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- a. person
- b. measure
- c. study
- d. index

**Passage 4**

Even in healthy persons, reaching an advanced age is associated with reduced strength, power, and speed of muscle contraction. Although these changes can be subtle, they can be marked in very old age and they are measurable. Because of the relative rapid loss in the speed of muscle contraction. Aged persons typically show greater loss in power than in peak force alone.

Although changes are highly variable, in general, healthy aged persons experience and approximate 10% per decade decline in peak strength after 60 years of age, with a more rapid decline after 75 years of age. Loss in strength is generally more pronounced in the muscles of the lower limbs, such as the quadriceps, as compared with the upper limbs. If marked, lower limb weakness can interfere with functions required for independent living such as sagely walking, or rising from a chair. Such age-related decrements in muscle strength are often accelerated in sedentary older adults of those with underlying pathology.

**156- The passage is mainly about aging and .....**

- a. speed of muscle contraction
- b. strength of body limbs
- c. muscle weakness
- d. sedentary lifestyle

**157- According to the passage, a loss of about 10%, every ten years, happens in ..... of the body between the age 60-75.**

- a. general mobility
- b. maximum power
- c. general health
- d. the upper limbs

**158- Muscle loss when reaching an advanced age is .....**

- a. typically measurable in upper limbs
- b. noticeable in the feet, thighs and hips
- c. associated with subtle muscle contractions
- d. accelerated in peak speed and force

**159- According to the text, muscle weakness speeds up in .....**

- a. inactive people

- b. rising position
- c. major functional limbs
- d. rapid muscle contraction

**160- Elderly people need to be aided in daily living because they have a .....**

- a. prominent underlying disease
- b. significant weakness in lower limbs
- c. relatively independent sedentary living
- d. subtle decrement in peak muscle strength

