

Приложение к билету №

**ДЛЯ ДИФФЕРЕНЦИРОВАННОГО ЗАЧЕТА ПО АНГЛИЙСКОМУ  
ЯЗЫКУ**  
для студентов лечебного факультета

Задание № 1

*Прочитайте текст без словаря и выполните контрольные задания к тексту. Время на подготовку – 20 минут.*

**HUMAN MUSCLES**

1. At the simplest level, muscles allow us to move. Smooth muscle and cardiac muscle move to *facilitate* body functions like heart beats and digestion. The movement of these muscles is directed by the autonomic part of the nervous system - those are the nerves that control organs. Skeletal muscles move our bodies in space. They take direct instruction from the specific nerves that *innervate* each muscle.
2. The muscles that move the human skeleton vary greatly in shape and size and extend to every part of our bodies. The muscular system contains over 600 skeletal muscles alone, which make up about 40% of our mass. Blood vessels and nerves run to every muscle, helping control and regulate each muscle's function.
3. In the muscular system, skeletal muscles are connected to the skeleton, either to bone or to connective tissues such as ligaments. Muscles are always attached at two or more places. When the muscle contracts, the attachment points are pulled<sup>1</sup> closer together; when it relaxes, the attachment points move apart.
4. Muscles contract and relax to move bones. The elbow joint bends when muscles pull on<sup>2</sup> the radius and ulna of the arm. Muscles contract when messages travel from nerves to muscles and trigger<sup>3</sup> chemical reactions. These reactions change the internal structures of muscle fiber cells, a process that shortens the muscle. The muscle fibers relax when the nervous system signal is no longer present, thus reversing the shortening.
5. Not all muscle tissue is skeletal muscle. Smooth muscle tissue is in the walls of many human body organs and helps those organs move to facilitate body functions. The alimentary canal (esophagus, stomach, and intestines) includes smooth muscle tissue that contracts and relaxes to move nutrients through the digestion process.

pull<sup>1</sup> – стягивать

pull on<sup>2</sup> – натягивать

trigger<sup>3</sup> – вызывать, запускать

**Контрольные задания  
TEXT 1**

**1. Переведите 1 абзац на русский язык.**

**2. Выберите слово близкое по значению к выделенным в тексте словам.**

1) в 1-ом абзаце *innervate*

- a) extend
- b) stimulate
- c) relax

2) в 1-ом абзаце *facilitate*

- a) contribute to
- b) contract
- c) connect

**3. В 4 абзаце даны ответы на все вопросы КРОМЕ:**

- a) Why do muscles contract and relax?
- b) When do the muscle fibers relax?
- c) What do blood vessels and nerves regulate?
- d) When does the elbow joint bend?

**4. Какое из приведенных ниже предложений наиболее точно выражает основную мысль 2 абзаца?**

- a) The skeletal muscles vary greatly in shape and size.
- b) The muscular system contains over 500 skeletal muscles.
- c) Skeletal muscles move our body in space.

**5. Ответьте на следующие вопросы по тексту.**

- 1) Why do smooth and cardiac muscles move?
- 2) How many skeletal muscles does the muscular system contain?
- 3) What are skeletal muscles connected to?
- 4) What triggers chemical reactions in the muscles?
- 5) What is the role of smooth muscle tissue?

**6\*. Передайте краткое содержание текста (5-7 предложений).**

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