

《中考英语阅读理解专项训练及答案（19）》

It is well known that regular exercise has numerous health benefits. Not only does it help to improve physical fitness, but it also contributes to mental well-being. However, recent studies have shown that exercise can also have a positive impact on academic performance.

Researchers conducted a study involving a group of students from different schools. Half of the students were assigned to a regular exercise program, while the other half did not participate in any structured physical activity. The study lasted for six months, during which the researchers monitored the students' academic performance.

At the end of the study, the results were clear. The students who participated in the exercise program showed significant improvements in their academic performance compared to those who did not exercise regularly. They scored higher grades and demonstrated better concentration and focus in class.

The researchers believe that exercise plays a crucial role in enhancing cognitive function. When we engage in physical activity, our heart rate increases, which leads to an increased blood flow to the brain. This promotes the delivery of oxygen and nutrients to the brain cells, improving their overall function.

In addition, exercise also helps to reduce stress and anxiety, two factors that can negatively impact academic performance. Regular physical activity releases endorphins, which are natural mood-boosting chemicals in the brain. This can result in improved mood and decreased feelings of stress, allowing students to perform better academically.

Furthermore, exercise has been found to enhance memory and learning capabilities. It stimulates the release of growth factors in the brain, which promote the formation of new connections between neurons. These connections are essential for learning and memory retention.

Given these findings, it is important for schools to prioritize physical education and encourage students to engage in regular exercise. By incorporating exercise into the daily routine, schools can support the overall development and academic success of their students.

1. What is the main topic of the passage?

A. The benefits of regular exercise.

B. The impact of exercise on academic performance.

C. The importance of physical education in schools.

D. The link between exercise and cognitive function.

2. What was the purpose of the study mentioned in the passage?

A. To prove that exercise can improve academic performance.

B. To compare students' academic performance in different schools.

C. To investigate the role of physical activity in reducing stress.

D. To analyze the effects of exercise on memory and learning.

3. According to the passage, why does exercise have a positive impact on academic performance?

A. It improves physical fitness.

B. It promotes the delivery of oxygen to the brain.

C. It reduces stress and anxiety.

D. It enhances memory and learning capabilities.

4. What do endorphins do in the brain?

A. Improve mood.

B. Release growth factors.

C. Increase blood flow.

D. Form new connections between neurons.

5. What is the recommended action for schools based on the passage?

A. Encourage students to participate in structured physical activity.

B. Decrease the focus on physical education.

C. Prioritize academic performance over physical fitness.

D. Monitor students' academic performance closely.

参考答案：

B. The impact of exercise on academic performance.

A. To prove that exercise can improve academic performance.

B. It promotes the delivery of oxygen to the brain.

A. Improve mood.

A. Encourage students to participate in structured physical activity.

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