

2024年人教版高中英语一轮复习课件（新高考新教材）

高考题型组合练 必修第1册

UNIT 3 SPORTS AND FITNESS

I. 阅读理解

A

If reducing stress has been on your summer-to-do list, there's one powerful thing you can still do before the season ends: get in the habit of taking a walk outside with a friend.

A quick walk in nature with a friend combines three of the most effective stress-reducing and resilience(恢复力)building techniques: physical exercise, spending time in nature and social connection. The activity works by helping normalize the hormonal changes that result from long time stress and enhancing the emotional resources that help us cope.

Walking quickly activates(激活)the body's stress response.And when the walk is over,the stress system comes back down to the baseline.Regular exercise helps your stress response become more efficient,says Jennifer Heisz, associate professor at McMaster University.

As little as 10 minutes of sitting or walking in nature can decrease a person's heart rate,blood pressure and cortisol levels,as well as self-reported stress levels.One possible explanation,the researchers say,is that spending time in nature lowers the activity of our sympathetic nervous system,which regulates stress hormones,and taps into the parasympathetic(副交感)nervous system,which promotes our calm and relaxation responses.

Taking that hike with a loved one can further reduce stress by adding the important element of social connection. Talking with trusted friends helps people process stressful events and lifts self-esteem. Social support has positive effects on the brain and body, scientific research finds.

Earlier this year, Cassie Moreno was in a rut of stress and anxiety. She was starting a new job, struggling to make new friends during the pandemic, and going through a breakup. Strolling along the Hudson River with other women, the 26-year-old Maine native says she felt an immediate surge of confidence and calm.

“Look at the water! Look at the Statue of Liberty! How did we get this lucky?” she says.

【语篇解读】 本文是一篇说明文。文章讲述了在大自然中快速行走有益于身心健康。

1. What is the purpose of paragraph 2?

A. To explain a rule.

B. To clarify an argument.

C. To present a fact.

D. To introduce a topic.

推理判断题。根据第二段的“A quick walk in nature with a friend combines three of the most effective stress-reducing and resilience building techniques: physical exercise, spending time in nature and social connection.”可知,此处是要回答上文的问题,可推断出,此处要阐释上文提出的观点。

2. What is an advantage of spending time in nature?

- ✓ A. Reducing blood pressure.
- B. Lifting self-esteem.
- C. Raising stress hormones.
- D. Activating the nervous system.

细节理解题。根据第四段的“**As little as 10 minutes of sitting or walking in nature can decrease a person’s heart rate, blood pressure and cortisol levels, as well as self-reported stress levels.**”可知,在大自然中能降低血压水平,故选A项。

3. What does Cassie Moreno's remark in the last paragraph indicate?

- A. She was refreshed with confidence.
- B. She was in a state of stress and anxiety.
- C. She was struggling through a hard time.
- D. She was amazed by the fantastic scenery.

推理判断题。根据倒数第二段的“Strolling along the Hudson River with other women, the 26-year-old Maine native says she felt an immediate surge of confidence and calm.”可推断出, Cassie Moreno感到信心十足,精神抖擞。

4.How is the passage developed?

- A.By giving explanations. B.By making comparisons.
C.By listing examples. D.By proving assumptions.

推理判断题。根据文章第一段“If reducing stress...outside with a friend.”,第二段的“A quick walk in nature...and social connection.”,第四段的“As little as 10 minutes...as well as self-reported stress levels.”以及倒数第二段的“Strolling along the Hudson River with other women,the 26-year-old Maine native says she felt an immediate surge of confidence and calm.”可知,本文在开头提出概念,后续段落对这一概念进行解释,使用了解释概念的方式,故选A项。

B

The PAL-V Liberty is a revolutionary vehicle that can travel on both land and air. It is the world's first commercial flying car, and it is now available for pre-order. The PAL-V Liberty is developed by a Dutch company called PAL-V International B.V., which stands for Personal Air and Land Vehicle. The company has been working on the project since 2001, and has successfully tested the prototype in 2012.

The PAL-V Liberty is a two-seater hybrid car and gyroplane, which means it has a three-wheeled chassis and a foldable rotor on top. It can switch between driving mode and flying mode in about 10 minutes, with the help of a semi-automatic system. It has a top speed of 160 km/h on the road and 180 km/h in the air, and can fly up to 500 km on a single tank of fuel. It uses regular gasoline, and can be refueled at any gas station.

The PAL-V Liberty is expected to be delivered to customers in 2023, after obtaining the necessary certifications from aviation authorities. The company claims that the vehicle meets the existing regulations of both cars and aircrafts, and that it is safe and easy to operate. However, the PAL-V Liberty is not a cheap vehicle, nor is it accessible to everyone. It costs 599,000 euros (about 4.7 million yuan) for the Pioneer Edition, which includes flight training courses, power heating and personalization options. There is also a cheaper Sport Edition, which costs 299,000 euros (about 2.3 million yuan), but it has less features and requires the buyer to pay an additional 10,000 euros (about 78,000 yuan) for flight training.

To drive the PAL-V Liberty, one needs both a driving license and a pilot license. The vehicle also requires a runway or airstrip to take off and land, as it cannot do so vertically like a helicopter. The company says it has received 70 orders for the vehicle so far, mostly from customers in Europe and North America. The PAL-V Liberty is a groundbreaking innovation that could change the future of transportation, but it also faces many challenges and limitations.

【语篇解读】 本文是一篇新闻报道。文章介绍了PAL-V Liberty是一种革命性的交通工具,可以在陆地和空中行驶,这是世界上第一辆商用飞行汽车,目前已可预订。

5. What's the limitation of the Pioneer Edition of the PAL-V Liberty?

A. Lack of customized selection.

B. Failure to land and take off vertically.

C. Extra money to be paid for flight training.

D. Disagreement with the existing traffic rules.

细节理解题。根据最后一段中“To drive the PAL-V Liberty, one needs both a driving license and a pilot license. The vehicle also requires a runway or airstrip to take off and land, as it cannot do so vertically like a helicopter.”可知，先锋版的PAL-V Liberty的限制是不能垂直降落和起飞。

6. What can we infer about from the passage?

A. The PAL-V Liberty has been used in our daily life.

B. If you have a pilot license, you can drive the PAL-V Liberty.

C. It can switch between driving mode and flying mode in a short time.

D. The Sport Edition has more attractive features than the Pioneer Edition.

推理判断题。根据第二段中“**It can switch between driving mode and flying mode in about 10 minutes, with the help of a semi-automatic system.**”可知，**PAL-V Liberty**可以在短时间内在驾驶和飞行模式之间切换。

7. What's the author's attitude towards the PAL-V Liberty?

A. Favorable.

B. Skeptical.

C. Objective.

D. Indifferent.

推理判断题。根据第二段中“**It can switch between driving mode and flying mode in about 10 minutes,...can be refueled at any gas station.**”以及第三段中“**However,the PAL-V Liberty is not a cheap vehicle,nor is it...for flight training.**”可知,作者只是客观地描述了PAL-V Liberty的有关数据,包括它的时速以及价格。

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/745034341344012004>