

**Vocabulary** (5 points)

**Part A** (0.5 point each)

characterized	gloom	fit in	draconian	
counterproductive	dominate	diverse	crackdown	disparity
inextricably	curve ball	high-impact	intervention	
whopping	sweep under the rug	payoff	nip it in the bud	

**Use the words from the box above to complete the sentences below. Do not change the form of the words. Not all words will be used.**

1. A group of MIT researchers have created an artificial intelligent system to track offensive language online and \_\_\_\_\_ to prevent cyberbullying more efficiently.
2. Just when the physicians think they have their patient's physiological well-being figured out, an unanticipated disease throws them a \_\_\_\_\_.
3. Climate change, energy security, and economic stability are \_\_\_\_\_ linked.
4. Philippine president Duterte's \_\_\_\_\_ on drugs has resulted in almost 6,000 deaths according to some sources, and a staggering 20,000 or more according to others.
5. Chasing after happiness is \_\_\_\_\_; the more you try to be happy, the more you become unhappy.
6. Japan ranks high globally for justice, quality of life, and fulfillment, with a \_\_\_\_\_ \$400,000 million difference in healthcare and education spending compared to Thailand.
7. Chula provides \_\_\_\_\_ learning environments, from hands-on farming at its Nan campus to the nanotech lab and theater workshops in Bangkok to electronic databases online.
8. At the survival boot camp, a new health craze for enthusiasts who are usually unmotivated to do even moderate exercise, if you are unfit, you will \_\_\_\_\_.

**Part B** (0.25 point each)

**For each number, circle the pair that does not belong.**

1. a) satisfied-content    b) groggy-fuzzy    c) wacky-pudgy    d) outcome-consequence
2. a) robust-strong    b) unique-naïve    c) vigilant-watchful    d) pornographic-smutty
3. a) volatile-unstable    b) pernicious-harmful    c) happiness-glee    d) comprehensive-understand
4. a) stress-emphasize    b) purvey-disseminate    c) pace-prosecute    d) alienation-ostracism

**Listening** (10 points)

1. (1) “You’ve likely heard the idea that sitting is the new \_\_\_\_\_.”
2. (1) “The lack of physical activity is linked to \_\_\_\_\_ in the annual health care costs.”
3. (1) The federal government’s guidelines suggest activity each week comparable to at least
  - a. 160 minutes of meditative breathing exercises
  - b. 150 minutes of washing dishes at the kitchen sink
  - c. 160 minutes of playing competitive basketball
  - d. 150 minutes of dancing with your friends
4. (0.5) Circle the correct bold option: To be healthy, in a 24-hour period, you **do / don’t** have to exercise continuously for about 25 minutes at one time.
5. (1) For the first time children ages 3–5 are mentioned in the guidelines. What reason is given for recommending them active play throughout the day?
6. (2) Give at least **two** immediate benefits of exercise.
7. (1) Give **one** example of a way that a single bout of exercise benefits cognition and brain function.
8. (1) Give at least **two** diseases that people who keep active daily in the long term reduce their risk of having.
9. (0.5) True/False: If you were a physically active child, you have a higher chance of being an active adult.
10. (1) Kathleen Janz, also on the Physical Activity Advisory Committee, sums it up this way: “Every time you’re active, you \_\_\_\_\_ better, you \_\_\_\_\_ better, and you feel better.”