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The iGym?

We've already had the Nike+, the wireless running shoe that records progress and sends the information to an iPod nano. Now Apple and Nike are teaming up again to bring us interactive workouts in the gym.

Nike and Apple are joining up with 24-hour Fitness and Virgin Atlantic Health clubs to develop machines that enable iPod nanos to be connected to running machines and other gym equipment. This will help gym members to see their progress, set personal targets and then upload the data to the Nike+ website. Nike claims that people who go to the gyms will use these machines to motivate them to work harder and get fitter.

Gibson Harris, a gym manager based in the USA, says he thinks this is a brilliant idea. 'People who come to our gym to exercise always expect it to have the latest technology. So to satisfy the customers' needs we need to keep one step ahead of them. This new system will help us to do that'. Gibson also says that it will help the personal trainers who work in his gym to give a better service. 'The personal trainers will be able to see how our members are performing. They will be able to tailor the courses to the exact needs of the clients taking into account their performance and their requirements'.

Nike hopes that customers will use other features too. They will be able to join social networking sites and compare their performances with their friends or challenge others to workout goals. The online community that has grown up around the Nike+ running shoe surprised everyone and this new product will build on that.

But Charrissa Guilbert who works for a rival gym is not a fan of the new technology. 'Customer service is about the personal touch, about customer care. The more gadgets you have, the less you need human contact. This new system will reduce the role of personal trainers not increase it. A machine can only record how you are doing; it cannot help you improve by showing you what you are doing wrong or what you could do better. Our customers expect our staff to supply a personal service not just print off some results from a website'.

Gibson Harris, though, is convinced that the new technology is going to be a success. 'The nano is already a central part of people's visit to the gym. We see more and more people using it; it is small and lightweight and does not get in the way. People can work out to the music they choose but now they will be able to see exactly how they are doing. In my opinion it is the perfect new product and I cannot wait to see it in action'. Only time will tell if he is right.

I. Reading Comprehension: (10 points)

1. Read the text and decide whether these statements are true or false: (8 pts)

1. Nike+ shoes have an IPod in them. _____
2. The iPod nano is being developed to connect to gym machines. _____
3. Gibson Harris thinks people expect a gym to use new technology. _____
4. The iPod nano will replace personal trainers. _____
5. People are surprised by the Nike+ running shoe. _____
6. Charrissa Guilbert thinks Nike and Apple have got it wrong. _____
7. She thinks people prefer the personal touch. _____
8. Gibson Harris disagrees with Charrissa. _____

2. Supply the synonym of each term: (2 pts)

Lightweight:

Customers:

Target:

Trainers:

II. Language: (10 points)

1. Fill in the blanks with the right word from the list: (5 pts)

Schedule, to stay, allocate, deadline, on track, to delegate, lose, updates, to get on, to catch up.

My project is a center for senior citizens. We have to finish by the end of the week and I think we will meet the _____. We fell behind _____ because of the Thanksgiving holiday, but we managed to _____ last week and we are back _____ now; we may even finish ahead of schedule.

It was hard at first, knowing how to _____ resources and knowing who does what and when and how much it will cost. I have managed _____ within budget, but only just!

I think the key thing I have learnt is the importance of delegation. I try as much as possible _____ tasks and trust people _____ with them. If I tried to do everything myself, we'd never finish on time. Teamwork is essential and I get (9) _____ from people every two days, so that I don't _____ control of the project.

2. Complete the text with the right tense of the verb in brackets: (5 pts)

Currently Vanessa Ramirez _____(work) as the food and restaurant journalist for the International Times. Vanessa _____(come) from Mexico but _____(move) to the United States in 1988, where she _____ (study) journalism. She _____ (live) in Los Angeles since 1994 and _____(work) on several newspapers at different times. Vanessa _____ (marry) the chef, Claude Blanc, three years ago. He _____ (own) two restaurants already and _____ (open) his third next month. Now, Vanessa (help) _____ him to decorate it.