



## 고1\_1911[기출문제] 35

다음 글의 제목으로 가장 적절한 것은?¹ [19년 11월 35번]

Training and conditioning for baseball focuses on developing strength, power, speed, quickness and flexibility. Before the 1980s, strength training was not an important part of conditioning for a baseball player. People viewed baseball as a game of skill and technique rather than strength, and most managers and coaches saw strength training as something for bodybuilders, not baseball players. They feared that weight lifting and building large muscles would cause players to lose flexibility and interfere with quickness and proper technique. Today, though, experts understand the importance of strength training and have made it part of the game.

- ① The Importance of Strength Training and Conditioning in 1980s
- ② The New Trend in Training and Conditioning for Baseball Players
- ③ The Difference Between Baseball and Other Sports in Training and Conditioning
- ④ The Change in Training and Conditioning for Professional Athletes
- ⑤ The difficulties in Training and Conditioning for Baseball Players

다음 글에서 전체 흐름과 관계없는 문장은?² [2019 11월 고1 35번]

Training and conditioning for baseball focuses on developing strength, power, speed, quickness and flexibility. ㉓Before the 1980s, strength training was not an important part of conditioning for a baseball player. ㉔Most coaches as well as spectators viewed baseball game as an outcome of strength training, not of skill and technique. ㉕They thought that weight lifting and building large muscles would have a less positive effect on the players. ㉖Today, though, experts understand the importance of strength training and have made it part of the game. ㉗To have players get better competence, they make every effort to increase the intensity of strength training.

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정답

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