

## Listening



- 1 **08** You will hear part of a programme in which a coach called Rob Johnson and a physiotherapist called Donna Davies are discussing health and fitness. For questions 1–5, choose the answer (A, B, C or D) which fits best according to what you hear.
- When asked about the best sport for fitness, Rob says that
    - more research is needed to reach a definitive answer.
    - it all depends on the proficiency of the participant.
    - even he is no longer certain on this issue.
    - no two people will give the same answer.
  - When talking about what constitutes fitness, Donna says that
    - a new theory can be discounted.
    - she's aware of seeming contradictory.
    - the answer is much simpler than people imagine.
    - a popular misconception exists.
  - Both speakers regard 'cross training' as
    - unnecessary for most people.
    - a misleading name for what it achieves.
    - counter-productive for serious athletes.
    - something that can stress the body too much.
  - What does Donna say about gyms?
    - Some users would do better to go elsewhere.
    - The variety they offer can provide motivation.
    - They enable people from different sports to learn from each other.
    - Some of them encourage false expectations.
  - On the issue of whether fitness is related to good health, the speakers agree that
    - there is surprisingly little evidence to support this.
    - it's possible to take too much exercise.
    - this is true regardless of a person's age.
    - unfit people are by definition unhealthy.

- 2 **08** Listen again and complete these expressions from the recording.
- a sprint swimmer is an entirely different ..... from a distance swimmer
  - if you're a serious cyclist then it's a moot ..... whether you'll benefit from going off and doing some rowing
  - your feet and legs really ..... a battering
  - swim too much and the sprinter will lose some ..... bulk
  - cross training ..... to be effective if it ...
  - uses a highly ..... motion that isn't actually natural at all
  - over-..... yourself can no doubt lead to lowered resistance to infection
  - So it's ..... and roundabouts really.

## Grammar

- 3 Circle the correct preposition or particle and insert the appropriate article (*a, an, the, or –* if no article is required) in the gaps. There may be more than one correct answer.
- a ..... research carried out by ..... Institute of ..... Respiratory Medicine *at / in* ..... Royal Prince Alfred Hospital in Sydney, Australia, suggests that there is ..... correlation *between / with* the consumption of oily fish and ..... reduction *in / of* children's risk *at / of* developing ..... asthma. New studies are also beginning to make ..... connection *between / with* a deficiency in ..... omega 3 fatty acids and ..... depression and ..... mental illness.
- b Jane Clarke is ..... state-registered dietician and ..... author *for / of* the *Bodyfoods* series of ..... books. As ..... teenager she was interested in medicine but wanted to work *by / with* food instead of ..... drugs, so she did ..... degree *in / of* dietetics *in / at* Leeds University.
- c Everyone responds differently *to / with* food in the morning: some people feel sleepy and unable to function after eating ..... large breakfast, whereas others need ..... hearty breakfast before they embark on ..... day's activities.
- d ..... chocolate causes your blood-sugar level to rise quickly, which stimulates ..... pancreas to produce ..... insulin, ..... hormone that rapidly brings it *down / under*. ..... fresh fruits give ..... best slow-release energy boost, so increase your fruit intake.
- e ..... strenuous exercise results *in / to* ..... release of / *with* ..... endorphines in ..... brain, giving athletes ..... natural 'high'. Some athletes become dependent *on / to* ..... effect, but it does not harm them *in / by* any way.
- f Make sure that you drink plenty of ..... water throughout ..... day to enable all ..... energising vitamins, minerals and slow-release sugars in the food that you eat to be absorbed *by / through* your body. ..... adults should aim to drink two to three litres of ..... water ..... day.
- g It is best to exercise every day. Three days ..... week is ..... absolute minimum. Work out ..... best time of ..... day to fit in ..... exercise programme. It is unwise to exercise if you are injured or if you have any form of ..... fever or ..... viral infection such as ..... cold or ..... flu.

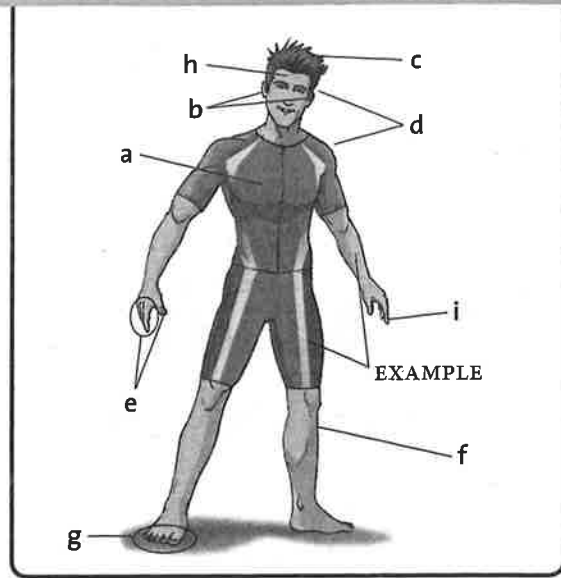
## Vocabulary

- 4 Replace the verbs in italics with a more neutral verb that has the same meaning and fits in the sentence. There may be more than one correct answer. Use your dictionary to help you.
- a The new manager came with a reputation for *shirking* his responsibilities.
- b The relay team would continue *striving* for the record.
- c Pedro *pleaded* for another chance to play for the team.
- d The coach has *shunned* them completely since they *resigned* from his club.
- e Francesca *resolved* to *confront* them about the missing equipment.
- f The player walked off the pitch *clutching* his injured arm.
- g We *trawled* through the programme to find out when we were competing.
- h Lara always was one to *relish* a challenge!
- i It seems they *trounced* the competition to cross the finish line in record time.
- j This afternoon, Arsenal will *bid* to become Champions for the first time in eight years.
- k The government has *pledged* more money for health promotion.
- l Jean *addressed* a large audience of health professionals.
- m I was advised to *eliminate* sugar completely from my diet.
- n Marta's bad foot will *compromise* her ability to compete in athletics this season.
- o My sports physiotherapist *advocates* the use of resistance bands.
- p Martin *alleged* that he'd been fouled on the edge of the penalty box.
- q The coach refused to *disclose* how much he was paid last year.
- r The French town of Lyon *boasts* incredible sports facilities.
- s Exercise is vital in the battle to *combat* heart disease.
- t I cannot *conceive* how anyone can swim as far as that!

5 Using the clues in the picture and your dictionary, complete the sentences with an appropriate idiom. (The number of missing words is given in brackets.)

EXAMPLE: These training shoes cost *an arm and a leg!* (5)

- a After worrying about the problem for two months, she was glad to ..... (5)
- b Could you come back later? I'm ..... in work at the moment. (4)
- c The thought of diving from the high board ..... (6)
- d She's an amazing swimmer. She's ..... the others at the club. (4)
- e I'm ..... today. That's the third time I've dropped my chart. (4)
- f Did you really win the marathon or are you just ..... ? (3)



- g Working with people half my age certainly helps to ..... ! (5)
- h This application form defies the imagination – I can't ..... it at all! (4)
- i It takes the coach hours to get the sports hall ready, but the players never ..... to help him. (3)

## Use of English

6 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and eight words, including the word given.

1 Very few contestants entered the race when it was first run.

**handful**

The race was contested ..... first year.

2 Dawn has the potential to become a great tennis player.

**makings**

Dawn ..... a great tennis player.

3 I'd hoped to stay in bed a bit longer than normal, but the phone rang.

**paid**

The phone ringing put ..... a lie in.

4 Like many teenagers, Beth started disliking sport because she was self-conscious about her body.

**account**

Like many teenagers, Beth took a ..... self-conscious about her body.

5 The agreement was that if I lent you the money you'd pay it back by Friday.

**understanding**

I lent you the money ..... be paid back by Friday.

6 If Monica never speaks to him again he's got what he deserves.

**another**

If Monica never says ..... him right.

7 Read the text below and use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

# An astounding achievement

As a teenager, Joe Decker was an (0) overweight couch potato. He devoured beer, pizza and cookies and saw his weight balloon. When he joined the US army, he could barely run two miles and had to endure the (1) ..... of extra training in the 'fat boy programme'.

WEIGH

Yet the same Joe Decker has recently been named the world's fittest man after completing the most gruelling physical challenge on earth in a record time. Scarred by (2) ..... jibes about his weight, 30-year-old Decker is now enjoying the title, bestowed on him by Guinness World Records, of 'Workout King of the World'. Where once he had layers of (3) ..... blubber, now he has lean, honed muscle.

HUMILITY

END

Guinness spokesperson Chris Sheedy said: 'His achievement is momentous, (4) ..... , superhuman. We were initially sceptical about his claims, but he sent us videos, eyewitness (5) ..... , doctors' reports – more evidence than we needed to (6) ..... his claim.'

WANT

BELIEF

STATE

VALID

However, all this has come at a cost. Decker has experienced hallucinations, (7) ..... , dehydration, tunnel vision and extreme (8) .....

ORIENT

TIRE

