



**UNIVERSITY OF RUHUNA – FACULTY OF ALLIED HEALTH
SCIENCES**

AH1212 - PROFICIENCY IN ENGLISH - LEVEL I EXAMINATION

SEQ PAPER – NOVEMBER 2025

2022/2023 Batch

INSTRUCTIONS

- Answer all questions.
- No paper should be removed from the examination hall.
- Do not use any correction fluid.

50 MARKS

TIME: 02 HOURS

QUESTION 01

Read the passage and answer the questions given below.

The first students to study alternative medicine at university level in Australia began their four-year, full-time course at the University of Technology, Sydney, in early 1994. Their course covered, among other therapies, acupuncture. The theory they learnt is based on the traditional Chinese explanation of this ancient healing art: that it can regulate the flow of 'Qi' or energy through pathways in the body. This course reflects how far some alternative therapies have come in their struggle for acceptance by the medical establishment.

Australia has been unusual in the Western world in having a very conservative attitude to natural or alternative therapies, according to Dr Paul Laver, a lecturer in Public Health at the University of Sydney. 'We've had a tradition of doctors being fairly powerful, and I guess they are pretty loath to allow any pretenders to their position to come into it.' In many other industrialized countries, orthodox and alternative medicines have worked 'hand in glove' for years. In Europe, only orthodox doctors can prescribe herbal medicine. In Germany, plant remedies account for 10% of the national turnover of pharmaceuticals. Americans made more visits to alternative therapists than to orthodox doctors in 1990, and each year they spend about US\$12 billion on the therapies that have not been scientifically tested.

Disenchantment with orthodox medicine has seen the popularity of alternative therapies in Australia climb steadily during the past 20 years. In a 1983 national health survey, 1.9% of people said they had contacted a chiropractor, naturopath, osteopath, acupuncturist, or herbalist

Index Number.....

in the two weeks prior to the survey. By 1990, this figure had risen to 2.6% of the population. The 550,000 consultations with alternative therapists reported in the 1990 survey represented about an eighth of the total number of consultations with medically qualified personnel covered by the survey, according to Dr Laver and colleagues writing in the *Australian Journal of Public Health* in 1993. 'A better educated and less accepting public has become disillusioned with the experts in general and increasingly skeptical about science and empirically based knowledge,' they said. 'The high standing of professionals, including doctors, has been eroded as a consequence.'

Rather than resisting or criticizing this trend, increasing numbers of Australian doctors, particularly younger ones, are forming group practices with alternative therapists or taking courses themselves, particularly in acupuncture and herbalism. Part of the incentive was financial, Dr Laver said. 'The bottom line is that most general practitioners are business people. If they see potential clientele going elsewhere, they might want to be able to offer a similar service.'

In 1993, Dr Laver and his colleagues published a survey of 289 Sydney people who attended eight alternative therapists' practices in Sydney. These practices offered a wide range of alternative therapies from 25 therapists. Those surveyed had experienced chronic illnesses, for which orthodox medicine had been able to provide little relief. They commented that they liked the holistic approach of their alternative therapists and the friendly, concerned, and detailed attention they had received. The cold, impersonal manner of orthodox doctors featured in the survey. An increasing exodus from their clinics, coupled with this and a number of other relevant surveys carried out in Australia, all pointing to orthodox doctors' inadequacies, has led mainstream doctors themselves to begin to admit they could learn from the personal style of alternative therapists. Dr Patrick Store, President of the Royal College of General Practitioners, concurs that orthodox doctors could learn a lot about besides manner and advising patients on preventative health from alternative therapists.

According to the *Australian Journal of Public Health*, 18% of patients visiting alternative therapists do so because they suffer from musculo-skeletal complaints; 12% suffer from digestive problems, which is only 1% more than those suffering from emotional problems. Those suffering from respiratory complaints represent 7% of their patients, and candida sufferers represent an equal percentage. Headache sufferers and those complaining of general

ill health represent 6% and 5% of patients respectively, and a further 4% see therapists for general health maintenance.

The survey suggested that complementary medicine is probably a better term than alternative medicine. Alternative medicine appears to be an adjunct, sought in times of disenchantment when conventional medicine seems not to offer the answer.

<https://www.ielts-mentor.com/reading-sample/academic-reading/811-ielts-academic-reading-sample-141-alternative-medicine-in-australia>

Part A

Circle the correct answer A, B, C, or D.

1. Traditionally, how have Australian doctors differed from doctors in many Western countries?
 - A. They have worked closely with pharmaceutical companies.
 - B. They have often worked alongside other therapists.
 - C. They have been reluctant to accept alternative therapists.
 - D. They have regularly prescribed alternative remedies.

2. In 1990, Americans
 - A. were prescribed more herbal medicines than in previous years.
 - B. consulted alternative therapists more often than doctors.
 - C. spent more on natural therapies than on orthodox medicines.
 - D. made more complaints about doctors than in previous years.

Part B

Do the following statements agree with the views of the writer in the above-mentioned reading passage? Write the answer in the given spaces.

- YES** - if the statement agrees with the views of the writer
NO - if the statement contradicts the views of the writer
NOT GIVEN - if it is impossible to say what the writer thinks about this

Index Number.....

3. Australians have been turning to alternative therapies in increasing numbers over the past 20 years. (.....)
4. Between 1983 and 1990, the number of patients visiting alternative therapists rose to include a further 8% of the population. (.....)
5. The 1990 survey related to 550,000 consultations with alternative therapists. (.....)
6. In the past, Australians had a higher opinion of doctors than they do today. (.....)
7. Some Australian doctors are retraining in alternative therapies. (.....)
8. Alternative therapists earn higher salaries than doctors. (.....)
9. The 1993 Sydney survey involved 289 patients who visited alternative therapists for acupuncture treatment. (.....)
10. All the patients in the 1993 Sydney survey had long-term medical complaints. (.....)

(01x10= 10 marks)

QUESTION 02

Read the passage and circle the correct letter of the most appropriate answer to the questions given below.

Seat Belts

“Click!” That’s the sound of safety. That’s the sound of survival. That’s the sound of a seat belt locking in place. Seat belts save lives, and that’s a fact. That’s why I don’t drive anywhere until mine is on tight. Choosing to wear your seat belt is as simple as choosing between life and death. Which one do you choose? Think about it. When you’re driving in a car, you may be going 60 MPH or faster. That car is zipping down the road. Then somebody ahead of you locks up his or her brakes. Your driver doesn’t have time to stop. The car that you are in crashes. Your car was going 60 miles per hour. Now it has suddenly stopped. Your body, however, is still going 60 MPH. What’s going to stop your body? Will it be the windshield or your seat belt? Every

time that you get into a car you make that choice. I choose the seat belt. Some people think that seat belts are uncool. They think that seat belts cramp their style or that seat belts are uncomfortable. To them I say, what's more uncomfortable? Wearing a seat belt or flying through a car windshield? What's more uncool? Being safely anchored to a car, or skidding across the road in your jean shorts? Wearing a seat belt is both cooler and more comfortable than the alternatives. Let's just take a closer look at your choices. If you are not wearing your seat belt, you can hop around the car and slide in and out of your seat easily. That sounds like a lot of fun. But you are also more likely to die or suffer serious injuries. If you are wearing a seat belt, you have to stay in your seat. That's no fun. But you are much more likely to walk away unharmed from a car accident. Hmm. A small pleasure for a serious pain. That's a tough choice. I think that I'll avoid the serious pain. How about giving money away? Do you like to give your money away? Probably not. And when you don't wear your seat belt, you are begging to give your money away. That's because kids are required to wear seat belts in every state in America. If you're riding in a car, and you don't have a seat belt on, the police can give you or your driver a ticket. Then you will have to give money to the city. I'd rather keep my money, but you can spend yours how you want. Wearing a seat belt does not make you invincible. You can still get hurt or killed while wearing your seat belt. But wearing them has proven to be safer than driving without them. You are much less likely to be killed in a car wreck if you are wearing a seat belt. You are much less likely to get seriously injured if you are wearing one. So why not take the safer way? Why not go the way that has been proven to result in fewer deaths? You do want to live, don't you?

1. Which title best expresses the main idea of this text?
 - A. Car Accidents: Ways That We Can Prevent Them
 - B. Slow Down: Save Lives by Driving Slower
 - C. Seat Belts: Wear Them to Survive Any Wreck
 - D. Why Not? Improve Your Odds with Seat Belts
2. Which best expresses the author's main purpose in writing this text?
 - A. To inform readers about seat belt laws
 - B. To persuade readers to wear seat belts
 - C. To entertain readers with stories and jokes about seat belts
 - D. To describe what car accidents are like without seat belts

3. Which best describes the text structure in the fourth paragraph?
 - A. Compare and contrast
 - B. Chronological order
 - C. Sequential order
 - D. Problem and solution

4. Which best defines the word 'alternatives' as it is used in the third paragraph?
 - A. Being safe
 - B. Being unsafe
 - C. Other choices
 - D. Driving fast

5. Which best expresses the main idea of the fifth paragraph?
 - A. Seat belts are a waste of money.
 - B. People don't like to give money away.
 - C. Not wearing a seat belt may cost you.
 - D. Seat belt laws save lives.

6. Which best defines the word 'invincible' as it is used in the last paragraph?
 - A. Uncool
 - B. Difficult or impossible to see
 - C. Glow-in-the-dark
 - D. Unable to be harmed

7. Which statement would the author most likely agree with?
 - A. Being safe is more important than being cool.
 - B. Moving freely around a car is worth the risks.
 - C. Seat belts will keep you safe in any car accident.
 - D. You should be most concerned with your comfort.

8. Which argument is not made by the author?
 - A. Not wearing a seat belt can be expensive.
 - B. Penalties for not wearing a seat belt should increase.
 - C. Seat belts keep you from flying through the windshield.
 - D. Wearing a seat belt is cooler than suffering an injury.

9. Which statement would the author most likely disagree with?
- A. Seat belts save lives.
 - B. Every state in America has seat belt laws.
 - C. You shouldn't drive anywhere until you are wearing your seat belt.
 - D. Seat belts increase your chances of being injured in a car wreck.
10. Which best explains why the author starts his essay with the word click?
- A. He is trying to scare readers.
 - B. He is trying to get the reader's attention.
 - C. He is trying to remind readers how seat belts sound when clasped.
 - D. He is trying to describe what it's like to ride in a car.

(01x 10=10 Marks)

QUESTION 03

Read the passage and circle the correct letter of the most appropriate answer to the questions given below.

Reading

Did you know that some people don't do their reading assignments? It's shocking, but it's true. Some students don't even read short texts that they are assigned in class. There are many reasons for this. They may be distracted or bored. They may be unwilling to focus. They may be unconfident readers. Whatever the reason, it has to stop today. Here's why. Reading stimulates your mind. It is like a workout for your brain. When people get old, their muscles begin to deteriorate. They get weaker and their strength leaves them. Exercise can prevent this loss. The same thing happens to people's brains when they get older. Brain power and speed decline with age. Reading strengthens your brain and prevents these declines. You can benefit from reading in the near-term too. Reading provides knowledge. Knowledge is power. Therefore, reading can make you a more powerful person. You can learn to do new things by reading. Do you want to make video games? Do you want to design clothing? Reading can teach you all this and more. But you have to get good at reading, and the only way to get good at something is to practice. Read everything that you can at school, regardless of whether you find it interesting. Reading expands your vocabulary. Even a "boring" text can teach you new words. Having a larger vocabulary will help you better express yourself. You will be able to speak, write, and think more intelligently. What's boring about that? Do not just discount a text because it is unfamiliar to you. Each time you read, you are exposed to new ideas and perspectives. Reading can change the way that you understand the world. It can give you a broader perspective on things. It can make you worldlier. You can learn how people live in faraway places. You can learn about cultures different from your own. Reading is good for your state of mind. It has a calming effect. It can lower your stress levels and help you relax. You can escape from your troubles for a moment when you read, and it's a positive escape. The benefits of reading far outweigh those of acting like a doofus. So do yourself a favor: the next

Index Number.....

time you get a reading assignment, take as much as you can from it. Squeeze it for every drop of knowledge that it contains. Then move on to the next one.

(<https://agendaweb.org/reading/reading-pdf-3>)

1. Which best expresses the main idea of the second paragraph?
 - A. Reading is exciting.
 - B. Reading strengthens your mind.
 - C. Age affects the body in many ways.
 - D. Working out keeps your body in shape.

2. Why does the author think that you should read books that are boring?
 - A. You will eventually grow to love them if you read them enough.
 - B. You will get better grades in reading class.
 - C. You will make your teacher very happy.
 - D. You will learn new words.

3. Which best expresses the main idea of the third paragraph?
 - A. Reading can benefit you.
 - B. You can learn to program video games or design clothing by reading.
 - C. You can learn amazing things and become a better person by reading.
 - D. Knowledge is power.

4. Which is not a reason given by the author why students fail to complete reading assignments?
 - A. Students may be bored.
 - B. Students may be distracted.
 - C. Students may be unwilling to focus.
 - D. Students may be tired.

5. Which best expresses the author's main purpose in writing this text?
 - A. He is trying to persuade students to do their reading work.
 - B. He is teaching people how to become better readers.
 - C. He is explaining why people don't do their reading work.
 - D. He is entertaining readers with facts about the mind and body.

6. Which best describes the author's tone in the first three sentences?

- A. Surprised
- B. Sarcastic
- C. Informative
- D. Irate

7. Which of the following is not one of the author's main points?

- A. Reading broadens your perspective and makes you a better person.
- B. Reading is a relaxing activity with positive mental side effects.
- C. Reading helps you perform on tests and get into selective schools.
- D. Reading keeps your mind in shape and prevents losses due to age.

8. Which is not one of the author's arguments in the fifth paragraph?

- A. Reading gives you a broader perspective on the world.
- B. Reading changes the way that you understand the world.
- C. Reading helps prepare you for your job in the real world.
- D. Reading teaches you about distant lands and cultures.

9. Why does the author believe that reading is good for your mind state?

- A. It has a calming effect.
- B. It can lower your stress levels.
- C. It can help you relax.
- D. All of these

10. Which title best expresses the main idea of this text?

- A. Reading: Good for the Mind in Many Ways
- B. Reading: The Key to a Successful Academic Future
- C. Reading: Improve Your Vocabulary While Being Entertained
- D. Reading: The Best Way to Improve Your Writing Skills

(01x10= 10 Marks)

QUESTION 04

Read the passage and circle the correct letter of the most appropriate answer to the questions given below.

The Statue of Liberty

More than a million people immigrate to the United States to start new lives every year, and if they are arriving in New York, one of the first sights that they will see is the Statue of Liberty. The Statue of Liberty stands on Liberty Island, near Manhattan in New York. Though she is often thought to be resident of New York, Liberty Island is actually federal property, which means that the Statue of Liberty belongs to the whole country. The Statue of Liberty is not only the tallest statue in America; it is also one of the most recognizable American symbols. The Statue of Liberty is huge. From the tip of the torch to the pedestal on which she stands, she is just over 151 feet tall. If you include the pedestal in your measurement, she stands more than 305 feet off of the ground. That's more than 30 basketball hoops or an entire football field. Her waist size is 35 feet, which would make it awfully tough to find pants, and the tablet she holds is 23 feet long. Don't worry though; she hasn't had any trouble holding that tablet yet with her 8-foot index finger. Talk about heavy handed... Though America financed and built the pedestal on which the Statue of Liberty stands, the statue itself was a gift from France. In this way the complete work, much like the United States, is a product of both American and French contributions. At one time America was ruled by the British. The founding fathers of America chose to fight against Great Britain for the independence of their country. France supported America by providing money, men, and weapons of war. Had it not been for French contributions during the Revolutionary War, America would not exist in the way that it does today; therefore, it is quite fitting that the Statue of Liberty, which represents freedom, came into being by a joint American and French effort. On October 28th, 1886, just over one hundred years after America declared its independence from Great Britain, the Statue of Liberty was completed and dedicated by its designer, Frédéric Auguste Bartholdi. Perhaps no person did more to bring the statue into being than Bartholdi. Not only did Bartholdi gain both French and American approval for the project, he led the French fundraising efforts and designed the appearance of the statue. The appearance of the Statue of Liberty is somewhat derived from Libertas, the Roman goddess of freedom. The torch represents how liberty enlightens the world. The seven points or rays coming from the top of the crown represent the sun, the seven seas, the seven continents, and (as with the torch) how liberty enlightens the world. Though much of the statue was modeled after depictions of goddesses, Bartholdi modeled the face after his

mother. Now that's a Mother's Day gift that's hard to top. Though Bartholdi was responsible for the external appearance of the statue, the internal design can be largely credited to innovative designer Gustave Eiffel. Though Mr. Eiffel is best known for his contributions to a tower in Paris that is named after him, he also engineered the internal structure that holds up the Statue of Liberty. Eiffel chose to use a flexible structure so that changes in the temperature and strong winds from the ocean would not cause the statue to crack. Because of Eiffel's crafty design, the Statue of Liberty may sway as much as three inches on a windy day. If the winds exceed 50 miles per hour, the torch may sway five inches. Eiffel is also responsible for including two spiraling staircases on the interior of the statue to help visitors reach the observation point in the crown. While most people appreciate the Statue of Liberty today, during its construction in the 1870s, many Americans were critical of the project. Some took issue with the fact that Bartholdi was French. They believed that American monuments should be designed and constructed by Americans. Others felt that the statue wasn't much of a gift since it required Americans to foot the bill for the pedestal. After the Panic of 1873, America fell into a deep economic depression that lasted through much of the 1870s. (During an economic depression, people spend less money, and it is harder to find jobs.) Because the nation was going through a depression, many Americans thought that money should not be spent to support a giant French statue. I think most Americans would now agree that it was a good investment.

<https://agendaweb.org/reading/reading-pdf-3>

1. Which is not represented by the seven points on the crown of the Statue of Liberty, according to the text?
 - A. The points represent how liberty enlightens the world.
 - B. The points represent the seven continents.
 - C. The points represent the sun.
 - D. The points represent the seven days of creation.

2. Information in the second paragraph is mainly organized using which text structure?
 - A. Spatial order
 - B. Order of importance
 - C. Chronological order
 - D. Cause and effect

3. Which best expresses the main idea of the third paragraph?
- A. France assisted the United States in the Revolutionary War.
 - B. The statue was a joint effort between France and the U.S., just like U.S. independence.
 - C. The U.S. was once a colony of Great Britain.
 - D. The Statue of Liberty was dedicated 100 years after America declared its independence.
4. Which is not a reason why people criticized the Statue of Liberty during its construction?
- A. Some people felt that the statue should have been bigger.
 - B. Some people felt that the statue should have been built by an American.
 - C. Some people felt that France should have paid for the statue and the pedestal.
 - D. Some people felt that America shouldn't spend money on a statue during a depression.
5. Which of the following statements is false?
- A. The tablet that the Statue of Liberty holds is 23 feet long.
 - B. The Statue of Liberty's waste size is 35 feet.
 - C. The pedestal underneath the Statue of Liberty is 305 feet tall.
 - D. The Statue of Liberty is over 151 feet tall.
6. Which best expresses the author's purpose in writing the last paragraph?
- A. To describe what a depression is
 - B. To show that some people did not think very highly of the French
 - C. To argue why the Statue of Liberty was a good investment
 - D. To explain why some people were against building the statue.
7. Which of the following is an opinion?
- A. The Statue of Liberty cost a tremendous amount of money to build.
 - B. The Statue of Liberty was sculpted by Frédéric Auguste Bartholdi.
 - C. The Statue of Liberty is over 151 feet tall.
 - D. The Statue of Liberty may sway 3 inches on a windy day.

8. Which of the following statements is false?
- A. The guy who built the Eiffel Tower also designed the inside of the Statue of Liberty.
 - B. The Eiffel Tower was a gift to the Americans from the people of France.
 - C. The Statue of Liberty is located on federal property.
 - D. Bartholdi got permission from both the French and the US to build the statue.
9. Which of the following is not one of the ways that Bartholdi contributed to the statue?
- A. He designed the interior of the statue.
 - B. He gained approval for the project from the U.S. and from France.
 - C. He sculpted the exterior of the statue.
 - D. He gained financing to complete the project from France.
10. Which best expresses the author's purpose in writing this text?
- A. To persuade people to visit the Statue of Liberty
 - B. To inform readers with interesting facts about the Statue of Liberty
 - C. To entertain readers with stories about the construction of the Statue of Liberty
 - D. To describe the appearance of the Statue of Liberty

(01x10=10 Marks)

QUESTION 05

Read the passage and circle the correct letter of the most appropriate answer to the questions given below.

The Water Cycle – Nature's Recycling System

Water is essential for all forms of life, and one of the most remarkable things about it is how it constantly moves through the environment in a continuous process known as the water cycle. This cycle describes how water circulates between the land, oceans, and atmosphere. It is driven mainly by the energy of the sun. When sunlight warms the surface of oceans, lakes, and rivers, some of the water changes into vapor in a process called evaporation. Plants also release water vapor into the air through transpiration, which occurs from tiny openings in their leaves.

As the warm water vapor rises into the cooler layers of the atmosphere, it changes back into tiny droplets of liquid water. This process is called condensation, and it leads to the formation of clouds. When these droplets combine and grow heavy enough, they fall back to Earth as precipitation, which can be rain, snow, or hail depending on the temperature. Some of this

water flows across the surface into rivers and streams, a process called runoff, while some seeps into the ground, replenishing underground water reserves known as aquifers.

The water stored underground or in lakes and oceans will eventually re-enter the cycle again. The water cycle not only maintains the balance of water on Earth but also helps regulate temperature and weather patterns. Without it, life would not be able to survive, as ecosystems, agriculture, and even climate depend on this natural recycling system. Scientists study the water cycle closely to understand how climate change and human activities—like deforestation and pollution—affect rainfall and the availability of fresh water in the future.

(<https://agendaweb.org/reading/reading-pdf-3>)

1. What is the main idea of the passage?
 - A. The importance of drinking water
 - B. The process of the water cycle and its role on Earth
 - C. The causes of rainfall
 - D. The pollution of oceans

2. What provides the main energy for the water cycle?
 - A. The moon
 - B. The Earth's rotation
 - C. The sun
 - D. Ocean currents

3. What happens during the process of evaporation?
 - A. Water changes from vapor to liquid
 - B. Water changes from liquid to vapor
 - C. Water freezes into ice
 - D. Water condenses into droplets

4. What is the term for water released by plants into the atmosphere?
 - A. Condensation
 - B. Evaporation
 - C. Transpiration
 - D. Precipitation

5. Which of the following processes is responsible for the formation of clouds?
 - A. Condensation
 - B. Precipitation
 - C. Runoff
 - D. Transpiration

6. What determines whether precipitation falls as rain, snow, or hail?
 - A. The shape of clouds
 - B. The temperature
 - C. The amount of sunlight
 - D. The height of mountains

7. What is groundwater stored in underground layers called?
 - A. Reservoirs
 - B. Ponds
 - C. Aquifers
 - D. Streams

8. Which process returns surface water to rivers and oceans?
 - A. Condensation
 - B. Runoff
 - C. Evaporation
 - D. Precipitation

9. According to the passage, why do scientists study the water cycle?
 - A. To learn how to stop rainfall
 - B. To control global warming directly
 - C. To understand how human actions affect rainfall and water resources
 - D. To remove water from the atmosphere

10. What is one major purpose of the water cycle on Earth?
 - A. To create electricity
 - B. To recycle and distribute water, maintaining life and climate balance
 - C. To increase ocean water levels
 - D. To make rainstorms stronger

(01x10=10 Marks)