

Section B (15 points)

Directions: *in this section, some sentences have been removed from the following passage. For Questions 26-30, choose the most suitable one from the list A-G to fit into each of the numbered blanks there are two extra choices, which do not fit into any of the blanks. Please mark the corresponding letter on the ANSWER SHEET with a single line through the center.*

Jumping rope has a long history and it is still good for people to do today. _26_

Indeed, the health benefits of jumping rope are many and affect multiple systems throughout the body. _27_ The exercise is also great for improving blood pressure and heart rate.

28 Some reports show that you can burn as many as 500 calories in only 30 minutes of the



activity. When coupled with a calorie-reduced diet, jumping rope can help reduce your body weight and body fat from three to seven pounds in eight weeks.

Because of such benefits, many want to participate in the activity, though some do not know where to begin. There are some good tips for beginners.

It is important to get the right rope length to begin with. 29 As you advance, you may find that a shorter rope is more to your liking because it will aid you in increasing your skipping rate.

30 You should jump softly and low to the ground, and keep your hands low and close to your body. As you improve, you may add no more than 10% additional volume per week.

It is also important to stretch properly to prevent injuries. You can get your body used to the motion of jumping up and down before involving the coordination (协调) required of using a rope.

A. The most important thing is to start slow.

B. What are the health benefits of jumping rope?

C. Jumping rope can also help people lose weight.

D. Regular practice of the sport strengthens muscles.

E. Non-running exercises can be beneficial for old people.

F. This simple piece of exercise equipment does not sell well.

G. The rope should be about 3 feet longer than your total height.

