UNIVERSIDADE PEDAGÓGICA DE MAPUTO
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**Comissão de Exames de Admissão**

***EXAME DE INGLÊS - 2026***

1. A prova tem a duração de 120 minutos e contempla **60 questões**;
2. Confira o seu código de candidatura;
3. Para cada questão assinale apenas a alternativa correcta;
4. Não é permitido o uso de qualquer dispositivo electrónico (máquina de calcular, telemóveis, etc.).

## PART A – Reading I

**Read a text about Cheating in Sports, and for questions 1 to 7, choose the correct answer (a, b, c, or d).**

### Cheating in Sports

Anyone who loves sports will agree that cheating is bad. For example, it was simply wrong for Spain to enter people who were not actually disabled into the 2000 Sydney Paralympics basketball team. But sometimes, it is hard to draw a line between what is cheating and what is not. Many sports encourage players to be 'sporting', that is, to play honestly and accept when they lose. However, in sports, the prizes for winning are great, so it is natural for people to use different ways to win a game. Sometimes players cheat or bend the rules to get an advantage in a game.

Gamesmanship is when you try to win a game by bending the rules or using dubious tactics. For example, when British Team cyclist Philip Hindes had a bad start in a team race in the 2012 Olympics, he didn't want to let his team down, and since he knew that if a rider fell early, the race would be restarted, he crashed his bike on purpose. Britain went on to win gold.

Other examples of gamesmanship are when players fake injuries or waste time. This might give them a chance for a short rest, or it could annoy their opponent and affect their concentration. For example, at the 2016 Rio Olympics, badminton player Carolina Marins screamed and shouted every time her opponent made a mistake. This affected her opponent's feelings, and people thought she behaved rudely. However, she won the gold medal without breaking any rules.

When there is a grey area, it is the referee or umpire's job to decide whether cheating is taking place. However, players can take advantage of this situation because referees aren't perfect and can't see everything. For example, in cricket, if the ball hits a batter's legs, he is out, and most batters know when they are out, so they should leave the field immediately. However, few cricketers are sporting. They wait until the umpire tells them to go because they want to stay in the game, and the umpire might not see what happened. This isn't considered cheating.

However, there's no denying that Diego Maradona cheated in the 1986 World Cup quarter-finals between England and Argentina. In that particular match, Maradona infamously scored a goal using his hand. The referee, who missed the incident, awarded the goal, and unsurprisingly, Maradona didn't question the decision. But the game of football, however, isn't always so forgiving of those who bend the rules, as Brazilian player Rivaldo knows. In the 2002 World Cup, he faked an injury during a match. Unlike Maradona, Rivaldo wasn't so lucky; he was caught out and was later fined, proving that the outcomes of such actions are not always in the player's favour.

Sometimes, players might even try to lose on purpose. At the 2012 London Olympics, four women's badminton doubles teams from China, Indonesia, and South Korea purposely played badly. They all wanted to lose because it would lead to an easier place in the tournament. Although none of the players broke any badminton rules, they were all disqualified for their poor sportsmanship.

Where there are games, people will always try different ways to win. But is bending the rules the same as cheating? Or does it just make the game more interesting because sports competitions are not only about physical skills but also about clever strategies?

**1.** According to the passage, the 2000 Sydney Paralympics basketball team...

**A.** won the gold medal despite cheating.
**B.** were in a grey area.
**C.** rightly accused of cheating.
**D.** were accused of cheating when they did not.

**2.** British Team cyclist Philip Hindes…

**A.** lost a medal because he cheated.
**B.** used gamesmanship to win a medal.
**C.** won a medal despite cheating.
**D.** lost a medal because of gamesmanship.

**3.** Badminton player Carolina Marins…

**A.** used gamesmanship to win a game.
**B.** used gamesmanship, but lost a game.
**C.** cheated and won a game.
**D.** did not cheat, but was disqualified.

**4.** Cricketers who leave the field when they feel the ball touch their legs…

**A.** are breaking the rules.
**B.** are rare.
**C.** are using gamesmanship.
**D.** are following the rules.

**5.** Diego Maradona is mentioned because he…

**A.** took advantage of a referee's mistake.
**B.** challenged a referee's decision.
**C.** persuaded a referee to make a decision.
**D.** was punished for his gamesmanship.

**6.** Rivaldo…

**A.** didn't realise he was breaking a rule.
**B.** exaggerated an injury.
**C.** was punished for bending the rules.
**D.** was accused of cheating when he did not.

**7.** The four badminton teams were disqualified…

**A.** despite not cheating.
**B.** because they cheated.
**C.** because they were sporting.
**D.** after winning their games.

## Reading II

**Read a text on "How to stay fit, happy, and healthy", and for the gaps 8 to 14, choose the correct answer (a, b, c, or d) from the choices provided below the text.**

**How to stay fit, happy, and healthy**

If you've been listening to the news, you already know about our national obesity levels rising by the day. It has never been more critical **(8)** _____ and to get an adequate amount of exercise and sleep to keep yourself fit and healthy. Though it may feel like really hard work at first, once you adopt an exercise routine and start **(9)** _____, you'll forget you ever did things differently.

Here are just four of the top adjustments to make:

*1. Get more sleep!*

Sleep is huge, and almost a third of the US population doesn't get nearly enough to stay physically and mentally healthy. If you are sleep deprived, try changing your habits in order **(10)** _____

*2. Strive for a better diet*

Look at your diet and what you're eating now, and make changes where you see fit. If you are susceptible to snacking, keep a piece of fruit or a few nuts at hand. The key is to eat small meals throughout the day. Reduce portion sizes, eliminate white bread and replace it with whole grains, and make sure each meal includes at least one portion of fruit and/or vegetables. Healthy food doesn't have **(11)** _____, and you can get an abundance of low-priced fruit and veggies, like apples, bananas, potatoes and peas.

*3. Stop all those bad habits*

Take a look at your current lifestyle and make a short list of everything you do that isn't good for your health. This could be anything, from eating too much junk food or drinking too much caffeine, to smoking or drinking. Start breaking these habits one by one. Some will be easy, while others may take months or maybe years **(12)** _____, but the sooner you start fighting, the better.

Some addictions (like smoking, drugs, or alcohol) are incredibly bad not only to your health, but also to your pocketbook. If you smoke and – or drink, start by cutting back on how many drinks you have, or cigarettes you smoke, in a day, and if necessary, seek medical advice and assistance **(13)** _____.

*4. Exercise, exercise, exercise*

We all should be doing at least 30 minutes of exercise, 3 to 4 or more times a week, **(14)** _____. This can be pretty much anything physical, like walking, cycling, running, swimming, or weightlifting. This too does not have to be expensive, and you can get a great workout without joining any costly gyms. Most of these exercises are inexpensive, and just doing a cardiovascular workout, like walking, jogging, or treadmill walking, a few times a week will do your body (and heart) good.

**8.** Complete the gap **(8)**.

**A.** to reduce your protein intake
**B.** to watch what you are eating
**C.** to change your sleep patterns
**D.** to be expensive in the least bit

**9.** Complete the gap **(9)**.

**A.** to adapt to a new situation
**B.** to reduce your protein intake
**C.** to watch what you are eating
**D.** to change your sleep patterns

**10.** Complete the gap **(10)**.

**A.** to be expensive in the least bit
**B.** to get a full eight hours every night
**C.** to maintain good health and keep fit
**D.** to make further steps towards stopping completely

**11.** Complete the gap **(11)**.

**A.** to watch what you are eating
**B.** to change your sleep patterns
**C.** to be expensive in the least bit
**D.** to get a full eight hours every night

**12.** Complete the gap **(12)**.

**A.** to be expensive in the least bit
**B.** to get a full eight hours every night
**C.** to maintain good health and keep fit
**D.** to get rid of and eradicate completely from your life

**13.** Complete the gap **(13)**.

**A.** to get a full eight hours every night
**B.** to maintain good health and keep fit
**C.** to make further steps towards stopping completely
**D.** to get rid of and eradicate completely from your life

**14.** Complete the gap **(14)**.

**A.** to change your sleep patterns
**B.** to be expensive in the least bit
**C.** to get a full eight hours every night
**D.** to maintain good health and keep fit

## PART B: Grammar, Vocabulary & Language use

**Read the sentences 15 to 60 and choose the correct or most suitable answer (a, b, c, or d) to complete the gaps in each sentence**

**15.** They didn't reach an agreement _____ their differences.

**A.** on account of
**B.** due
**C.** because
**D.** owing

**16.** I wish I _____ those words. But now it's too late.

**A.** not having said
**B.** have never said
**C.** never said
**D.** had never said

**17.** The woman, who has been missing for 10 days, is believed _____.

**A.** to be abducted
**B.** to be abducting
**C.** to have been abducted
**D.** to have been abducting

**18.** _____ to offend anyone, she said both cakes were equally good.

**A.** Not wanting
**B.** As not wanting
**C.** She didn't want
**D.** Because not wanting

**19.** _____ in trying to solve this problem. It's clearly unsolvable.

**A.** There's no point
**B.** It's no point
**C.** There isn't point
**D.** It's no need

**20.** Last year, when I last met her, she told me she _____ a letter every day for the last two months.

**A.** had written
**B.** has written
**C.** had been writing
**D.** wrote

**21.** He _____ robbed as he was walking out of the bank.

**A.** had
**B.** did
**C.** got
**D.** were

**22.** _____ forced to do anything. He acted of his own free will.

**A.** In no way was he
**B.** No way he was
**C.** In any way he was
**D.** In any way was he

**23.** They _____ in the basement for three months.

**A.** were made sleeping
**B.** were made sleep
**C.** were made to sleep
**D.** made to sleep

**24.** If success _____, we need to prepare ourselves for every possible scenario.

**A.** is to be achieved
**B.** is achieved
**C.** will be achieved
**D.** is due to achieve

**25.** _____ gifts to the judges.

**A.** It's not allowed offering
**B.** It's not permitted to offer
**C.** It's not permitted offering
**D.** It's not allowed to offer

**26.** The drawer is full of _____; there is nothing of value in there.

**A.** pros and cons
**B.** wine and dine
**C.** bread and butter
**D.** odds and ends

**27.** When I first moved to the country, I missed the _____ of city life.

**A.** life or death
**B.** thick and thin
**C.** hustle and bustle
**D.** ups and downs

**28.** After a lot of _____, I've finally perfected the recipe.

**A.** wine and dine
**B.** hit and run
**C.** hide and seek
**D.** trial and error

**29.** Married life isn't all _____; it can be very hard at times.

**A.** fun and games
**B.** dine and wine
**C.** law and order
**D.** lock and key

**30.** We need to weigh up the _____ of each option before making a final decision.

**A.** pros and cons
**B.** lock and key
**C.** wear and tear
**D.** odds and ends

**31.** Although I don't usually drink, every _____ I treat myself to a beer.

**A.** wine and dine
**B.** thick and thin
**C.** now and then
**D.** safe and sound

**32.** Sam called to let us know that he had arrived _____.

**A.** safe and sound
**B.** trial and error
**C.** back and forth
**D.** now and then

**33.** _____ a ghost?

**A.** Have you ever seen
**B.** Did you ever see
**C.** Have you ever see
**D.** You have seen a ghost

**34.** I'm sure I _____ this man before.

**A.** 've seen
**B.** saw
**C.** 've see
**D.** did see

**35.** i: How long _____ a teacher? ii: I _____ teaching a long time ago.

**A.** were / started
**B.** have you been / have started
**C.** have you been / started
**D.** are you/ am

**36.** _____ Titanic?

**A.** Did you see
**B.** You have seen
**C.** Have you seen
**D.** you saw

**37.** Here are your shoes. I _____ them.

**A.** just cleaned
**B.** 've just cleaned
**C.** just have cleaned
**D.** have been cleaned

**38.** I'm wondering which country _____ this year.

**A.** they have travelled
**B.** have they travelled to
**C.** they have travelled to
**D.** have they travelled

**39.** Lisa likes opera, which is lucky for me, because _____ too.

**A.** I do
**B.** I like
**C.** do I
**D.** I am

**40.** _____ Peter? I _____ for him all morning.

**A.** Have you been seeing / have looked
**B.** Have you seen / 've been looking
**C.** Have you been seen / have been looking
**D.** Have you seeing / 've looked

**41.** I don't understand why you always have to say _____ stupid things.

**A.** so
**B.** such
**C.** such a
**D.** so much

**42.** If I continue reading 50 pages every day, I _____ 8,000 pages by the end of the month.

**A.** will read
**B.** am going to read
**C.** will be reading
**D.** will have read

**43.** She wouldn't be helping you if she _____ your sister

**A.** wouldn't be
**B.** wouldn't have been
**C.** isn't
**D.** weren't

**44.** I wish I _____ come to the zoo with you next weekend, but I'm going to be busy.

**A.** could
**B.** would
**C.** had
**D.** will

**45.** My parents were very _____. I expected they would buy me a better present.

**A.** disappointing
**B.** disappointed
**C.** disappoint
**D.** disappointingly

**46.** She regretted _____

**A.** get married
**B.** to get married
**C.** having got married
**D.** to have got married

**47.** I'd rather _____ for me at the station.

**A.** you waited
**B.** you wait
**C.** you to wait
**D.** you waiting

**48.** The robbers _____ have escaped.

**A.** are thought that they
**B.** it's thought that they
**C.** are thought to
**D.** are thought that

**49.** I must go to the doctor and _____ before I go on holiday.

**A.** test my blood pressure
**B.** have my blood pressure tested
**C.** have tested my blood pressure
**D.** get to test my blood pressure

**50.** _____ everything she said, I won't forgive her.

**A.** Despite of
**B.** Although
**C.** In spite of
**D.** However

**51.** I'd like to know when _____.

**A.** will he arrive
**B.** is he arriving
**C.** he will arrive
**D.** does he arrive

**52.** We need to stop and rest. I am very tired and _____.

**A.** so are you
**B.** so you are
**C.** you do too
**D.** so do you

**53.** Research shows that winter weather can bring depression to _____.

**A.** the elderly people
**B.** the elderly
**C.** the olders
**D.** the old people

**54.** I'll call you as soon as I _____.

**A.** finished
**B.** will finish
**C.** will have finished
**D.** have finished

**55.** If it wasn't raining, we _____ on the beach right now.

**A.** 'd be
**B.** would have been
**C.** had been
**D.** were

**56.** He _____ so much attention.

**A.** 's not used to getting
**B.** doesn't use to get
**C.** 's not used to get
**D.** 's got used to get

**57.** I can't help _____ about my son's future.

**A.** worry
**B.** to worry
**C.** worrying
**D.** to worrying

**58.** I wish you _____ that. It's very annoying!

**A.** wouldn't do
**B.** didn't do
**C.** hadn't done
**D.** shouldn't do

**59.** We can't go out because it's _____ raining heavily.

**A.** for
**B.** yet
**C.** already
**D.** still

**60.** Experts warn that more pandemics _____ happen in the future.

**A.** definitely will
**B.** are sure
**C.** are bound to
**D.** are likely

# Respostas

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| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **1** | C | **2** | B | **3** | A | **4** | B | **5** | A | **6** | C |
| **7** | A | **8** | B | **9** | D | **10** | B | **11** | C | **12** | D |
| **13** | C | **14** | D | **15** | A | **16** | D | **17** | C | **18** | A |
| **19** | A | **20** | C | **21** | C | **22** | A | **23** | C | **24** | A |
| **25** | B | **26** | D | **27** | C | **28** | D | **29** | A | **30** | A |
| **31** | C | **32** | A | **33** | A | **34** | A | **35** | C | **36** | C |
| **37** | B | **38** | C | **39** | A | **40** | B | **41** | B | **42** | D |
| **43** | D | **44** | A | **45** | A | **46** | C | **47** | A | **48** | C |
| **49** | B | **50** | C | **51** | C | **52** | A | **53** | B | **54** | D |
| **55** | A | **56** | A | **57** | C | **58** | A | **59** | D | **60** | C |

As soluções passo a passo de cada questão estão em admitela.com/exames/up/ingles-2026/