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Read the passage and answer the following question(s).

Striving for the Gold

If you're ever sitting in an Italian restaurant and notice a very tall, lean, young man gorging on spaghetti and chicken parmesan, you could be watching an Olympic champion and not even know it. Eating Italian food is one way that swimmer Tom Dolan gears up for a big race—along with making sure his inhaler is full. Tom has a case of asthma that might prevent some people from walking down the street, but he has won two gold medals and has broken a world record.

Tom Dolan started swimming at age five, simply to prove that he could outswim his older sister. He has always been highly competitive; when he was a child, his dad could always get him to drink an extra glass of milk by filling two glasses and challenging Tom to a race. At the age of eleven, he broke his arm and his mother told him to stop swimming until the cast was off. Instead, Tom covered the cast with a foam casing and kept on swimming.

When Tom was twelve, he was running on the playground and suddenly felt like he could not breathe. He did not tell his parents until it happened a second time. They took him straight to the doctor, who diagnosed him with allergies and asthma. Tom was allergic to dust, mold, and pollen. Worst of all for a swimmer, he was sensitive to chlorine!

Tom's asthma did not stop him from becoming a competitive swimmer in college though, nor did the fact that he was also diagnosed with exercise-induced asthma. This meant that his asthma would get worse as he worked out more intensely. Another doctor said he also had a condition called tracheal stenosis, a narrow windpipe. Due to the tracheal stenosis and asthma, Tom could take in only about 10% as much oxygen as his competitors.

Despite his medical conditions, Tom continued to swim. His best event was the 400-meter Individual Medley (IM), which consists of 100 meters each of four different strokes: butterfly, backstroke, breaststroke, and freestyle. Sometimes Tom blacked out during practice, but never during a race. Even a collapse and subsequent hospitalization in Hawaii during his sophomore year in college did not stop Tom. He had his eye on the Olympics.

The Olympics in Atlanta in 1996 presented Tom with a special challenge. The heat and humidity created sticky, heavy air that made it more difficult than usual for him to breathe. Going into the last 50 meters of the 400-meter IM, Tom was 3/100^{ths} of a second behind his toughest competition, Eric Namesnik, another American swimmer. Tom pushed himself to the limit, beating Eric by 35/100^{ths} of a second and setting a world record for the event. He went on to win his second gold medal in the same event in Sydney in 2000.

Tom believes that he is a great swimmer because of, not in spite of, his medical problems. He feels that his asthma taught him how to overcome adversity. As he says, he feels like he is one step ahead, because "I know that my body has gone through more stress and strain than anyone else in the pool." And, quite possibly, more Italian food.

What is Asthma?

(Excerpt from a pamphlet on asthma distributed in doctors' offices)

Asthma is a disease that causes the bronchial tubes that bring air into a person's lungs to become red and swollen. Because air cannot move smoothly in and out of the lungs, asthma sufferers have difficulty breathing.

People of all ages can suffer from asthma, although it's most common in younger individuals (under age 40). People who have asthma have sensitive airways that can react to a number of things, called "triggers," which cause an asthma attack. Many things trigger asthma; for example, allergens like: pollens, mold, and pet dander, cleaning solutions, air pollution, tobacco smoke, exercise, a change in the weather, even anxiety and stress.

Small portable inhalers can be an asthma sufferer's best friend. These devices deliver medicine directly into the lungs, which helps shrink the swollen airways and make breathing easier. The medicine is squirted into the throat as a mist while the person inhales, holds their breath for 15 seconds, and then exhales slowly.

(Questions 1-2)

1

What purpose does the reference to Italian food have at the end of "Striving for the Gold"?

- A** to support the idea that Italian food can cause allergies
- B** to imply that the Olympics have an international flavor
- C** to refer to a chronological order of events in the life of a swimmer
- D** to provide a connection between the introduction and the conclusion

2

Which *best* explains the organizational strategy used in "Striving for the Gold"?

- A** It provides a chronological account of Tom Dolan's struggles and triumphs.
- B** It explains what asthma is, then explains all of Tom Dolan's swimming competitions.
- C** It begins with the most important details of Tom Dolan's life and ends with the least important.
- D** It randomly refers to Tom Dolan's various medical conditions throughout the passage.

Read the passages and answer the following question(s).

The following is an article from a magazine about little-known sports facts.

The All American Girls Baseball League

During World War II, so many young men were serving in the army that several professional baseball teams were forced to disband. Chicago Cubs owner Philip K. Wrigley was afraid that major league baseball parks were in danger of going bankrupt. So, in 1943, he created the All American Girls Baseball League. Wrigley hoped that, if nothing else, the teams would attract a few fans interested in the unusual experience of watching women play professional sports. It turned out that the women's games were very exciting. In fact, at the league's peak in 1948, there were ten teams and more than a million fans.



But, by 1950, the league was in trouble. A new invention called television was entering more and more American households. It provided families with stay-at-home entertainment. Men's major league baseball games began to be televised and attendance at the women's games dropped. After very low attendance in 1954, the league disbanded.

Even though the league only lasted twelve years, it still holds people's interest today. Several popular books have been written about the history of the women's league. In 1988, a permanent display was installed at the National Baseball Hall of Fame and Museum called "Women in Baseball." Then, in 1992, actress Geena Davis starred in the movie *A League of Their Own*. It told the story of how the league started and reminded viewers of that amazing era.

Alta Weiss: The Belle of the Ball Game

People who have seen the movie *A League of Their Own* know about the All American Girls Baseball League. However, few know that there were women playing baseball in men's leagues long before women took to the field in the 1940s. One of the first and best was Alta Weiss of Ohio.

Alta was the daughter of a doctor who taught her how to hunt and gave her a love for music. Most importantly, he also encouraged her to play sports, especially baseball. Her talent for the game was evident from the age of two, when she threw corncobs at a pesky tomcat that was bothering her. She had "the wrist-snap and follow-through of a major leaguer," according to Barbara Gregorich, a leading authority on women in baseball.

By the age of fourteen, Alta was playing first base for the "second team." This was a group of young prospects and second-tier players. The games were played at Weiss Ball Park, which her father had founded. However, her career in baseball began in earnest when her family was on vacation in Vermilion, Ohio. Alta saw some young men playing catch and joined them. The mayor of Vermilion, H.P. Williams, happened to be watching.

Mayor Williams suggested to Charles Heidloff, the manager of the men's semi-professional Vermilion Independents, that he sign Alta to play for the team. Heidloff refused. So instead, Williams arranged a doubleheader between two local teams, with Alta pitching for one team. She struck out fifteen men in the first game and nine in the second. Heidloff immediately changed his mind and asked her to join his team.

Women at the time were not allowed to wear pants, but Weiss found out that she couldn't play in skirts. "I tried," she said, "I wore a skirt over my bloomers and nearly broke my neck. Finally, I was forced to wear bloomers, but made wide enough that the fullness gave a skirt-like effect." No matter what Alta wore, she was a great pitcher who could throw a sinking fastball, a knuckle ball, and even a spitball. She knew how to change speeds so that even the best male hitters had a hard time hitting the ball.

In Alta's debut with the Independents in 1907, 1200 fans showed up to watch her pitch. The Independents won that first game in eleven innings with a score of 4-3. Alta became so popular with fans that special trains ran from Cleveland to Vermilion whenever she was scheduled to play. She routinely drew 3000 fans to each game.

Alta made enough money as a baseball player to put herself through medical school as the only woman in her class. While she was in school, the Olympic committee asked her to participate in the Olympics, but her father wouldn't allow it. During medical school, and even as a practicing physician, Alta continued to pitch occasionally in men's baseball leagues into the 1920s.

(Questions 3-4)

3 **The invention of television is mentioned in "The All American Girls Baseball League" to explain**

- A how the movie *A League of Their Own* was made
- B why the All American Girls Baseball League was disbanded
- C why the men's major league baseball league was disbanded
- D why the All American Girls Baseball League was entered into the National Baseball Hall of Fame

4 **Which statement evaluates the structural pattern of the passage "The All American Girls Baseball Team"?**

- A It begins and ends with historical information about World War II.
- B It told the story in the order each of the events occurred.
- C It provides a history of baseball from its beginning to now.
- D It begins with the current status of baseball and then discusses its past.

Read the passage and answer the following question(s).

It's the Backpack Bonanza

Would you like to have a backpack made using the latest and greatest technology?

Introducing Trick Wear's all new, terrific, believe-it-or-not backpack! Trick Wear has been making backpacks and other fantastic school, camping, and sports gear for almost thirty-five years, and nobody beats our products for superior quality and affordability.



Trick Wear has recently outdone itself with its new backpack. What's so incredible about our Bonanza Pack? It doubles as a book and supply carrier, as well as a self-cooling lunch and drink storage container. Traditional backpacks, much like the one you probably already own, have at least one pocket in which one can carry small gear such as pens, snacks, or drinks. But, what is worse than a warm drink on a blazing hot day, or a spoiled, lukewarm sandwich that may make you sick? Trick Wear has the remedy for this common problem. Trick Wear's Bonanza Pack is for **every** student, athlete, or worker because it provides all the great storage options that our other backpacks offer, with the added bonus of a refrigerated compartment for your perishable refreshments.

The How-To:

All you have to do is freeze the ice packs (included) that belong in the compartment; in the morning—before school, work, or recreation—tuck your lunch into the compartment, along with your freshly frozen ice packs and you're set! (In cold weather, the insulated pack on the Bonanza stays cold without the aid of the frozen packs.) That's convenience!

With Bonanza Pack on your back, you no longer have to worry about spoiled snacks or warm drinks that should be cool, nor will you have to fret about a lost lunch bag or box. Bonanza Pack allows you to keep your lunch with you and keep it cool. Look for a Bonanza Pack today at your local department or sporting goods store. You can't beat this bargain, and at just \$15.95, we guarantee you'll never go back to your old packing gear again. Stay cool with Bonanza Pack! (Available in 8 colors. Extra ice packs sold separately, three for \$5.00.)

Warranty: Three years per ice pack. Five years per backpack.

(Question 5)

5

Which pair of statements from the document contains an example of logical inconsistency?

- A** "Trick Wear has been making backpacks...for almost thirty-five years, and nobody beats our products for superior quality and affordability."
"Trick Wear has recently outdone itself with its new backpack."
- B** "What's so incredible about our Bonanza Pack?"
"It doubles as a book and supply carrier as well as a self-cooling lunch and drink storage container."
- C** "(In cold weather, the insulated pack on the Bonanza stays cold without the aid of the frozen packs.)"
"That's convenience!"
- D** "Stay cool with Bonanza Pack!"
"(Available in 8 colors. Extra ice packs sold separately, three for \$5.00.)"

Read the passage and answer the following question(s).

A Ride to Fitness



Many people consider horseback riding to be a purely recreational sport. Others compare the activity to competitive sports, as they jump and show their horses for awards. Regardless of the viewpoint one has, riding a horse provides many benefits to one's health.

It is a common mistake to think that the horses are doing all the work. They do put forth a lot of effort, but the riders also get a workout. Riding a horse is much more than simply sitting on the horse; it requires skills that are like maneuvering a sailboat.

Horses can move suddenly and unpredictably. Riders must be quick and effective in communicating with their bodies the direction they want the horse to follow. For example, using their seat and legs, riders deftly instruct their horses to move forward, circle, speed up, slow down, bend, and gait away from or towards an object, or in a particular direction. Riding horses takes skill and athletic ability, which together provide aerobic and strength-building activities.

Another way riders benefit physically from riding is when a horse trots. Riders post, rising up and down in the saddle, using their upper leg muscles to avoid being tossed about. Posting for a protracted period of time produces an aerobic effect, much like running or riding a bicycle. After posting for about twenty minutes, the rider's heart rate elevates, their lungs expand, and their bodies begin burning fat.

There are psychological benefits to be gained from horseback riding as well. For example, most people experience a relaxed sense of well-being following a ride. Many scientists believe this sense of well-being results from the release of hormones in the rider's body. These hormones are known as endorphins. When activated, endorphins cause riders to experience a pleasant, nearly euphoric feeling. In fact, it is not uncommon for endorphins to be released when the rider is just grooming a horse or interacting with it on the ground.

The following is an excerpt from a health and fitness magazine:

HORSEBACK RIDING—Physical Development

Muscle Strengthening

- The leg muscles are developed and strengthened as a rider mounts and dismounts the horse. Both the upper and lower muscles of the legs benefit.
- Back muscles are strengthened as a rider positions him/herself using good posture throughout the ride.
- Upper and lower arm muscles are strengthened as a rider uses the reins to direct the horse.

Aerobic Benefits

- As a rider moves up and down in the saddle (posts), the lungs inhale and express air at a more rapid rate than when the rider is sitting still.
- Over twenty minutes of riding gives the rider aerobic benefits similar to fast walking and/or jogging.

(Questions 6-7)

6

Which statement supports the MAIN idea of "A Ride to Fitness"?

- A** It supports the idea that horseback riding is pure recreation.
- B** It supports the idea that horseback riding can be dangerous.
- C** It supports the idea that horseback riding is a good form of exercise and has benefits for both the body and the mind.
- D** It supports the idea that a rider gets only physical benefits from riding a horse.

7

Which statement explains the logic that was used to support the main idea of "A Ride to Fitness"?

- A** It supports the idea that horseback riding is only beneficial as an aerobic exercise.
- B** It supports the idea that horseback riding is only beneficial for muscle strengthening.
- C** It supports the idea that a rider must ride for at least twenty minutes in order to get any physical benefits from the ride.
- D** It supports the idea that horseback riding is a good exercise for both muscle strengthening and aerobic benefits.

Read the passage and answer the following question(s).

Pass the Tissues

On a visit to the doctor, you might get hit in the knee with a small rubber hammer. Most people know that the doctor is testing a reflex, which is an action your body performs automatically. But did you know that sneezing is also a reflex?

Sneezing is an explosion of air from the nose and mouth. A sneeze can travel up to about 10 feet at speeds of approximately 100 miles per hour. No wonder germs travel so easily in the winter! Most people associate sneezing with colds and allergies, but there are many other causes of sneezing. Any irritation, such as dust, pepper, or pollen, can cause a sneeze. However, sneezing can also be triggered by cold weather, bright light, plucking your eyebrows, combing your hair, rubbing your eyes, or even overeating.

When you sneeze, a message travels from your nose to your brain, and then to the muscles of your abdomen, chest, throat, and face. All of these muscles work together to make air and particles explode from your nose and mouth. It's a very complicated process, even though the time from the first tickle in your nose to hearing "bless you" from a person standing near is only a fraction of a second.

The practice of blessing people for sneezing probably started in the 6th century, during the Bubonic Plague, as sneezing was one of the first symptoms of the illness. In some cultures, sneezing is considered a bad omen; in others, it's a sign of good fortune. Sneezing probably didn't feel like good fortune to 12-year-old Donna Griffiths from the United Kingdom, who holds the world record for sneezing. In the early 1980s for some unknown reason, she sneezed for 978 days in a row, sneezing every one to five minutes. People all over the world sent her handkerchiefs and suggestions for "cures."

Because it is impossible to sneeze without blinking, you will probably never see yourself sneeze, unless someone takes a picture. In fact, in 1888, Thomas Edison actually got the idea for creating movies by looking at a series of still photographs of someone sneezing. Apparently, the sneeze has inspired more than just a need for handkerchiefs and cold medicine.

So, the next time you hear a sneeze, don't assume the person is sick. Instead, maybe she is combing her hair or he recently finished eating lunch. Just stand clear of the explosion and get ready to pass the tissues!

Is that a Cold or an Allergy?

(Excerpt from a pamphlet on colds and allergies distributed in doctors' offices)

Aa-choo! Is that sneeze the beginning of a bad cold or just an allergy? For parents, that can be a confusing question. Both allergies and colds cause sneezing, congestion, runny nose, watery eyes, fatigue, and headaches. However, colds often cause symptoms one at a time—first sneezing, then a runny nose and congestion. Allergy symptoms occur all at once.

Another clue is how long the symptoms last. Cold symptoms generally last 7 to 10 days, whereas allergy symptoms continue as long as a person is exposed to the allergen (symptom trigger). Once the culprit is removed, whether dust, pollen, mold, or pet dander, the sneezing stops. Also, sneezes from an allergic reaction usually come two or three times in a row. A cold sneeze, caused by a virus and sometimes accompanied by a fever, is often more infrequent.

Although it can be annoying, sneezing serves a purpose. It is a body's way of eliminating the virus or the irritants. In fact, some specialists believe that taking too much medicine to lessen the symptoms actually helps prolong them. In other words, just like rinsing your mouth out with mouthwash, a good sneeze rinses out your nose with a blast of air. Just be patient and keep a big supply of tissues on hand.

(Question 8)

8

What is the *best* description of how "Pass the Tissues" is organized?

- A** The paragraphs are arranged in chronological order.
- B** Each paragraph introduces a new fact about sneezing.
- C** Information is offered randomly in no particular order.
- D** The information is presented from least important to most important.

Read the passages and answer the following question(s).

The Mighty Oak



In many parts of the country, the autumn landscape becomes a beautiful panorama of red, orange, and yellow like a watercolor painting. Trees and shrubs along the roads and in the forests turn brilliant colors, preparing to shed their leaves for the winter. One of the most majestic trees is the oak tree.

Oak trees are the genus *Quercus Robur*, which comes from a Latin term meaning "fine tree." They can be found mostly in northern temperate zones, but grow equally well in warm states such as California. Most oaks are deciduous, but in climates such as those in the Southern United States they are evergreen, which means their leaves don't change color and fall off each year.

The acorn is the seed of an oak. Each acorn contains a single seed and is fixed in a woody cup that looks like a hat. Oaks begin producing acorns when they are 20 years old; however, some will not produce their first acorns until the age of 50. By the time the oak is 70 to 80 years old, it will make thousands of acorns every year. Though this may sound like a lot of acorns, only about one out of every 10,000 goes on to become a tree. The rest of the acorns are eaten as food or buried by squirrels for later use, only to be hidden by the fallen leaves of the tree.

Oak trees have become an important part of life. They are a major source of hardwood lumber, which is often used for building ships, furniture, floors, railroad ties, barrels, and tool handles. Oak trees provide habitat and food for thousands of types of animals and insects. The bark can be used for medicine, tanning, and dyes; the bark of the cork oak is used to create cork. Acorns become hog feed, oil, and food; in fact, acorns were one of the most important food sources to some Native Americans.

The oak has always been a symbol of strength because it grows to become so large and it lives for hundreds of years. Currently, the largest certified oak is the "Seven Sisters Oak" in Louisiana. It is 37 feet in circumference and is estimated to be over 1000 years old.

So the next time you're looking for some good shade, a place to hang a swing, or a spot to build a tree house, consider an oak tree. The majestic, sturdy oak can provide shelter and sustenance for people and animals alike.

Planting Acorns

Excerpt from a brochure entitled, "Managing Natural Resources: Planting Acorns." ¹

Collecting Acorns

The best time to gather acorns for planting is in the early fall. This is when the acorns are just starting to turn from green to brown, and some are starting to fall off the tree. Try to pick the acorns directly off the tree rather than picking up the ones on the ground. Acorns that have already fallen are usually cracked and too dry to germinate properly. An acorn is ready for picking when the cap comes off easily. If the cap doesn't pop off with a gentle twist, the acorn is too green.

Storing Acorns

Before storing, twist the caps off and rinse the acorns in cool to lukewarm water to which some bleach has been added—1/2 cup for every gallon of water. This acts as a mild disinfectant and cuts down on mold. Lay the acorns on paper towels to dry completely. Once dry, place the acorns in a zip-lock plastic bag, and store them in a refrigerator until you are ready to plant them. Acorns kept cold for 30 days germinate faster than those planted too soon. However, acorns stored for more than a few months will not grow.

Planting Acorns

Acorns should be planted in early November through early March. Plant each seed about one inch deep. Use a trowel to dig a hole that's slightly deeper than one inch, and then fill in the extra space with some loose dirt. This gives the acorn's root something easy to dig through. Lay the acorn on its side and fill in the rest of the dirt on top of the acorn. Finally, you must water the dirt thoroughly.

1. See other brochures in this series available through the Department of Natural Resources, Washington, D.C.

(Questions 9-10)

9

The author includes the information within the fourth paragraph of "The Mighty Oak" in order to

- A** illustrate how vital the oak trees are both to people and animals
- B** identify the distinct characteristics of the oak tree
- C** describe how important oak trees are to our developing technology
- D** outline the history of the giant oak tree

10

What is the BEST description of how the brochure excerpt, "Planting Acorns", is organized?

- A** In order from the least important to the most important directions.
- B** Using geographical order based on where the trees are planted.
- C** In step by step instructions for how to grow an oak tree.
- D** Using scientific hypotheses followed by supporting details.