

CONVOCATÒRIA: JULIOL 2025 (reserva)

CONVOCATORIA: JULIO 2025 (reserva)

ASSIGNATURA: ANGLÈS

ASIGNATURA: INGLÉS

**BAREM DE L'EXAMEN:**

L'alumnat haurà de contestar en el quadernet a totes les preguntes de cadascuna de les cinc qüestions que es plantegen.  
El alumnado deberá contestar en el cuadernillo a todas las preguntas de cada una de las cinco preguntas que se plantean.

**Part I. (7 p.)**

L'alumnat haurà de contestar a la primera, segona, tercera i quarta qüestió de l'apartat sobre comprensió escrita.

**Part II. (3 p.)**

L'alumnat redactarà un text a partir de les instruccions de l'apartat sobre expressió escrita.

**BAREMO DEL EXAMEN:**

Parte I. (7 p.)

El alumnado tendrá que contestar a la primera, segunda, tercera y cuarta cuestión del apartado sobre comprensión escrita.

Parte II. (3 p.)

El alumnado redactará un texto a partir de las instrucciones del apartado sobre expresión escrita.

## HOW A FEW MINUTES' EXERCISE CAN UNLEASH CREATIVITY

Often, when we hear about the benefits of physical activity, researchers are really referring to the benefits of *fitness* – the product of regular and repeated physical activity. But what's interesting about creativity is that it appears to be enhanced through the very act of moving the body. "Even a single, brief session of aerobic exercise can ignite creative thinking," says Dr Chong Chen, assistant professor in the department of neuroscience at Yamaguchi University, Japan, and author of a new review on the topic. How brief? One study that Chong was involved with looked at the effects of climbing four sets of stairs – an activity that took just a few minutes.

If you're thinking: "My life isn't creative, so this is irrelevant to me," think again. Many challenges in our lives call upon our creativity, be it devising a business plan, making a tasty meal from leftovers, inventing a lifesaving vaccine or entertaining your children. "We commonly associate creativity with people who 'make things' – artists and architects, poets and playwrights," says Dr Christian Rominger, a postdoctoral researcher in health psychology at the University of Graz. "But all of us have both the potential, and the need, to be creative."

So, what is it about physical activity that unlocks creativity? It has long been known that exercise benefits the brain, in terms of both mental health and cognitive function. "When performed regularly, aerobic activity can trigger structural changes, such as increased brain volume, particularly of the hippocampus, which benefit many aspects of cognition, such as working memory, attentional control and information-processing," says Amir-Homayoun Javadi, a professor in cognitive neuroscience at the University of Kent. "This gives the brain more potential to be creative."

But such adaptations take time. How can simply walking up a few steps have an effect? Acute exercise (i.e., a single exercise session) temporarily improves blood circulation, Javadi suggests, bringing fresh oxygen to the brain and increasing the production of neurotrophic factors – proteins that promote the growth and survival of brain cells. All the experts I interviewed for this article stressed that there's still a lot we don't know about the relationship between creativity and exercise. Is simple, repetitive movement better than something more complex? Why doesn't exercise seem to benefit the more evaluative aspects of creative thinking? The research is ongoing. But for Chen, what we *do* know has real value and should be used.

Adapted from an article by Sam Pyrah, *The Guardian* 4-03-2024

## Part I. Reading Comprehension

1. Are the following statements true (T) or false (F)? Identify the part of the text that supports your answer by copying the exact passage on the answer sheet. (2 points: 0.5 point each)

- Dr Chong Chen says that a lot of sessions of aerobic exercise are needed to ignite creative thinking.
- Our creativity is often required to deal with many challenges in our lives.
- For a long time, it was thought that exercise only benefits creativity.
- There is still much to be learned about the relationship between creativity and exercise.

2. Answer the following questions using your own words but taking into account the information in the text. (2.5 points: 1.25 points each)

- According to Javadi, how does physical activity benefit creativity?
- What aspects about the relationship between exercise and creativity are still unknown?

3. Find a synonym for each of the four words below from the six options. All words are underlined in the text (1 point: 0,25 each)

*repeated*      *ignite*      *devising*      *unlocks*      *improves*      *ongoing*

- continuing
- activate
- creating
- opens

4. Choose a, b, or c, in each question below. Only one choice is correct. (1.5 points: 0.5 point each)

- When we hear about the benefits of physical activity, researchers ...
  - are referring to doing physical activity repeatedly and regularly.
  - are referring to the benefits of the combination of aerobic exercise and mental health.
  - are referring to the product of hard physical activity.
  - are referring to the ignition of creativity.
- Amir-Homayoun Javadi says that ...
  - aerobic exercise and mental activity are structured in similar ways.
  - structural changes can be brought about with regular aerobic exercise.
  - structural changes are produced regularly when creative thinking is ignited.
  - aerobic exercise cannot generate creative thinking.
- Javadi suggests that ...
  - acute exercise does not promote blood circulation, giving fresh oxygen to the body cells.
  - blood circulation gets better through intense exercise, bringing fresh oxygen to the brain.
  - intense exercise improves blood circulation permanently, increasing the production of neurotrophic factors.
  - the production of neurotrophic factors is reduced with intense exercise.

Part II. Composition (130 to 150 words approximately) (3 points)

5. Choose one of these two topics and write a composition about it.

- How important is physical activity in our lives? Justify your answer.
- Do you think that you are a creative person? Explain and give examples.



# Selectividad Academy

Tu academia de selectividad online

● Mejor academia online de selectividad

## Prueba sin compromiso

Primera clase gratis. Sin permanencia. Sin letra pequeña.

- ✓ Profesores especialistas en cada asignatura
- ✓ Clases adaptadas a tu nivel y tus objetivos
- ✓ Todos los exámenes oficiales resueltos paso a paso
- ✓ Calculadora de nota y guía completa en la web

**623 769 002**

Escríbenos por WhatsApp

[www.selectividad.academy](http://www.selectividad.academy)

→ Calcula tu nota en [selectividad.academy/calculadora-selectividad](http://selectividad.academy/calculadora-selectividad)

→ Guía completa en [selectividad.academy/guia-selectividad](http://selectividad.academy/guia-selectividad)

→ ¿Tienes dudas? Escríbenos sin compromiso