



## READING COMPREHENSION

### Worksheet answer key

#### HOW LONG DOES IT TAKE TO RECOVER AFTER A MATCH?

**1. There has been an increased incidence of injuries in players due to the fact that in some occasions...**

- a. More than one fixture is spread out over a week.
- b. **More than one fixture is held in a week.**
- c. Matches have a flexible scheduling.

**2. In order to analyse how long it takes for players to recover after a match, they based their study on the relation between fatigue and...**

- a. **Muscle function and the central processes**
- b. Muscle function and the peripheral processes
- c. The central nervous system and the central processes

**3. After having carried out the study, they found that...**

- a. Two days after the match, the deterioration in muscle function had totally recovered.
- b. One day after the match, the central nervous system had completely recovered.
- c. **One day after the match, the central nervous system had partly recovered.**

**4. The aim of the study was...**

- a. To spread out competitive games over time
- b. To improve the scheduling of matches
- c. **A and B are correct.**