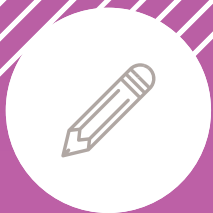


EL TIEMPO

EN ALIANZA CON  
 BRITISH  
COUNCIL

# GET READY FOR IELTS™

PREPÁRATE  
PARA EL EXAMEN



## IELTS SIEMPRE SERÁ LA MEJOR OPCIÓN PARA LA U

Los estudiantes que buscan internacionalizar su perfil académico y profesional siempre piensan en IELTS para posicionarse y aprovechar las mejores oportunidades alrededor del mundo.

Más de 10.000 instituciones de educación superior reconocen los resultados del examen para sus procesos de admisión a nivel global, estas incluyen más de 3.200 universidades y colegios en los Estados Unidos.

**El examen IELTS** también ofrece grandes beneficios en Colombia donde los resultados te permiten cumplir con el requisito de lengua extranjera en todas las universidades de mayor prestigio. El examen también brinda técnicas de comprensión de lectura y redacción de textos académicos muy útiles para la vida universitaria.

**EL TIEMPO**, en alianza con el British Council, se complace en presentar este coleccionable de 20 salidas que

ofrece a los estudiantes universitarios y a todos los candidatos a presentar el examen, un complemento perfecto de preparación para el IELTS.

El examen es copropiedad del **British Council**, Cambridge Assessment English e IDP, y evalúa las habilidades comunicativas para estudiar, trabajar y desenvolverse en situaciones cotidianas.

Actualmente, el British Council ofrece sesiones públicas en Bogotá, Barranquilla, Cali, Medellín, Manizales, Bucaramanga, Pasto, Cúcuta, Ibagué, Villavicencio, Cartagena, y próximamente en más ciudades.

### ENCUENTRA EN ESTA SALIDA:

- IELTS READING ACADÉMICO
- Practice test. Reading passage 2
- IELTS listening and speaking description

SALIDA

04

JUEVES

11

DE  
OCTUBRE

 **READING**

## ¿SABÍAS QUE?

- El IELTS (International English Language Testing System) es el examen internacional de inglés más utilizado y reconocido en el mundo.
- El próximo año IELTS celebra 30 años de estar brindando oportunidades a la comunidad educativa a nivel global.
- IELTS es uno de los pocos exámenes internacionales que incluyen una entrevista presencial para evaluar la habilidad de expresión oral.
- La administración del British Council y sus aliados te ofrecen los más altos estándares internacionales de seguridad para garantizar tus resultados.

# READING

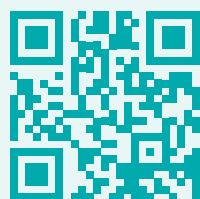
## IELTS READING ACADEMIC

The IELTS Reading test is designed to assess a wide range of reading skills, including how well you:

- Read for the general sense of a passage.
- Read for the main ideas.
- Read for detail.
- Understand inferences and implied meaning.
- Recognise a writer's opinions, attitudes and purpose.
- Follow the development of an argument.

**NOTA:** This is the case for whichever version of the IELTS test you are taking.

**LEARN MORE**



 **60 MINUTES**

You will need to manage your time during the test because you will not be told when to start or finish each section.

### THREE SECTIONS

You will be given three different passages to read, each with accompanying questions. You can expect to read **2,150 - 2,750** words in total during your test.

## TASK

There are 3 sections in the IELTS Academic Reading test. In the exam you will be allowed 1 hour to complete all 3 sections. For the following exercise you should spend about 20 minutes.

### READING PASSAGE 2

## THE BENEFITS OF PILATES AND YOGA

Yoga originated in India about the fifth century BC, evolving over time as a mental, physical and spiritual discipline. Pilates is much younger, developed in the mid-1900s to help in the rehabilitation of injured dancers and athletes. Pilates focuses on the interconnectedness of the mind and body, drawing on the movements of calisthenics, yoga and ballet, whereas yoga focuses on the connection between mind, body and spirit. Exploring the spiritual side of yoga is an integral part of the practice.

The majority of studies into the benefits of Pilates have focused on its advantages for the physical body, and there is an arguable lack of empirical evidence for these. One study, which aimed to assess improvements in posture, involved 47 adults practising Pilates once a week for three months. Despite subjects reporting improved posture, their height, used as a measure, did not change. A second study exploring comparative effects of Pilates or weight training on posture found both groups experienced moderate change.

There is evidence to suggest that regular Pilates practice can help improve strength and flexibility. To what extent, particularly in comparison to other types of resistance training, is unsubstantiated although one study confirmed that Pilates improved strength equally to traditional resistance exercise (lifting dumbbells). A

different study used electromyography (EMG), which measures muscle activity, to compare the effect of Pilates and abdominal crunches on two muscles in the core region: the rectus abdominis (the six-pack) and external obliques. The Pilates exercises produced EMG values that were higher than the crunch, supporting claims that Pilates increases core strength and stability. There is some justification for the use of Pilates in rehabilitation. There are several studies reporting that it leads to a significant reduction in pain intensity and disability in people with lower back injuries, for example. However, the number of studies is very small and the numbers of participants limited.

Research into the benefits of yoga has focused more on its contribution to wellbeing. According to yogi tradition, continued practice of asana (postures) and pranayama (breathing) increases sattva, a spiritual quality of light and love, the cultivation of which leads to greater equilibrium and less psychological and physical illness. One study by researcher Sudheer Deshpande attempted to substantiate this claim by involving 226 adults in a programme where they had either one hour of moderate physical exercise (PE) a day or one hour of yoga a day for eight weeks. The number of persons who showed enhancement of sattva – measured by responses to a questionnaire – was significant in the yoga group but not in the PE group.

Dr Andrew Weil, a medical researcher, claims that investigations into the value of yoga are neither overwhelming nor conclusive. In his view, one of the problems identified is that most studies are done with small numbers of subjects. Others, such as the aforementioned Deshpande study, focus on trying to lay evidence to claims of the spiritual benefits of yoga, which as yet have found no support in Western science or medicine.

However, the value of deep breathing – an integral part of yoga practice – has found substantial support in medical science. Deep breathing has been shown to

have numerous beneficial effects on health, some of which are easily measurable, such as the lowering of blood pressure. Dr Sheila Patel explains that abdominal breathing activates the parasympathetic nervous system, which reverses the body's stress response. Because the abdominal muscles and diaphragm are engaged, there is also less strain on the muscles of the neck and upper chest which assist shallow breathing; thus, tightness is released in these areas.

The Kripalu Center for Yoga and Health in the United States developed a four-month programme for 18–25 year olds combining daily asana and pranayama practice and study of the principles of yoga. Research on the effects of the programme found that it significantly predicted increases in quality of life and self-compassion, and decreases in perceived stress. The researchers suggested that yoga could be used to assist those coping with the stresses of studying, job-searching and transitioning to adulthood.

G. Duraiswamy compared the effects of four months of either daily yoga practice or exercise on schizophrenic patients. The exercise involved activities including walking, jogging and stretching. While there was a decrease in psychotic symptoms in both groups, the decrease was more pronounced in the yoga group. The yoga group also performed better in terms of perception of increased quality of life as measured by the World Health Organization Quality of Life (WHO-QOL) form. In addition, yoga has been shown to be effective in relieving symptoms of depression, anxiety and obsessive-compulsive disorder.

Further studies suggest that emptying the mind of thoughts, achieved during yoga practice through concentration on the postures and breath, leads to variations in the neural circuitry of the brain. Dr Sara Lazar, an American neuroscientist, used MRI scans to monitor changes in the brains of a group of adults who participated in an 8-week programme. Prior to the study, participants had never meditated; during the study, they did so for 30–40 minutes a day for 8 weeks. Results showed greater activity in the left hippocampus at the

end of the study, the hippocampus being the segment of the brain that assists learning, retention and recall, and emotional regulation. There was also greater activity in the temporo-parietal junction, which controls empathy and compassion, and a reduction in the size of the amygdala, which suggests a reduction in stress.

**Complete the sentences below.**

**Choose NO MORE THAN TWO WORDS from the passage for each answer.**

### Questions 1–7

- 1 Pilates was originally designed as physical therapy for ..... and sportspersons.
- 2 The practice of yoga differs from Pilates in that it has a .....
- 3 Pilates practice does not seem to produce measurable effects on .....
- 4 EMG results indicate that gains in core strength are greater from Pilates training than .....
- 5 Pilates may be beneficial for sufferers of ..... pain although there is not a great deal of research to prove this.

**Choose NO MORE THAN THREE WORDS from the passage for each answer.**

- 6 What did WHOQOL assess?  
.....
- 7 Which part of the brain is important for memory?  
.....

## GET READY FOR IELTS™

Will help you experience the types of tasks you will be asked during the test session of the academic IELTS version. Use this material to carry out timed exercises and develop your test technique. Find the answers to the questions, model responses and complementary material on

[www.britishcouncil.co/examen/ielts](http://www.britishcouncil.co/examen/ielts)



**IELTS** fue el examen que presenté para conseguir mi visa y para iniciar mi trabajo en el extranjero. Se hace el mundo un lugar más pequeño.

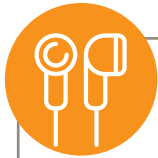
Paula Valbuena

[www.colecciones.eltiempo.com/ielts](http://www.colecciones.eltiempo.com/ielts)

## ANSWERS

Once you have completed the exercise, check your answers on





## IELTS LISTENING



The IELTS Listening test is broken down into four sections:

### Sections Description

- 1** You listen to a conversation between two people set in an everyday social situation, e.g. a conversation in an accommodation agency, and answer questions on your comprehension.
- 2** You listen to a monologue set in an everyday social situation, e.g. a speech about local facilities or a talk about the arrangements for meals during a conference.
- 3** You listen to a conversation between up to four people set in an educational or training context, e.g. a university tutor and a student discussing an assignment, or a group of students planning a research project.
- 4** You listen to a monologue on an academic subject, e.g. a university lecture.



## IELTS SPEAKING



The Speaking test is made up of three sections:

### Sections Description

- PART 1** Introduction and interview 4-5 minutes The examiner will introduce him or herself and ask you to introduce yourself and confirm your identity. The examiner will ask you general questions on familiar topics, e.g. home, family, work, studies and interests. This section should help you relax and talk naturally.
- PART 2** Individual long turn 3-4 minutes The examiner will give you a task card which asks you to talk about a particular topic, including points to include in your talk. You will be given one minute to prepare and make notes. You will then be asked to talk for 1-2 minutes on the topic. You will not be interrupted during this time, so it is important to keep talking. The examiner will then ask you one or two questions on the same topic.

**PART 3** Two-way discussion 4-5 minutes The examiner will ask you further questions which are connected to the topic of Part 2. These questions are designed to give you an opportunity to discuss more abstract issues and ideas.



## VERSIÓN COMPUTARIZADA: LA NUEVA FORMA DE PRESENTAR IELTS

Tendrás la opción de tomar el examen frente a un computador. La prueba oral mantiene su formato de entrevista cara a cara, que es la manera que más favorece al candidato.

**MUY PRONTO**



RECIBE UN CURSO DE PREPARACIÓN EN LÍNEA ROAD TO IELTS CON LA COMPRA DEL EXAMEN



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**Clarity**

¿Tienes preguntas? Contáctanos: [servicioalcliente@britishcouncil.org.co](mailto:servicioalcliente@britishcouncil.org.co)

¿Quieres IELTS para tu institución? Contacto: **Andrés Giraldo Medellín**: Gerente de Red de Exámenes

Colombia, Ecuador y Panamá.

[andres.giraldo@britishcouncil.org](mailto:andres.giraldo@britishcouncil.org)