

## INGLÊS

As questões de 1 a 15 deverão ser respondidas com base no texto a seguir.

### *Sports injuries*

#### Why More Kids Are Getting Hurt (By Christine Gorman)

1 Whenever you have kids running, jumping and throwing things, there is always  
2 the potential for skinned knees and maybe a broken bone or two. Over the past few  
3 years, however, orthopedic surgeons have begun reporting a disturbing new trend in  
4 sports injuries. More and more, they say, they are treating young patients for strains,  
5 sprains and stress fractures that arise from overuse of still-developing muscles, bones,  
6 tendons and ligaments. In some cases, the damage is permanent, increasing the risk  
7 that the kids – some of them as young as 9 – will suffer crippling arthritis or require  
8 extensive surgery as they get older.

9 Part of the problem, doctors say, is that children are specializing in sports at a  
10 younger age. Then they simply overdo it, playing in three or four soccer leagues  
11 instead of just one, for example, or stressing the same parts of the body year round  
12 with very similar sports – like swimming, water polo and volleyball.

13 That constant repetition is particularly brutal on joints and growth plates – the  
14 areas of developing bone tissue that are the weakest parts of a child's skeleton  
15 because they haven't completely ossified. Young athletes who use their shoulder joints  
16 a lot often get into trouble by exercising the muscles in front more than those in the  
17 back. The unequal tug-of-war winds up pulling the whole joint painfully forward. Growth  
18 plates can be either compressed or pulled apart, sometimes shortening the bone's  
19 eventual length.

20 Some injuries tend to cluster at different ages. Doctors report seeing a lot of heel  
21 problems in kids 9 to 12 years old, elbow problems in kids 10 to 12 and knee injuries in  
22 kids 12 to 14. Gender also seems to play a role. Girls, for reasons that are not clear, are  
23 more likely than boys to tear their anterior cruciate ligament (ACL) – a tough ribbon of  
24 tissue that holds the knee together. "Twenty years ago, it was rare for someone under  
25 age 15 to have ACL surgery," says Dr. Daniel Green, a pediatric orthopedic surgeon at  
26 the Hospital for Special Surgery in New York City. "Now it's commonplace."

27 Most overuse injuries don't lead to permanent disability, provided they are  
28 correctly treated and not aggravated for several months. (Many parents are surprised  
29 to learn that a couple of weeks' rest is simply not enough.) See a doctor if your child  
suffers pain during exercise or experiences tenderness over a bone when you push on  
it directly. By all means, encourage your kids to play sports and move around a lot. But  
a little variety goes a long way.

(TIME, June 6, 2005, p. 58)

### **Glossary:**

- trend (line 3) – tendência.
- instead of (line 9) – ao invés de.
- heel (line 18) – calcanhar.
- elbow (line 19) – cotovelo.
- enough (line 27) – suficiente.

– during (line 27) – durante.

**1)** Considering the sentences “Whenever you have kids running, jumping and throwing things (...)” (line 1) and “By all means, encourage your kids to play sports and move around a lot.” (lines 28 and 29), the target reader of the text is:

- A) doctors.
- B) parents.
- C) kids.
- D) teachers.
- E) relatives.

**2)** The main goal of the text is:

- A) to investigate how parents behave with their kids.
- B) to inform the age in which kids practice sports.
- C) to evaluate how children behave at school.
- D) to search for better orthopedic surgery results.
- E) to report the reasons why kids get hurt.

**3)** What is the meaning of the following phrases respectively “skinned knees” (line 2), “broken bone” (line 2), “sports injuries” (line 3), “stress fractures” (line 4), “still-developing muscles” (line 5), “young athletes” (line 14)?

- A) joelhos esfolados, osso quebrado, lesões esportivas, fraturas causadas por estresse, músculos ainda em desenvolvimento, atletas jovens.
- B) joelho quebrado, osso quebrado, lesão esportiva, fratura causada por estresse, ligamento ainda em desenvolvimento, atleta jovem.
- C) osso quebrado, joelho esfolado, injustiças esportivas, estresse e fraturas, ligamentos em desenvolvimento, juventude dos atletas.
- D) joelho esfolado, osso quebrado, lesão esportiva, estresse e fratura, músculo desenvolvido, atleta jovem.
- E) ossos quebrados, joelho esfolado, injustiças esportivas, estresse e fraturas, desenvolvimento dos músculos, jovens atletas.

**4)** The word “potential” (line 1) could be replaced by:

- A) wish.
- B) desire.
- C) possibility.
- D) pleasure.
- E) advice.

**5)** The pronouns “they” (line 3), “they” (line 7), “they” (line 9) and “their” (line 21) respectively refer to:

- A) orthopedic surgeons, arthritis, children, boys.
- B) sports injuries, arthritis, doctors, boys.
- C) young patients, kids, doctors, girls and boys.
- D) orthopedic surgeons, kids, children, girls.
- E) young patients, kids, children, girls.

**6)** Which of the following words means “uso excessivo”?

- A) overuse (line 4).
- B) overdo (line 9).
- C) cluster (line 18).
- D) suffers (line 27).
- E) surgery (line 7).

**7)** The numbers “9 to 12” (line 19) refer to:

- A) the age in which kids usually have problems in their ligaments.
- B) the age in which kids usually have problems in their elbows.
- C) the age in which kids usually have problems in their knees.
- D) the age in which kids usually have problems in their bones.
- E) the age in which kids usually have problems in their heels.

**8)** Who is Dr. Daniel Green?

- A) an American researcher.
- B) an expert in surgery.
- C) a director of a hospital.
- D) a father of a boy.

E) a friend of Mrs. Gorman.

**9) Who is Christine Gorman?**

- A) the author of a book.
- B) the director of a hospital.
- C) the author of the text.
- D) the best friend of Dr. Green.
- E) the best American surgeon.

**10) Which of the underlined words in the sentences below is a gerund form of a verb?**

- A) "(...) stressing the same parts of the body year round with very similar sports – like swimming, water polo and volleyball." (lines 10 and 11).
- B) "(...) the areas of developing bone tissue that are the weakest parts of a child's skeleton because they haven't completely ossified." (lines 12, 13 and 14).
- C) "Young athletes who use their shoulder joints a lot often get into trouble by exercising the muscles in front more than those in the back." (lines 14 and 15).
- D) "(...) orthopedic surgeons have begun reporting a disturbing new trend in sports injuries." (lines 2 and 3).
- E) "More and more, they say, they are treating young patients for strains, sprains and stress fractures (...)" (lines 3 and 4).

**11) The sentence " 'Now it's commonplace' " (lines 23 and 24) means that:**

- A) girls and boys over 15 are frequently suffering from tearing their ACL.
- B) girls over 15 years old are frequently suffering from tearing their ACL.
- C) boys under 14 years old are frequently suffering from tearing their ACL.
- D) girls under 15 years old are frequently suffering from tearing their ACL.
- E) girls and boys under 10 are frequently suffering from tearing their ACL.

**12) The sentence "Many parents are surprised to learn that a couple of weeks' rest is simply not enough" (lines 26 and 27) means:**

- A) Many parents are surprised by the quick recovery of their kids.
- B) In order to correctly recover from an overuse injury, a couple of weeks of resting should be enough.
- C) In order to completely recover from an overuse injury, kids should rest for more than a couple of weeks.
- D) Many parents are surprised to see the speedy recovery of their kids.
- E) Many fathers and mothers believe their kids should not rest for more than a couple of weeks.

**13) The sentence "(...) provided they are correctly treated and not aggravated for several months" (lines 25 and 26) indicates:**

- A) a condition.
- B) an offer.
- C) a contrast.
- D) a request.
- E) a comparison.

**14) The sentence "But a little variety goes a long way" (line 29) means:**

- A) that parents should not allow kids to play swimming, water polo and volleyball.
- B) that kids should practice as many sports as they want to without any concern.
- C) that kids should not practice as many sports as they do nowadays.
- D) that kids should practice a variety of sports avoiding stress of the same joints and growth plates.
- E) that parents should encourage their kids to play in three or four soccer leagues.

**15) What's the main problem with kids?**

- A) By practicing swimming, water polo and volleyball, kids exercise different parts of the body.
- B) By specializing themselves in sports at a

younger age, kids stress the same parts of the body.

- C) By compressing or pulling apart their growth plates, kids often lengthen their bones.
- D) By resting a couple of weeks, kids recover themselves from tenderness over a bone.
- E) By exercising their shoulder joints, kids cause an injury in the muscles in the back more than those in front.