**I**

**(2022年新高考II卷 阅读理解D)**

As we age, even if we're healthy, the heart just isn't as efficient in processing oxygen as it used to be. In most people the first signs show up in their 50s or early 60s. And among people who don’t exercise, the changes can start even sooner.

“Think of a rubber band. In the beginning, it is flexible, but put it in a drawer for 20 years and it will become dry and easily broken,” says Dr. Ben Levine, a heart specialist at the University of Texas. That's what happens to the heart. Fortunately for those in midlife, Levine is finding that even if you haven't been an enthusiastic exerciser, getting in shape now may help improve your aging heart.

Levine and his research team selected volunteers aged between 45 and 64 who did not exercise much but were otherwise healthy. Participants were randomly divided into two groups. The first group participated in a program of nonaerobic (无氧) exercise—balance training and weight training—three times a week. The second group did high-intensity aerobic exercise under the guidance of a trainer for four or more days a week. After two years, the second group saw remarkable improvements in heart health.

“We took these 50-year-old hearts and turned the clock back to 30-or 35-year-old hearts,” says Levine. “And the reason they got so much stronger and fitter was that their hearts could now fill a lot better and pump (泵送) a lot more blood during exercise.” But the hearts of those who participated in less intense exercise didn’t change, he says.

“The sweet spot in life to start exercising, if you haven't already, is in late middle age when the heart still has flexibility,” Levine says. “We put healthy 70-year-olds through a yearlong exercise training program, and nothing happened to them at all.”

Dr. Nieca Goldberg, a spokeswoman for the American Heart Association, says Levine’s findings are a great start. But the study was small and needs to be repeated with far larger groups of people to determine exactly which aspects of an exercise routine make the biggest difference.

32. What does Levine want to explain by mentioning the rubber band?

A. The right way of exercising. B. The causes of a heart attack.

C. The difficulty of keeping fit. D. The aging process of the heart.

33. In which aspect were the two groups different in terms of research design?

A. Diet plan. B. Professional background.

C. Exercise type. D. Previous physical condition.

34. What does Levine's research find?

A. Middle-aged hearts get younger with aerobic exercise.

B. High-intensity exercise is more suitable for the young.

C. It is never too late for people to start taking exercise.

D. The more exercise we do the stronger our hearts get.

35. What does Dr. Nieca Goldberg suggest?

A.Making use of the findings. B.Interviewing the study participants.

C.Conducting further research. D.Clarifying the purpose of the study.

**II**

**（2021年浙江卷 阅读理解C篇）**

If you ever get the impression that your dog can "tell" whether you look content or annoyed, you may be onto something. Dogs may indeed be able to distinguish between happy and angry human faces, according to a new study.

Researchers trained a group of 11 dogs to distinguish between images(图像) of the same person making either a happy or an angry face. During the training stage, each dog was shown only the upper half or the lower half of the person's face. The researchers then tested the dogs' ability to distinguish between human facial expressions by showing them the other half of the person's face on images totally different from the ones used in training. The researchers found that the dogs were able to pick the angry or happy face by touching a picture of it with their noses more often than one would expect by random chance.

The study showed the animals had figured out how to apply what they learned about human faces during training to new faces in the testing stage. "We can rule out that the dogs simply distinguish between the pictures based on a simple cue, such as the sight of teeth," said study author Corsin Muller.” "Instead, our results suggest that the successful dogs realized that a smiling mouth means the same thing as smiling eyes, and the same rule applies to an angry mouth having the same meaning as angry eyes."

"With our study, we think we can now confidently conclude that at least some dogs can distinguish human facial expressions," Muller told Live Science.

At this point, it is not clear why dogs seem to be equipped with the ability to recognize different facial expressions in humans. "To us, the most likely explanation appears to be that the basis lies in their living with humans, which gives them a lot of exposure to human facial expressions," and this exposure has provided them with many chances to learn to distinguish between them, Muller said.

8. The new study focused on whether dogs can\_\_\_\_\_\_\_\_\_.

A. distinguish shapes B. make sense of human faces

C. feel happy or angry D. communicate with each other

9. What can we learn about the study from paragraph 2?

A. Researchers tested the dogs in random order.

B. Diverse methods were adopted during training.

C. Pictures used in the two stages were different

D. The dogs were photographed before the lest.

10. What is the last paragraph mainly about?

A. A suggestion for future studies. B. A possible reason for the study findings.

C. A major limitation of the study D. An explanation of the research method.

**III**

**（2022年浙江1月首考 阅读理解C篇）**

The benefits of regular exercise are well documented but there’s a new bonus to add to the ever-growing list. New researchers found that middle-aged women who were physically fit could be nearly 90 percent less likely to develop dementia in later life, and as they did, it came on a decade later than less sporty women.

Lead researcher Dr. Helena Horder, of the University of Gothenburg in Sweden, said : "These findings are exciting because it’s possible that improving people's cardiovascular （心血管的）fitness in middle age could delay or even prevent them from developing dementia. "

For the study, 191 women with an average age of 50 took a bicycle exercise test until they were exhausted to measure their peak （最大值的） cardiovascular capacity. The average peak workload was measured at 103 watts.

A total of 40 women met the criteria for a high fitness level, or 120 watts or higher. A total of 92 women were in the medium fitness category; and 59 women were in the low fitness category, defined as a peak workload of 80 watts or less, or having their exercise tests stopped because of high blood pressure, chest pain or other cardiovascular problems.

These women were then tested for dementia six times over the following four decades. During that time, 44 of the women developed dementia. Five percent of the highly fit women developed dementia, compared to 25 percent of the women with medium fitness and 32 percent of the women with low fitness.

"However, this study does not show cause and effect between cardiovascular fitness and dementia, it only shows an association. More research is needed to see if improved fitness could have a positive effect on the risk of dementia and also to look at when during a lifetime a high fitness level is most important. " She also admitted that a relatively small number of women were studied, all of whom were from Sweden, so the results might not be applicable to other groups.

7. What is on the ever-growing list mentioned in the first paragraph?

A. Positive effects of doing exercises. B. Exercises suitable for the middle-aged.

C. Experimental studies on diseases. D. Advantages of sporty woman over man

8. Why did the researchers ask the woman to do bicycle exercise?

A. To predict their maximum heart rate. B. To assess their cardiovascular capacity

C. To change their habits of working out D. To detect their potential health problems

9. What do we know about Dr Horder's study?

A. It aimed to find a cure for dementia. B. Data collection was a lengthy process.

C. Some participants withdrew from it. D. The results were far from satisfactory.

10. Which of the following is the best title for the text?

A. More Women Are Exercising to Prevent Dementia

B. Middle-Aged Women Need to Do More Exercise

C. Fit Women Are Less Likely to Develop Dementia

D. Biking Improves Women's Cardiovascular Fitnes

**IV**

**（2023年新高考I卷 阅读理解D篇）**

On March 7, 1907, the English statistician Francis Galton published a paper which illustrated what has come to be known as the “wisdom of crowds” effect. The experiment of estimation he conducted showed that in some cases, the average of a large number of independent estimates could be quite accurate.

This effect capitalizes on the fact that when people make errors, those errors aren't always the same. Some people will tend to overestimate, and some to underestimate. When enough of these errors are averaged together, they cancel each other out, resulting in a more accurate estimate. If people are similar and tend to make the same errors, then their errors won't cancel each other out. In more technical terms, the wisdom of crowds requires that people's estimates be independent. If for whatever reasons, people's errors become correlated or dependent, the accuracy of the estimate will go down.

But a new study led by Joaquin Navajas offered an interesting twist (转折) on this classic phenomenon. The key finding of the study was that when crowds were further divided into smaller groups that were allowed to have a discussion, the averages from these groups were more accurate than those from an equal number of independent individuals. For instance, the average obtained from the estimates of four discussion groups of five was significantly more accurate than the average obtained from 20 independent individuals.

In a follow-up study with 100 university students, the researchers tried to get a better sense of what the group members actually did in their discussion. Did they tend to go with those most confident about their estimates? Did they follow those least willing to change their minds? This happened some of the time, but it wasn't the dominant response. Most frequently, the groups reported that they “shared arguments and reasoned together.” Somehow, these arguments and reasoning resulted in a global reduction in error. Although the studies led by Navajas have limitations and many questions remain, the potential implications for group discussion and decision-making are enormous.

32. What is paragraph 2 of the text mainly about?

A. The methods of estimation. B. The underlying logic of the effect.

C. The causes of people's errors. D. The design of Galton's experiment.

33. Navajas’ study found that the average accuracy could increase even if \_\_\_\_\_\_\_\_.

A. the crowds were relatively small B. there were occasional underestimates

C. individuals did not communicate D. estimates were not fully independent

34. What did the follow-up study focus on?

A. The size of the groups. B. The dominant members.

C. The discussion process. D. The individual estimates.

35. What is the author's attitude toward Navajas’ studies?

A. Unclear. B. Dismissive. C. Doubtful. D. Approving