suggested some changes in my appearance, like hair style, make-up, clothes and even attitude. What do you think? What's to be done?

I'm waiting for your reply.

Best regards.

Write a letter in reply. Do not sign it and do not write any addresses. Use between 70-120 words.



ANSWER SHEET GRAMMAR

1.

1. He is a friend of hers.
2. He told me then that two accidents had just been reported.
3. As usual, he arrived late.
4. The lady who lives next door is a good doctor.
5. The bank will be closed until further notice.
6. The water is boiling. Can you turn it off.
7. What will they do with all this money?
8. She went shopping two hours ago.
9. He had scarcely a penny in the bank.
10. I had no time to have breakfast as I was late.
11. We reached the village at sunset.
12. I'll go to bed as soon as I get home.
13. I woke up when the alarm-clock rang.
14. Are you familiar with the properties of these plants?
15. John left school in 1991.

2. 1. apologize; 2. argument; 3. thoughtful; 4. loneliness; 5. emperor; 6. ability; 7. tactfully; 8. risky; 9. illogic; 10. secrecy; 11. basic; 12. registered; 13. subjective; 14. watery; 15. washable.

ANSWER SHEET READING

Working out – 1.D, 2.F, 3.B, 4.E, 5.C

Barem de evaluare și apreciere

Se acordă 10 puncte din oficiu

SECȚIUNEA I**30 puncte**

1. reconstruirea textului.....5 cerințe x 5 puncte.....25 puncte
 2. completarea unei propoziții.....1 cerință x 5 puncte.....5 puncte

SECȚIUNEA II**30 puncte**

1. identificarea greșelilor.....15 propoziții x 1 punct.....15 puncte
 2. formarea cuvintelor.....15 propoziții x 1 punct.....15 puncte

Notă 1: În acordarea punctajului în secțiunile I și II ale lucrării se aplică principiul „răspuns corect/incorect”.

SECȚIUNEA III**30 puncte**

- 1- **îndeplinirea cerinței**10 puncte
- îndeplinirea în întregime și în mod competent a subiectului(4 p)
 - ilustrarea ideilor exprimate prin detalii și exemple relevante.....(4 p)
 - capacitatea de a exprima idei în mod competent și original.....(2 p)
- 2- **organizare**.....8 puncte
- organizarea logică a ideilor(2 p)
 - prezentarea și argumentarea ideilor în mod clar.....(2 p)
 - utilizarea conectorilor de mare frecvență.....(2 p)
 - organizarea ideilor în paragrafe simple, structurate.....(2 p)
- 3- **gramatică**.....5 puncte
- folosirea corectă a structurilor gramaticale.....(2,5 p)
 - structuri gramaticale variate, uzuale, cu grad mediu de dificultate.....(2,5 p)
- 4- **vocabular** uzual, adecvat subiectului tratat.....5 puncte
- 5- **elemente de ortografie, ortoepie și punctuație**.....2 puncte
- scrierea corectă a cuvintelor.....(1 p)
 - punctuația.....(1 p)

Total: 90 puncte

Notă 2: Punctajele prevăzute în paranteză în secțiunea III reprezintă maximul acordat pentru fiecare subcriteriu.