



**PRUEBAS DE COMPETENCIAS CLAVE
PARA EL ACCESO A FORMACIÓN DE CERTIFICADOS DE
PROFESIONALIDAD**

TIPO DE PRUEBA	
COMPETENCIA CLAVE	NIVEL
Comunicación en lengua inglesa	N3
CENTRO QUE REALIZA LA PRUEBA	FECHA
C.E.P.A. PLUS ULTRA	29 Marzo 2019
APELLIDOS, NOMBRE	DNI / NIE

INSTRUCCIONES PARA LA REALIZACIÓN DE LA PRUEBA

- 1º) Escuche atentamente las instrucciones que le dé el examinador.
- 2º) Antes de empezar, rellene los datos personales (apellidos, nombre y DNI/NIE) que figuran en cada página.
- 3º) Lea con atención las preguntas y no se apresure en empezar a escribir.
- 4º) Emplee bolígrafo de tinta azul o negra para responder las preguntas.
- 5º) Conteste las preguntas a continuación de cada enunciado.
- 6º) Dispone de una hoja en blanco que puede utilizar para anotaciones, etc.; deberá entregarla al finalizar la prueba junto con las hojas restantes.
- 7º) No está permitido el uso de dispositivos móviles ni informáticos.
- 8º) La puntuación o valor de la pregunta se detalla en cada una de ellas.
- 9º) Las respuestas incorrectas NO puntúan negativamente.
- 10º) Para superar la prueba es preciso obtener 5 puntos. Se puntúa con 2 decimales.
- 11º) Dispone de una hora y cuarto (75 minutos) para realizar la prueba.
- 12º) Los resultados se harán públicos en: el Tablón de anuncios virtual del Gobierno de La Rioja; en su web, www.larioja.org, en el apartado de Empleo y Formación – Cualificaciones Profesionales; y en los tabloneros de anuncios del Departamento de Cualificaciones, del Centro asignado para las pruebas (Plus Ultra) y del lugar donde se realizan.

READING: Read the text and answer the questions that follow.

YOGA – WHAT IS IT REALLY?

Most people in the west assume yoga is just a kind of physical exercise where you sit on a mat and fall asleep

in the lotus position. I suppose I thought this myself at one time. When I started yoga, my main aim was to get fit and combat migraine. It took me a few years to realize that there was much more to yoga than this.

Yoga is a philosophy, a lifestyle, a way of looking at the world. Really yoga is about controlling the fluctuations of the mind. You begin by controlling the body. The physical postures (called asanas) train you to do this. Then you learn to control your breathing, but you can't control your breathing until you can control your body. Eventually, you can use control of your breathing to connect with the mind, and begin to control this as well, so bringing a greater sense of consciousness. You are more aware (conscious) of who you are and what you are. With this awareness comes a greater sense of well-being and mental calmness. This awareness helps to beat stress and it's better than all the drugs that the western world can produce.

There are many different aspects to yoga and so the actual practice of yoga will mean different things to different people. Some people will prefer a physical approach (through postures), some an intellectual approach (through learning new concepts), and others a spiritual one (through meditation). Each person's starting point will be different, but a continuing interest in yoga will gradually incorporate all the different aspects in order to become a complete human being.

1 Choose the correct answer (2 points)

1.- Most people believe yoga :

- a) Is good to combat headaches.
- b) Can be learnt in a few years.
- c) Is only a type of physical exercise.

2.- According to the writer:

- a) Physical postures train you to control your body.
- b) Many people are unable to control their breathing.
- c) The western world can produce more expensive drugs.

3.- The final objective of yoga is:

- a) To practise a new philosophy.
- b) To help you to beat stress.
- c) To change your lifestyle by getting fit.

4.- The writer says that:

- a) Yoga means the same to different people.
- b) People who do yoga will eventually become interested in all three aspects of it.

c) It is necessary an intellectual personality to practise yoga.

2 Find the words in the text that mean the same as. (2 points)

- 1 Believe (paragraph 1)
- 2 Health and happiness (paragraph 2)
- 3 Tranquillity (paragraph 2)
- 4 Little by little (paragraph 3)

3 Choose the correct item (3 points)

- 1 Carol take her money belt on holiday.
a) never b) doesn't always c) every year

- 2 I in Santa Claus, but that was a long time ago.
a) would believe b) used to believe c) wouldn't believe

- 3 She cut her finger while she
a) cooked b) had cooked c) was cooking

- 4 If they hadn't taken a taxi, they my brother.
a) will have missed b) would have missed c) had missed

- 5 What's that noise? It a bird.
a) must been b) might be c) mustn't be

- 6 I haven't finished my homework I think I'll finish it after dinner.
a) still b) already c) yet

- 7 The woman car I borrowed is my sister .
a) who b) whose c) which

- 8 She asked us if we ice cream.
a) will want b) wanted c) had wanted

- 9 A new sports centre in the city.
a) is been built b) has built c) is being built

Continua detrás...

4 Write a composition (90-100 words) on ONE of the following topics: (3 points)

a) How do you prefer to spend your free time? Shopping, watching TV, going to the gym, playing games, doing sports, being with friends, etc.

b) Write an e-mail to a friend telling about a new hobby you have just started. Explain why you enjoy it.