

TRƯỜNG ĐẠI HỌC VĂN LANG  
ĐƠN VỊ: KHOA NGOẠI NGỮ

**ĐỀ THI VÀ ĐÁP ÁN**  
**THI KẾT THÚC HỌC PHẦN**  
**Học kỳ 3, năm học 2023-2024**

**I. Thông tin chung**

Tên học phần:	Độc 3		
Mã học phần:	71ENGL30392	Số tín chỉ:	2
Mã nhóm lớp học phần:	233_71ENGL30392_05,06		
Hình thức thi: <b>Trắc nghiệm kết hợp Tự luận</b>	Thời gian làm bài:	<b>60</b>	Phút
<i>Thí sinh được tham khảo tài liệu:</i>	<input type="checkbox"/> Có	<input checked="" type="checkbox"/> Không	

**1. Format đề thi**

- Font: Times New Roman
- Size: 13
- Tên các phương án lựa chọn: **in hoa, in đậm**
- Không sử dụng nhảy chữ/số tự động (numbering)
- Mặc định phương án đúng luôn luôn là Phương án A ghi ANSWER: A
- Tổng số câu hỏi thi:
- Quy ước đặt tên file đề thi:
  - + **Mã học phần**\_Tên học phần\_Mã nhóm học phần\_TNTL\_De 1
  - + **Mã học phần**\_Tên học phần\_Mã nhóm học phần\_TNTL\_De 1\_Mã đề (*Nếu sử dụng nhiều mã đề cho 1 lần thi*).

**2. Giao nhận đề thi**

Sau khi kiểm duyệt đề thi, đáp án/rubric. **Trưởng Khoa/Bộ môn** gửi đề thi, đáp án/rubric về Trung tâm Khảo thí qua email: [khaothivanlang@gmail.com](mailto:khaothivanlang@gmail.com) bao gồm file word và file pdf (*nén lại và đặt mật khẩu file nén*) và nhắn tin + họ tên người gửi qua số điện thoại **0918.01.03.09** (Phan Nhất Linh).

- Khuyến khích Giảng viên biên soạn và nộp đề thi, đáp án bằng **File Hot Potatoes**. Trung tâm Khảo thí gửi kèm File cài đặt và File hướng dẫn sử dụng để hỗ trợ Quý Thầy Cô.

## II. Các yêu cầu của đề thi nhằm đáp ứng CLO

(Phần này phải phối hợp với thông tin từ đề cương chi tiết của học phần)

Ký hiệu CLO	Nội dung CLO	Hình thức đánh giá	Trọng số CLO trong thành phần đánh giá (%)	Câu hỏi thi số	Điểm số tối đa	Lấy dữ liệu đo lường mức đạt PLO/PI
(1)	(2)	(3)	(4)	(5)	(6)	(7)
<b>CLO1</b>	Áp dụng từ vựng đã học một cách linh hoạt trong tình huống cụ thể	Trắc nghiệm	20%	<b>Phần III</b> (từ câu 1 đến 8)	2 đ	PI 2.2
<b>CLO2</b>	Vận dụng quy trình đọc hiểu vào các bài đọc học thuật có độ dài từ 500 đến dưới 1.000 từ	Tự luận + Trắc nghiệm	20%	<b>Phần I</b> (từ câu 1 đến câu 6)	3đ	PI 2.2
<b>CLO3</b>	Đọc lướt lấy ý chính và đọc hiểu chi tiết các bài đọc học thuật từ 500 đến 1.000 từ	Tự luận + Trắc nghiệm	40%	- <b>Phần II</b> (từ câu 1 đến câu 5)  - <b>Phần IV</b> (từ câu 1 đến câu 7)	4,25 đ	PI 4.1
<b>CLO4</b>	Đọc hiểu ẩn ý trong các bài đọc	Tự luận + Trắc nghiệm	20%	- <b>Phần II</b> (câu 6)  - <b>Phần IV</b> (câu 8)	0,75 đ	PI 4.1

### Chú thích các cột:

(1) Chỉ liệt kê các CLO được đánh giá bởi đề thi kết thúc học phần (tương ứng như đã mô tả trong đề cương chi tiết học phần). Lưu ý không đưa vào bảng này các CLO không dùng bài thi kết thúc học phần để đánh giá (có một số CLO được bố trí đánh giá bằng bài kiểm tra giữa kỳ, đánh giá qua dự án, đồ án trong quá trình học hay các hình thức đánh giá quá trình khác chứ không bố trí đánh giá bằng bài thi kết thúc học phần). Trường hợp một số CLO vừa được bố trí đánh giá quá trình hay giữa kỳ vừa được bố trí đánh giá kết thúc học phần thì vẫn đưa vào cột (1)

(2) Nêu nội dung của CLO tương ứng.

(3) Hình thức kiểm tra đánh giá có thể là: trắc nghiệm, tự luận, dự án, đồ án, vấn đáp, thực hành trên máy tính, thực hành phòng thí nghiệm, báo cáo, thuyết trình, ..., phù hợp với nội dung của CLO và mô tả trong đề cương chi tiết học phần.

(4) Trọng số mức độ quan trọng của từng CLO trong đề thi kết thúc học phần do giảng viên ra đề thi quy định (mang tính tương đối) trên cơ sở mức độ quan trọng của từng CLO. Đây là cơ sở để phân phối tỷ lệ % số điểm tối đa cho các câu hỏi thi dùng để đánh giá các CLO tương ứng, bảo đảm CLO quan trọng hơn thì được đánh giá với điểm số tối đa lớn hơn. Cột (4) dùng để hỗ trợ cho cột (6).

(5) Liệt kê các câu hỏi thi số (câu hỏi số ... hoặc từ câu hỏi số... đến câu hỏi số...) dùng để kiểm tra người học đạt các CLO tương ứng.

(6) Ghi điểm số tối đa cho mỗi câu hỏi hoặc phần thi.

(7) Trong trường hợp đây là học phần cốt lõi - sử dụng kết quả đánh giá CLO của hàng tương ứng trong bảng để đo lường đánh giá mức độ người học đạt được PLO/PI - cần liệt kê ký hiệu PLO/PI có liên quan vào hàng tương ứng. Trong đề cương chi tiết học phần cũng cần mô tả rõ CLO tương ứng của học phần này sẽ được sử dụng làm dữ liệu để đo lường đánh giá các PLO/PI. Trường hợp học phần không có CLO nào phục vụ việc đo lường đánh giá mức đạt PLO/PI thì để trống cột này.

### III. Nội dung câu hỏi thi

#### **PHẦN TRẮC NGHIỆM (20 câu + 0,5đ/ câu – Phần I & II; 0,25đ/ câu – Phần III)**

**Part I: Read the passage below and match each given heading with each suitable paragraph. (3 marks)**

(A) Seaweed is a particularly nutritious food, which absorbs and concentrates traces of a wide variety of minerals necessary to the body's health. Many elements may occur in seaweed - aluminium, barium, calcium, chlorine, copper, iodine and iron, to name but a few - traces normally produced by erosion and carried to the seaweed beds by river and sea currents. Seaweeds are also rich in vitamins: indeed, Eskimos obtain a high proportion of their bodily requirements of vitamin C from the seaweeds they eat. The nutritive value of seaweed has long been recognised. For instance, there is a remarkably low incidence of goitre amongst the Japanese, and for that matter, amongst our own Maori people, who have always eaten seaweeds, and this may well be attributed to the high iodine content of this food. Research into old Maori eating customs shows that jellies were made using seaweeds, fresh fruit and nuts, fuchsia and tutu berries, cape gooseberries, and many other fruits which either grew here naturally or were sown from seeds brought by settlers and explorers.

**(B)** New Zealand lays claim to approximately 700 species of seaweed, some of which have no representation outside this country. Of several species grown worldwide, New Zealand also has a particularly large share. For example, it is estimated that New Zealand has some 30 species of *Gigartina*, a close relative of carrageen or Irish moss. These are often referred to as the New Zealand carrageens. The gel-forming substance called agar which can be extracted from this species gives them great commercial application in seameal, from which seameal custard is made, and in cough mixture, confectionery, cosmetics, the canning, paint and leather industries, the manufacture of duplicating pads, and in toothpaste. In fact, during World War II, New Zealand *Gigartina* were sent to Australia to be used in toothpaste.

**(C)** Yet although New Zealand has so much of the commercially profitable red sea-weeds, several of which are a source of agar (*Pterocladia*, *Gelidium*, *Chondrus*, *Gigartina*), before 1940 relatively little use was made of them. New Zealand used to import the Northern Hemisphere Irish moss (*Chondrus crispus*) from England and ready-made agar from Japan. Although distribution of the *Gigartina* is confined to certain areas according to species, it is only on the east coast of the North Island that its occurrence is rare. And even then, the east coast, and the area around Hokianga, have a considerable supply of the two species of *Pterocladia* from which agar is also available. Happily, New Zealand-made agar is now obtainable in health food shops.

**(D)** Seaweeds are divided into three classes determined by colour - red, brown and green - and each tends to live in a specific location. However, except for the unmistakable sea lettuce (*Ulva*), few are totally one colour; and especially when dry, some species can change colour quite significantly - a brown one may turn quite black, or a red one appear black, brown, pink or purple. Identification is nevertheless facilitated by the fact that the factors which de-terminate

where a seaweed will grow are quite precise, and they therefore tend to occur in very well-defined zones. Although there are exceptions, the green seaweeds are mainly shallow-water algae; the browns belong to medium depths, and the reds are plants of the deeper water. Flat rock surfaces near mid-level tides are the most usual habitat of sea bombs, Venus' necklace and most brown seaweeds. This is also the location of the purple laver or Maori karengo, which looks rather like a reddish-purple lettuce. Deep-water rocks on open coasts, exposed only at very low tide, are usually the site of bull kelp, strap weeds and similar tough specimens. Those species able to resist long periods of exposure to the sun and air are usually found on the upper shore, while those less able to stand such exposure occur nearer to or below the low-water mark. Radiation from the sun, the temperature level, and the length of time immersed all play a part in the zoning of seaweeds.

(E) Propagation of seaweeds occurs by spores, or by fertilisation of egg cells. None have roots in the usual sense; few have leaves, and none have flowers, fruits or seeds. The plants absorb their nourishment through their fronds when they are surrounded by water: the base or "holdfast" of seaweeds is purely an attaching organ, not an absorbing one.

(F) Some of the large seaweeds maintain buoyancy with air-filled floats; others, such as bull kelp, have large cells filled with air. Some, which spend a good part of their time exposed to the air, often reduce dehydration either by having swollen stems that contain water, or they may (like Venus' necklace) have swollen nodules, or they may have distinctive shape like a sea bomb. Others, like the sea cactus, are filled with slimy fluid or have coating of mucilage on the surface. In some of the larger kelps, this coating is not only to keep the plant moist but also to protect it from the violent action of waves.

Paragraph A\_\_\_\_\_

- A.** Nutritious value of seaweeds
- B.** Various products of seaweeds
- C.** Underuse of native species
- D.** Locations and features of different seaweeds
- E.** How seaweeds reproduce and grow
- F.** Why it doesn't dry or sink
- G.** Mystery solved

ANSWER: A

Paragraph B \_\_\_\_\_

- A.** Various products of seaweeds
- B.** Nutritious value of seaweeds
- C.** Underuse of native species
- D.** Locations and features of different seaweeds
- E.** How seaweeds reproduce and grow
- F.** Why it doesn't dry or sink
- G.** Mystery solved

ANSWER: A

Paragraph C \_\_\_\_\_

- A.** Underuse of native species
- B.** Various products of seaweeds
- C.** Nutritious value of seaweeds

- D.** Locations and features of different seaweeds
- E.** How seaweeds reproduce and grow
- F.** Why it doesn't dry or sink
- G.** Mystery solved

ANSWER: A

Paragraph D \_\_\_\_\_

- A.** Locations and features of different seaweeds
- B.** Various products of seaweeds
- C.** Underuse of native species
- D.** Nutritious value of seaweeds
- E.** How seaweeds reproduce and grow
- F.** Why it doesn't dry or sink
- G.** Mystery solved

ANSWER: A

Paragraph E \_\_\_\_\_

- A.** How seaweeds reproduce and grow
- B.** Various products of seaweeds
- C.** Underuse of native species
- D.** Locations and features of different seaweeds
- E.** Nutritious value of seaweeds
- F.** Why it doesn't dry or sink
- G.** Mystery solved

ANSWER: A

Paragraph F \_\_\_\_\_

- A. Why it doesn't dry or sink
- B. Various products of seaweeds
- C. Underuse of native species
- D. Locations and features of different seaweeds
- E. How seaweeds reproduce and grow
- F. Nutritious value of seaweeds
- G. Mystery solved

ANSWER: A

**Part II: Read the text below and decide if the statements are True, False, or Not Given. (3 marks)**

TRUE – if the statement agrees with the text

FALSE – if the statement disagrees with the text

NOT GIVEN – if there is no information on this

(A) Seaweed is a particularly nutritious food, which absorbs and concentrates traces of a wide variety of minerals necessary to the body's health. Many elements may occur in seaweed - aluminium, barium, calcium, chlorine, copper, iodine and iron, to name but a few - traces normally produced by erosion and carried to the seaweed beds by river and sea currents. Seaweeds are also rich in vitamins: indeed, Eskimos obtain a high proportion of their bodily requirements of vitamin C from the seaweeds they eat. The nutritive value of seaweed has long been recognised. For instance, there is a remarkably low incidence of goitre amongst the Japanese, and for that matter, amongst our own Maori people, who have always eaten



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**(E)** Propagation of seaweeds occurs by spores, or by fertilisation of egg cells. None have roots in the usual sense; few have leaves, and none have flowers, fruits or seeds. The plants absorb their nourishment through their fronds when they are surrounded by water: the base or "holdfast" of seaweeds is purely an attaching organ, not an absorbing one.

**(F)** Some of the large seaweeds maintain buoyancy with air-filled floats; others, such as bull kelp, have large cells filled with air. Some, which spend a good part of their time exposed to the air, often reduce dehydration either by having swollen stems that contain water, or they may (like Venus' necklace) have swollen nodules, or they may have distinctive shape like a sea bomb. Others, like the sea cactus, are filled with slimy fluid or have coating of mucilage

on the surface. In some of the larger kelps, this coating is not only to keep the plant moist but also to protect it from the violent action of waves.

Seaweeds provide humans with several nutrients.

- A. True
- B. False
- C. Not Given

ANSWER: A

There are more than ten unique species of seaweeds in New Zealand.

- A. Not Given
- B. True
- C. False

ANSWER: A

In the past, New Zealand used to import ready-made agar from England.

- A. False
- B. True
- C. Not Given

ANSWER: A

Temperature is the factor to determine types of seaweeds.

- A. False
- B. Not Given
- C. True

ANSWER: A

Green seaweeds can thrive in shallow water.

- A. True
- B. False
- C. Not Given

ANSWER: A

Seaweeds have nothing to protect themselves from the violence of waves.

- A. False
- B. Not Given
- C. True

ANSWER: A

**Part III: Read the passage below and choose the suitable synonyms of the words in bold.**  
(2 marks)

**1** It is estimated that the average man or woman needs between seven-and-a-half and eight hours' sleep a night. Some can manage on a lot less. Baroness Thatcher, for example, was reported to be able to get by on four hours' sleep a night when she was Prime Minister of Britain. Dr Jill Wilkinson, senior lecturer in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleeping less than five hours or even as little as two hours in every 24 hours are rare, but **represent** a sizeable minority.

**2** The latest beliefs are that the main purposes of sleep are to enable the body to rest and replenish, allowing time for repairs to take place and for tissue to be regenerated. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone somatotropin, which helps tissue to regenerate, peaks while we are asleep. **Lack of sleep**, however, can compromise the immune system, muddle thinking, cause depression, promote anxiety and encourage irritability.

**3** Researchers in San Diego deprived a group of men of sleep between 1am and 5am on just one night, and found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning. 'Sleep is **essential** for our physical and emotional well-being and there are few aspects of daily living that are not disrupted by the lack of it', says Professor William Regelson of Virginia University, a specialist in insomnia. 'Because it can seriously undermine the functioning of the immune system, sufferers are vulnerable to infection.'

4 For many people, lack of sleep is rarely a matter of choice. Some have problems getting to sleep, others with staying asleep until the morning. Despite popular belief that sleep is one long event, research shows that, in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated.

5 In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, the slumber is so deep that, if awoken, the sleeper would be **confused** and disorientated. It is in this phase that sleep-walking can occur, with an average episode lasting no more than 15 minutes.

6 In the fifth stage, the rapid eye movement (REM) stage, the heartbeat quickly gets back to normal levels, brain activity **accelerates** to daytime heights and above and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

7 Sleeping patterns change with age, which is why many people over 60 develop insomnia. In America, that age group consumes almost half the sleep medication on the market. One theory for the age-related change is that it is due to hormonal changes. The temperature General Training: Reading and Writing rise occurs at daybreak in the young, but at three or four in the morning in the elderly. Age aside, it is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is a known handicap to sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

8 Apart from self-help therapy such as regular exercise, there are psychological **treatments**, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is regarded by many as a last resort and often takes the form of sleeping pills, normally benzodiazepines, which are minor tranquillisers.

9 Professor Regelson **advocates** the use of melatonin for treating sleep disorders. Melatonin is a naturally secreted hormone, located in the pineal gland deep inside the brain. The main function of the hormone is to control the body's biological clock, so we know when

to sleep and when to wake. The gland detects light reaching it through the eye; when there is no light, it secretes the melatonin into the bloodstream, lowering the body temperature and helping to **induce** sleep. Melatonin pills contain a synthetic version of the hormone and are commonly used for jet lag as well as for sleep disturbance. John Nicholls, sales manager of one of America's largest health food shops, claims that sales of the pill have increased dramatically. He explains that it is sold in capsules, tablets, lozenges and mixed with herbs. It is not effective for all insomniacs, but many users have weaned themselves off sleeping tablets as a result of its application.

The phrase “**represent**” (Paragraph 1) is closest in meaning to ...

- A. show
- B. reject
- C. accept
- D. endorse

ANSWER: A

The phrase “**Lack of sleep**” (Paragraph 2) is closest in meaning to ...

- A. Sleep deprivation
- B. Phases of sleep
- C. Sleeping pills
- D. Sleeping patterns

ANSWER: A

The phrase “**essential**” (Paragraph 3) is closest in meaning to ...

- A. vital
- B. advisable
- C. resistant
- D. optional

ANSWER: A

The word “**confused**” (Paragraph 5) is closest in meaning to ...

- A. baffled

**B.** petrified

**C.** arrogant

**D.** lenient

ANSWER: A

The word “**accelerates**” (Paragraph 6) is closest in meaning to ...

**A.** quickens

**B.** increases

**C.** intervenes

**D.** automates

ANSWER: A

The phrase “**treatments**” (Paragraph 8) is closest in meaning to ...

**A.** therapies

**B.** conditions

**C.** policies

**D.** interactions

ANSWER: A

The word “**advocates**” (Paragraph 9) is closest in meaning to ...

**A.** supports

**B.** assumes

**C.** substitutes

**D.** distorts

ANSWER: A

The word “**induce**” (Paragraph 9) is closest in meaning to ...

**A.** cause

**B.** conserve

**C.** erode

**D.** pursue

ANSWER: A

.....

**PHẦN TỰ LUẬN (8 câu + 0,25đ/ câu)**

**Part IV: Read the passage below and write your own answers to the following questions. You must use NO MORE THAN TEN WORDS to answer. (2 marks)**

**1** It is estimated that the average man or woman needs between seven-and-a-half and eight hours' sleep a night. Some can manage on a lot less. Baroness Thatcher, for example, was reported to be able to get by on four hours' sleep a night when she was Prime Minister of Britain. Dr Jill Wilkinson, senior lecturer in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleeping less than five hours or even as little as two hours in every 24 hours are rare, but represent a sizeable minority.

**2** The latest beliefs are that the main purposes of sleep are to enable the body to rest and replenish, allowing time for repairs to take place and for tissue to be regenerated. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone somatotropin, which helps tissue to regenerate, peaks while we are asleep. Lack of sleep, however, can compromise the immune system, muddle thinking, cause depression, promote anxiety and encourage irritability.

**3** Researchers in San Diego deprived a group of men of sleep between 1am and 5am on just one night, and found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning. 'Sleep is essential for our physical and emotional well-being and there are few aspects of daily living that are not disrupted by the lack of it', says Professor William Regelson of Virginia University, a specialist in insomnia. 'Because it can seriously undermine the functioning of the immune system, sufferers are vulnerable to infection.'

**4** For many people, lack of sleep is rarely a matter of choice. Some have problems getting to sleep, others with staying asleep until the morning. Despite popular belief that sleep is one long event, research shows that, in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated.



**5** In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, the slumber is so deep that, if awoken, the sleeper would be confused and disorientated. It is in this phase that sleep-walking can occur, with an average episode lasting no more than 15 minutes.

**6** In the fifth stage, the rapid eye movement (REM) stage, the heartbeat quickly gets back to normal levels, brain activity accelerates to daytime heights and above and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

**7** Sleeping patterns change with age, which is why many people over 60 develop insomnia. In America, that age group consumes almost half the sleep medication on the market. One theory for the age-related change is that it is due to hormonal changes. The temperature General Training: Reading and Writing rise occurs at daybreak in the young, but at three or four in the morning in the elderly. Age aside, it is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is a known handicap to sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

**8** Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is regarded by many as a last resort and often takes the form of sleeping pills, normally benzodiazepines, which are minor tranquillisers.

**9** Professor Regelson advocates the use of melatonin for treating sleep disorders. Melatonin is a naturally secreted hormone, located in the pineal gland deep inside the brain. The main function of the hormone is to control the body's biological clock, so we know when to sleep and when to wake. The gland detects light reaching it through the eye; when there is no light, it secretes the melatonin into the bloodstream, lowering the body temperature and helping to induce sleep. Melatonin pills contain a synthetic version of the hormone and are commonly used for jet lag as well as for sleep disturbance. John Nicholls, sales manager of

one of America's largest health food shops, claims that sales of the pill have increased dramatically. He explains that it is sold in capsules, tablets, lozenges and mixed with herbs. It is not effective for all insomniacs, but many users have weaned themselves off sleeping tablets as a result of its application.

**Câu hỏi 1: (0,25 điểm): How many sleep hours does an average person need?**

**Câu hỏi 2: (0,25 điểm): What is the latest belief in the purpose of sleep?**

**Câu hỏi 3: (0,25 điểm): How many stages of night sleep are there, according to recent research?**

**Câu hỏi 4: (0,25 điểm): What happens in Stage 2 and 3 of a night sleep?**

**Câu hỏi 5: (0,25 điểm): What is the main idea of Paragraph 7?**

**Câu hỏi 6: (0,25 điểm): What is the form of a last medical treatment to lack of sleep?**

**Câu hỏi 7: (0,25 điểm): Where is melatonin located in?**

**Câu hỏi 8: (0,25 điểm): What can we infer from the first sentence of Paragraph 4 about lack of sleep?**

### ĐÁP ÁN PHẦN TỰ LUẬN VÀ THANG ĐIỂM

Phần câu hỏi	Nội dung đáp án	Thang điểm	Ghi chú
<b>I. Trắc nghiệm</b>		<b>8,0</b>	
Câu 1 – 6	1. Nutritious value of seaweeds 2. Various products of seaweeds 3. Underuse of native species 4. Locations and features of different seaweeds 5. How seaweeds reproduce and grow 6. Why it doesn't dry or sink	0,5	
Câu 7 – 12	7. True 8. Not Given 9. False 10. False 11. True 12. False	0,5	
Câu 13 – 20	13. show 14. Sleep deprivation 15. vital	0,25	

	16. baffled 17. quickens 18. therapies 19. supports 20. cause		
<b>II. Tự luận</b>		<b>2,0</b>	
<b>Phần IV</b>			
Câu 1	7.5 to 8 hours	0,25	
Câu 2	to enable the body to rest and replenish	0,25	
Câu 3	5 stages	0,25	
Câu 4	Sleep gets progressively deeper.	0,25	
Câu 5	Sleeping patterns change with age.	0,25	
Câu 6	sleeping pills	0,25	
Câu 7	the pineal gland deep inside the brain	0,25	
Câu 8	Lack of sleep is popular.	0,25	
	<b>Điểm tổng</b>	<b>10,0</b>	

Người duyệt đề

**TS. Nguyễn Hòa Mai Phương**

TP. Hồ Chí Minh, ngày 7 tháng 6 năm 2024

Giảng viên ra đề

**Đường Thanh Hùng Đức**