

ESB C2 Level 3 Listening (Part One – Section A)

You will hear Fiona Butterworth, a radio presenter, and Grant Booth, a sixty-three-year-old bodybuilder, talking about bodybuilding.
For questions 1 – 5, choose the correct answer A, B or C.
You will hear Section A **TWICE**.
You have one minute to read the questions for Section A.

1. **What prompted Grant's interest in bodybuilding?**
 - A. Concerns over his weight.
 - B. A desire to look younger.
 - C. A personal loss.

2. **To what does Grant credit his success?**
 - A. Professional support.
 - B. A better diet.
 - C. Running and cycling.

3. **Grant informs Fiona that**
 - A. women are the best trainers.
 - B. bodybuilding is not about getting big.
 - C. younger people train more effectively.

4. **Grant reacts to implications of drug use**
 - A. forcefully.
 - B. responsibly.
 - C. regretfully.

5. **What benefits of bodybuilding does Grant NOT mention?**
 - A. Cardio-thoracic improvement.
 - B. Increased vitality.
 - C. A surge in confidence.

ESB C2 Level 3 Listening (Part One – Section B)

You will hear Fiona Butterworth, the radio presenter, interviewing personal trainer James Burton.

For questions 6 – 10, choose the correct answer A, B or C.

You will hear Section B **TWICE**.

You have one minute to read the questions for Section B.

6. **James likes to train older clients because**
- A. they do not take it too seriously.
 - B. they find it more rewarding.
 - C. young people cancel more often.
7. **James states young people do not warm up properly because they**
- A. do not think they will get injured.
 - B. are too idle to do so.
 - C. spend all their time on their phones.
8. **James recommends strength training as this will**
- A. make new muscle.
 - B. result in shorter sessions.
 - C. maintain physique.
9. **What reason is given for preferring machines?**
- A. Their current popularity.
 - B. Injury prevention.
 - C. Muscle isolation.
10. **James says that functional exercises**
- A. assist you in everyday life.
 - B. get harder as you age.
 - C. help you win competitions.

ESB C2 Level 3 Listening (Part Two)

Listen to three conversations and for questions 11 – 20, choose the correct answer A, B or C.

You will hear each conversation TWICE.

You have two minutes to read the questions for Part Two.

Conversation One

- 11. Patrick snaps at Matilda because he thinks she**
- A. wants him to leave town.
 - B. is jealous of him.
 - C. does not believe in him.
- 12. Patrick blames his irritation on**
- A. the weather.
 - B. stress.
 - C. tiredness.
- 13. What does Patrick want with Matilda's sister?**
- A. To go into business together.
 - B. To rent a house with her.
 - C. A romantic relationship.

Conversation Two

- 14. Why does Tony interrupt Emma?**
- A. Her son has asked him for a favour.
 - B. She is mistaken about the age group.
 - C. He thought that she wanted special treatment.
- 15. Tony's attitude to the coaching position is one of**
- A. frustration.
 - B. nervousness.
 - C. bitterness.
- 16. Why did Emma retire from football?**
- A. She was unable to play after injury.
 - B. It was taking up too much of her time.
 - C. The pressure was too much for her.
- 17. Tony forgets to ask Emma about the**
- A. training times.
 - B. start date.
 - C. necessary equipment.

Conversation Three

- 18. When Beth says she cannot cook, Phil is**
- A. incredulous.
 - B. exasperated.
 - C. unsympathetic.
- 19. Why is cooking going to be a problem for Beth?**
- A. She has tried and failed.
 - B. She does not have enough time.
 - C. She is an idle woman.
- 20. Phil recommends that Beth should**
- A. tell her boyfriend the truth.
 - B. get someone else to cook.
 - C. buy something already cooked.