



Football Association of Coimbra

Board of Referees

Regulatory Test in English Referees Category C3a, C3b e C3c

SEASON
2014/2015

DATE
10/01/2015

Futebol 11

Local
Secondary School
Jose Falcão

TEST
No. 04

Duration: 45 minutes

Read the text carefully.

There is a very small difference between substance abuse and addiction. Substance abuse means that you use an illegal substance or that you use a legal substance in an abusive way. And that is how addictions start: people abusing a substance and thinking that are in control. However, before they realize it, they have developed an addiction.

Addiction can be physical, psychological, or both. Some substances are more addictive than others. Some drugs are so addictive that you can lose control after taking them just once or twice. If you are physically addicted it means that your body actually becomes dependent on a particular substance and it needs larger doses. It also means that if you stop using that substance, you have terrible withdrawal symptoms like nausea, diarrhea and shaking.

Psychological addiction is not much better. People get to the point where taking the substance is no longer a choice. They become slaves. Therefore, the smartest thing to do is never to abuse any substances, be they legal or illegal.

1. Say if the sentences are true(T) or false (F):

- a. Substance abuse is not serious. **F**
- b. If it is a legal substance, then it isn't substance abuse. **F**
- c. People can become addicted without realizing it. **T**
- d. There are various types of addictions. **T**
- e. You can't become addicted if you only use a drug a few times. **F**
- f. Some drugs cause physical and psychological addiction. **T**
- g. Some drugs cause only psychological addiction. **T**
- h. Addicts have to use larger and larger amounts of the particular substance. **T**
- i. If an addict suddenly stops using a particular substance, he feels awful. **T**
- j. It is very easy to stop substance abuse even if you are an addict. **F**

2. Fill in the gaps with a suitable preposition.

- a) To argue **about** something
- b) To look **after** someone
- c) To disapprove **of** someone
- d) To rely **on** someone
- e) To worry **about** someone
- f) To forget **about** someone
- g) To complain **about** something
- h) To accuse someone **of** something
- i) To take part **in** something
- j) To blame someone **for** something

- k) To get **over** something
- l) To be addicted **to** something
- m) To be obsessed **with** something
- n) To be interested **in** something
- o) To be fed up **with** someone
- p) To be dependent **on** someone
- q) To be capable **of** something
- r) To be involved **in** something
- s) To be afraid **of** something
- t) To be discouraged **by** something

3. What do you call:

- a. Someone who is a compulsive shopper – **a shopaholic**
- b. Someone who is dependent on an illegal substance – **an addict**
- c. Drinks like vodka, wine and whisky – **a alcohol**
- d. Playing games of chance for money - **gambling**
- e. The compulsion to eat more than we need - **overeating**

4. Write the correct form of the adjectives in brackets.

- a. Canada is **the coldest** (cold) and **the largest** (large) country.
- b. Although Portugal is **hotter** (hot) than Canada, Somalia is **the hottest** (hot).
- c. Somalia is **the most violent** (violent) and **the most dangerous** (dangerous) country.
- d. Portugal is **poorer** (poor) than Canada, but Somalia is **the poorest** (poor).
- e. Canada is **the most developed country** (developed) country and Somalia **the least developed** (developed).
- f. Which is **the best** (good) country to live in?
- g. Somalia has **the worst** (bad) standard of living.
- h. Is English **easier** (easy) than Portuguese?

5. Complete with suitable modal verbs of obligation.

- a. Pilots **have to/must** wear a uniform.
- b. Office workers **needn't/don't have to** wear a uniform.
- c. I **have to** work late today because I have a lot of work to do.
- d. We **needn't/ don't have to** speak Spanish with Mr. Garcia; he speaks English.
- e. We **needn't/don't have to** work on Friday afternoon; we can leave after lunch.
- f. All staff members **have to/must** attend the training sessions. They are obligatory.
- g. You **can't** drive if you don't have a valid driver's license.
- h. You **have to/must** fasten your seat belt when you get into the car.
- i. Unauthorized personnel **can't/mustn't** enter this office.
- j. Employees **can/may** smoke outside, but they **can't** smoke inside.

6. Fill in the gaps with for or since.

- a. **Since** half past ten
- b. **Since** Monday
- c. **Since** 2004
- d. **For** Three hours

- e. **For** a few months
- f. **Since** I got married
- g. **Since** she left home
- h. **Since** 3 o'clock
- i. **Since** January
- j. **For** ten minutes

7. Choose the correct answer.

Harry has lived in Paris for ten years.

- a. The sentences refers to:
 - 1. The past
 - 2. The present.
 - 3. The past and the present.**
- b. Harry:
 - 1. Lives in the Paris**
 - 2. Lived in Paris ten years ago
 - 3. Lived in Paris for ten years, but he doesn't live there now.

8. Complete using the Present Perfect.

- a. How long **have** you **worked** (work) in this department.
 "I **have worked** (work) here since last month.
- b. Our Boss, Mr. Smith **has been** (be) the CEO for the last three years.
- c. She **hasn't been** (not/be) with us long; She joined the company last week.
- d. "**Have** you **had** (have) that computer for a long time.
 "Yes, **have had** I (have) it for two years now".
- e. How **have** long you **known** (Know) your boyfriend.
 "I **have known** (know) him since high school".

9. Correct the sentences:

- a. I work here for a long time.
I have worked here for a long time.
- b. He is my teacher for three years.
He has been my teacher for three years.
- c. I have my car for seven years.
I have had my car for seven months.
- d. I don't know him for a long time. We met last week.
I haven't known him for a long time.

Good Work.