

# Cambridge IELTS 16 Listening Test 02

## PART 3

### Questions 21-24

Choose the correct letter, **A**, **B** or **C**.

#### Assignment on sleep and dreams

- 21** Luke read that one reason why we often forget dreams is that
- A** our memories cannot cope with too much information.
  - B** we might otherwise be confused about what is real.
  - C** we do not think they are important.
- 22** What do Luke and Susie agree about dreams predicting the future?
- A** It may just be due to chance.
  - B** It only happens with certain types of event.
  - C** It happens more often than some people think.
- 23** Susie says that a study on pre-school children having a short nap in the day
- A** had controversial results.
  - B** used faulty research methodology.
  - C** failed to reach any clear conclusions.
- 24** In their last assignment, both students had problems with
- A** statistical analysis.
  - B** making an action plan.
  - C** self-assessment

## Questions 25-30

Complete the flow chart below.

Write **ONE WORD ONLY** for each answer.

### Assignment plan

Decide on research question:

Is there a relationship between hours of sleep and number of dreams?



Decide on sample:

Twelve students from the **25** ..... department



Decide on methodology:

Self-reporting



Decide on procedure:

Answers on **26** .....



Check ethical guidelines for working with **27** .....

Ensure that risk is assessed and **28** ..... is kept to a minimum



Analyse the results

Calculate the correlation and make a **29** .....



**30** ..... the research

## PART 4

**Questions 31 – 40.** Complete the notes below.

*Write **ONE WORD ONLY** for each answer.*

### Health benefits of dance

#### Recent findings:

- All forms of dance produce various hormones associated with feelings of happiness.
- Dancing with others has a more positive impact than dancing alone.
- An experiment on university students suggested that dance increases **31** .....
- For those with mental illness, dance could be used as a form of **32** .....

#### Benefits of dance for older people:

- accessible for people with low levels of **33** .....
- reduces the risk of heart disease
- better **34** ..... reduces the risk of accidents
- improves **35** ..... function by making it work faster
- improves participants' general well-being
- gives people more **36** ..... to take exercise
- can lessen the feeling of **37** ....., very common in older people

#### Benefits of Zumba:

- A study at The University of Wisconsin showed that doing Zumba for 40 minutes uses up as many **38** ..... as other quite intense forms of exercise.
- *The American Journal of Health Behavior* study showed that:
  - women suffering from **39** ..... benefited from doing Zumba.
  - Zumba became a **40** ..... for the participants.