

TRƯỜNG ĐẠI HỌC VĂN LANG  
KHOA: NGOẠI NGỮ

**ĐỀ THI VÀ ĐÁP ÁN ĐỀ THI KẾT THÚC HỌC PHẦN**  
**Học kỳ 1, năm học 2023 - 2024**

Mã học phần: 72ENGL30123

Tên học phần: Đọc-Viết- Ngữ pháp 1

Mã nhóm lớp học phần: 231\_72ENGL30123\_01

Thời gian làm bài (phút/ngày): 75 phút

Hình thức thi: **Trắc nghiệm kết hợp tự luận**

SV được tham khảo tài liệu: Có

Không

**Cách thức nộp bài phần tự luận: -SV gõ trực tiếp trên khung trả lời của hệ thống thi;  
Vui lòng không đảo thứ tự câu hỏi của 2 bài đọc.**

**PHẦN TRẮC NGHIỆM (5 điểm)**

**SECTION 1 (2.5 marks)**

**Read the passage and choose the correct option to answer each given question.**

Health experts say that many of us don't get enough sleep and, that unlike previous generations—who regularly got a full eight hours—we have too many distractions. Many of us have a demanding work life, we are constantly connected to our devices, and we feel as if we are on call 24/7. All of these pressures tend to keep us up at night. We just can't seem to switch off and unwind at the end of the day. This lack of sleep results in frustration and exhaustion for many people.

But did people really get eight solid hours of sleeping past generations? New research into sleep patterns in the eighteenth and nineteenth centuries suggests that they did not. In fact, most people did not sleep through the night. Instead, they would sleep in two separate segments. For the first segment, they would sleep starting when it was too dark to see until about midnight. Then they would get up and engage in quiet activities, often by candlelight, for an hour or two. They would write in their journals, check on their animals, or do some work in the kitchen to prepare for the following day. Then, they would go back to sleep for another three to four hours, waking at dawn. This practice must have worked for them. They couldn't have gotten so much work done if they were constantly exhausted.

But this all changed with the invention of electric lighting. People started staying up later and later, sometimes until midnight, so they stopped waking up in the middle of the night to complete tasks. Instead, they would sleep through the night. Also, because fewer and fewer

people were working on farms, they didn't need to wake up as early to care for their animals. As a result, more and more people began to sleep in a single segment. Does that mean the eight-hour guidelines are correct? Perhaps, but research on traditional societies living in different parts of the world today suggests otherwise. The full eight hours may still be just wishful thinking for the average adult. Between six and seven hours is probably enough for most of us.

According to the article, why are adults today not getting enough sleep?

- A. stress from responsibilities and modern life
- B. advancements in technology
- C. an inability to keep up with work
- D. aging population

ANSWER: A

What is the most likely meaning of a *segment*?

- A. part of a whole
- B. a location
- C. a division
- D. a scale

ANSWER: A

The article says that people used to wake at *dawn*. About what time would that have been?

- A. around 5:00 A.M.
- B. before 4:00 A.M.
- C. after 10:00 A.M.
- D. around 8:00 A.M

ANSWER: A

What does the author mean when she says that the practice of segmented sleep “must have worked for them”?

- A. They were very productive.
- B. They did not complain.
- C. The practice continues today.
- D. They should have found another job.

ANSWER: A

What does the author mean when she says that research suggests that eight hours of sleep is *wishful thinking*?

- A.** Research shows that very few people actually get this much sleep.
- B.** No one really knows how much sleep humans need.
- C.** Sleep needs vary from one society to another.
- D.** A lot of people have already had eight hours of sleep.

ANSWER: A

Which of these statements can you infer from the article?

- A.** Most adults today probably are getting enough sleep.
- B.** The way that adults slept in the past was probably healthier.
- C.** Sleeping patterns today are probably having a negative effect on health.
- D.** People nowadays tend to sleep more than in the past.

ANSWER: A

Which statement best expresses the author's attitude?

- A.** We shouldn't always take health experts' advice too seriously.
- B.** We need to learn from the past.
- C.** We cannot turn back the clock on technology.
- D.** Technology can help people improve their sleep quality.

ANSWER: A

In terms of their impact on human sleep, in what way was electric lighting like today's electronic devices?

- A.** They have both extended the workday.
- B.** They have made our lives easier.
- C.** They are both technological solutions.
- D.** They have made our lives more difficult.

ANSWER: A

According to the article, which of these statements is true?

- A.** Sleeping six or seven hours a day might be enough for us.
- B.** Most people in the past slept through the night.
- C.** Most people in the past preferred a long nap during the day.
- D.** We must sleep more than eight hours a day.

ANSWER: A

According to the article, what are the consequences of lack of sleep?

- A. frustration and exhaustion
- B. negative attitude towards work
- C. violence
- D. unemployment

ANSWER: A

## SECTION 2 (2.5 marks)

**Read the passage and decide whether each given statement is True (T) or False (F)**

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

### Unusual sports

(A) Do you ever get bored with the same old sports? If you're tired of tennis, fed up with football or bored of basketball, don't worry. There are plenty of new and unusual sports out there for you to try. Many of these are a mix of existing sports, sometimes with a local element added. Bossable, for example, is a mix of football and volleyball, played on an inflatable pitch with a trampoline in the middle. To make it more exciting, it also has elements of Brazilian martial arts!

(B) If you are very good at horse riding, you could try the national sport of Afghanistan, buzkashi. Many versions have been played in the Central Asia region for hundreds of years. The game involves players on horseback trying to get hold of a death goat. The Afghan Buzkashi Federation wants the game to spread throughout the world and has finally written down the rules because they hope to get Olympic status for the sport.

(C) A sport that is more likely to become famous is kabaddi. It is popular in India and other parts of South Asia. It is similar in some ways to the game called 'tag' or 'it' which schoolchildren play. One person is 'it' and has to catch the others. In kabaddi, a 'raider' from one team tries to 'tag' a player from the other team and then return to their own half of the field without getting caught. In some versions of the game, the 'raider' must chant the word 'kabaddi' as he returns to his place. Kabaddi is good fun, good exercise and doesn't need any equipment. It is played at the Asian Games.

(D) There is an unusual sport which describes itself as a 'classic mix of brains and brawn'. The game, called 'chess boxing', involves around chess and then a round of boxing, then another chess, and so on. There is one minute between rounds. The first chess boxing world championship took place in 2003 in Amsterdam and was won by a Dutchman, Lepe Rubingh. Since then, it has become more popular, particularly in Germany, the UK, India and Russia.

It is a difficult sport, as players need to be very good at two very different activities and be able to switch quickly between the two.

**(E)** Finally, an unusual sport that will be familiar to most of us is roshambo, which began in China about 2000 years ago and spread gradually to the rest of the world. Played by young and old, in the UK it is known as 'rock-paper-scissors'. It is surprising that it is called a sport and taken so seriously: there's a World Rock Paper Scissors Society and a league which holds championships every year. So, whatever kinds of sport you like, there is something new and interesting for you to try.

Players of chess boxing only need to reach a high level in one of the activities.

**A.** False

**B.** True

ANSWER: A

Buzkashi got written rules long after the game first started.

**A.** True

**B.** False

ANSWER: A

Roshambo Can be played by anyone, even children and the elderly.

**A.** True

**B.** False

ANSWER: A

Bossaball is played on grass.

**A.** False

**B.** True

ANSWER: A

It could be quite expensive to play kabaddi.

**A.** False

**B.** True

ANSWER: A

They are different versions of the game kabaddi.

**A.** True

**B.** False

ANSWER: A

Chess boxing is played in several different countries.

**A.** True

**B.** False

ANSWER: A

People play boosaball on a soft surface.

**A.** True

**B.** False

ANSWER: A

Buzkashi is an Olympic sport.

A. False

B. True

ANSWER: A

Lepe Rubingh is from Germany.

A. False

B. True

ANSWER: A

**PHẦN TỰ LUẬN (5 điểm)**

**Choose one of the following topics to write a paragraph. You must write at least 150 words.**

Topic 1: Give advice on how to learn a foreign language.

Topic 2: Give opinion about how technologies has positively affected our lives.

**ĐÁP ÁN PHẦN TỰ LUẬN:** Mỗi sinh viên sẽ có đáp án phần tự luận khác nhau. Bài thi viết của sinh viên được đánh giá dựa trên tiêu chí chấm bài thi cuối kỳ kỹ năng Viết.

**Rubric đánh giá bài thi Viết cuối kỳ**

Tiêu chí/ điểm	Tốt (10-9)	Khá (8.5-7)	Trung bình (6.5-5)	Yếu/ Kém <5.0
Mức độ hoàn thành	-Đoạn văn bao gồm đầy đủ nội dung được yêu cầu -Các ý chính đều liên quan đến chủ đề chính của đoạn. - Các ý mở rộng đều hỗ trợ tốt cho ý chính.	-Đoạn văn gồm 2/3 nội dung yêu cầu -Hầu như các ý chính đều liên quan đến chủ đề đoạn -Có ý mở rộng, nhưng một vài chi tiết không liên quan đến ý chính cần được bổ trợ.	-Đoạn văn chỉ bao gồm 1/ 2 nội dung yêu cầu. -Đa phần chỉ liệt kê ý chính. Một số ý chính không liên quan đến chủ đề đoạn.	- Đoạn văn chỉ liệt kê ý chính, không có ý mở rộng. - Đoạn văn viết về chủ đề khác.
Bố cục	Đoạn văn gồm đầy đủ 3 phần: câu chủ đề, các câu hỗ trợ và câu kết luận. - Sử dụng đa dạng, linh hoạt các từ nối và	-Đoạn văn gồm đầy đủ 3 phần chính -Các ý được liên kết với nhau bằng một số từ nối và cohesive devices. Sử	-Đoạn văn thiếu câu chủ đề hoặc câu kết luận -Sử dụng từ nối và cohesive devices nhưng còn nhiều lỗi sai,	Đoạn văn không có câu chủ đề và câu kết luận Không sử dụng từ nối và cohesive devices

	cohesive devices trong chương trình học.	dụng sai một số từ nối, cohesive devices		
Ngữ pháp	-Sử dụng chính xác và linh hoạt cấu trúc đơn giản và phức tạp - Hầu như không có lỗi về ngữ pháp	-Sử dụng chính xác câu đơn -Có sử dụng cấu trúc phức tạp nhưng vẫn còn sai _ Mắc một số lỗi về ngữ pháp nhưng không ảnh hưởng đến việc truyền đạt ý	-Sử dụng đa phần là cấu trúc đơn giản. -Có sử dụng cấu trúc phức tạp, nhưng mắc nhiều lỗi về ngữ pháp	Chỉ sử dụng cấu trúc đơn giản và hầu như các câu đều có lỗi về ngữ pháp
Từ vựng	-Lượng từ vựng đa dạng, phù hợp với chủ đề bài viết -Hầu như không mắc lỗi về chính tả	-Lượng từ vựng vừa đủ để diễn đạt ý. -Một số từ không phù hợp và vẫn có lỗi về chính tả	-Lượng từ vựng cơ bản nhưng diễn đạt được ý. - Một số từ không phù hợp hoặc lặp từ quá nhiều -Mắc nhiều lỗi chính tả	-Chỉ sử dụng một số từ cơ bản hoặc không phù hợp với chủ đề bài viết -Lỗi chính tả quá nhiều ảnh hưởng đến việc truyền đạt ý

*Ngày biên soạn: 10/10/2023*

**Giảng viên biên soạn đề thi: Trương Hồng Ngọc**

*Ngày kiểm duyệt: 14/10/2023*

**Phó Trưởng Bộ môn kiểm duyệt đề thi: Cao Thị Xuân Tú**