

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

It's well known that physical exercise is beneficial not just to physical health but also to mental health. Yet whereas most countries have 26, evidence-backed guidelines on the type and intensity of exercise 27 for various physical health benefits, such guidelines do not yet exist for exercise and mood. This is 28 due to a lack of necessary evidence. However, a new systematic review brings us usefully up to-date on the current findings in this area.

Before 29 into some of the key take-aways, an important 30 made in the review is between aerobic exercise and anaerobic. The former 31 such things as walking, jogging and cycling and means exercising in such a way that your body is able to use oxygen to burn fat for energy. In contrast, anaerobic exercise—such as lifting heavy weights—is of such 32 intensity that your body does not have time to use oxygen to create energy and so instead it breaks down glucose(葡萄糖) in your blood or muscles.

Beginning first with the influence of exercise intensity on the mood benefits of aerobic exercise, the researchers, led by John Chan at Shenzhen University, found 33 results from 19 relevant studies. Some favoured higher intensity, others low, while seven studies found that intensity made no 34 to mood benefits.

In relation to the intensity of anaerobic exercise, however, the results were far clearer—the optimum(最佳选择) for improving mood is 35 intensity, perhaps because low intensity is too dull while high intensity is too unpleasant.

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| A) constitutes | I) involves |
| B) contradictory | J) moderate |
| C) decision | K) notified |
| D) detailed | L) partly |
| E) difference | M) required |
| F) dipping | N) traditionally |
| G) distinction | O) vigorous |
| H) falling | |