



Castilla-La Mancha
Consejería de Educación,
Cultura y Deportes

PRUEBAS ESPECÍFICAS DE
CERTIFICACIÓN DE NIVEL

INGLÉS / C1

COMPRENSIÓN DE TEXTOS ESCRITOS
SESIÓN EXTRAORDINARIA 2021

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE

- **DURACIÓN: 55 minutos.**
- **PUNTUACIÓN:** Será necesario superar todas y cada una de las cinco actividades de lengua de las que constan las pruebas de certificación con una puntuación mínima del 50% en cada una de ellas y una calificación global final igual o superior al 50%.
- Las respuestas erróneas no descontarán puntos.
- Esta parte consta de TRES tareas.
- Leer las instrucciones al principio de cada tarea y realizarla según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBIR NADA EN LAS ÁREAS GRISES.**

DATOS DEL CANDIDATO

APELLIDOS:

NOMBRE:

DNI:

COMISIÓN:

OFICIAL

LIBRE

CALIFICACIÓN:

TASK 1

Read the text and choose a heading for each paragraph. There are THREE extra headings. Write the letter for each paragraph in the Answer Box. Heading (0) is an example. (1 item = 0.8).

BENEFITS OF ALTERNATIVE MEDICINE

If you're considering using complementary medicine to treat your condition, you're making the right choice. There are more pros of alternative medicine than cons, which is good news for you. Here are some of the benefits of alternative medicine:

J. Provides individual care

0. Alternative medicine is centred around whole-body care, which means holistic practitioners give more attention to patients. Many traditional doctors have too many patients, not enough time, and are primarily focused on insurance payments.

1. If you're dealing with arthritis or another painful condition, alternative medicine soothes it. Techniques like Tai Chi and yoga give your mind and body natural relief to a painful problem. Plus, it does so without the use of harmful meds.

2. Unlike conventional medicine, herbal medication is all-natural. It doesn't contain man-made substances or unnatural elements. Therefore, you can rest assured that your body gets what it needs and nothing more.

3. Mainstream physicians aren't always open to change their treatment plans. However, holistic doctors alter treatments based on lifestyle and health factors. If you prefer a more relaxed health management program, alternative medicine is best.

4. Most people have heard how prescription drugs cause dependency. The opioid crisis is out of control and has done more harm than good. Thankfully, natural medications don't create the same issues with dependency as conventional drugs.

5. Sometimes certain herbs don't mix well with a person's body. However, natural supplements don't cause harsh side effects. Unfortunately, prescription drugs can cause headaches, nausea, vomiting, rash, and other unpleasant ailments.

6. There are other parts of the body that need attention such as sleep and nutrition. While focusing on your condition, a holistic doctor also caters to other aspects of your healing. Not only that, but it also puts emphasis on wellness. If a patient is undergoing treatment for a specific condition, a complementary medicine doctor ensures that other aspects of the body are cared for.

7. When you have an illness, it ravages the body. Because of that, you need herbs and nutrients to keep you strong. Only natural medicine can provide that. Alternative medicine aims to repair the body by giving it what it needs to fight back.

8. Alternative medicine makes a person feel better about their treatment. If you know something is good, then you feel confident about it. Holistic medicine patients know they will be completely cared for and treated properly.

9. A lot of mainstream medication is geared towards only managing symptoms. On the other hand, alternative treatment aims to treat the root cause of a condition. Conventional medicine usually comes into play once a person becomes sick. However, complementary care is designed to keep illness from occurring.

(Adapted from: wphealthcarenews.com)

HEADINGS	
A.	A more flexible method
B.	An integrative approach to healing
C.	Boosts your immune system
D.	Discards holistic theories
E.	Doesn't lead to addiction
F.	Focuses on prevention
G.	Healing by touch
H.	No adverse reactions
I.	No need for synthetic products
J.	Provides individual care
K.	Shutting down big pharma
L.	The power of reassurance
M.	Uses physical and mental exercises

ANSWER BOX

PARAGRAPH	0	1	2	3	4	5	6	7	8	9
HEADING	J									

TASK 2

Read the text and complete each space with a phrase from the Phrases Box. There are THREE extra phrases. Space (0) is an example. (1 item = 0.8)

BRUCE SPRINGSTEEN - 'LETTER TO YOU' REVIEW

The Boss' triumphant 20th album features three songs he wrote in his 20s, the rest grappling with age and mortality. It's also his best work in 20 years.

Bruce Springsteen has been sad before. In 1978 he howled his way through the inner struggle (0) _____ *Darkness On The Edge of Town*. In 1980 he glumly recounted stories of teenage pregnancy and debilitating unemployment in *The River* and in 1982 he ventured to *Nebraska* to talk about men destined for the electric chair and criminals on the run, while on that album's masterpiece – the powerfully miserable *Atlantic City* – a smidgen of hope (10) _____ of the 1980s: 'Everything dies, baby, that's a fact / But maybe everything that dies someday comes back.'

It's a message that Springsteen returns to almost 40 years later on the meditative *Letter To You*, his triumphant 20th album. The question now, though, as Springsteen hits his 70s and watches good friends and family members pass away, is: do they actually? Where (11) _____, it's now that much closer to home. That he seems a touch overwhelmed is no surprise.

In *Letter To You's* accompanying documentary we see Springsteen glumly ruminating (12) _____, *The Castiles*. The deaths of The E Street Band's Clarence Clemons and Danny Federici also loom large as we watch him record with the remaining members of beloved group in his New Jersey home studio, while snow falls thick and fast outside. That there is now far more road behind him than ahead of him can be felt throughout the entirety of (13) _____ 12-track collection.

Last Man Standing might refer to Springsteen's status as the final living Castile – lyrics about faded pictures in scrapbooks, early teenage gigs and 'Friday night at the union hall' are shot through with sepia-tinted nostalgia – but (14) _____ the ferocious sax solo from Clarence Clemons' nephew Jake, which does a damn good job of raising the dead, bringing back the gutsy spirit and impeccable playing of the unforgettable E Street member.

Yet (15) _____ of Springsteen's life and legacy comes not through his modern musings on death and dying, but in his inclusion of a trio of songs from his past. *If I Was the Priest*, *Janey Needs a Shooter* and *Song For Orphans* were written almost 50 years ago, before the release of his debut, 1973's *Greetings From Asbury Park, NJ*.

Springsteen rediscovered them when he was putting together a boxset compilation, and has now re-recorded the lot. Hearing a man in his 70s singing songs he wrote when he was in his 20s is (16) _____, who recently told the New York Times: "It's fun to go back and see how wild my lyric writing was, and how uninhibited it was at a certain moment, and to be able to take that and bring it into the present with the band, and sing it in my voice right now. [It] was a bit of a joy ride."

Every song is a dream. *Janey Needs A Shooter* is a happy return to the kind of fictional character that peppered his earlier material and full of melodic moments that chime with songs Springsteen would release later in his career. The rolling, theatrical '*If I Was The Priest*' too is packed full of outlaws, bad boys and a 'sweet Virgin Mary' dishing out whiskey at the 'Holy Grail Saloon', (17) _____ on 1975's *Born To Run*. *Song For Orphan*, meanwhile, depicts 'cheerleader tramps... high society vamps, ex-heavyweight champs' running loose through a ragged Americana landscape of broken dreams and faded glory.

A powerful synthesis of past and present, *Letter To You* shows us the strength that can be found in sorrow. The result is Springsteen's finest album since 2002's *The Rising*.

(Adapted from: nme.com)

PHRASES BOX	
A.	an interesting experience, not least for Springsteen himself
B.	beginning with a heartfelt melody that rises nostalgically
C.	he once sang of the mortality of fictional characters
D.	his voice gruffer than ever before and layered over acoustic guitar
E.	offering a more spiritual take on songs about his hometown
F.	on being the last living member of his high school band
G.	perhaps the most interesting celebration
H.	prevailed through one of the finest lyrics
I.	that rested somewhere in the bleak and unforgiving
J.	there is also hope here, most notably in
K.	this powerfully heartfelt and deeply personal
L.	who wouldn't have felt out of place propping up a bar

ANSWER BOX									
SPACE	0	10	11	12	13	14	15	16	17
ANSWER	I								

Marks 2: _____/6.4

TASK 3

Read the text and choose the correct answer (A, B or C). Question (0) is an example. There is only ONE correct answer for each question. Write your answers in the Answer Box. (1 item = 0.8).

THE URBAN POLITICS OF PARKOUR: HOW TRACEURS USE SPORT TO REDISCOVER THE CITY

Parkour, as we know it today, stems from the activities of nine young Parisian men. *The Yamakasi group*, as they were known, trained together in what they called “*l’art du placement*”: a spectacular, regimented and controlled way of moving. But that was at the turn of the 21st century. Now, parkour is a global phenomenon, with traceurs – those who practice parkour – running, jumping, climbing and rolling their way through cities around the world, and in places such as Gaza.

Today, parkour is a recognized sport, with many institutions offering training camps and regular courses – some have even built specially-designed parkour “parks”. In just over a decade, it has gone from a niche activity – which many city officials regarded as anti-social – to an internationally recognized (not to mention, highly lucrative) sport. Of course, parkour has always contained a political element. Like other “anti-social” urban activities which have been widely adopted across the globe, such as skateboarding and graffiti, parkour can still offer traceurs a sense of rebellion against “the establishment”. Indeed, some city authorities still seek to prosecute traceurs, while action-packed blockbuster films play up parkour’s more subversive side.

But in fact, the people who practice parkour are engaging in urban politics in a very playful way. This sport actively encourages people to see the city as a playground. Traceurs will often talk of having “parkour eyes”, which allow them to see the city as a child would: as a playground to explore rather than a system of containment. Jumping over bollards, climbing up walls or rolling over concrete roofs; these spectacular movements show what the human body is capable of – but they also highlight how the city can be navigated in very different ways. In early films and videos, traceurs’ spectacular physical movements are deliberately contrasted with parts of the city which are static, fixed and enclosed. Parkour is very much a reaction to the increased restriction of movement in modern cities: it allows traceurs to rediscover their cities in an entirely new way, while also traversing architectural restrictions such as walls, fences and stair wells.

The politics of parkour are perhaps “softer” than other subcultures, such as skateboarding or graffiti, which have more subversive histories. In fact, there are plenty of comparisons to be drawn between parkour and martial art philosophies; particularly when it comes to practitioners’ dedication to training the body and the mind. But for all this, parkour is no less politically potent: it offers a way to highlight the city’s systems of control, by creatively navigating the urban environment. What’s more, parkour is an inherently social activity. While most of the videos and images of parkour focus on individuals, traceurs actually train and practice together in groups. This social aspect is an important check on the temptation for self-promotion. They may gather in sanctioned parks (which often charge an entry fee), or more regularly in “hot spots”: urban spaces which inadvertently provide the perfect architecture. One such place was the Vauxhall Walls in London, which was a concrete garden for a nearby tower block. Despite residents continually asking traceurs to leave, the spot became one of London’s prime parkour locations. But in 2016, the site was “beautified” with landscape gardens and water features, and it is no longer suitable for practising parkour. This process feeds into other urban issues, such as gentrification – something London’s Southbank skateboarders have also had to contend with.

The social aspect of parkour extends beyond training, too. As well as scoping out sites and developing new moves, traceurs often film videos of each other that are posted online. The virtual community of parkour is hugely important. It enables the sport to spread to new locations, by allowing people to watch videos of traceurs from the other side of the world, connect with them and adopt or adapt their moves. Parkour gives people the chance to express a freedom of movement that pays little attention to the instructions of the city.

It's a highly social activity, which brings like-minded traceurs together and gives them a chance to be physically, but also politically active in their cities. Parkour offers a way to actively engage in the city physically, emotionally and socially. It requires nothing more than a pair of hands, an able body (which of course, makes it inaccessible to some) and a willingness to explore the city beyond the one you're told to behave in.

(Adapted from: theconversation.com)

0. According to the text, the popularity of parkour:

- A. Has increased significantly over the years.**
- B. Hit its highest point at the beginning of this century.**
- C. Is nowhere near as great as it once was in Paris.**

18. The practice of parkour:

- A. Has become more institutionalized.**
- B. Is now considered an elite sport.**
- C. Is now done in specially designed parks.**

19. Traceurs are still pursued in some cities because:

- A. They are depicted in films as rebels.**
- B. They promote subversive political ideas.**
- C. They tend to go against social norms.**

20. Having parkour eyes means being able to see:

- A. How to connect different moves.**
- B. The city as a space for personal growth.**
- C. The potential of urban landscape.**

21. It seems that parkour resulted from:

- A. A desire to test the physical limits of the body.**
- B. The design and the materials used in modern architecture.**
- C. The feeling of oppression that modern cities cause.**

22. The writer of the article states that:

- A. Parkour and martial arts have much in common.**
- B. Parkour doesn't require rigorous training.**
- C. Parkour focuses on developing physical skills.**

23. Parkour gives its followers:

- A. A chance to become famous.**
- B. A chance to learn about urban design.**
- C. A sense of group identity.**

24. The gentrification of London's Southbank:

- A. Has caused friction with skateboarders.**
- B. Has provided park areas for skateboarders.**
- C. Shows how town planning can benefit traceurs.**

25. Followers of this sport apparently tend:

- A. To be more involved in their town.**
- B. To support other sports activities.**
- C. To have strong political ideas.**

ANSWER BOX

QUESTION	0	18	19	20	21	22	23	24	25
ANSWER	A								

Marks 3: _____/6.4

TASK 1	TASK 2	TASK 3	TOTAL MARKS
			_____/20

TASK 1
THE BENEFITS OF ALTERNATIVE MEDICINE

ANSWER BOX

PARAGRAPH	0	1	2	3	4	5	6	7	8	9
HEADING	J	M	I	A	E	H	B	C	L	F

TEXT

If you're considering using complementary medicine to treat your condition, you're making the right choice. There are more pros of alternative medicine than cons, which is good news for you. Here are some of the benefits of alternative medicine:

J. PROVIDES INDIVIDUAL CARE

0. Alternative medicine is centred around whole-body care, which means holistic practitioners give more attention to patients. Many traditional doctors have too many patients, not enough time, and are primarily focused on insurance payments.

M. USES PHYSICAL AND MENTAL EXERCISES

1. If you're dealing with arthritis or another painful condition, alternative medicine soothes it. Techniques like Tai Chi and yoga give your mind and body natural relief to a painful problem. Plus, it does so without the use of harmful meds.

I. NO NEED FOR SYNTHETIC PRODUCTS

2. Unlike conventional medicine, herbal medication is all-natural. It doesn't contain man-made substances or unnatural elements. Therefore, you can rest assured that your body gets what it needs and nothing more.

A. A MORE FLEXIBLE METHOD

3. Mainstream physicians aren't always open to change their treatment plans. However, holistic doctors alter treatments based on lifestyle and health factors. If you prefer a more relaxed health management program, alternative medicine is best.

E. DOESN'T LEAD TO ADDICTION

4. Most people have heard how prescription drugs cause dependency. The opioid crisis is out of control and has done more harm than good. Thankfully, natural medications don't create the same issues with dependency as conventional drugs.

H. NO ADVERSE REACTIONS

5. Sometimes certain herbs don't mix well with a person's body. However, natural supplements don't cause harsh side effects. Unfortunately, prescription drugs can cause headaches, nausea, vomiting, rash, and other unpleasant ailments.

B. AN INTEGRATIVE APPROACH TO HEALING

6. There are other parts of the body that need attention such as sleep and nutrition. While focusing on your condition, a holistic doctor also caters to other aspects of your healing. Not only that, but it also puts emphasis on wellness. If a patient is undergoing treatment for a specific condition, a complementary medicine doctor ensures that other aspects of the body are cared for.

C. BOOSTS YOUR IMMUNE SYSTEM

7. When you have an illness, it ravages the body. Because of that, you need herbs and nutrients to keep you strong. Only natural medicine can provide that. Alternative medicine aims to repair the body by giving it what it needs to fight back.

L. THE POWER OF REASSURANCE

8. Alternative medicine makes a person feel better about their treatment. If you know something is good, then you feel confident about it. Holistic medicine patients know they will be completely cared for and treated properly.

F. FOCUSES ON PREVENTION

9. A lot of mainstream medication is geared towards only managing symptoms. On the other hand, alternative treatment aims to treat the root cause of a condition. Conventional medicine usually comes into play once a person becomes sick. However, complementary care is designed to keep illness from occurring.

(Adapted from: wphealthcarenews.com/9-incredible-benefits-of-alternative-medicine, 07/07/2020, 437 words)

TASK 2

BRUCE SPRINGSTEEN 'LETTER TO YOU' REVIEW

ANSWER BOX

SPACE	0	10	11	12	13	14	15	16	17
ANSWER	I	H	C	F	K	J	G	A	L

TEXT

The Boss' triumphant 20th album features three songs he wrote in his 20s, the rest grappling with age and mortality. It's also his best work in 20 years.

Bruce Springsteen has been sad before. In 1978 he howled his way through the inner struggle **that rested somewhere in the bleak and unforgiving (0)** *Darkness On The Edge of Town*. In 1980 he glumly recounted stories of teenage pregnancy and debilitating unemployment in *The River* and in 1982 he ventured to *Nebraska* to talk about men destined for the electric chair and criminals on the run, while on that album's masterpiece – the powerfully miserable *Atlantic City* – a smidgen of hope **prevailed through one of the finest lyrics (10)** of the 1980s: 'Everything dies, baby, that's a fact / But maybe everything that dies someday comes back.'

It's a message that Springsteen returns to almost 40 years later on the meditative *Letter To You*, his triumphant 20th album. The question now, though, as Springsteen hits his 70s and watches good friends and family members pass away, is: do they actually? Where **he once sang of the mortality of fictional characters (11)**, it's now that much closer to home. That he seems a touch overwhelmed is no surprise.

In *Letter To You's* accompanying documentary we see Springsteen glumly ruminating **(12) on being the last living member of his high school band**, *The Castiles*. The deaths of The E Street Band's Clarence Clemons and Danny Federici also loom large as we watch him record with the remaining members of beloved group in his New Jersey home studio, while snow falls thick and fast outside. That there is now far more road behind him than ahead of him can be felt throughout the entirety of **this powerfully heartfelt and deeply personal (13)** 12-track collection.

Last Man Standing might refer to Springsteen's status as the final living Castile – lyrics about faded pictures in scrapbooks, early teenage gigs and 'Friday night at the union hall' are shot through with sepia-tinted nostalgia – but **there is also hope here, most notably in (14)** the ferocious sax solo from Clarence Clemons' nephew Jake, which does a damn good job of raising the dead, bringing back the gutsy spirit and impeccable playing of the unforgettable E Street member.

Yet **perhaps the most interesting celebration (15)** of Springsteen’s life and legacy comes not through his modern musings on death and dying, but in his inclusion of a trio of songs from his past. *If I Was the Priest*, *Janey Needs a Shooter* and *Song For Orphans* were written almost 50 years ago, before the release of his debut, 1973’s *Greetings From Asbury Park, NJ*.

Springsteen rediscovered them when he was putting together a boxset compilation, and has now re-recorded the lot. Hearing a man in his 70s singing songs he wrote when he was in his 20s is **an interesting experience, not least for Springsteen himself (16)**, who recently told the New York Times: “It’s fun to go back and see how wild my lyric writing was, and how uninhibited it was at a certain moment, and to be able to take that and bring it into the present with the band, and sing it in my voice right now. [It] was a bit of a joy ride.”

Every song is a dream. *Janey Needs A Shooter* is a happy return to the kind of fictional character that peppered his earlier material and full of melodic moments that chime with songs Springsteen would release later in his career. The rolling, theatrical *If I Was The Priest* too is packed full of outlaws, bad boys and a ‘sweet Virgin Mary’ dishing out whiskey at the ‘Holy Grail Saloon’, **who wouldn’t have felt out of place propping up a bar (17)** on 1975’s *Born To Run*. *Song For Orphan*, meanwhile, depicts ‘cheerleader tramps... high society vamps, ex-heavyweight champs’ running loose through a ragged Americana landscape of broken dreams and faded glory.

A powerful synthesis of past and present, *Letter To You* shows us the strength that can be found in sorrow. The result is Springsteen’s finest album since 2002’s *The Rising*.

(Adapted from: [nme.com/reviews/bruce-springsteen-letter-to-you-review-2793707](https://www.nme.com/reviews/bruce-springsteen-letter-to-you-review-2793707), 21/10/2020, 677 words)

TASK 3

THE URBAN POLITICS OF PARKOUR: HOW TRACEURS USE SPORT TO REDISCOVER THE CITY

ANSWER BOX

QUESTION	0	18	19	20	21	22	23	24	25
ANSWER	A	A	C	C	C	A	C	A	A

TEXT

Parkour, as we know it today, stems from the activities of nine young Parisian men. *The Yamakasi group*, as they were known, trained together in what they called “*l’art du placement*”: a spectacular, regimented and controlled way of moving. **But that was at the turn of the 21st century. Now, parkour is a global phenomenon, with traceurs – those who practice parkour – running, jumping, climbing and rolling their way through cities around the world, and in places such as Gaza (0).**

Today, parkour is a recognised sport, with many institutions offering training camps and regular courses – some have even built specially-designed parkour “parks” (18). In just over a decade, it has gone from a niche activity – which many city officials regarded as anti-social – to an internationally recognised (not to mention, highly lucrative) sport. Of course, parkour has always contained a political element. **Like other “anti-social” urban activities which have been widely adopted across the globe, such as skateboarding and graffiti, parkour can still offer traceurs a sense of rebellion against “the establishment”.** Indeed, some city authorities still seek to prosecute traceurs (19), while action-packed blockbuster films play up parkour’s more subversive side.

But in fact, the people who practice parkour are engaging in urban politics in a very playful way. This sport actively encourages people to see the city as a playground. **Traceurs will often talk of having “parkour eyes”, which allow them to see the city as a child would: as a playground to explore rather than a system of containment (20).** Jumping over bollards, climbing up walls or rolling over concrete roofs; these spectacular movements show what the human body is capable of – but they also highlight how the city can be navigated in very different ways. In early films and videos, traceurs’ spectacular physical movements are deliberately contrasted with parts of the city which are static, fixed and enclosed. **Parkour is very much a reaction to the increased restriction of movement in modern cities (21):** it allows traceurs to

rediscover their cities in an entirely new way, while also traversing architectural restrictions such as walls, fences and stair wells.

The politics of parkour are perhaps “softer” than other subcultures, such as skateboarding or graffiti, which have more subversive histories. **In fact, there are plenty of comparisons to be drawn between parkour and martial art philosophies; particularly when it comes to practitioners’ dedication to training the body and the mind (22).** But for all this, parkour is no less politically potent: it offers a way to highlight the city’s systems of control, by creatively navigating the urban environment. What’s more, parkour is an inherently social activity. While most of the videos and images of parkour focus on individuals, **traceurs actually train and practice together in groups. This social aspect is an important check on the temptation for self-promotion (23).** They may gather in sanctioned parks (which often charge an entry fee), or more regularly in “hot spots”: urban spaces which inadvertently provide the perfect architecture. One such place was the Vauxhall Walls in London, which was a concrete garden for a nearby tower block. Despite residents continually asking traceurs to leave, the spot became one of London’s prime parkour locations. But in 2016, the site was “beautified” with landscape gardens and water features, and it is no longer suitable for practising parkour. **This process feeds into other urban issues, such as gentrification – something London’s Southbank skateboarders have also had to contend with (24).**

The social aspect of parkour extends beyond training, too. As well as scoping out sites and developing new moves, traceurs often film videos of each other that are posted online. The virtual community of parkour is hugely important. It enables the sport to spread to new locations, by allowing people to watch videos of traceurs from the other side of the world, connect with them and adopt or adapt their moves. Parkour gives people the chance to express a freedom of movement that pays little attention to the instructions of the city. It’s a highly social activity, which brings like-minded traceurs together and gives them a chance to be physically, but also politically active in their cities. **Parkour offers a way to actively engage in the city physically, emotionally and socially (25).** It requires nothing more than a pair of hands, an able body (which of course, makes it inaccessible to some) and a willingness to explore the city beyond the one you’re told to behave in.

(Adapted from: theconversation.com/the-urban-politics-of-parkour-how-traceurs-use-sport-to-rediscover-the-city-62807, 15/01/2021, 753 words)