

绵阳中学 2023 级高考适应性考试（一）

英语试题

第一部分：听力（共两节，满分 30 分）

第一节(共5小题；每小题1.5分，满分7.5分)

听下面5段录音。每段录音后有一个小题，从题中所给的A、B、C三个选项中选择最佳选项。听完每段录音后，你都有10秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. What will the man do next?
A. Do some printing.
B. Continue with the speech.
C. Attend an opening ceremony.
2. What is Jenkins doing now?
A. Taking a holiday.
B. Working on a report.
C. Searching for new information.
3. What does the man mean?
A. The wind is dying down.
B. The car ride is more comfortable.
C. The woman should wrap up warm.
4. Where are the speakers?
A. At a restaurant. B. At home. C. At a supermarket.
5. What are the speakers talking about?
A. What activities Tim likes to do.
B. Whether Tim often plays soccer.
C. How to help Tim quit online games.

第二节(共15小题；每小题1.5分，满分22.5分)

听下面 5 段录音。每段录音后有几个小题，从题中所给的 A、B、C 三个选项中选择最佳选项。听每段录音前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，每小题都有 5 秒钟的作答时间。每段录音播放两遍。

听第 6 段录音，回答第 6、7 题。

6. What is the probable relationship between the speakers?
A. Neighbors. B. Workmates. C. Friends.
 7. What will Alan do at 8 p.m.?
A. Have dinner with Kate.
B. Go to Kate's house.
C. Keep a business appointment
- 听第 7 段录音，回答第 8 至 10 题。
8. Where probably does Peter work?
A. In a hospital. B. In a car rental agency. C. In a delivery

company.

9. What is Cindy concerned about?

- A. Peter's job responsibilities.
- B. Peter's physical condition.
- C. Peter's work efficiency.

10. What does Cindy offer to do for Peter?

- A. Give him some time off.
- B. Recommend a doctor.
- C. Contact other workers.

听第 8 段录音，回答第 11 至 13 题。

11. What does the man ask Kieran to do?

- A. Cancel an order.
- B. Compare some products.
- C. Report on sales.

12. What item sells best in the shop?

- A. A princess doll.
- B. A toy dog.
- C. A kind of costume.

13. What does the man decide to do with the camping kit?

- A. Give it up.
- B. Reduce the price.
- C. Make an advertisement.

听第 9 段录音，回答第 14 至 16 题。

14. What will happen if people keep awake for a whole day?

- A. They can't think properly.
- B. They may feel like some wine.
- C. They will find it hard to communicate.

15. What is a result of lack of sleep according to the man?

- A. Weight gain.
- B. Bad appetite.
- C. Low energy consumption.

16. How does the man sound?

- A. Curious.
- B. Knowledgeable.
- C. Considerate.

听第 10 段录音，回答第 17 至 20 题。

17. What is the primary purpose of the speaker's talk?

- A. To outline the course.
- B. To check students' attendance.
- C. To introduce the teaching staff.

18. Why does the speaker mention Howard Odom?

- A. To list his works for reading.
- B. To illustrate the course design principle.
- C. To compare him with other ecology experts.

19. What is special about the course?

- A. It focuses on environmental issues.
- B. It expands human knowledge rapidly.
- C. It emphasizes the links between various subjects.

20. How many classes are there in total?

A. 36.

B. 72.

C. 144.

第二部分 阅读（共两节，满分 50 分）

第一节（共 15 小题；每小题 2.5 分，满分 37.5 分）

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项。

A

Once considered a gateway to hell, the Central America Volcanic Arc is now a playground for volcano enthusiasts from around the world. Whether you tackle several volcanoes on a single trip or take them on one by one, these four volcanoes in Central America are ready for adventurers to explore.

The Santa Ana Volcano in El Salvador

The Santa Ana Volcano, also known as Ilamatepec, is the highest volcano in El Salvador. Standing at 7812ft above sea level, it's the third-highest point in the country. Santa Ana's crater is one of the largest in the world. Guided tours are mandatory for a popular four-hour hike to the summit that offers stunning views of Lake Coatepeque and the Pacific Ocean.

Volcán Rincón de la Vieja in Costa Rica

Situated in a 54 sq mile national park, the expansive Volcán Rincón de la Vieja, which translates to "old lady's nook", is an hour and a half from the town of Liberia. Eruptions in 2021 have closed off hikes to the 6217ft summit. There are shorter hiking loops around the park and to other peaks in the region, such as Volcán Santa María, which measures 6286ft.

Barú Volcano in Panama

Located in the Chiriqui Highlands, the dormant(休眠的) volcano and its seven craters are a birdwatching paradise. About 250 species of birds call Parque Nacional Volcán Barú home, including the elusive quetzal. The hike takes 10 to 12 hours. A popular option for experienced hikers is to start a guided ascent at night so that you arrive at dawn and enjoy stunning views at sunrise. The dry season (January to April) is the best time to go.

Cerro Negro in Nicaragua

Just 160 years old, Cerro Negro is the youngest volcano in Central America. Reaching heights of 2388ft, the Nicaraguan volcano located just outside of León is one of the most active in the region. But that hasn't stopped a growing subset of people from hopping on specially designed boards and speeding down the black gravel slopes. Volcano surfing (or volcano boarding) is exactly what it sounds like, trading out the water for rocks and ocean spray for plumes of ash. It's a perfect combination of pure joy and what most parents would call complete stupidity. Several agencies in the area offer tours to hike and surf the volcano.

21. Which activity is unique in Barú Volcano?

- A. Surfing. B. Birdwatching. C. Hiking. D. Swimming.

22. Which place is recommended for racing down slopes?

- A. Barú Volcano in Panama
-
- B. Cerro Negro in Nicaragua
-
- C. The Santa Ana Volcano in El Salvador

D. Volcán Rincón de la Vieja in Costa Rica

23. What do the four volcanoes in Central America have in common?

- A. They offer the stunning sunset.
- B. They are situated in national parks.
- C. They are suitable for hikers.
- D. They are full of pure joy.

B

When I first came across Hirono, he didn't really stand out to me. He was among several figurines(小塑像) put in a corner of Pop Mart's studio. Little did I know that was the beginning of a connection I had yet to realize.

It wasn't until I joined Pop Mart as a livestream host last July — part of my job was to familiarize myself with every IP in the company — that my true journey with Hirono began.

As I introduced Hirono to others, I began to appreciate the quiet charm hidden in his world. His expression is always sullen — drooping eyes, slouched posture, an almost “untouchable” aura. Not the cutest or most eye-catching look, I would say, but I came to realize that it's all a protective shell.

In him, I saw a reflection of myself: the loneliness and confusion that surface under life's pressure, and the indifferent masks we sometimes put on to cope with reality. Though I am usually an extrovert, cheerful and bubbly on the outside, the truth is that every story carries untold chapters. Through Hirono, I allow myself to feel the vast wilderness I rarely reach in my heart, and often I see my own emotions projected onto his figure.

One of my favorite series of Hirono is definitely “Echo”. As a foreign student in China, homesickness quietly lingers in the background of my life. This series reminds me that these echoes of the past are not just fleeting shadows, but silent companions that resurface when I need them most, giving me strength and allowing me to break free from the weight of reality, even just for a moment. To me, Hirono is a friend who teaches me to embrace both the loneliness and the light within.

Working at Pop Mart has shown me that these toys are not merely figurines, but little “happy pills” that lift spirits and brighten days. Perhaps that is why Hirono continues to live in the hearts of so many young people — not only as a collectible, but as a gentle reminder that we are never truly alone.

24. What made me become interested in Hirono?

- A. My first encounter with Pop Mart.
- B. My experience as a foreign student.
- C. My appreciation for its eye-catching look.
- D. My opportunity to work with Pop Mart.

25. How did I resonate with Hirono?

- A. Their true selves were hidden from others.
- B. They wore cheerful looks on their faces.
- C. They were indifferent to the reality.

- D. They were protected by their followers.
26. Why is “Echo” my favorite series?
- A. It offers me a permanent escape from reality.
 - B. It symbolizes the rebellious spirit of the youth.
 - C. It makes me feel nostalgic for my hometown.
 - D. It empowers me to get away from life pressure.
27. What’s my purpose of writing this passage?
- A. To share a philosophy of life taught by Hirono.
 - B. To promote the sales of figurines in Pop Mart.
 - C. To increase the exposure of Hirono in the media.
 - D. To tell how to choose favorite toys in Pop Mart.

C

If you read just one book in 2025, you belong to an endangered species. According to a recent survey, fewer than half of Americans had read a single book in the past year. As the population of readers declines, educators have been worrying about this trend. Now, some try a new method: persuading people to read to save their community spirit. They argue that reflective reading helps citizens handle complexity and recover attention.

The problem with these arguments is that they misunderstand why people become readers. Telling someone to love literature because it is good for society is like telling someone to believe in God because religion is good for social stability. It is a practical argument for something that should be a personal passion. Instead of describing reading as a public duty, it should be seen as a private pleasure — even a “vice” (恶习).

Historically, when literature was considered dangerous or “bad”, moralists could not stop people from buying books. Now, when books are seen as virtuous and educational, those same moralists cannot persuade anyone to pick one up. By making reading a “must-do” task for self-improvement, we have taken away its primary attraction: the thrill of doing something for its own sake, rather than for its usefulness.

In fact, becoming a reader means cultivating a relationship with the world that seems counterproductive. Reading is “unprofitable”; it does not teach transferable skills or provide networking opportunities. It is, in a sense, an anti-social activity. You turn your back on the real world to enter an imaginary one. Yet, it is precisely this “uselessness” that makes reading powerful. It offers an inner freedom that cannot be measured by social value. If we want to save reading, we should stop praising its benefits and start celebrating its delightful worthlessness.

28. What is the educators’ real purpose in using the new method?
- A. To strengthen social stability.
 - B. To fulfill social duties.
 - C. To handle complex problems.

- D. To stop the decline in reading.
29. What does the author think of the “practical argument”?
- A. It is quite convincing.
 - B. It is socially responsible.
 - C. It is practically ineffective.
 - D. It is morally wrong.
30. What can we infer about reading from the last paragraph?
- A. It helps readers avoid social duties.
 - B. It functions as a tool for networking.
 - C. Its power comes from its lack of profit.
 - D. Its value lies in creating a better world.
31. What is the best title for the text?
- A. The Benefit of Social Reading
 - B. Reading: A Duty or a Vice?
 - C. How to Build Inner Freedom
 - D. The Decline of American Literature

D

Until recently, the conventional wisdom about building muscles was the “tear and repair” system—the idea that working out causes microtears in muscle fibers, which trigger repair and growth, encouraging the muscles to come back bigger and stronger. This led many to believe in the “no gain without pain” philosophy. However, current science suggests that while muscle damage contributes, it is not the primary factor.

Dr. Anne Brady, a specialist in muscle quality, explains that the primary driver of muscle growth is mechanical tension. When you lift heavy weights or perform repetitions to near-failure, physical tension stretches the muscle cell membranes (细胞膜). From there, that stretch is detected by specialized sensors, which then signal the body to build new protein to make fibers thicker and stronger. Another driver is metabolic stress—the “burn” you feel—which creates a favorable environment for growth, but not enough on its own.

Interestingly, this growth process does not always yield a uniform result. For example, Olympic weightlifters can move enormous weights without jumping up a weight category, while some bodybuilders have large muscles but less functional power. Dr. Brady and her team then conducted a study where young men working out for six weeks on a high-volume weightlifting program got bigger without necessarily getting much stronger. This happens because, according to Dr. Brady’s research, training can target different types of growth: one adds more “contracting units” to increase strength, while the other mainly increases the fluid volume inside the muscle to add size.

Combining these findings, Dr. Brady advises trainees not to “major in the minor” by obsessing over pain or pushing to absolute limits. Instead, the most effective approach is “progressive overload”: gradually increasing the work through more lift repetitions or heavier weights. By working to near-failure rather than total exhaustion, you can achieve a

balance of strength and size over time.

32. What can be inferred from the “no gain without pain” philosophy in Para. 1?
- It values physical comfort.
 - It speeds up muscle fiber recovery.
 - It remains the most effective training method.
 - It reflects the idea of repairing tiny muscle tears.
33. What directly triggers the signal for the body to build new muscle protein?
- Repetitions performed to near-failure.
 - The thickening of specialized tension sensors.
 - The detection of stretched muscle cell membranes.
 - The favorable environment created by metabolic stress.
34. What is Paragraph 3 mainly about?
- Different types of muscle growth.
 - Benefits of high-volume weightlifting.
 - Reasons for Olympic athletes’ success.
 - Relationships between size and power.
35. What is Dr. Brady’s advice on muscle building?
- To focus on the fluid in muscles.
 - To add training loads step by step.
 - To seek pain and total exhaustion.
 - To balance muscle strength and size.

第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Luck is defined as success or failure apparently caused by chance. 36 Sometimes it’s calm, and sometimes it blows in gusts, and sometimes it comes from directions that you didn’t even imagine. So how do you catch the winds of luck? It’s easy, but it’s not obvious.

37

Be willing to take small risks that get you out of your comfort zone. And anyone can do this, no matter where you are in your life, no matter if you think you’re the most unfortunate person, you can do this by getting yourself out there and building a sail to capture luck.

Show gratefulness in life

38. You need to know that everyone who helps you on your journey is playing a huge role in getting you to your goals. And if you don’t give back appreciation, not only are you not closing the loop, but you’re missing an opportunity. When someone does something for you, they’re taking that time that they could be spending on themselves or someone else. 39

Turn the tables by reassessing ideas

Most people look at new ideas that come their way and judge them. But it’s actually

much more subtle. 40 And in fact, the seeds of terrible ideas are often something truly remarkable. Take a good look at ideas, even if they're crazy, through the lens of possibilities, and you can build a bigger sail to catch the winds of luck.

- A. Ideas are neither good nor bad
- B. Change your relationship with yourself
- C. Look at your life through different angles
- D. Make yourself helpful when you are needed
- E. It's much like the wind, blowing constantly
- F. Hence, you need to acknowledge what they are doing
- G. Another thing you want to do is to change your relationship with other people

第三部分 语言运用（共两节，满分 30 分）

第一节（共 15 小题；每小题 2.5 分，满分 37.5 分）

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项。

I had many adventures as a child, but one stands out on the local football pitch at Pacaembu, Brazil, the legendary cradle of football geniuses.

I was 41 my team when our goalkeeper got injured. No one else volunteered, so I 42 reluctantly, never having tried the position before. I felt 43 in the unfamiliar spot. Soon, a striker broke through and I dived to 44 his shot. His boot caught me right in the face in the 45. The cut was deep and blood was everywhere.

I had no money for a taxi and was too embarrassed to get on a bus with a 46 face. I asked a friend for a 47 on his bicycle, but the bridge on our way was too steep for him to pedal with my 48. I had to walk the rest of the way, 49 my heavy kitbag. People gaped at my face in shock, but I kept moving. The long walk home felt like a lonely march of 50.

When I finally arrived, my grandmother treated the wound with warm turmeric. Seeing my downcast eyes, she whispered, "The mark on your face isn't a sign of failure, but a proof of your 51. You stood where others wouldn't." Her words 52 me faster than the medicine.

That wasn't the only time I got hurt on those overused pitches. Injuries were frequent, but they 53 me for the struggles ahead. Over time, I realized the scar became a medal of 54, a symbol of pride and courage. It taught me being a sportsman meant 55 every ball life throws without fear.

- | | | | |
|-------------------|---------------|---------------|----------------|
| 41. A. following | B. captaining | C. inviting | D. observing |
| 42. A. cheered up | B. called out | C. stepped up | D. dropped out |
| 43. A. uneasy | B. impatient | C. ashamed | D. distracted |
| 44. A. record | B. watch | C. stop | D. avoid |
| 45. A. distance | B. fight | C. team | D. crash |
| 46. A. muddy | B. sweaty | C. sunburnt | D. bloodied |
| 47. A. favor | B. lift | C. seat | D. chance |
| 48. A. weight | B. quality | C. height | D. strength |
| 49. A. packing | B. displaying | C. dragging | D. raising |

50. A. defeat B. silence C. pressure D. regret
 51. A. honesty B. cooperation C. responsibility D. discipline
 52. A. changed B. moved C. inspired D. healed
 53. A. reminded B. forced C. protected D. hardened
 54. A. honor B. hope C. peace D. trust
 55. A. attacking B. braving C. gathering D. predicting

第二节（共 10 小题，每小题 1.5 分，满分 15 分）

阅读下面短文，在空白处填入 1 个适当的单词或括号内单词的正确形式。

On the afternoon of December 5th, Emmanuel Macron, the French President, paid a visit to Sichuan University (SCU) in Chengdu as part of his visit to China, 56 became a highlight of his trip that sparked enthusiastic interactions and in-depth cultural and academic exchanges.

57 (greet) with thunderous cheers of “Welcome” from the students, Macron 58 (arrive) at the Jiang’an Campus of SCU. He responded to an AFP journalist’s joke 59 he was just like a rock star with a heartfelt laughter. Macron asked the journalist 60 or not he was shocked by the warm atmosphere.

Macron 61 (linger) for a long time in the special collection room of the university library during the visit, his attention was mainly placed 62 the manuscript of “The Complete Map of Sichuan” drawn by French missionaries in the 18th century. In the interactive session with students, he shared his feelings about 63 China trip saying that on each of his state visits to China, he tried to visit a different place with the purpose of gaining a slightly 64 (rich) vision of the country. Macron spoke highly of the visit, hoping for the 65 (promote) of the friendship between the people of these two countries.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

假定你是校英语演讲比赛“Growth Diary”的负责人。请你给指导老师 David 发一封邮件，邀请他担任比赛评委并参加赛后点评。具体内容如下：

1. 活动安排；
2. 发言建议。

注意：

1. 写作词数应为 80 左右；
2. 请按如下格式在答题卡的相应位置作答

Dear David,

Yours,
Li Hua

第二节（满分 25 分）

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

It was early autumn. I decided to go hiking and camping in a nearby mountain forest with my two good friends, Alice and Jason. We were all adventure enthusiasts, eager to embrace the refreshing natural scenery. After weeks of busy daily routines, we truly welcomed the chance to enjoy nature and relax outdoors.

The three of us made a perfect team despite our different personalities. Alice, the only girl in our group, was careful, thoughtful and well-prepared. She had brought along a compass (指南针), a detailed trail map, and even a first-aid kit for emergencies. As for me, I was fairly cautious, always keeping an eye on our surroundings. Jason, by contrast, was bold and impulsive (冲动的), always eager to explore further.

After arriving at the quiet campsite surrounded by tall pine trees, we pitched our tents together, gathered dry firewood, and prepared a simple outdoor meal. After lunch, we started our exploration. We planned to follow a winding trail leading up the hillside. According to Alice's research, there was a hidden lookout point on the hill that offered a stunning view of the entire valley.

As we walked, Jason kept running ahead impatiently, shouting for us to quicken our pace. "Let's see what's up there!" he called out excitedly. Alice followed closely behind, focusing on checking the map to confirm our route. I walked at a steady speed at the end, ensuring we stayed together.

The path grew narrower as we climbed higher. Sunlight filtered through the thick branches above, casting faint shadows on the ground. After about an hour's walk, we reached a leaf-covered rocky area. The trail began to twist more than expected, and many landmarks we passed didn't match what was on the map.

"I think the viewpoint is just beyond this slope," Jason said, pointing to the front with great excitement. I looked at the slippery slope with uncertainty. "Let's be careful. It looks really slippery and risky." But before Alice and I could hold him back, Jason had already rushed forward and started climbing the slope alone.

注意：

续写词数应为 150 左右；

请按如下格式在答题卡的相应位置作答。

Just as he reached the top of the slope, his foot slipped. _____

With the first aid finished, we realized a new challenge: how to get back. _____