**1**

得分: 100/100

1. How does a person become an Olympic champion—someone **capable**  正確 winning the gold?

2.  正確 **reality**, a combination of biological, environmental and psychological factors, as well as training and practice, all go into making a super athlete.

3. Perhaps the most important factor **involved**   正確 becoming n elite athlete is genetics.

4. Most Olympic competitors are **equipped**  正確 certain physical characteristics that **differentiate** them 正確 the average person.

5. When we exercise long or hard, it's common to experience tiredness, muscle pain, and **difficulty**   正確 (breathing).

6. These feelings are caused when the muscles produce high  正確 **of lactate** and can’t remove it quickly enough.

7. Thus, the average runner might start to feel discomfort **halfway**  正確 a **race**.

8. For both male and female gymnasts, though, a smaller size and body weight mean they can **move**  正確 greater **ease**.

9. Those raised  正確 high altitudes in countries such as, Keny, Ethiopia, and Morocco have blood that is**rich**  正確 **hemoglobin**.

10. Cultural factors also help some athletes **do well**   正確 certain sports.

11. She **attributes** some of her success  正確 her country's altitude.

12. Although genetics, environment, and even culture **play a part**  正確 becoming an elite athlete, training and practice are needed to succeed.

13. Marathon runners must train to  正確 and maintain their **goals**.

14. Weightlifters and gymnasts  正確 their **skills** by repeating the same motions.

15. "They have to be," says Sean McCam, a sport psychologist  正確 the **Olympic Training Center** in the U.S.

16. How do athletes **adjust**   正確 such  正確 **pressure**?

17. I remember thinking about what my mother would say if she saw me  正確**a bad dive**.



正確

注意本次得分：100 / 100 。