

Exam task

3

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Example:

0 A complete B finish C fulfil D succeed

Example answer: C

Coming second: pleasure or pain?

Every ambitious athlete hopes to (0) their dream of winning a gold medal at the Olympics. However, not everyone can win, and often talented athletes must accept second place. A team of psychologists recently (1) some research on the emotional responses of those finishing second. For certain individuals, a silver medal may (2) their expectations and so naturally they will be delighted. They may also enjoy surprising experts and journalists who believed they had absolutely no (3) of achieving anything. In (4), the athlete who everyone assumed would win with ease, but then suffers a (5) defeat, may not celebrate their silver medal. This reaction differs sharply from the athlete who comes second but finished a long way behind the winner. There is a (6) in the research that shows such a person will feel significantly happier. To a certain (7), these findings are not surprising. Silver medallists who were close to victory will almost certainly (8) on what might have happened if they had trained harder, or done things differently.



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|----------------|-------------|---------------|-----------------|
| 1 A controlled | B conducted | C directed | D guided |
| 2 A exceed | B overtake | C pass | D overcome |
| 3 A outlook | B view | C estimate | D prospect |
| 4 A opposition | B contrast | C distinction | D contradiction |
| 5 A thin | B tight | C narrow | D slight |
| 6 A habit | B trend | C custom | D tendency |
| 7 A extent | B amount | C range | D level |
| 8 A review | B wonder | C consider | D reflect |

Get it right!

Look at the sentence below. Then try to correct the mistake.

When I was at primary school, I enjoyed to play basketball.

**Health and fitness**

1

Complete the text with the words in the box. There are two words you do not need to use.

a all an both every few much that the those

Michael Green loved swimming from (1) early age. He took (2) opportunity that came along to spend time in his local pool. As he got older, he regularly entered local competitions, (3) of which he won. This perfect record attracted a lot of attention and he started working with a coach. (4) training sessions paid off and Michael rapidly improved his speed and strength. However, (5) believed that he would continue to work so hard, especially when he had so (6) schoolwork to do. But winning (7) national championship was his dream, and (8) was what motivated him. However, Michael went on to achieve even more than this, becoming the world champion before his eighteenth birthday.

**Exam task**

2

For questions 1–8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

Example: (0) NO

Running a marathon

So you want to run a marathon? There is (0) doubt that running 42 kilometres is a great achievement. Many training plans involve running four times a week for at (1) three months, and sometimes longer. Experts strongly recommend that you should (2) used to running long distances gradually. If you don't, it can increase the chances (3) picking up an injury. It (4) generally thought that runners should initially go on fairly relaxed training runs. The pace should be gentle enough to allow you (5) have a conversation with someone running alongside you. Don't make the mistake of eating too little before the race, or you will rapidly run (6) of energy. But (7) should you eat a large meal. It goes without saying that choosing the right footwear is also essential. (8) you do, avoid clothes made of cotton and go for artificial materials, or even some types of wool such as merino. Choose clothing that will be comfortable.