



**UNIVERSIDAD AUTÓNOMA DE MADRID**  
PRUEBA DE ACCESO A LA UNIVERSIDAD DE LOS MAYORES DE 25 AÑOS  
Convocatoria **2009**  
**MATERIA: INGLÉS**

**COMÚN**

**INSTRUCCIONES GENERALES Y VALORACIÓN**

Lea el texto cuidadosamente, así como las preguntas. A continuación, proceda a responder en lengua inglesa. Conteste a las preguntas respetando el orden en que están planteadas.

**DURACIÓN DEL EJERCICIO:** 60 minutos

**CALIFICACIÓN:** La valoración máxima de cada pregunta se indica en cada parte del ejercicio.

**PILATES**

PILATES is a 'stretch and strengthen' exercise type. The program was originally designed for dancers, but it is now popular with all types of people, because it clearly has many health benefits. The Pilates method focuses on breathing and working muscles from the inside to strengthen your core, the hips and the lower back. There is evidence that Pilates helps to improve posture.

Joseph H Pilates was born in 1880, in Germany. In his childhood he suffered from rickets – a disease of the bones. As he grew up, he studied yoga and exercises from Ancient Greece and Rome. He became a skier and gymnast and worked as a boxer and a circus performer.

During the First World War, he was working in a hospital, where he met soldiers. He then began to produce special equipment to assist recovery. It is said that patients recovered more quickly when they exercised. After the war, Joseph moved back to Germany, but soon emigrated to the US when the army called him up to train soldiers. He settled in New York, set up a gym and his centre became popular among rich and famous people.

1. **Are the following sentences TRUE or FALSE? Justify your answer copying the evidence from the text. No marks are given for only TRUE or FALSE.** (Puntuación máxima: 2 puntos)
  - a. Joseph H Pilates was a healthy child.
  - b. Pilates' first centre was set up in Germany.
  
2. **Put the verb in brackets into the correct form.** (Puntuación máxima: 2 puntos)
  - a. After the war, Joseph H Pilates (become) \_\_\_\_\_ popular. Previously, he (work) \_\_\_\_\_ in a hospital.
  - b. If I wanted (practice) \_\_\_\_\_ Pilates, I (go) \_\_\_\_\_ to an official Pilates centre.
  
3. **In your own words and based on the ideas from the text, answer these questions. Be careful with the grammar and write precise answers.** (Puntuación máxima: 6 puntos)
  - a. Which are the benefits of practicing Pilates?
  - b. How did Joseph help soldiers during the First World War?

