

Criterion A: Comprehending spoken and visual text

Instructions:

- Look at visual text A and B.
- Answer the following questions in the space provided. Use your own word as much as possible.
- Answer the questions **in English or Chinese**.
- You are not allowed to use dictionaries or translators.
- You are not allowed to talk to your classmates or ask them questions.

Strands

- show understanding of messages, main ideas and supporting ideas
- recognize basic conventions
- engage with the spoken and visual text by identifying ideas, opinions and attitudes and by making a personal response to the text.

Visual text A

Source: <https://www.youtube.com/watch?v=pPwZUL6Dd3Q>

Note:

United Medical Resources (UMR), headquartered in Cincinnati, Ohio, was acquired by **United Health care** in December 2005.

Visual text B

Source: <https://www.youtube.com/watch?v=ZB5jbdgUsSw>

Note:

Great Raleigh area: capital of the state of North Carolina; located in the east central part of the North Carolina in America

Questions:

1. Based on **visual text A**, how many ways can exercising outdoors benefit your mind and body? What are they? Strand i 3 points

there are 7 ways

- 1: increase Vitamin
- 2: increase the number of fighting cells about 50%
- 3: improve the concentration
- 4: decrease the pain
- 5: increase the activity
- 6: reduce the stress
- 7: more social interaction.

2. Based on **visual text A**, what does regular physical activity help you with? Strand i 2 points

1: It can help me to lose weight and keep fit

2: It can strengthen my body

3. What outdoor activities can you see in **visual text B**? Please list at least four activities. Strand i 2 points

fishing baseball
cycling
dog walking
golf
tennis

4. What type of visual is **visual text A**? Explain with examples from the text. Strand ii 2 points

It's a kind of description video.

Actually, it is full of data in the video, and it doesn't have personal details.

At the last of the video, the maker mentions that 'don't forget to subscribe to our library and of informative video'.

→ benefit of outdoor activity
also is
So that, it also
a video to advertising
the UMR

5. Does **visual text B** make you want to exercise outdoors? Why or why not? Strand ii 2 points

It's not a typical kind of advertising video.

Yes, in the video some outdoor activities really attracted me.

Some activities on the video is the one that I never try. Therefore, if I have the chance, I might try my best to do it, such as the baseball/softball.

6. What is the purpose of **visual text A**? What is the purpose of **visual text B**? Please use examples from each text. Strand ii 4 points

For the text A, I analyzed two purposes that I think it is possible the video mentions: The first is to increase the knowledge and the theory of outdoor activities to people (→ benefit for body). The second is to advertise the product and informative video for 'UMR' (at the last minute the video mentions the informative video of 'UMR').

Because the second video shows up a lot of activities in the Great Raleigh area. So that it might be the video to advertise the environment and tourism resource of Great Raleigh area.

7. Who would be the target audience of **visual text A and B**? Explain with examples from the texts. Strand ii 2 points

The audience of the text A might be the people who ~~need~~ need to have the outdoor activity. Also, it might be the people who need some ~~important~~ informative video for ^{targeting} searching. The audience of the text B might be the tourism who loving outdoor activity and have the fond of for trip.

8. What are the differences between indoor and outdoor activities? Which one would you prefer? Why? Strand iii 4 points

Base on my view, I think I will more prefer the outdoor activity, for example, skiing. Because I'm a fat guy who ~~wonder~~ wonder a thin body, therefore, I spend a lot of time on outdoor activity, so ~~that~~ and it makes ~~my~~ me felt happiness while every time I feel lighter and thinner.

9. Outdoor activities are an essential part of growing up. After watching two videos, what activity would like to try? Why? Strand iii 3 points

Base on my view, I'm glade to try. If I have the chance, I'd like to try some activity like the wind surfing. The reason is I'd like to feeling the wind cold wind blow on my body, and because the wind surfing will waste a lot of energy, ~~that~~ therefore, it might be a good way for lose weight.