

EXERCISES - UNIT ONE

Exercise I. Complete the sentence in a way that shows you understand the meaning of the italicized vocabulary word.

When the speaker *alleged* that Police Chief Murphy was involved in the scandal...

We tried not to *agitate* our teacher today because...

Mrs. Prekash's fifth-grade class was less *energetic* than usual because...

The *surgical* precision with which the author writes is a sign that he...

Manny finds that an afternoon nap *invigorates* him, allowing him to...

It is likely that the mayor, in response to the recent wave of burglaries, will *enact*...

Polly felt that Dean's views on education were *reactionary* because...

Tom was not as *agile* as he once had been because...

Devin warned his daughter that unless she stopped being so *prodigal*, she would...

Car manufacturers want to design a more *ergonomic* minivan because...

My father polished the coffee table with such a *vigorous* motion that...

Exercise II. Fill in the blank with the best word from the choices below. One word will not be used.

energetic invigorating alleged ergonomic agitate

- When he discovered that certain students in his class always received higher grades, Marlon _____ that his teacher was showing favoritism.
- On nights when the talk-show host was not _____, the viewers responded with little enthusiasm.
- Rather than _____ my dinner guests, the tea I gave them seemed to sap their remaining strength.
- When the architect described the "Home of the Future," he emphasized _____ details like the sink that made washing dishes easier and faster.

Fill in the blank with the best word from the choices below. One word will not be used.

reactionary agitated enacted vigorous

5. When Cynthia _____ for a bigger room, her parents warned that she was stretching their patience.
6. When the new president entered office, she repealed many of the regulations _____ by the old one.
7. Even a(n) _____ shaking was not enough to wake Allen in the morning.

Fill in the blank with the best word from the choices below. One word will not be used.

agile reactionary ergonomically surgically prodigal

8. Tammy's _____ statements often made the other members of the debate team frustrated.
9. The bomber pilot knew that unless his aim was _____ accurate, his whole mission would be ruined.
10. Because it is naturally _____, the cheetah is able to bend and twist its body in mid-stride.
11. We could tell that Brandon was back to his old _____ ways when he spent two hundred dollars on wine at dinner.

Exercise III. Choose the set of words that best completes the sentence.

1. Even though the new classroom was supposed to be far more _____ than the old one, teachers still found it impossible to _____ students and inspire them to work.
 - A. agile; allege
 - B. ergonomic; invigorate
 - C. prodigal; enact
 - D. reactionary; enact
2. Albert's _____, skilled fingers, nimble from years of piano practice, could also handle a video-game console with _____ precision.
 - A. vigorous; prodigal
 - B. agile; surgical
 - C. energetic; reactionary
 - D. surgical; prodigal
3. Lisa's _____ efforts to have tougher child-safety laws passed inspired others to _____ for the same reforms.
 - A. vigorous; agitate
 - B. ergonomic; allege
 - C. vigorous; enact
 - D. energetic; invigorate

4. "Although my opponent _____ that I wish to turn the U.S. government upside down," said the candidate, "you must remember that he is _____ and condemns change in any form."
- enacts; prodigal
 - invigorates; ergonomic
 - agitates; vigorous
 - alleges; reactionary
5. Mother promised to _____ new rules about spending if her children's _____ ways did not change.
- enact; prodigal
 - invigorate; reactionary
 - allege; ergonomic
 - enact; vigorous

Exercise IV. Complete the sentence by inferring information about the italicized word from its context.

- Kyle's constant practice made him so *agile* that the other wrestlers couldn't...
- The city council *enacted* a tax on cigarettes, but it didn't...
- Even though the money's missing, if you *allege* that I stole it, you...

Exercise V. Fill in the blank with the word from the Unit that best completes the sentence, using the root we supply as a clue. Then, answer the questions that follow the paragraphs.

Experts concur that regular exercise is an essential part of a healthy lifestyle, especially for adults who are middle-aged or older. Exercise not only _____ (VIG) the mind and body, it reduces symptoms of anxiety or depression, and it strengthens bones and muscles. Regular physical exertion may also prevent the development of high blood pressure, colon cancer, or diabetes. Despite the obvious importance of physical fitness, however, a recent United States Surgeon General's Office survey indicates that 25% of American adults incorporate little or no exercise into their lives. Another 60% of adults, while occasionally engaging in physical activity, do not exercise on a regular basis. This indicates that only 15% of American adults exercise at levels that truly benefit their health. Communities all over the country are being encouraged to aid their residents in beginning exercise routines. However, before _____ (ACT) a new fitness regimen, older adults should take some precautionary measures to avoid injuries and health complications.

Sufferers of chronic health problems, such as diabetes, heart disease, or asthma, should always consult a physician before beginning a workout program and follow the advice specific to their conditions. For instance, before and after

exercising, diabetics should closely monitor their blood sugar levels to avoid bringing on insulin shock or seizures. Heart disease patients should frequently check their heart rates while working out and should never exercise to the point of chest pain. Asthmatics should always carry an inhaler while exercising, since physical exertion may induce an asthma attack. Additionally, if outdoor allergies are a problem, a protective mask should be worn, or outdoor activity should be avoided altogether. It is important for members of these at-risk populations to note that exercise need not be strenuous to be beneficial.

Any man over the age of 40 or woman over the age of 50, even without a diagnosed chronic health problem, should also consult a physician before engaging in a _____ (VIG) exercise program. However, people in this age group may begin a more moderate program of physical exertion without such concern. Anyone beginning a new type of workout should be careful to avoid strain and overexertion. It is important to wear properly cushioned shoes and be trained on any new piece of equipment one may be using to avoid injury. Keeping these precautions in mind will improve the health of adults who are motivated to incorporate physical fitness into their lives.

1. Which of the following would be the best title for this passage?
 - A. Health Advice for Diabetics
 - B. Precautions for New Exercisers
 - C. The Surgeon General's Survey on Exercise
 - D. The Benefits of Non-Strenuous Exercise

2. What is the meaning of the term "outdoor allergy" in the above passage?
 - A. a dislike of going outside
 - B. a problem with substances found inside
 - C. a dislike of running
 - D. a sensitivity to substances found outside

3. What do you think is the author's attitude toward exercising?
 - A. It is important for a healthy lifestyle.
 - B. It is too dangerous for older adults.
 - C. The health benefits are insignificant.
 - D. It will cure all health problems.

4. The type of exercise any man over 40 should consult with his doctor about is
 - A. moderate.
 - B. yoga.
 - C. vigorous.
 - D. walking.

5. What could help someone with indoor allergies?
 - A. a mask
 - B. supervision by a doctor
 - C. moderate exercising
 - D. The article does not say.

Exercise VI. Drawing on your knowledge of roots and words in context, read the following selection and define the *italicized* words. If you cannot figure out the meaning of the words on your own, look them up in a dictionary. Note that *graph* means "writer" or "writing," and *pro* means "before."

To see if Dale was strong enough to work on construction that involved heavy lifting, the doctor decided to test him using an *ergograph*. He asked if Dale had ever undergone such a test. Dale had not. The physician said, "This is necessary for determining your fitness for the manual labor you'll be doing. If you are *proactive*, you can help prevent injuries before they occur."