

**DEPARTAMENTO DE LINGUÍSTICA, LETRAS E ARTES**

**PROVA DE PROFICIÊNCIA EM LÍNGUA INGLESA PARA ALUNOS DE CURSO  
DE PÓS-GRADUAÇÃO  
2019/II**

Nome: \_\_\_\_\_ Data: \_\_\_\_/\_\_\_\_/\_\_\_\_

Nota:

( ) Proficiente

( ) Não Proficiente

**Instruções:**

1. Esta prova consta de oito questões objetivas e duas questões discursivas.
2. Há apenas uma alternativa correta para cada questão objetiva.
3. Atribuir-se-á 1 (um) ponto para cada questão objetiva e 1(um) ponto para cada questão discursiva.
4. Só é permitida a utilização de dicionário impresso.
5. Trocas ou empréstimos de dicionários são expressamente proibidos, bem como utilização de equipamentos eletrônicos, como dicionários, tradutores e celulares.
6. A prova deverá ser respondida à caneta, azul ou preta.
7. A duração da prova é de três horas; não haverá prorrogação para o horário da mesma.
8. Na última página desta prova você encontrará uma grade de respostas que deverá ser preenchida com letra maiúscula. A grade de respostas é importantíssima, pois a correção das questões objetivas será efetuada diretamente nela.
9. Serão considerados aprovados os candidatos que demonstrarem, no mínimo, 70% de compreensão dos textos, envolvendo as questões objetivas e as discursivas.

## TEXT 01

### **A HARD TURN: BETTER HEALTH ON THE HIGHWAY**

After driving hundreds of miles, the last thing Roy Williams, a truck driver from Denton, Tex., wanted to do was exercise. After a day trapped in the cab, stopping only to gorge on greasy fare at truck stops, who could think of working out?

But once he ballooned to 405 pounds, he knew he had to make a change. So last year, Mr. Williams, 58, did something all too rare for someone in his profession: He embarked on a diet and exercise program.

The six-pack of Coca-Cola he drank each day? Gone. The hamburgers, chips and chocolate he relished? No more. Today, he drinks a protein shake mixed with ice water or soy milk for breakfast, nibbles cantaloupe and red grapes, and makes “sandwiches” with thinly sliced meat and cheese but no bread. He keeps a fold-up bike in his truck and zips around rest areas on his breaks.

His weight is down to 335 pounds, and he’s managed to reduce the amount of blood pressure medication he takes. “I rarely, maybe once a week, even go into a truck stop,” said Mr. Williams, who has been navigating an 18-wheeler for the last 30 years.

Mr. Williams’s predicament is hardly unique. On the road for weeks on end, with the sorts of diets that make nutritionists apoplectic, the nation’s truckers are in pretty bad shape. Now, beset by rising insurance costs and desperate to ensure their drivers pass government health tests, trucking companies and industry groups are working hard to persuade road warriors to change their habits.

It’s a long haul, so to speak. Eighty-six percent of the estimated 3.2 million truck drivers in the United States are overweight or obese, according to a 2007 study in *The Journal of the American Dietetic Association*.

“Obesity is a terrible problem in the trucking industry,” said Brett Blowers, director of marketing and development for the Healthy Trucking Association of America, an industry organization in Montgomery, Ala.

A few years ago, Mr. Blowers’s group conducted a blood pressure screening of more than 2,000 drivers at an annual truck show. “We sent 21 directly to the emergency room, and one of them had a heart attack on the way there,” he recalled.

“Of the accidents that are preventable, I’d say about 10 to 25 percent, if not higher, were from drivers who were tired, had sleep apnea or were not physically fit,” said Chad Hoppenjan, director of transportation safety services at Cottingham and Butler, an insurance broker in Dubuque, Iowa. .

While the statistics are bleak, they’re not especially surprising. Driving is a sedentary activity. Most truckers are paid by the mile, so they tend to squeeze out every last second of the 11 hours they’re allowed on the road in a 24-hour period.

“Some days I’ve driven 600 miles and didn’t even stop,” said Barb Waugh, 58, of Fairfax, S.D., one of an estimated 190,000 female truckers. In a typical week she logs 2,500 to 4,000 miles. “I feel like a marshmallow because I don’t get to exercise,” said Ms. Waugh, who weighs about 300 pounds.

Routines that keep other Americans healthy — hitting the gym, cooking at home, scheduling a doctor’s appointment — are nearly impossible, since drivers are rarely in one place for more than a day or two. The only exercise for many is pressing the gas pedal; most don’t load and unload cargo.

When they do leave their vehicles, it’s usually at truck stops and fast-food restaurants where nearly every option is greasy or fatty or served up in calorie-rich buffets — which some truckers say stands for “Big Ugly Fat Fellows Eating Together.”

“Everything’s fried, fried, fried — chicken, hot dogs, hamburgers, chili, burritos, corn dogs,” said Bill Johnson, 50, of Lubbock, Tex., a 25-year industry veteran.

Until recently, few in the transportation industry cared to tackle its health issues. Now transportation carriers, industry organizations and even truck stops are unrolling initiatives to help truckers slim down, shape up and improve their health. Employers are holding health seminars, building on-site gyms, bringing in nutritionists and fitness trainers, and offering financial incentives to employees who stop smoking or lose weight.

1) A melhor tradução do título é:

- A) ( ) Uma volta dura : sem saúde nas estradas.
- B) ( ) Uma virada difícil : melhor saúde nas estradas.
- C) ( ) Como melhorar a saúde nas estradas.
- D) ( ) Boas estradas melhoram a saúde.

2) Assinale a frase correta sobre Roy Williams.

- A) ( ) Ele chegou a pesar 405 libras.
- B) ( ) Ele começou a fazer exercícios, algo bastante comum entre seus colegas.
- C) ( ) Ele não abandonou o hábito de tomar muita coca cola.
- D) ( ) Ele se exercita pedalando na sua bicicleta quando retorna de viagens.

3) Assinale a alternativa que está de acordo com o texto:

As empresas de transporte estão preocupadas com os hábitos alimentares de seus motoristas:

- A) ( ) Para garantirem que seus motoristas passem nos exames de saúde exigidos pelas seguradoras.
- B) ( ) Por causa dos muitos acidentes nas estradas.
- C) ( ) Para que seus motoristas não durmam ao volante.
- D) ( ) Por causa do alto valor do Seguro.

4) Why is it so difficult for drivers to schedule doctor's appointments ?

- A) ( ) Because no doctors are available on highways.
- B) ( ) Because drivers are supposed to load and unload cargos.
- C) ( ) Because drivers are always on the move.
- D) ( ) Because their families check the truck drivers' health.

## TEXT 02

### Appropriate For All Ages

#### Japanese toymakers are focusing on senior citizens.

by Hideko Takayama

Much has been made in Japan of the clout of teenage girls, the arbiters of taste and uncrowned queens of the fashion industry. But when it comes to toys, a radically different demographic is beginning to call the shots.

Japanese toymakers now see senior citizens as their most dynamic market. Nearly 22 million Japanese – 17,4 percent of the population – are over 65, and that number is expected to top 25 percent by 2020. Three million senior citizens live alone, and 1,55 million Japanese are senile (their numbers are also expected to grow rapidly). This aging population presents a huge “silver market” – estimated at 50 trillion yen (\$ 416 billion) – for everything from beds to cosmetics to home-care nurses and helpers.

Major industries such as electronics, construction and foodstuffs have already begun developing products tailored to old folks: robots to help out around the house, homes that have no steps or stairs and healthy, oilfree foods. The toy industry wants a piece of the action. “There is a great potential”, says Yoshinori Haga, an official at Bandai, the biggest toymaker in Japan. “Toys can be used for entertainment, to give the old people nostalgic feelings or to be a companion for those who live alone.”

Indeed, playthings are not just for fun anymore. Toshimitsu Musha, president of the Brain Functions Lab near Tokyo, argues that playing with toys can help human brains stay active and sharp. While researching Alzheimer’s disease, Musha found that art therapy such as painting and claywork helped to prevent the brains of Alzheimer’s patients from deteriorating. “What works best for the elderly is something that they enjoy, where they have to use their brain and which requires concentration from 30 minutes to one hour,” he says (...)

5) Considere as afirmações abaixo.

- I. No Japão, a indústria de vestuário é fortemente influenciada pela preferência das adolescentes japonesas.
- II. Será feito um investimento de cerca de 416 bilhões de dólares em produtos para idosos.
- III. A indústria de brinquedos tem como principal meta a venda de jogos e brinquedos para idosos que vivem sozinhos.

Está(ão) condizentes(s) com o texto:

- A) ( ) apenas a I.
- B) ( ) apenas a III
- C) ( ) apenas a I e II
- D) ( ) Nenhuma

6) O “aging population” a que o texto se refere no segundo parágrafo é composto:

- A) ( ) por 3 milhões de idosos que vivem sozinhos atualmente no Japão.
- B) ( ) por 1 milhão e 550 mil japoneses senis.
- C) ( ) por 22 milhões de japoneses com mais de 65 anos.
- D) ( ) por 25% da atual população japonesa composta por idosos.

7) De acordo com o texto, os seguintes segmentos da indústria já desenvolvem produtos para melhorar a qualidade de vida dos idosos:

- A) ( ) eletro-eletrônica e brinquedos.
- B) ( ) construção civil e farmacêutica.
- C) ( ) farmacêutica e vestuário.
- D) ( ) alimentos e eletro-eletrônica.

8) Considere as afirmações abaixo:

I. Trabalhos manuais como pintura e argila são benéficos na prevenção do Mal de Alzheimer.

II. Pessoas idosas não conseguem se concentrar numa única atividade por um período superior a 60 minutos.

III. Atividades lúdicas são importantes para a saúde mental dos idosos.

Está(ão) condizente(s) com o texto:

- A) ( ) apenas a I
- B) ( ) apenas a III
- C) ( ) apenas a I e II
- D) ( ) todas

## QUESTÕES DISCURSIVAS

Responda as questões 9 e 10 em Português.

### TEXT 03

#### Communication

Speaking of love, one problem that recurs more and more frequently these days in books and plays, and movies is the inability of people to communicate with the people they love. Husbands and wives who can't communicate; children who can't communicate with their parents, and so on, and the characters in these books and plays and so on, and in real life. I might add, spend hours bemoaning the fact that they can't communicate. I feel that if a person can't communicate, the very least he can do is to shut up!

Tom Lehrer – from Kaleidoscope, Michael Swan

#### Vocabulary:

1. To recur: to be repeated → repetir
2. To bemoan: to complain about → lamentar, deplorar

9. Explícite o problema que é abordado no texto:

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**TEXT 04**

**INHUMANITY**

The worst thing we can do to the people we know is not to hate them, but to be indifferent to them. That's the essence of inhumanity. (Bernard Shaw)

10. Descreva a ideia central da afirmação de Bernard Shaw:

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Grade de respostas

Questão	1	2	3	4	5	6	7	8
Letra da resposta (maiúscula)								