※ Doctors English ※

دليل هيكل اللغة الإنجليزية



- الملف يتضمن شرح كل فقرة في الهيكل الجديد 2025 - 2026 بالتفصيل لجميع الفصول.
- يوجد تدريبات في الملف بعد كل جزئية.

11

عام وتطبيقي

AND

متقدم

10

- **الملف يتضمن شرح كل فقرة في الهيكل الجديد 2025 - 2026 بالتفصيل لجميع الفصول.**
- **يوجد تدريبات في الملف بعد كل جزئية.**

الكتابي (40 درجة)	القراءة (60 درجة)
كتابي عالورق	**إلكتروني (سويفت أسيس)**

• الجزء الأول : مفردات

- **صيغة السؤال :**

صحح الكلمة (الكلمات) الصحيحة لإكمال الجمل.

Correct the correct word(s) to complete the sentences.

- **الشكل في الإمتحان:**

- نص واحد مكون من 160 كلمة (بزيادة أو نقصان 10%) يحتوي على 7 فراغات تركز على المفردات المستهدفة.
- ثلاثة خيارات، أحدها هو الإجابة الصحيحة.
- نقطتان لكل سؤال (المجموع: 14 نقطة).

- **موضوع الفقرة من الكتاب :**

A Picture of Health | Handling stress, Overcoming adversity

صورة للصحة الجيدة | التعامل مع التوتر، التغلب على الشدائد

- **الكلمات المطلوب التركيز عليها:**

- admirable (جدير بالإعجاب)
- breakthrough (اختراق / إنجاز مفاجئ / تقدّم كبير)
- gradually (تدريجيًا)
- unidentified (غير محدد / غير معروف)
- obstacle (عقبة / حاجز)
- overcome (يتغلّب على)
- positive (إيجابي)
- handling (stress) (التعامل مع الضغط النفسي)
- evaluate (يُقيِّم / يُقدّر)
- coping strategies (استراتيجيات التكيّف / التغلّب على الصعوبات)
- dealing with (التعامل مع)
- perspective (وجهة نظر / منظور)
- circumstances (الظروف)

- **الجزء الثاني : قواعد اللغة**

- **صيغة السؤال :**

اقرأ النص واختر الكلمة (الكلمات) الصحيحة لإكمال الجمل.
Read the text and choose the correct word(s) to complete the sentences.

• الشكل في الإمتحان:

- نص سردي واحد مكون من 160 كلمة (بزيادة أو نقصان 10%) يحتوي على 7 فراغات
- 3 خيارات لكل فراغ، أحدها هو الإجابة الصحيحة
- نقطتان لكل إجابة صحيحة (المجموع 14 نقطة)

• موضوع الفقرة من الكتاب:

Infotainment | Staring at a screen, Infotainment
الترفيه والمعلومات | التحديق في الشاشة، الترفيه والمعلومات

• الكلمات المطلوب التركيز عليها:

- remote control (جهاز التحكم عن بُعد)
- couch potato (شخص كسول يقضي وقته أمام التلفاز)
- channel surf (يتنقل بين القنوات بسرعة)
- commercials (إعلانات تلفزيونية)
- turn down (يخفض / يقلل الصوت)
- volume (مستوى الصوت)
- gaming (اللعب الإلكتروني / ألعاب الفيديو)
- gamers (اللاعبون / محبّو الألعاب الإلكترونية)
- streaming (البث المباشر أو عبر الإنترنت)
- blogging (الكتابة في مدونة إلكترونية)
- vlogging (تصوير فيديوهات للتدوين / الفيديو بلوج)
- spare time (وقت الفراغ)

- **القواعد المطلوب التركيز عليها:**

- Question tags - الأسئلة الذيلية
- Wh-questions - (الأسئلة المبدوءة بأدوات الاستفهام)
- Historic present - المضارع التاريخي

- **الجزء الثالث : القراءة**

صيغة السؤال:

اختيار من متعدد (املأ الفراغات)، اقرأ النص. اختر الإجابة الصحيحة.
Multiple choice – Read the text. Choose the correct answer.

الشكل في الإمتحان:

- نص سردي واحد يتراوح بين 270 و 300 كلمة (بزيادة أو نقصان 10%)
- 8 أسئلة مع 3 خيارات، أحدها هو الإجابة الصحيحة (نقطتان لكل سؤال، المجموع: 16 نقطة)

موضوع الفقرة من الكتاب:

A Picture of Health | Longevity, Medical advice and the internet
صورة للصحة الجيدة | طول العمر، النصائح الطبية والإنترنت

- **الكلمات المطلوب التركيز عليها:**

- inhabitants (السكان / المقيمون)
- preservatives (مواد حافظة)
- longevity (طول العمر)
- altitude (الارتفاع عن سطح البحر)
- unpolluted (نقي / غير ملوّث)
- long-lived (طويل العمر)
- prevent (يمنع)
- accurate (دقيق / صحيح)
- dishonest (غير أمين / مخادع)
- patient (صبور)
- remedy (علاج / دواء)
- validity (صحة / موثوقية)
- take advantage of (يستغل / يستفيد من)
- attitude (سلوك / موقف / نظرة)
- fraudulent (احتيالي / مزيف)

- **القواعد المطلوب التركيز عليها:**

- **الجزء الرابع : القراءة**

صيغة السؤال:

اختيار من متعدد (املأ الفراغات)، اقرأ النص. اختر الإجابة الصحيحة.
.Multiple choice – Read the text. Choose the correct answer

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- fraudulent (احتيالي / مزيف)

- **القواعد المطلوب التركيز عليها:**

• الجزء الخامس : الكتابة

صيغة السؤال الأول :

ناقرأ النص. اكتب الفكرة الرئيسية بكلماتك الخاصة.
Read the text. Write the main idea in your own words.

صيغة السؤال الثاني:

اقرأ النص مرة أخرى.
موضوع الكتابة الرئيسي.
• السؤال الأول
• السؤال الثاني
• السؤال الثالث
اكتب ما لا يقل عن ١٧٠ كلمة.

الشكل في الإمتحان:

- نص واحد مكون من 160 كلمة يتعلق بالموضوع.
- سؤال واحد يطلب تحديد الفكرة الرئيسية للنص باستخدام كلمات الطالب الخاصة.
- سؤال واحد حول النص يتضمن ثلاثة محفزات لكتابة نص حجاجي يُطلب فيه من الطالب إبداء رأيه مع تقديم أدلة لدعم وجهة نظره.
- عدد الكلمات: 170 كلمة
- 40 علامة (حسب معايير التقييم)
-

موضوع الفقرة من الكتاب:

A picture of Health | Health Clubs, Talking about Stress

الكلمات المطلوب التركيز عليها:

جميع مفردات الفصل الدراسي الأول Term 1 Vocabulary

• القواعد المطلوب التركيز عليها:

المضارع المستخدم في ذكر احداث تاريخية - Historic present

كلمات مفيدة	النوع
both...and, similarly, likewise, in the same way	للمقارنة والتشابه
however, whereas, while, on the other hand, in contrast	للاختلاف والتباين
moreover, also, in addition, furthermore	لإضافة الأفكار
for example, for instance, such as, to illustrate	لإعطاء أمثلة
therefore, thus, as a result, in conclusion, to sum up	للنتائج أو الخاتمة

نصائح ذكية للعلامة الكاملة

1. اقرأ النص مرتين قبل أن تكتب.
2. استخدم لغة بسيطة وواضحة بدل التعقيد.
3. لا تنس علامات الترقيم (النقطة، الفاصلة، إلخ).
4. اترك سطرًا صغيرًا بين الفقرات لتبدو منظمة.
5. استخدم 20 دقيقة للفهم + 30 دقيقة للكتابة + 10 دقائق للمراجعة.

Vocabulary Training – Nail That Job!

Choose the correct words to complete the sentences.

Every successful person faces many challenges before reaching an (1) _____ (admirable / unidentified / remarkable) result. In the journey toward success, one of the hardest things is to face an (2) _____ (obstacle / breakthrough / perspective) that seems impossible to move past. But great people don't give up — they find ways to (3) _____ (overcome / evaluate / identify) those difficulties and continue improving.

Progress doesn't happen overnight; it comes (4) _____ (gradually / positively / independently) through hard work and patience. When people face (5) _____ (stress / coping strategies / handling) in difficult (6) _____ (circumstances / perspectives / quantities), they learn valuable lessons about themselves. By using the right (7) _____ (coping strategies / attitudes / evaluations), they can stay (8) _____ (positive / admirable / unknown) and move forward even when results aren't clear.

Sometimes, a big (9) _____ (breakthrough / obstacle / capital) comes from an (10) _____ (unidentified / gradual / common) moment that teaches us how to see life from a new (11) _____ (perspective / behavior / pride) and to (12) _____ (evaluate / deal with / handle) problems more wisely.

Answer Key:

1.admirable, 2. obstacle, 3. overcome, 4. gradually, 5. handling, 6. circumstances, 7. coping strategies, 8. positive, 9. breakthrough, 10. unidentified, 11. perspective, 12. evaluate

🌆 Grammar Training

Choose the correct words to complete the sentences.

On a quiet Friday evening, Omar sat on the sofa with the (1) _____ (remote control / joystick / keyboard) in his hand, looking for something to watch. He loved to (2) _____ (channel surf / turn down / stream) between news, movies, and sports until he found something exciting. His sister called him a real (3) _____ (couch potato / gamer / vlogger) because he could spend hours watching shows and (4) _____ (commercials / games / blogs) without getting bored.
Sometimes, his father would shout from the kitchen, "Omar! (5) _____ (Turn down / Increase / Change) the (6) _____ (volume / channel / program), it's too loud!" But Omar wasn't always lazy — in his (7) _____ (spare time / school time / meal time), he also made short (8) _____ (vlogging / gaming / blogging) videos about movies and shared them online.
Omar believed that modern (9) _____ (streaming / painting / cooking) platforms made learning and entertainment easier for everyone, as long as people knew when to stop staring at a screen and enjoy the world outside.

✅ Correct Answers:

1.remote control, 2. channel surf, 3. couch potato, 4. commercials, 5. Turn down, 6. volume, 7. spare time, 8. vlogging, 9. streaming

Read the text and answer the questions that follow.

The search for the secrets of longevity has been an ancient human pursuit. In certain regions of the world, it is observed that the inhabitants not only live longer lives but also enjoy better health in their advanced years. These "Blue Zones" are often located at a high altitude, where the air is completely unpolluted and far from the contamination of large industrial cities. These long-lived people rely on a simple, natural diet based on what they grow, which is almost entirely free of preservatives and processed ingredients. This lifestyle, combined with constant physical activity and strong social bonds, greatly helps to prevent many chronic diseases that plague modern societies.

In contrast, with the spread of technology, the internet has become the primary source for many people seeking medical advice or a quick remedy for their health problems. However, finding accurate medical information online is like looking for a needle in a haystack. This process requires the researcher to be extremely patient and to have the ability to distinguish between reliable and unreliable sources. Not all websites and forums offer scientifically verified content, and checking the validity of information before applying it is crucial to avoid worsening health issues.

The danger increases with the presence of dishonest individuals and fraudulent companies that strive to take advantage of people's needs and anxieties. They promote "miracle" products and false claims that have no basis in reality, exploiting the lack of awareness of some. Therefore, adopting a critical and cautious attitude towards everything we read online about health is not just an option; it is an urgent necessity to maintain our safety and avoid falling victim to deception.

Multiple Choice – Read the text. Choose the correct answer.

1. According to the text, who is observed to live longer and healthier lives in "Blue Zones"?
A) The doctors who study the zones
B) The visitors who travel there
C) The inhabitants of the regions

2. What is largely absent from the diet of the long-lived people described?
A) Vitamins
B) Preservatives
C) Minerals

3. What ancient human pursuit is the main topic of the first paragraph?
A) The search for happiness
B) The search for longevity
C) The search for wealth

4. What geographical feature is common to the "Blue Zones" mentioned?
A) They are located in deep valleys.
B) They are located near beaches.
C) They are located at a high altitude.

5. How does the text describe the air quality in these "Blue Zones"?
A) It is hot and humid.
B) It is unpolluted.
C) It is industrial.

6. What effect does the lifestyle in "Blue Zones" have on chronic diseases?
A) It helps prevent them.
B) It helps cure them completely.
C) It attracts them.

7. What kind of medical information is described as difficult to find online?
A) Free information
B) Fast information
C) Accurate information

8. How does the text describe companies that promote false "miracle" products online?
A) Fraudulent
B) Charitable
C) Governmental

Answer Keys : 1.C 2.B 3.B 4.C 5.B 6.A 7.C 8.A

- **Reading 2 : Health in the digital age**

The pursuit of a healthy, long life, or longevity, is now more complex than ever, largely due to the rise of the internet as a health information source. Before the digital age, people sought a remedy for illness primarily from a doctor or a trusted elder. Today, however, many individuals, including the inhabitants of large modern cities, first consult online resources when they wish to prevent illness or seek medical advice. This shift has had a profound impact on public health. While the internet offers immense access to information, it also requires a highly critical attitude from users.

The challenge lies in sorting the accurate and reliable data from the vast amounts of misinformation. The internet is full of claims and products promoted by dishonest individuals and fraudulent schemes that seek to take advantage of desperate patients. These schemes often market products containing unknown preservatives or ingredients, promising a quick fix for serious conditions. A patient approach is necessary to verify the validity of any health claim, especially when it concerns complex issues like the diet of long-lived populations living at high altitude where the air is notably unpolluted.

People must remember that the internet lacks the regulated structure of traditional medicine. Simply because a website looks professional does not mean its content is reliable. An informed and cautious attitude is the best defense against deception in the quest for longevity.

Multiple Choice – Read the text. Choose the correct answer.

1. The primary challenge of seeking health information online is related to:
A) The slow speed of internet connections.
B) The requirement to be patient and persistent.
C) Distinguishing accurate data from misinformation.
D) The high cost of accessing medical websites.

2. Which group is the text most concerned about being exploited by online schemes?
A) Doctors who publish medical journals.
B) Inhabitants of remote, unpolluted areas.
C) Long-lived people living at high altitude.
D) Patients who are desperate for a solution.

3. What must a researcher have to effectively verify online health claims?
A) A medical degree.
B) A cautious attitude.
C) A completely unpolluted diet.
D) The ability to find a quick remedy.

4. According to the text, what is the best defense against health deception online?
A) Only visiting websites that sell products without preservatives.
B) Adopting an informed and cautious attitude.
C) Immediately taking advantage of a quick remedy.
D) Consulting only fraudulent companies.

5. The word "validity" (Paragraph 2) is closest in meaning to:
A) speed or quickness.
B) truthfulness or reliability.
C) complexity or difficulty.
D) cost or expense.

6. What common feature is mentioned regarding the environments of long-lived populations?
A) Their location is at sea level.
B) Their proximity to large industrial cities.
C) Their reliance on products with preservatives.
D) Their air quality being notably unpolluted.

Answer Key: C, D, B, B, B, D, C, B

Part 5 - Writing.

Topic: A Picture of Health | Health Clubs, Talking about Stress
The Source Text (Approx. 160 Words)

In modern society, many people find that their stress levels are constantly rising due to increased work demands and social obligations. To address this problem, many experts believe that joining a Health Club or engaging in regular exercise is an effective remedy. People visit these places not just to prevent physical ailments, but also to find a mental outlet. However, monthly Health Club commitments require financial resources that many individuals cannot afford, which creates additional stress. Simultaneously, others suggest that simply talking about stress with a friend or counsellor offers valuable emotional support. Adopting a positive attitude toward these challenges helps people manage their issues better. Thus, the question arises as to whether costly solutions like Health Clubs are the best option, or if there are simpler, more comprehensive ways available to all inhabitants.

Question 1: Main Idea

Read the text. Write the main idea in your own words.(Maximum word count: 30) - اقرأ النص. اكتب الفكرة الرئيسية بكلماتك الخاصة.

Sample Answer for Question 1 - الإجابة النموذجية للسؤال الأول

Main Idea in Your Own Words: The text discusses different approaches to managing modern stress, questioning whether expensive solutions like Health Clubs are superior to simpler, universally accessible methods such as emotional support and open communication.

Question 2: Argumentative Essay

Read the text again. You are required to write an argumentative essay addressing the following prompts:

Do you believe that Health Clubs are the best way to deal with stress in modern life?

- **State the reasons why people choose Health Clubs as a solution.**
- **Mention alternative and more accessible ways to manage stress.**
- **Present your opinion supported by convincing evidence.**

Write a minimum of 170 words.

Sample Answer for Question 2 - الإجابة المنوذجية للسؤال الثاني

Do you believe that Health Clubs are the best way to deal with stress in modern life?

I believe that while Health Clubs offer significant benefits, they are not necessarily the best or most comprehensive solution for managing stress in modern life. The best approach must be accessible to all inhabitants, regardless of their financial resources.

People choose Health Clubs because they provide a structured and motivating environment that ensures regular physical activity. Many believe that exercise helps to prevent illness and releases mood-boosting chemicals. Furthermore, Health Clubs offer the opportunity to build social networks, which alleviates the feeling of isolation—a problem common among working individuals. The perceived validity of their physical benefits makes them highly attractive. However, the main drawback is that membership requires high subscription fees, which often places further financial stress on people, ultimately exacerbating the problem. For this reason, alternative, more accessible methods should be adopted. Simply talking about stress with a patient friend or a qualified counsellor offers valuable emotional support at little to no cost. Adopting a positive attitude and engaging in activities like walking in an unpolluted park or practising mindfulness represents a simple remedy available to everyone. In addition, people can dedicate a few minutes daily to quiet reflection, which improves mental health without the need for significant expense.

In conclusion, while I acknowledge the physical benefits of Health Clubs, I assert that strategies focusing on emotional support and a change in attitude are the most realistic, sustainable, and ultimately effective solutions for the vast majority of people in the pursuit of longevity.

(Approximate Word Count: 198 words)

اضغطوا في اي مكان على الملف

و

تابعوا قناتنا

