

<p>PROVA D'ACCÉS A CICLES FORMATIUS DE GRAU SUPERIOR JULIOL 2020 PART COMÚ: LLENGUA ESTRANGERA (ANGLÉS) Duració: 1 hora i 15 minuts</p>	<p>PRUEBA DE ACCESO A CICLOS FORMATIVOS DE GRADO SUPERIOR JULIO 2020 PARTE COMÚN: LENGUA EXTRANJERA (INGLÉS) Duración: 1 hora y 15 minutos</p>
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ADVENTURER OF THE YEAR

Kilian Jornet arrived to Everest base camp with the objective of getting a Fastest Known Time (FKT) for an up and down trip of the world's tallest mountain from the Tibetan side. Jornet reached Everest's summit twice within a single week, first on May 22, then again on May 27. Both times he climbed solo, without the use of supplemental oxygen, without fixed ropes, and without reliance on supplies or support.

Climbing Everest without oxygen twice in the same week has been done once before, in 2007 by Pemba Dorje Sherpa, whose ascents were seven days apart.

However, Jornet had food poisoning, which slowed him down, especially above 7,000 meters. He had diarrhea, vomiting, but he knew it wasn't going to kill him .

Emotional control is very important," says Jornet, "especially in mountaineering. Euphoria can be just as dangerous as fear. You can be happy, but you need to be able to really not listen to these emotions when making decisions to keep going.

Since he was a kid, recovery was one thing he was very good at. His parents were mountaineers and he climbed mountains at the age of three in Spain with his family. He has a passion for moving in the mountains.

He is the most dominating endurance athlete of his generation. In just eight years, Jornet has won more than 80 races, claimed some 16 titles and set at least a dozen speed records, many of them in distances that would require the rest of us to purchase an airplane ticket. He has run across entire landmasses (Corsica) and mountain ranges (the Pyrenees), nearly without pause. He regularly runs all day eating only wild berries and drinking only from streams.

sources: A text adapted from National Geographic

www.nationalgeographic.com/adventure/features/adventurers-of-the-year/2018/kilian-jornet-mountain-runner/

<p>CRITERIS D'AVALUACIÓ I QUALIFICACIÓ</p> <p>La qualificació d'aquesta part o apartat s'adaptarà al que estableix la Resolució de 29 d'abril de 2020, de la Direcció General de Formació Professional i Ensenyaments de Règim Especial, per la qual es convoquen proves d'accés als cicles formatius de Formació Professional (DOGV núm. 8804, 05.05.2020).</p>	<p>CRITERIOS DE EVALUACIÓN Y CALIFICACIÓN</p> <p>La calificación de esta parte o apartado se adaptará a lo que establece la Resolución de 29 de abril de 2020, de la Dirección General de Formación Profesional y Enseñanzas de Régimen Especial, por la que se convocan pruebas de acceso a los ciclos formativos de Formación Profesional (DOGV núm. 8804, 05.05.2020).</p>
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Read the instructions for each question carefully before answering.

1. Answer the following questions. Write complete sentences. (1 point)

a) According to the text, Killian Jornet arrived to Everest. What was his objective? (0,5 points)

b) What problems did Killian have when climbing Everest? (0,5 points)

2. Find a synonym in the text for these words. (1 point)

a) extreme happiness : _____ (0,5 points)

b) child: _____ (0,5 points)

3. Are the following sentences true or false? Underline the correct option. (1 point)

a) Killian Jornet was the only one climbing the Everest without oxygen twice. TRUE/ FALSE (0,5 points)

b) Killian Jornet climbed mountains when he was a child. TRUE/FALSE (0,5 points)

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4. Underline the best option. (1 point)

1. It took Jornet _____ time to reach the summit because of food poisoning (0,5 points)

- a) many
- b) a lot of
- c) few

2. Jornet knew that he _____ die from diarrhea and vomiting. (0,5 points)

- a) wouldn't
- b) mustn't
- c) had to

5. Complete the sentences with the PAST SIMPLE form of the verbs in brackets. (2 points)

- a) _____ they usually _____ mountains in summer? (CLIMB) (0,5 points)
- b) The race _____ always in winter. (BE) (0,5 points)
- c) He _____ to Canada last year because his friend was living there. (GO) (0,5 points)
- d) Yesterday I _____ a film about bears in the Pyrenees. (WATCH) (0,5 points)

6. Choose one of the following topics and write a text of 60-80 words long. (4 points)

a) Do you like sports? Do you usually play any sports?

Write about sports. Describe advantages, positive aspects and consequences of practising a sport.

b) Sport and healthy diet.

Write about the connection between practising any sport and following a healthy diet.

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