

جدول امتیازدهی آزمون‌های آمادگی جسمانی داوری کشتی آقایان در سال ۱۳۹۸

یک دقیقه شنا روی کف دست		۱۸ تا ۳۰ سال							
		دوی ۱۶۰۰ متر		۱ دقیقه دراز و نشست		دوی ۴×۹		پرش طول	
امتیاز	رکورد	امتیاز	رکورد	امتیاز	رکورد	امتیاز	رکورد	امتیاز	رکورد
۰/۲۵	۱۷-۱۸	۰/۲۵	۱۳/۳۰ تا ۱۳/۰۱	۰/۲۵	۲۷-۲۸	۰/۲۵	۹/۹۵ تا ۹/۸۱	۰/۲۵	۱/۶۵ تا ۱/۶۱
۰/۵	۱۹-۲۰	۰/۵	۱۳ تا ۱۲/۳۱	۰/۵	۲۹-۳۰	۰/۵	۹/۸۰ تا ۹/۶۶	۰/۵	۱/۷۰ تا ۱/۶۶
۰/۷۵	۲۱-۲۲	۰/۷۵	۱۲/۳۰ تا ۱۲/۰۱	۰/۷۵	۳۱-۳۲	۰/۷۵	۹/۶۵ تا ۹/۵۱	۰/۷۵	۱/۷۵ تا ۱/۷۱
۱	۲۳-۲۴	۱	۱۲ تا ۱۱/۳۱	۱	۳۳-۳۴	۱	۹/۵۰ تا ۹/۳۶	۱	۱/۸۰ تا ۱/۷۶
۱/۲۵	۲۵-۲۶	۱/۲۵	۱۱/۳۰ تا ۱۱/۰۱	۱/۲۵	۳۵-۳۶	۱/۲۵	۹/۳۵ تا ۹/۲۱	۱/۲۵	۱/۸۵ تا ۱/۸۱
۱/۵	۲۷-۲۸	۱/۵	۱۱ تا ۱۰/۳۱	۱/۵	۳۷-۳۸	۱/۵	۹/۲۰ تا ۹/۰۶	۱/۵	۱/۹۰ تا ۱/۸۶
۱/۷۵	۲۹-۳۰	۱/۷۵	۱۰/۳۰ تا ۱۰/۰۱	۱/۷۵	۳۹-۴۰	۱/۷۵	۹/۰۵ تا ۸/۹۱	۱/۷۵	۱/۹۵ تا ۱/۹۱
۲	۳۱-۳۲	۲	۱۰ تا ۹/۳۱	۲	۴۱-۴۲	۲	۸/۹۰ تا ۸/۷۶	۲	۲ تا ۱/۹۶
۲/۲۵	۳۳-۳۴	۲/۲۵	۹/۳۰ تا ۹/۰۱	۲/۲۵	۴۳-۴۴	۲/۲۵	۸/۷۵ تا ۸/۶۱	۲/۲۵	۲/۰۵ تا ۲/۰۱
۲/۵	۳۵-۳۶	۲/۵	۹ تا ۸/۳۱	۲/۵	۴۵-۴۶	۲/۵	۸/۶۰ تا ۸/۴۶	۲/۵	۲/۱۰ تا ۲/۰۶
۲/۷۵	۳۷-۳۸	۲/۷۵	۸/۳۰ تا ۸/۰۱	۲/۷۵	۴۷-۴۸	۲/۷۵	۸/۴۵ تا ۸/۳۱	۲/۷۵	۲/۱۵ تا ۲/۱۱
۳	۳۹-۴۰	۳	زیر ۸ دقیقه	۳	۴۹-۵۰	۳	زیر ۸/۳۰	۳	بالای ۲/۱۶

برنام خداوند جان و خرد

کلاس:

مکان:

زمان:

فدراسیون کشتی جمهوری اسلامی ایران

انستیتو بین المللی کشتی و کمیسیون داوران

آزمون زبان انگلیسی

Name:

Surname:

Province:

Time: 90 Min

Part 1: Vocabulary

Part 2: Grammar

Part 3: Reading

Part 4: Writing

Part 5: Wrestling Rules

Part 1: Vocabulary

1) Match the questions to the answers: (4 Marks)

- A) Do you listen to jazz?
- B) What's your favorite kind of music?
- C) Who's your favorite musician?
- D) Do you like Jonas Brothers?

1. Joshua Bell. I really like him.
2. Yes, they're ok.
3. Yes, I do, It's cool. I like it.
4. Hip-Hop

2) Put these words in the correct place: (5 Marks)

(souvenirs / visiting / trash / picnic / standing)

- A) They're a museum.
- B) He's eating in the area.
- C) I'm throwing in the bin.
- D) We're buying
- E) I'm in the line.

Part 2: Grammar

3) Put these words in the correct place: (5 Marks)

(How much / How many / Some / any / there is / there are)

- A) sugar do you need ?
- B) some oranges in the cupboard.
- C) a concert at 12:00 A.M on the corner of main street.
- D) bottles of oil does she want?
- E) There are shops in the smith tower.

4. Answer these questions: (5 Marks)

A) What day was yesterday?

.....

B) What are your hobbies in free time?

.....

C) When's your birthday?

.....

D) How often do you go bike riding?

.....

E) What are you going to do next vacation?

.....

5. Complete the sentences: (4 Marks)

(have / has / am / is / are)

A) Who that? She looks familiar.

B) They straight black hair.

C) He a mustache and wavy hair.

D) My eyelashes long.

Part 3: Reading

Read about the most important event in sport:

The first games took place in 776 BC. With one competition, a race about 192 meters. The first modern Olympics took place in 1896 with 241 competition taking part in nine sports: Athletics, cycling, fencing, gymnastic, weight fighting, shooting, swimming, tennis and wrestling.

By 2004, there were over 11,000 people competing in 28 sports.

Gymnast Larrissa Latynina holds the record for the most Olympic medals 18.

Boxing is now the only Olympic sport where professionals are not allowed to compete.

6. Are these sentences true or false: Put X or √: (2 Marks)

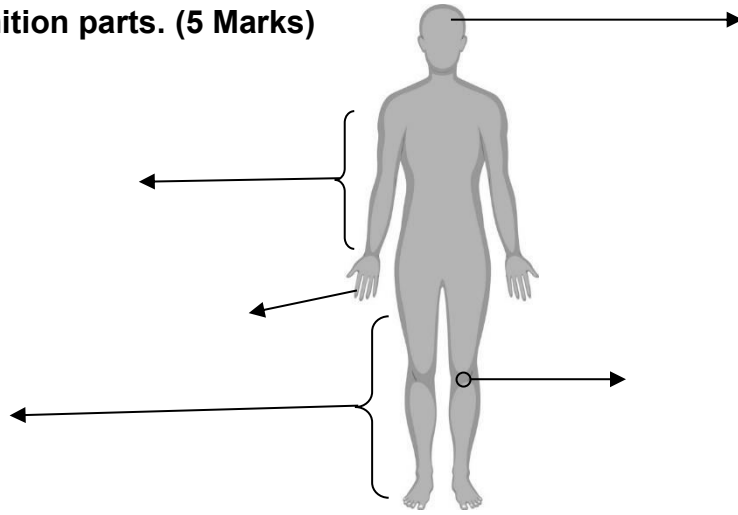
A) The first modern Olympic had ten Sports. ☐

B) Larrissa Latynina had the most medals in Olympic. ☐

C) Took place is the past from of take place. ☐

D) Wrestling is now the only sport where professionals are not allowed to compete. ☐

7. Write the definition parts. (5 Marks)



Part 4: Writing

8. Write about your last weekend. (At least 6 or 7 Lines) (10 Marks)

- Did you have a good time?
- How was the weather?
- What did you do?
- Where did you go?

Part 5: Wrestling Rules

9. Write the meaning of the following UWW basic vocabulary in Farsi: (10 Marks)

- | | | |
|---------------------|------------|-------------|
| - Position: | - Open: | - At terre: |
| - Chronometer: | - No jump: | - Head up: |
| - Score sheet: | - Victory: | - Referee: |
| - Disqualification: | | |

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آزمون زبان انگلیسی

Name:

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Time: 90 Min

Part 1: Vocabulary

Part 2: Grammar

Part 3: Reading

Part 4: Writing

Part 5: Wrestling Rules

Part 1: Vocabulary

Choose the best answer: (6 Marks)

- The football match last night was cancelled because of the snow.
a) tiny b) strong c) heavy d) serious
- If you want to sell your old why not put an advertisement in the local newspaper.
a) list b) sofa c) sore d) e-mail
- She can make friends easily she's
a) friendly b) smart c) funny d) artist
- You can see bats in (cave - river)
- If something works it is (difficult - successful)
- Sentences have to begin with a letter. (lowercase - capital)

7) Match: (6 Marks)

A	B
first	handed
easy	known
second	class
well	going

A	B
correct	an exercise
barrow	someone's mistake
look up	a dictionary
do	a book

Part 2: Grammar

Choose the best answer: (7 Marks)

- The students the book now.
a) is wanting b) wanting c) want
- My father is going to here next week.
a) be b) do c) did
- Your father's friend is honest man.
a) a b) an c) -
- Does Ali always study at night? No, he studies at night.

- a) never b) sometimes c) often
- 12) Mrs. Alice came to Tehran last year. came to Tehran last year?
- a) who b) who did c) whom
- 13) Mary is going to have milk.
- a) many b) some c) any
- 14) Did you find the book? No, I am
- a) looking it for b) looking for it c) looking for them

Part 3: Reading

15. Read the article. Check ✓ the main idea, then answer the questions: (1 Marks)

- A) The air is dirty and the oceans are rising. ☐
- B) Global warming is a big problem, but anyone can help. ☐
- C) It's hotter these days and many animals are dying. ☐

Global warming

Look around you. What's the weather like these days? In many places like Antarctica and Greenland It's usually cold, but now It's hotter. The ice in these cold places is melting and the water in the oceans is rising. The air is dirty. Many species of planet and animals are dying. This is a serious problem and it has a name **global warming**. Can we stop global warming? Yes, we can. Scientists think there's still time to save our incredible planet. So what can we do?

Here are some ideas:

- Use less water, paper, electricity.
- Walk bike or take the bus. Don't drive.
- Recycle paper and plastic items.
- Ask your classmates, friends and family for ideas.

And don't forget our actions can save the world for many years to come. Let's start today.

According to the article answer these questions: (6 Marks)

- 16) What's the weather usually like in Greenland?
.....
- 17) What's the ice doing in Greenland?
.....
- 18) What is the air like around the world?
.....
- 19) Can we stop global warming?
.....
- 20) What can you do to help?
.....

21. Write a paragraph (5 - 6 Lines) about your future plans. (10 Marks)

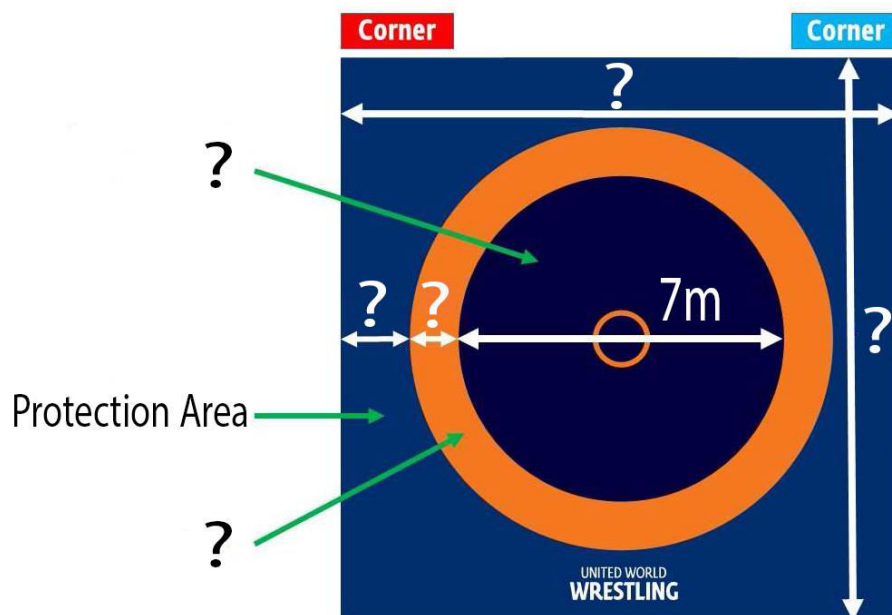
- What are you going to do?
- Where are you going to go?
- What are you going to change?
- Are you going to continue your education in university?

Part 5: Wrestling Rules

22. Write the meaning of the following UWW basic vocabulary in Farsi: (10 Marks)

- Protest:	- Defeat:	- Salute:
- Round sheet:	- Jury of appeal:	- Caution:
- Consultation:	- Judge:	- Fault:
- Continue:		

Write the correct answer in the question marks? (4 Marks)



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Part 5: Wrestling Rules

Circle the correct words then match the questions in the answers. (one is extra) (2 Marks)

- 1) What (does / is) she look like?
- 2) What is his (look / hair) like?
- 3) What color (is / are) his eyes?
- 4) What does Roman (is / look) like?
- A) They're blue.
- B) He's tall and heavy.
- C) She's short end Slim.
- D) He likes his mom.
- E) It's short and straight.

Choose the best answer: (3 Marks)

- 5) Those two must be teachers.
- a) gentleman b) gentlemen c) gentlesman d) gentlesmens
- 6) The teacher is standing beside
- a) they b) their c) them d) theirs
- 7) Did you finish working on new house? I expect to have the by January.
- a) work completely b) work complete c) complete work d) work completed

Part 2: Grammar

8. Put these words in the gaps: (4 Marks)

(from / by / leaving a massage / opposite / study)

- A) Where is Jane ? New Zealand.
- B) There's a post office the cinema.
- C) Do you go to school bus.
- D) Mike is on the phone. He is

9. Fill the blanks with the correct form of word. (6 Marks)

Country	Nationality
Russia	
Turkey	
	French
	Polish
America	
Iran	

10. Fill the blanks with the correct form of word. (4 Marks)

Singular	Plural
foot	
tooth	teeth
woman	
man	men
child	
person	

11. Complete the gaps: (3 Marks)

(play / do / go)

- A) athletics.
- B) tennis.
- C) for a walk.
- D) ice hockey.
- E) musical instrument.
- E) gymnastic.

Part 3: Reading

12. Read the blog entries then do the exercises:

There are some fantastic beaches here on the Costa Brava. But the weather this week is terrible. That's really unlikely because it is usually quite good at this time of year. Yesterday we stayed in a hotel all day and played cards. How boring! Dad lost the game and went to bed early. He was in a bad mood all day today. Tomorrow we're visiting a huge water park. So it doesn't matter if it's raining. We're flying home Saturday. Great.

Answer: (5 Marks)

13) Where is he?

- 14) What is the weather like?
- 15) What did he do yesterday?
- 16) What are his plans for tomorrow?
- 17) when`s he flying home?

18. Synonyms: in text. (3 Marks)

Very good:

Very bad:

Very big:

Part 4: Writing

19. Write about your typical day (daily routine). (About 25 - 35 words) (10 Marks)

- What do you do every day?
- Do you set up early?
- What time do you go to bed?
- Do you do exercise?

Part 5: Wrestling Rules

20. Write the meaning of the following UWW basic vocabulary in Farsi: (10 Marks)

- | | | |
|--------------|----------------|-----------------|
| - Attention: | - Danger: | - Zone: |
| - Time out: | - Intervention | - mat chairman: |
| - Non: | - Contact: | - Score sheet: |
| - Fin: | | |