

Unit 1

PART 4

You will hear five short extracts in which different people are talking about their experiences of sports and exercise.

Task One

For questions 21-25 choose from the list (A-H) what each speaker says about the effects of sports or exercise on their bodies.

Task Two

For questions 26-30 choose from the list (A-H) how each speaker felt about doing sports or exercise.

While you listen, you must complete both tasks.

A has always maintained a high level of fitness

B finds it difficult to control body weight since giving up sport

C has seen an improvement in fitness since taking up a sport

D couldn't achieve the level of fitness they needed

E their muscles became too over-developed

F being under pressure resulted in an eating disorder

G exercising helped prevent them being underweight

H is content to be relatively fit and slim from exercise

Speaker 1

21

Speaker 2

22

Speaker 3

23

Speaker 4

24

Speaker 5

25

A really likes that sport is a sociable activity

B believes it's not necessary to overdo exercise

C they weren't suited to competing at a high level

D was obsessed with being fit

E was never satisfied with their level of fitness

F gets a lot of pleasure from the benefits of being very fit

G was extremely upset when forced to stop competing

H despised others who weren't as competitive

Speaker 1

26

Speaker 2

27

Speaker 3

28

Speaker 4

29

Speaker 5

30

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Speaker 3

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