



Pró-reitoria de Pesquisa, Pós-Graduação e Inovação

e

Curso de Licenciatura em Letras: Línguas Adicionais - Inglês, Espanhol e Respectivas

Literaturas

Teste de Proficiência em Inglês

09 de novembro de 2019

CPF:

O objetivo deste teste é comprovar sua proficiência em leitura e compreensão de textos em língua inglesa. Para tanto:

- 1) Leia atentamente o texto e as questões referentes aos textos;
- 2) Baseie-se somente no texto para responder as perguntas;
- 3) Utilize somente dicionário **impresso**.

Antes de começar o exame, certifique-se de que:

- 1) Desligará seus equipamentos eletrônicos;
- 2) Escreverá com caneta azul ou preta;
- 3) Utilizará somente as folhas de rascunho fornecidas;
- 4) Ao final do teste, entregará ao examinador o teste impresso e as folhas de rascunho.

Leia o texto de referência e depois responda aos questionamentos que os seguem. São 10 (dez) perguntas relativas ao texto. Cada questão poderá ser pontuada em até 1 ponto. São 10 pontos ao total.

A duração da prova é de 03 (três) horas.

Slow walking at 45 'a sign of faster ageing'

By Philippa Roxby BBC News

1. Slow walkers have 'older' brains and bodies, the study found. How fast people
2. walk in their 40s is a sign of how much their brains, as well as their bodies, are
3. ageing, scientists have suggested.

4. Using a simple test of gait speed, researchers were able to measure the ageing
5. process. Not only were slower walkers' bodies ageing more quickly - their faces
6. looked older and they had smaller brains. The international team said the findings
7. were an "amazing surprise".

8. Doctors often measure gait speed to gauge overall health, particularly in the
9. over-65s, because it is a good indicator of muscle strength, lung function, balance,
10. spine strength and eyesight. Slower walking speeds in old age have also been
11. linked to a higher risk of dementia and decline.

12. 'Problem sign'

13. In this study, of 1,000 people in New Zealand - born in the 1970s and followed
14. to the age of 45 - the walking speed test was used much earlier, on adults in
15. mid-life. The study participants also had physical tests, brain function tests and
16. brain scans, and during their childhood they had had cognitive tests every couple
17. of years.

18. "This study found that a slow walk is a problem sign decades before old age,"
19. said Prof Terrie E Moffitt, lead author from King's College London and Duke
20. University in the US.

21. Researchers tested the walking speed of participants on an 8m-long pad. Even at
22. the age of 45, there was a wide variation in walking speeds with the fastest
23. moving at over 2m/s at top speed (without running).

24. In general, the slower walkers tended to show signs of "accelerated ageing"
25. with **their** lungs, teeth and immune systems in worse shape than those who
26. walked faster. The more unexpected finding was that brain scans showed the
27. slower walkers were more likely to have older-looking brains too.

28. And the researchers found they were able to **predict** the walking speed of
29. 45-year-olds using the results of intelligence, language and motor skills tests from
30. when they were three. The children who grew up to be the slowest walkers (with
31. a mean gait of 1.2m/s) had, on average, an IQ 12 points lower than those who
32. were the fastest walkers (1.75m/s) 40 years later.

33. Why are these findings important for practice, research, and health policy?
34. First, **although** gait speed has become a widely accepted indicator of health risk
35. in late life, including risk of hospitalization, disability, dementia, and mortality,
36. its application earlier in adulthood is less clear. The study developed in New
37. Zealand, by Rasmussen et al (2019), confirms that a subset of persons in their 40s
38. already show indicators of future health challenges and are already aging more
39. quickly than their peers. Furthermore, this study suggests that unknown factors
40. that had already affected 3-year-old children also influenced their health and
41. function 40 years later.

42. Lifestyle link

43. The international team of researchers, writing in **JAMA Network Open**, said
44. the differences in health and IQ could be due to lifestyle choices or a reflection of
45. some people having better health at the start of life. But they suggest there are

<p>46. 47. 48. 49. 50. 51. 52.</p>	<p>already signs in early life of who is going to fare better in health terms in later life.</p> <p>The researchers said measuring walking speed at a younger age could be a way of testing treatments to slow human ageing. A number of treatments, from low-calorie diets to taking the drug metformin, are currently being investigated. It would also be an early indicator of brain and body health so people can make changes to their lifestyle while still young and healthy, the researchers said.</p> <p>Adapted from: ROXBY, Philippa. Slow walking at 45 'a sign of faster ageing'. BBC News. 12 out. 2019. Disponível em: https://www.bbc.com/news/health-50015982. Acesso em: 02 nov. 2019.</p> <p>Adapted from: STUDENSKI, Stephanie. Gait Speed Reveals Clues to Lifelong Health. 11 out. 2019. Disponível em: https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2752811). Acesso em 04 nov. 2019.</p>
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Questões de 1 a 10, responda as perguntas e escolha as alternativas mais adequadas:

1) Qual é a principal questão discutida pelo texto?

2) De acordo com o texto, de que forma os pesquisadores mediram o processo de envelhecimento?

- a) Com um teste simples de velocidade da caminhada.
- b) Com um teste simplificado de velocidade de caminhada.
- c) Com um teste simples de velocidade da corrida.

3) Qual a opinião da equipe internacional envolvida na pesquisa apresentada neste texto?

- a) Uma grande surpresa.
- b) Uma surpresa maravilhosa.
- c) Uma surpreendente maravilha.

4) Quais os motivos de os médicos medirem a velocidade da caminhada a partir dos 65 anos de idade?

- a) Porque é um bom indicador de função muscular, força dos pulmões, equilíbrio e visão.
- b) Porque é um bom indicador de função muscular, equilíbrio, visão, força da coluna e dos pulmões.
- c) Porque é um bom indicador de força muscular, funcionamento dos pulmões, equilíbrio, visão e força da coluna.

- 5) O que o estudo desenvolvido na Nova Zelândia encontrou?
- a) A caminhada lenta não é um indicativo de problema de saúde décadas antes da idade madura.
 - b) A caminhada lenta é um indicativo de problema de saúde décadas antes da idade madura.
 - c) A caminhada lenta é um indicativo de problema de saúde dez anos antes da idade madura.

6) O pronome **their** (linha 25) se refere, no texto, a:

- a) Pedestres lentos
- b) Sinais de envelhecimento acelerado
- c) Pulmões, dentes e sistema imunológico

7) A palavra **predict** (linha 28) pode ser substituída, sem perda de sentido no texto, por:

- a) *Foresee*
- b) *Prove*
- c) *Measure*

8) A palavra **although** (linha 34) não pode ser traduzida, de acordo com seu significado no texto, por:

- a) Embora
- b) Apesar de
- c) Entretanto

9) A palavra **fare** (linha 46) pode ser traduzida, sem perder seu sentido no texto, por:

- a) Conectar-se
- b) Sair-se
- c) Alimentar-se

10) Traduza o excerto abaixo (linhas 48 a 50) , de modo que ele não perca o sentido pretendido pelo autor do texto:

“The researchers said measuring walking speed at a younger age could be a way of testing treatments to slow human ageing. A number of treatments, from low-calorie diets to taking the drug metformin, are currently being investigated.”
