

丛书主编 周 青 曹春春

# TEM

训练营丛书

## 英语专业四级考试 阅读训练营

本书主编 宋秀葵 董慧芳



华东理工大学出版社  
EAST CHINA UNIVERSITY OF SCIENCE AND TECHNOLOGY PRESS

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## 英语专业四级考试阅读训练营

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# 前言

阅读理解是高校英语专业四级考试的重要组成部分,一本高质量的阅读应试训练指导书有助于考生总结复习已学过的知识,巩固基础,锻炼思维,是考生检验自己的知识水平和提高应试能力的最有效途径。

为了编写这本《英语专业四级考试阅读训练营》,我们组织了一批长年在教学一线工作的教师,对学生的需求情况做了长时间深入细致的调查;对《高等学校英语专业教学大纲》和《高校英语专业四级考试大纲》(2004年新版)进行了反复学习并深入领会;完全按照高校英语专业四级考试的阅读理解题型设计编写,旨在帮助学生提高阅读能力和应试能力,具有较强的针对性和实用性。经过多位老师的努力,这本《英语专业四级考试阅读训练营》终于脱稿了。经有关资深教师鉴定评估,基本上达到了预期效果。

本书有以下两个特点:

## 一、紧扣新版《考试大纲》,命题思路准确,具有预测性

全书共分三部分:

第一部分是概述,介绍了《教学大纲》和《考试大纲》要求,并着重用历年真题进行了题型分析,推荐了一些非常实用的提高阅读理解能力的方法和应试技巧,目的是让学生充分了解并熟悉专业四级考试阅读理解部分的题型、题量、试题内容范围和难度,掌握一定的阅读方法和应试技巧。

第二部分是专题训练与精解,按照题材设计了历史、经济、教育、体育、科学技术、人与自然六个专项阅读练习,目的是帮助学生

掌握不同题材文章的结构特点,理解各种题材的词汇特点,打好阅读基本功。

第三部分是8套模拟试题与精解,完全以新版《考试大纲》所附考试的阅读理解部分为原型而设计,目的是让学生适应新的考试要求,进行有针对性的模拟训练。

本书每部分环环相扣,从理论解析到实践演练都严格遵循《教学大纲》和《考试大纲》,体现了依据真题、解剖真题、发现命题规律的原则。在掌握了大量数据的基础上,严格选材,瞄准命题方向,把握命题规律,适当增加新内容,保证命题思路准确无误,以提高试题的预测性。

## **二、题型分析透彻,解析深入详尽,便于自学自测**

题型分析时都采用历年真题对四种主要提问类型题目(主旨大意型、事实细节型、推理型、词语释义型)进行分析和归纳,并介绍了不同的题目所运用的不同阅读技巧。另外,不管是专项训练还是模拟试题均配有答案及详细的解析。阅读理解部分在解析答案上有较高的难度,为了使學生能获得如同在课堂上听课的效果,依据篇章内容和题目要求都对每个答案做出明确分析,给出充足理由,这样做的目的就是便于考生自学、自测、自我评估。

提高应试习题的科学性、预测性和使用性是无止境的。我们热切希望英语专四考生和教师能在使用这本书的过程中给我们提出更多修改意见,以便再版时改进。

**编 者**

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## 第一部分 概 述

### 1. 教学大纲要求

- (1) 能读懂难度相当于美国 *Newsweek* 的国际新闻报道;能读懂难度相当于 *Sons and Lovers* 的文学原著。
- (2) 在理解的基础上抓住要点,并能运用正确观点评价思想内容。
- (3) 阅读速度为每分钟 120—180 个单词,理解准确率不低于 70%。
- (4) 在 5 分钟内速读 1 000 词左右、中等难度的文章,掌握文章的大意。

### 2. 测试要求

- (1) 能读懂英美国出版的中等难度的文章和材料。
- (2) 能读懂难度相当于美国 *Newsweek* 的国际新闻报道。
- (3) 能读懂难度相当于 *Sons and Lovers* 的文学原著。
- (4) 能掌握所读材料的主旨和大意,了解说明主旨大意的事实和细节;既理解字面意义,又能根据所读材料进行判断和推理;既理解个别句子的意义,也理解上下文的逻辑关系。
- (5) 能在阅读中根据需要自觉调整阅读速度和阅读技巧。
- (6) 考试时间 25 分钟。

### 3. 测试目的

本部分测试学生通过阅读获取有关信息的能力,考核学生掌



握相关阅读策略和技巧的程度。既要求准确性,也要求有一定的速度。阅读速度为每分钟 120 个单词。

#### 4. 选材原则

- (1) 题材广泛,包括社会、科技、文化、经济、日常知识、人物传记等。
- (2) 体裁多样,包括记叙文、描写文、说明文、议论文、广告、说明书、图表等。
- (3) 阅读材料的语言难度中等,关键词汇基本上不超过《大纲》规定的范围。

#### 5. 试卷中所占分量

首先,整个英语专业四级考试时间为 130 分钟,阅读占 25 分钟,占总分比例为 20%。阅读理解是考试的重要组成部分,是检验学生英语综合能力的一个重要尺度,要想取得好的成绩,顺利过关,成功地解答阅读这一部分十分关键。

其次,阅读理解题目只是短文考试的一种形式,听力题、语法与词汇题、完形填空题和写作都是短文考试的变体。因此,阅读理解能力与其他几种考试形式密切联系,对整个考试成绩有举足轻重的影响。

#### 6. 题型分析

此次颁发的新版《考试大纲》对阅读部分考试题型作了很大调整,很明显的变化是取消了独立的快速阅读部分。现在阅读只有一个部分——即只有数篇短文构成的阅读理解,阅读材料共长 1800 个单词左右。每篇材料后有若干道多项选择题,共 20 题,学生应根据所读材料内容,从每题的四个选择项中选出一个最佳答案。

阅读理解部分的题目类型非常规范,提问的方式一般分为下

面四种类型:主旨大意型、事实细节型、推理型、词语释义型。其中主旨大意题和细节题出现频率较高。下面以真题为例对这四种类型的题目进行分析和归纳。不同的题目运用不同的阅读技巧。

### 主旨大意型( Main Idea / Topic Questions )

Does a drink a day keep heart attacks away? Over the past 20 years, numerous studies have found that moderate alcohol consumption—say, one or two beers, glasses of wine or cocktails daily—helps to prevent coronary heart disease. Last week a report in the New England Journal of Medicine added strong new evidence in support of that theory. More important, the work provided the first solid indication of how alcohol works to protect the heart.

In the study, researchers from Boston's Brigham and Women's Hospital and Harvard Medical School compared the drinking habits of 340 men and women who had suffered recent heart attacks with those of healthy people of the same age and sex. The scientists found that people who sip one to three drinks a day are about half as likely to suffer heart attacks as nondrinkers are. The apparent source of the protection: those who drank alcohol had higher blood levels of high-density lipoproteins(脂蛋白), the so-called good cholesterol(胆固醇), which is known to repel heart disease.

As evidence has mounted, some doctors have begun recommending a daily drink for patients of heart diseases. But most physicians are not ready to recommend a regular happy hour for everyone. The risks of teetotaling are nothing compared with the dangers of too much alcohol, including high blood pressure, strokes and liver troubles—not to mention violent

behaviour and traffic accidents. Moreover, some studies suggest that even moderate drinking may increase the incidence of breast and colon (结肠) cancer. Until there is evidence that the benefits of a daily dose of alcohol outweigh the risks, most people won't be able to take a doctor's prescription to the neighborhood bar or liquor store. TEM - 4 (1995)

▲ The main theme of this passage is \_\_\_\_\_.

- A. the change in recent drinking habits
- B. the connection between cancer and alcohol
- C. whether moderate drinkers outlive nondrinkers
- D. whether alcohol may be good for your health

**分析** 该题属于主旨大意型。本文的开始作者便提出了问题“Does a drink a day keep heart attacks away?”, 这是一个中心句,从这个句子可以看出本文要讨论的是“饮酒与心脏病之间的关系”。接下来作者便提到最近有报道证明适量饮酒有助于预防心脏病。第二段中进一步通过研究来证明适量饮酒比不饮酒者患心脏病的可能性小一半;但是,第三段作者却提出了不同的观点,那就是,多数医生不提倡饮酒,过度饮酒的后果不堪设想,会带来更多的疾病。选项 D 说的是饮酒是否对身体有好处,与本文的主题相符,所以正确答案为 D。

### 事实细节型 (Specific Questions)

In the past thirty years many social changes have taken place in Britain. The greatest of these have probably been in the economic lives of women.

The changes have been significant, but, because tradition and prejudice can still handicap women in their working careers and personal lives, major legislation to help promote equality of opportunity and pay was passed during the 1970s.

At the heart of women's changed role in society has been the rise in the number of women at work, particularly married women. As technology and society permit highly effective and generally acceptable methods of family planning there has been a decline in family size. Women as a result are involved in child-rearing for a much shorter time and related to this, there has been a rapid increase in the number of women with young children who return to work when the children are old enough not to need constant care and attention.

Since 1951 the proportion of married women who work has grown from just over a fifth to a half. Compared with their counterparts elsewhere on the Continent, British women comprise a relatively high proportion of the work force, about two-fifths, but on average they work fewer hours, about 31 a week. There is still a significant difference between women's average earnings and men's, but the equal pay legislation which came into force at the end of 1975 appears to have helped to narrow the gap between women's and men's basic rates.

As more and more women joined the work force in the 1960s and early 1970s there was an increase in the collective incomes of women as a whole and a major change in the economic role of large numbers of housewives. Families have come to rely on married women's earnings as an essential part of their income rather than as "pocket money". At the same time social roles within the family are more likely to be shared, exchanged or altered.

TEM-4 (1996)

▲ According to the author, an increasing number of married women are able to work because \_\_\_\_\_.

A. their children no longer require their care

- B. there are more jobs available nowadays
- C. technology has enabled them to find acceptable jobs
- D. they spend far less time on child care than before

该题为事实细节题。本题问的是根据作者的观点,越来越多的已婚女性能参加工作的原因是什么? 对这类题目,可以直接从短文中找到答案。与这道题对应的句子在原文的第三段“Women as a result are involved in child-rearing for a much shorter time...”, 因此,选项 D 为正确答案。

### 推理型 (Inference Questions)

One of the good things for men in women's liberation is that men no longer have to pay women the old-fashioned courtesies.

In an article on the new manners, Ms. Holmes says that a perfectly able woman no longer has to act helplessly in public as if she were a model. For example, she doesn't need help getting in and out of cars. “Women get in and out of cars twenty times a day with babies and dogs. Surely they can get out by themselves at night just as easily.”

She also says there is no reason why a man should walk on the outside of a woman on the sidewalk. “Historically, the man walked on the inside so he caught the garbage thrown out of a window. Today a man is supposed to walk on the outside. A man should walk where he wants to. So should a woman. If, out of love and respect, he actually wants to take the blows, he should walk on the inside—because that's where attackers are all hiding these days.”

As far as manners are concerned, I suppose I have always been a supporter of women's liberation. Over the years, out of sense of respect, I imagine, I have refused to trouble women

with outdated courtesies.

It is usually easier to follow rules of social behavior than to depend on one's own taste. But rules may be safely broken, of course, by those of us with the gift of natural grace. For example, when a man and woman are led to their table in restaurant and the waiter pulls out chair, the woman is expected to sit in the chair. That is according to Ma. Ann Clark. I have always done it the other way, according to my wife.

It came up only the other night. I followed the hostess to the table, and when she pulled the chair out I sat on it, quite naturally, since it happened to be the chair I wanted to sit in. I had the best view of the boats.

"Well," my wife said, when the hostess had gone, "you did it again."

"Did what?" I asked, utterly confuse.

"Took the chair."

Actually, since I'd walked through the restaurant ahead of my wife, it would have been awkward, I should think, not to have taken the chair. I had got there first, after all.

Also, it has always been my custom to get in a car first, and let the woman get in by herself. This is a courtesy I insist on as the stronger sex, out of love and respect. In times like these, there might be attackers hidden about. It would be unsuitable to put a woman in a car and then shut the door on her, leaving her at the mercy of some bad fellow who might be hidden in the back seat.

TEM - 4 (1997)

▲ It can be concluded from the passage that \_\_\_\_\_.

- A. men should walk on the inside of the sidewalk
- B. women are becoming more capable than before

C. in women's liberation men are also liberated

D. it's safe to break rules of social behavior

**解析** 该题属于推理题。本文探讨的是女性解放的问题,而短文第一段第一句便提到在女性解放运动中,男性得到的好处之一是:不必再向女士们表示老一套的礼仪了,言外之意,女性解放的同时男性也得到了解放。而其他选项在短文中都未提及。因此,正确答案为 C。

### 词语释义型 (Reference Questions / Vocabulary)

On January 10, 1962, an enormous piece of glacier broke away and tumbled down the side of a mountain in Peru. A mere seven minutes later, when cascading ice finally came to a stop ten miles down the mountain, it had taken the lives of 4,000 people.

This disaster is one of the most devastating examples of a very common event; an avalanche of snow or ice. Because it is extremely cold at very high altitudes, snow rarely melts. It just keeps piling up higher and higher. Glaciers are eventually created when the weight of the snow is so great that the lower layers are pressed into solid ice. But most avalanches occur long before this happens. As snow accumulates on a steep slope, it reaches a critical point at which the slightest vibration will send it sliding into the valley below.

Even an avalanche of light power can be dangerous, but the Peruvian catastrophe was particularly terrible because it was caused by a heavy layer of ice. It is estimated that the ice that broke off weighed three million tons. As it crashed down the steep mountainside like a gigantic snow plough, it swept up trees, boulders and tons of topsoil, and completely crushed and destroyed the six villages that lay in its path.

At present there is no way to predict or avoid such enormous avalanches, but, luckily, they are very rare. Scientists are constantly studying the smaller, more common avalanches, to try to understand what causes them. In the future, perhaps dangerous masses of snow and ice can be found and removed before they take human lives. TEM-4 (1996)

▲ In this passage “devastating” (Para. 2) means \_\_\_\_\_.

- A. violently ruinous
- B. highly interesting
- C. stunning
- D. unpleasant

**分析** 该题属于指代题,主要考查学生在短文中理解词义和词组意义的能力。文章的第一段讲述的是在秘鲁发生的一次严重的雪崩。在这次灾难中,7分钟内4000人失去了生命。第二段第一句指出这场灾难是“one of the most devastating examples...”。根据第一段的内容,我们可以猜测出本句中的“devastating”的含义应该是“严重毁灭性的”,因此,应该选A项才与上下文内容相符,A为正确答案。

## 7. 提高阅读理解能力和阅读理解的应试技巧

### 1) 提高阅读能力的方法

#### (1) 扩大词汇量

平时注意多积累词汇,通过构词法、同义词、反义词、习惯用法、一词多义,注意积累书面语和口语词、成语和谚语等。

#### (2) 巩固掌握语法知识

熟练掌握并运用所学语法知识是保证正确理解阅读短文的基础,有利于提高阅读能力。

(3) 平时课外多阅读有关的题材、体裁多样的背景知识,扩大知识面。如:天文地理、风土人情、政治历史、文化教育、科技知识、



人物传略等。

#### (4) 阅读准确性和阅读速度二者兼顾

平时注意精读、快速阅读相结合,有的放矢地进行阅读,这样考试时才能做到针对不同类型的题目运用不同的技巧,该细读的细读,该跳读的跳读,该寻读的寻读,能够合理安排考试时间。

#### 2) 阅读应试技巧

首先,要正确理解“阅读理解”。虽然新版《大纲》取消了独立的快速阅读部分,但阅读的速度对考试的重要性仍然不言而喻。阅读理解既要保证阅读的准确性,又要保证阅读的速度;在保证准确理解的基础上,尽量提高阅读速度。要合理安排时间,二者兼顾。

其次,在阅读过程中,要先对整篇文章作较为完整的理解,了解文章的大意和整体结构,尤其注意文章的第一段和最后一段,然后便可阅读理解题,带着问题去阅读,以便在读的过程中寻找答案。

最后,在做题时,要分析并掌握各种问题的题型,不同的题型运用不同的技巧。

### 主旨大意型

这类题目询问有关文章主要内容、中心大意、作品基调、作者态度、写作意图以及文章标题,有时也会提问某一段落的大意,主要考查考生对整篇短文或某一段落的正确理解能力。常见的考试题目为:

What is the main idea of the passage? (Which of the following is...?)

What is the best title for the passage? (Which of the following is...?)

What is the main topic of the passage? (Which of the following is...?)