

TRƯỜNG ĐẠI HỌC VĂN LANG
ĐƠN VỊ: KHOA NGOẠI NGỮ

ĐỀ THI VÀ ĐÁP ÁN
THI KẾT THÚC HỌC PHẦN
Học kỳ 1, năm học 2024-2025

I. Thông tin chung

Tên học phần:	Độc 4		
Mã học phần:	71ENGL30402	Số tín chỉ:	2
Mã nhóm lớp học phần:	241_71ENGL30402_03,04		
Hình thức thi: Trắc nghiệm kết hợp Tự luận	Thời gian làm bài:	60	Phút
<i>Thí sinh được tham khảo tài liệu:</i>	☐ Có	☒ 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 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

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)
CLO1	Áp dụng từ vựng đã học một cách linh hoạt trong tình huống cụ thể	Trắc nghiệm	20%	Phần 3: Từ câu 11 đến 20	3,0	PI 2.1, A
CLO2	Vận dụng quy trình đọc hiểu vào các bài đọc học thuật có độ dài từ 500 đến dưới 1000 từ	Trắc nghiệm	20%	Phần 1: Từ câu 1 đến 5	1,5	PI 2.1, A
CLO3	Phân biệt được ý chính và ý chi tiết các bài đọc học thuật có độ dài từ 500 đến dưới 1000 từ	Trắc nghiệm	20%	Phần 4: Từ câu 21 đến 25	1,5	PI 4.1, A
CLO4	Đọc hiểu ẩn ý trong các bài đọc	Tự luận + Trắc nghiệm	20%	Phần 2: Từ câu 6 đến 10	2,0	PI 4.1, A
CLO5	Phân tích, tổng hợp ý chính, hàm ý và yếu tố xã hội trong quá trình đọc hiểu	Tự luận	20%	Phần 5: Từ câu 1 đến 5	2,0	PI 4.1, A

III. Nội dung câu hỏi thi

PHẦN TRẮC NGHIỆM (25 câu + 0,3đ/ câu – Phần I, III & IV; 0,4đ/ câu – Phần II)

SECTION 1: Read the article. Choose A, B, C, or D. (1.5 marks)

A Chronobiology might sound a little futuristic – like something from a science fiction novel, perhaps – but it’s actually a field of study that concerns one of the oldest processes life on this planet has ever known: short-term rhythms of time and their effect on flora and fauna.

B This can take many forms. Marine life, for example, is influenced by tidal patterns. Animals tend to be active or inactive depending on the position of the sun or moon. Numerous creatures, humans included, are largely diurnal – that is, they like to come out during the hours of sunlight. Nocturnal animals, such as bats and possums, prefer to forage by night. A third group are known as crepuscular: they thrive in the low-light of dawn and dusk and remain inactive at other hours.

C When it comes to humans, chronobiologists are interested in what is known as the circadian rhythm. This is the complete cycle our bodies are naturally geared to undergo within the passage of a twenty-four hour day. Aside from sleeping at night and waking during the day, each cycle involves many other factors such as changes in blood pressure and body temperature. Not everyone has an identical circadian rhythm. ‘Night people’, for example, often describe how they find it very hard to operate during the morning, but become alert and focused by evening. This is a benign variation within circadian rhythms known as a chronotype.

D Scientists have limited abilities to create durable modifications of chronobiological demands. Recent therapeutic developments for humans such as artificial light machines and melatonin administration can reset our circadian rhythms, for example, but our bodies can tell the difference and health suffers when we breach these natural rhythms for extended periods of time. Plants appear no more malleable in this respect; studies demonstrate that vegetables grown in season and ripened on the tree are far higher in essential nutrients than those grown in greenhouses and ripened by laser.

E Knowledge of chronobiological patterns can have many pragmatic implications for our day-to-day lives. While contemporary living can sometimes appear to subjugate biology – after all, who needs circadian rhythms when we have caffeine pills, energy drinks, shift work and cities that never sleep? – keeping in synch with our body clock is important.

F The average urban resident, for example, rouses at the eye-blearing time of 6.04 a.m., which researchers believe to be far too early. One study found that even rising at 7.00 a.m. has deleterious effects on health unless exercise is performed for 30 minutes afterward. The

optimum moment has been whittled down to 7.22 a.m.; muscle aches, headaches and moodiness were reported to be lowest by participants in the study who awoke then.

G Once you're up and ready to go, what then? If you're trying to shed some extra pounds, dieticians are adamant: never skip breakfast. This disorients your circadian rhythm and puts your body in starvation mode. The recommended course of action is to follow an intense workout with a carbohydrate-rich breakfast; the other way round and weight loss results are not as pronounced.

H Morning is also great for breaking out the vitamins. Supplement absorption by the body is not temporal-dependent, but naturopath Pam Stone notes that the extra boost at breakfast helps us get energised for the day ahead. For improved absorption, Stone suggests pairing supplements with a food in which they are soluble and steering clear of caffeinated beverages. Finally, Stone warns to take care with storage; high potency is best for absorption, and warmth and humidity are known to deplete the potency of a supplement.

I After-dinner espressos are becoming more of a tradition – we have the Italians to thank for that – but to prepare for a good night's sleep we are better off putting the brakes on caffeine consumption as early as 3 p.m. With a seven hour half-life, a cup of coffee containing 90 mg of caffeine taken at this hour could still leave 45 mg of caffeine in your nervous system at ten o'clock that evening. It is essential that, by the time you are ready to sleep, your body is rid of all traces.

J Evenings are important for winding down before sleep; however, dietician Geraldine Georgeou warns that an after-five carbohydrate-fast is more cultural myth than chronobiological demand. This will deprive your body of vital energy needs. Overloading your gut could lead to indigestion, though. Our digestive tracts do not shut down for the night entirely, but their work slows to a crawl as our bodies prepare for sleep. Consuming a modest snack should be entirely sufficient.

What did researchers identify as the ideal time to wake up in the morning?

A. 7.22

B. 7.00

C. 6.04

D. 7.30

ANSWER: A

In order to lose weight, we should _____

- A. exercise before breakfast
- B. eat a low carbohydrate breakfast
- C. avoid eating breakfast
- D. exercise after breakfast

ANSWER: A

Which is NOT mentioned as a way to improve supplement absorption?

- A. taking supplements at breakfast
- B. avoiding drinks containing caffeine while taking supplements
- C. taking supplements with foods that can dissolve them
- D. storing supplements in a cool, dry environment

ANSWER: A

The best time to stop drinking coffee is

- A. mid-afternoon
- B. 10 p.m.
- C. only when feeling anxious
- D. after dinner

ANSWER: A

In the evening, we should _____

- A. eat a light meal
- B. stop exercising
- C. eat as much as possible
- D. stay away from carbohydrates

ANSWER: A

SECTION 2: Read the passage in SECTION 1 again. Decide if each statement is True, False, or Not Given. (2 marks)

TRUE – if the statement agrees with the information

FALSE – if the statement contradicts the information

NOT GIVEN – if there is no information on this

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Chronobiology is the study of how living things have evolved over time.

A. False

B. True

C. Not given

ANSWER: A

The rise and fall of sea levels affect how sea creatures behave.

A. True

B. False

C. Not given

ANSWER: A

Most animals are active during the daytime.

A. Not given

B. False

C. True

ANSWER: A

Circadian rhythms identify how we do different things on different days.

A. False

B. True

C. Not given

ANSWER: A

A “night person” can still have a healthy circadian rhythm.

A. True

B. False

C. Not given

ANSWER: A

SECTION 3: Complete each sentence with the correct word or phrase from the word bank. (3 marks)

Dieting is a highly _____ industry in the United States.

A. profitable

- B.** alleviate
- C.** access
- D.** constant
- E.** dispersed
- F.** susceptible
- G.** hybrid
- H.** disposal
- I.** contaminated
- J.** hydrated
- K.** pattern
- L.** transition

ANSWER: A

A good diet and plenty of rest can help _____ feelings of being tired all the time.

- A.** alleviate
- B.** profitable
- C.** access
- D.** constant
- E.** dispersed
- F.** susceptible
- G.** hybrid
- H.** disposal
- I.** contaminated
- J.** hydrated
- K.** pattern
- L.** transition

ANSWER: A

Millions of people don't have _____ to clean drinking water. What can we do about this problem?

- A.** access

- B.** profitable
 - C.** alleviate
 - D.** constant
 - E.** dispersed
 - F.** susceptible
 - G.** hybrid
 - H.** disposal
 - I.** contaminated
 - J.** hydrated
 - K.** pattern
 - L.** transition
- ANSWER: A

It's hard to study with _____ interruptions every five minutes.

- A.** constant
 - B.** profitable
 - C.** access
 - D.** alleviate
 - E.** dispersed
 - F.** susceptible
 - G.** hybrid
 - H.** disposal
 - I.** contaminated
 - J.** hydrated
 - K.** pattern
 - L.** transition
- ANSWER: A

Some plants spread when their seeds are _____ by the wind.

- A.** dispersed
- B.** profitable
- C.** access

- D. constant
- E. alleviate
- F. susceptible
- G. hybrid
- H. disposal
- I. contaminated
- J. hydrated
- K. pattern
- L. transition

ANSWER: A

He must be _____ to colds since he's always sick.

- A. susceptible
- B. profitable
- C. access
- D. constant
- E. alleviate
- F. dispersed
- G. hybrid
- H. disposal
- I. contaminated
- J. hydrated
- K. pattern
- L. transition

ANSWER: A

The new building is a _____ space suitable for both work and play.

- A. hybrid
- B. profitable
- C. access
- D. constant
- E. alleviate

- F.** dispersed
- G.** susceptible
- H.** disposal
- I.** contaminated
- J.** hydrated
- K.** pattern
- L.** transition

ANSWER: A

The safe _____ of garbage is very important in order to protect the environment.

- A.** disposal
- B.** profitable
- C.** access
- D.** constant
- E.** alleviate
- F.** dispersed
- G.** susceptible
- H.** hybrid
- I.** contaminated
- J.** hydrated
- K.** pattern
- L.** transition

ANSWER: A

The local water supply became _____ because someone dumped toxic waste into the river.

- A.** contaminated
- B.** profitable
- C.** access
- D.** constant
- E.** alleviate
- F.** dispersed

- G. susceptible
 - H. hybrid
 - I. disposal
 - J. hydrated
 - K. pattern
 - L. transition
- ANSWER: A

Drinking enough water every day will keep you _____ and prevent excessive sleepiness.

- A. hydrated
 - B. profitable
 - C. access
 - D. constant
 - E. alleviate
 - F. dispersed
 - G. susceptible
 - H. hybrid
 - I. disposal
 - J. contaminated
 - K. pattern
 - L. transition
- ANSWER: A

SECTION 4: Choose the correct heading of each paragraph below. (1.5 marks)

A Glass, in one form or another, has long been in noble service to humans. As one of the most widely used of manufactured materials, and certainly the most versatile, it can be as imposing as a telescope mirror the width of a tennis court or as small and simple as a marble rolling across dirt. The uses of this adaptable material have been broadened dramatically by new technologies glass fibre optics — more than eight million miles — carrying telephone and television signals across nations, glass ceramics serving as the nose cones of missiles and

as crowns for teeth; tiny glass beads taking radiation doses inside the body to specific organs, even a new type of glass fashioned of nuclear waste in order to dispose of that unwanted material.

B On the horizon are optical computers. These could store programs and process information by means of light - pulses from tiny lasers - rather than electrons. And the pulses would travel over glass fibres, not copper wire. These machines could function hundreds of times faster than today's electronic computers and hold vastly more information. Today fibre optics are used to obtain a clearer image of smaller and smaller objects than ever before - even bacterial viruses. A new generation of optical instruments is emerging that can provide detailed imaging of the inner workings of cells. It is the surge in fibre optic use and in liquid crystal displays that has set the U.S. glass industry (a 16 billion dollar business employing some 150,000 workers) to building new plants to meet demand.

C But it is not only in technology and commerce that glass has widened its horizons. The use of glass as art, a tradition spins back at least to Roman times, is also booming. Nearly everywhere, it seems, men and women are blowing glass and creating works of art. "I didn't sell a piece of glass until 1975," Dale Chihuly said, smiling, for in the 18 years since the end of the dry spell, he has become one of the most financially successful artists of the 20th century. He now has a new commission - a glass sculpture for the headquarters building of a pizza company - for which his fee is half a million dollars.

D But not all the glass technology that touches our lives is ultra-modern. Consider the simple light bulb; at the turn of the century most light bulbs were hand blown, and the cost of one was equivalent to half a day's pay for the average worker. In effect, the invention of the ribbon machine by Corning in the 1920s lighted a nation. The price of a bulb plunged. Small wonder that the machine has been called one of the great mechanical achievements of all time. Yet it is very simple: a narrow ribbon of molten glass travels over a moving belt of steel in which there are holes. The glass sags through the holes and into waiting moulds. Puffs of compressed air then shape the glass. In this way, the envelope of a light bulb is made by a single machine at the rate of 66,000 an hour, as compared with 1,200 a day produced by a team of four glassblowers.

E The secret of the versatility of glass lies in its interior structure. Although it is rigid, and thus like a solid, the atoms are arranged in a random disordered fashion, characteristic of a liquid. In the melting process, the atoms in the raw materials are disturbed from their normal

position in the molecular structure; before they can find their way back to crystalline arrangements the glass cools. This looseness in molecular structure gives the material what engineers call tremendous “formability” which allows technicians to tailor glass to whatever they need.

F Today, scientists continue to experiment with new glass mixtures and building designers test their imaginations with applications of special types of glass. A London architect, Mike Davies, sees even more dramatic buildings using molecular chemistry. “Glass is the great building material of the future, the “dynamic skin”,” he said. “Think of glass that has been treated to react to electric currents going through it, glass that will change from clear to opaque at the push of a button, that gives you instant curtains. Think of how the tall buildings in New York could perform a symphony of colours as the glass in them is made to change colours instantly.” Glass as instant curtains is available now, but the cost is exorbitant. As for the glass changing colours instantly, that may come true. Mike Davies’s vision may indeed be on the way to fulfilment.

Paragraph A ____

- A.** Everyday uses of glass
- B.** Exciting innovations in fibre optics
- C.** Growth in the market for glass crafts
- D.** A former glass technology
- E.** What makes glass so adaptable
- F.** Architectural experiments with glass
- G.** Historical development of glass

ANSWER: A

Paragraph B ____

- A.** Exciting innovations in fibre optics
- B.** Everyday uses of glass
- C.** Growth in the market for glass crafts
- D.** A former glass technology
- E.** What makes glass so adaptable
- F.** Architectural experiments with glass

G. Historical development of glass

ANSWER: A

Paragraph C ____

A. Growth in the market for glass crafts

B. Exciting innovations in fibre optics

C. Everyday uses of glass

D. A former glass technology

E. What makes glass so adaptable

F. Architectural experiments with glass

G. Historical development of glass

ANSWER: A

Paragraph D ____

A. A former glass technology

B. Exciting innovations in fibre optics

C. Growth in the market for glass crafts

D. Everyday uses of glass

E. What makes glass so adaptable

F. Architectural experiments with glass

G. Historical development of glass

ANSWER: A

Paragraph E ____

A. What makes glass so adaptable

B. Exciting innovations in fibre optics

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D. A former glass technology

E. Everyday uses of glass

F. Architectural experiments with glass

G. Historical development of glass

ANSWER: A

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PHẦN TỰ LUẬN (5 câu + 0,4đ/ câu)

SECTION 5: Read the article in SECTION 4 again. Then write short answers (NO MORE THAN 10 WORDS) to these questions. (2 marks)

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Câu hỏi 1: (0,4 điểm): What is the main idea of Paragraph A?

Câu hỏi 2: (0,4 điểm): What is the main idea of Paragraph B?

Câu hỏi 3: (0,4 điểm): What makes the versatility of glass?

Câu hỏi 4: (0,4 điểm): Why can technicians tailor glass to whatever they need?

Câu hỏi 5: (0,4 điểm): What is a metaphor of glass in dramatic buildings?**ĐÁP ÁN PHẦN TỰ LUẬN VÀ THANG ĐIỂM**

Phần câu hỏi	Nội dung đáp án	Thang điểm	Ghi chú
I. Trắc nghiệm (Phần I- IV)		8,0	
Câu 1 – 5	1. 7.22 2. exercise before breakfast 3. taking supplements at breakfast 4. mid-afternoon 5. eat a light meal	0,3	
Câu 6 – 10	6. False 7. True 8. Not Given 9. False 10. True	0,4	
Câu 11 – 20	11. profitable 12. alleviate 13. access 14. constant 15. dispersed 16. susceptible 17. hybrid 18. disposal 19. contaminated 20. hydrated	0,3	
Câu 21 – 25	21. Everyday uses of glass 22. Exciting innovations in fibre optics 23. Growth in the market for glass crafts 24. A former glass technology	0,3	

	25. What makes glass so adaptable		
II. Tự luận (Phần V)		2,0	
Câu 1	Glass has long been in noble service to humans./ The first sentence	0,4	
Câu 2	On the horizon are optical computers./ The first sentence	0,4	
Câu 3	its interior structure	0,4	
Câu 4	(because of) its looseness in structure/ its formability	0,4	
Câu 5	the dynamic skin	0,4	
	Điểm tổng	10,0	

Người duyệt đề

TS. Nguyễn Hòa Mai Phương

TP. Hồ Chí Minh, ngày 20 tháng 10 năm 2024

Giảng viên ra đề

Th. S Đỗ Phú Anh