



EN 2101 - 00430

① 1. Exercise brings physical and psychological benefits.

2. Research has described how virtual training process acute cognitive and neural benefits.

3. Group of researchers from Tohoku University's Smart-Aging Research centre led by Professor Dalia Burin finds that physical exercise to be unfeasible.

4. IVR stands for Immersive Virtual Reality.

5. It initially designed for entertainment.

6. Because of its potential use for clinical purposes, IVR has attracted interest from the academic community.

7. They found that looking at a moving virtual body displayed in a first-person perspective includes physiological changes.

8. Heart rate increased/decreased coherently with the virtual movements, even through the young participants remained still.

9. In a follow-up study, the same benefits were also found in healthy elderly subjects after 20-minute sessions occurring twice a week for six weeks.

10. The researchers explored the effect on stress, adding another level of the beneficial effects of virtual training.



11 Young ~~the~~ healthy subjects

12 The result showed a decreased psychosocial stress response and lower levels of anxiety after the virtual training, comparable to what happens after real exercise.

13 Psychosocial stress represents the stress experienced in frequent social situation such as social judgement, rejection, and when our performance get evaluated.

14 B

15 Because <sup>of</sup> high - performance demand and an ageing population exist.

b. 16 Virtual  
able to see but physically do not exist.

2 17 the ability to move.

3 18 having or showing the capacity to develop.

4 19 as a result.

5 20 a false idea or belief.



3 of 4

c 1 similar

2 build

3 first

4 moving

5 decreased

d 1 It includes the earlier production of flowers and fruits.

2. The government has planned to reduce the usage of electricity.

3. He has explored the issue of under-reporting.

4. Ancient Greek symbols each represent a specific number and are similar to Roman Numerals.

5 ~~exist~~

~~Electronic~~

~~There exists an student~~

5. Sunbeams cannot exist <sup>w</sup> without the sun.





- ②
1. helpful
  2. loyalty
  3. reliable
  4. kindness
  5. sensible
  6. successful
  7. unpopularity
  8. useless
  9. spaced, panoramic

- ③
1. by, with
  2. among
  3. since
  4. in
  5. on
  6. by
  7. on
  8. to
  9. on
  10. to