



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

TIPO DE PRUEBA		CALIFICACIÓN
COMPETENCIA CLAVE	NIVEL	
INGLÉS	N3	
CENTRO QUE REALIZA LA PRUEBA	FECHA	
CEPA PLUS ULTRA	21/03/2017	

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 esta 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. Deben aparecer los cálculos realizados para puntuar la pregunta.
- 9º) Las respuestas incorrectas no puntúan negativamente.
- 10º) Puede utilizarse calculadora, pero no puede compartirse.
- 11º) Para superar la prueba es preciso obtener 5 puntos.
- 12º) Los resultados se harán públicos en: el Tablón de anuncios virtual del Gobierno de La Rioja; en su web, [www.larioja.org](http://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 y del lugar donde se realizan.
- 13º) Dispone de una hora y cuarto (75 minutos) para realizar la prueba.
- 14º) No se podrá abandonar el aula hasta pasados quince minutos desde el comienzo de la prueba.

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

## Triathlon

At the start of the 2007 London Triathlon, there were 10,000 competitors, over half of whom were competing in an event for the first time. The triathlon is one of the world's fastest growing sports, but what exactly is it?

Every competition starts the same way. The athletes plunge into the water, often swimming in the sea. They then complete a 10 km marathon following a 40 km bike ride. With the 1.5 km swim, this means competitors typically cover 51.5 km, although distances can vary.

Once the triathlon began in the 1970s, there was no holding it back. Astonishingly, it was an Olympic event within 25 years, making its debut in the 2000 Games in Sydney. The inaugural event was won by Simon Whitfield (men) and Brigitte McMahon (women).

Despite her Irish-sounding name, McMahon was in the Swiss team, whereas Whitfield represented Canada. Although McMahon was unable to repeat her initial success at subsequent games, Whitfield won silver in Beijing in 2008, after missing out in 2004.

So why has the triathlon become so popular? One reason is its combination of three different disciplines. A swimmer must spend hours in the pool every week, but a triathlete can switch from cycling to running to swimming, giving their training plenty of variety.

Although the triathlon has been a huge success, there are dangers, too. In 2009, researcher Dr Ken Harris revealed that triathlons were much more dangerous than marathons. He learned that from 2006 to 2008 fourteen people had died during triathlons, eleven of whom were men. The majority of the deaths occurred during the swim, although one competitor was tragically killed in the cycle race.

Nevertheless, the triathlon is becoming more popular and it seems it is unlikely to disappear, although I am in no hurry to leave my armchair at any point in the near future!

### 1 Tick (✓) the correct answer. (2 points)

1 The order of events in a triathlon is...

- a) swimming, cycling, running.
- b) running, swimming, cycling.
- c) cycling, running, swimming.
- d) swimming, running, cycling.

2 The winner of the first women's Olympic triathlon came from...

- a) Canada.
- b) Ireland.
- c) Sweden.
- d) Switzerland.

3 Simon Whitfield...

- a) has won two Olympic medals.
- b) won a medal at the Olympic Games in 2000, 2004 and 2008.
- c) has won the Olympic triathlon twice.
- d) has won the same number of medals as Brigitte McMahon.

4 According to recent research,...

- a) triathlons are as safe as most other sports.
- b) a marathon isn't as dangerous as a triathlon.
- c) the cycle part of the triathlon is particularly dangerous.
- d) triathlons are more dangerous for female competitors.

**2 Find ONE synonym in the text for each of the words: (2 points)**

- 1 participants
- 2 usually
- 3 change
- 4 rush

**3 Choose the correct item (3 points)**

1 The restaurant .....is on the high street is very good.

- a) *where*                      b) *who*                      c) *which*

2 If I were you, I..... to bed early.

- a) *will go*                      b) *would go*                      c) *won't go*

3 Kelly .....be at work. She isn't at home.

- a) *mustn't*                      b) *can*                      c) *must*

4 Ian has two brothers. ....of them are older than him.

- a) *None*                      b) *All*                      c) *Both*

5 Peter has lived here .....2012

- a) *for*                      b) *since*                      c) *ago*

6 Easter is .....April this year.

- a) *in*                      b) *on*                      c) *at*

7 I think I ..... go to my parents tonight.

- a) *am going to*                      b) *would*                      c) *will*

8 He comes from Egypt, .....?

- a) *does he?*                      b) *isn't he*                      c) *doesn't he*

9 He hasn't finished cleaning the house .....

a) *already*

b) *still*

c) *yet*

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

1 What are the benefits of exercise?

2 Write a description of your favourite sport or hobby.