

1. At which step are the following activities done?

Activities	Step 1	Step 2	Step 3
1. lying in bed with your feet up			
2. doing regular exercise			
3. going through a normal day			
4. being transferred to Texas			
5. moving around freely			

2. Circle the correct choice (A, B, C or D).

1. Volunteers are supposed to ____.

- A) become an astronaut after tests
- B) be split into more than two groups
- C) complete all stages of the test in 10 weeks
- D) lie in one position for a long period of time

2. For the second step, ____.

- A) you should sit down and think about it
- B) your mobility has to be minimum
- C) tests will last for two or three weeks
- D) using a hand-held shower is not necessary

3. The aim of NASA in doing these tests is to ____.

- A) help astronauts stay healthy in space
- B) allow volunteers' all movements
- C) monitor healthy American citizens
- D) create reconditioning activities

4. What is the synonym of 'rigour' in the last paragraph?

- A) difficulty
- B) ease
- C) weakness
- D) content