

《2025年中考英语阅读理解专项训练及答案(22)》

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What subject do you worry about the most at school? Many students worry about math. Some students can't sleep well the day before a math exam. Others may feel very nervous during the exam itself. But there might be a way to make the subject less stressful(压力大的).

"For people who are worried about math, posture (姿势) makes a big difference," Erik Paper from San Francisco State University told the Daily Mail. That's right – sitting up straight can help you do better on math exams.

Scientists tested 125 college students. They asked them to do a simple math exam while sitting in a slumped-over (趴倒的) posture, or sitting up straight. After the test, 56 percent of students said the exam was easier to do if they were sitting up straight.

Slumping over is a defensive(戒备的) posture. It can bring about bad memories in the body and brain. This can stop you from thinking clearly, Paper said.

Students who were not nervous about taking the math exam did not necessarily benefit(受益) from better posture. But they did find that doing math while slumped over was more difficult, Science Daily reported.

Good posture isn't just helpful for taking math exams. Sportspeople, musicians and public speakers can all benefit from better posture. When you feel stressed out, you can also try to sit up straight or stand tall. It can help you feel more certain and focus better.

(1)What posture can make people feel less stressed during math exams?

A.Sitting up straight. B. Hanging your head.

C.Lying on your back. D. Raising one hand.

(2)What did the scientists ask the college students to do during the test?

A.To do sit-ups. B. To count numbers.

C.To think carefully. D. To sit in different postures.

(3)How many students in the test benefited from the better posture?

A.All the 125 students. B. Less than half of them.

C.56 percent of them. D. None of the students.

(4)The fourth paragraph is written to explain .

A.why slumping over makes exams harder to do

B.why slumping over is bad for one's health

C.why some people slump over during exams

D.why people are nervous during math exams

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

A.Slump over to Take Exams B. Sit up to Do Math

C.Better Posture for Nervous Students D. Good Advice for Better Exams

答案解析：

(1) A. Sitting up straight.

解析：根据文章第二段 "sitting up straight can help you do better on math exams" 可知，坐直可以帮助人们在数学考试中做得更好，因此坐直的姿势可以减轻数学考试中的压力。

(2) D. To sit in different postures.

解析：根据文章第三段 "They asked them to do a simple math exam while sitting in a slumped-over posture, or sitting up straight."

可知，科学家要求学生们在考试时采取不同的姿势，即趴着的姿势和坐直的姿势。

(3) C. 56 percent of them.

解析：根据文章第三段 "After the test, 56 percent of students said the exam was easier to do if they were sitting up straight."

可知，测试后有56%的学生表示，如果他们坐直，考试会更容易。

(4) A. why slumping over makes exams harder to do

解析：第四段解释了趴着的姿势是一种防御姿势，它能在身体和大脑中唤起不好的记

忆，这会阻止人们清晰地思考。因此，这一段是为了解释为什么趴着的姿势会让考试变得更难。

(5) B. Sit up to Do Math

解析：文章的中心思想是通过坐直来减轻数学考试的压力，并提高表现。因此，“Sit up to Do Math”最能概括文章的主题，是最佳标题。

