

Class: \_\_\_\_\_ Name: \_\_\_\_\_

Score: \_\_\_\_ /15

### [1-4] Complete the sentences.

requires

benefits

participate

successful

1. Teams from around the world \_\_\_\_\_ in it every two years.
2. But unlike ice hockey, it \_\_\_\_\_ players to swim, not to skate.
3. Aquatic therapy provides several \_\_\_\_\_.
4. Aquatic therapy is so \_\_\_\_\_ that some vets use it for animals.

### [5-8] Choose the correct words.

5. In the 1950s, the British Navy wanted to ( improve / score ) the underwater abilities of its divers.
6. Thirty minutes may not seem long, but underwater hockey is a physically ( intensive / overweight ) sport.
7. The water ( suffers / reduces ) stress on their bones, joints, and ligaments.
8. It has numerous benefits and is also a fun way to improve their health and physical ( condition / equipment ).

### [9-11] Read and answer the questions.

Players use snorkels to breathe while they are underwater. They also wear a mask, fins, gloves, and a cap with ear guards. This equipment keeps them safe and helps them play better.

An underwater hockey game has two fifteen-minute halves. Thirty minutes may not seem long, but underwater hockey is a physically intensive sport. Players get a great workout during the game.

9. Why do underwater hockey players use snorkels?
  - a) to breathe underwater
  - b) to help them play better
  - c) to keep them safe

**10.** What is NOT equipment for underwater hockey?

- Ⓐ a snorkel
- Ⓑ gloves
- Ⓒ a helmet

**11.** What is NOT true about underwater hockey?

- Ⓐ Players need special equipment.
- Ⓑ The game has two fifteen-minute halves.
- Ⓒ It is a physically easy sport.

**[12-15] Read and answer the questions.**

Many people need physical therapy. They need **it** after having operations, suffering injuries, or being sick. These days, more and more patients are receiving physical therapy in the water. This is called aquatic therapy or hydrotherapy.

Most aquatic therapy takes place in swimming pools. Patients swim, walk, lift weights, or do other activities. Aquatic therapy provides several benefits. The warm water relaxes muscles and increases the circulation of blood in the body. The water provides resistance to improve patients' strength. It helps patients with mobility problems feel lighter and move better. Finally, the water helps patients feel less pain.

**12.** When do people NOT need physical therapy?

- Ⓐ after having operations
- Ⓑ after suffering injuries
- Ⓒ after working out

**13.** Where does most aquatic therapy take place?

- Ⓐ in the hospital
- Ⓑ in swimming pools
- Ⓒ in the gym

**14.** What does **it** refer to?

- Ⓐ physical therapy
- Ⓑ warm water
- Ⓒ aquatic therapy

**15.** What is true about aquatic therapy?

- Ⓐ It does not have another names.
- Ⓑ It involves only swimming.
- Ⓒ It uses warm water.