ean universidad

LISTENING EXERCISE

1. What do endorphins do in our bodies?

   a) Increase the risk of diabetes
   b) Make us feel pain more intensely
   c) Create a sense of euphoria
   d) Reduce muscle growth

2. Which of the following is NOT a physical benefit of sports?

   a) Strengthening bones
   b) Reducing cholesterol
   c) Increasing anxiety levels
   d) Lowering blood pressure

3. How does being on a team help students socially?

   a) It teaches them to depend on others and work together
   b) It makes them more competitive in academics
   c) It improves their ability to run long distances
   d) It prevents them from making mistakes

LIVEWORKSHEETS

4. How can playing sports affect self-esteem?

a) It lowers self-esteem by making people focus on failures
b) It has no impact on confidence
c) It helps build confidence through practice and improvement
d) It only benefits professional athletes

5. What does the term "growth mindset" mean?

a) Believing that you can improve with practice
b) Always winning in competitions
c) Avoiding failure at all costs
d) Having a physically strong body

6. According to the passage, how does training help students?

a) It guarantees that they will become professional athletes
b) It helps them develop resilience and perseverance
c) It teaches them that failure is a part of learning
d) It only benefits their physical health

7. What is one long-term benefit of playing sports?

a) It helps students manage academic and social challenges
b) It guarantees financial success
c) It eliminates the need for studying
d) It prevents all mental health issues

LIVEWORKSHEETS

8. Why is it important to choose the right sport?

a) Because each person has different strengths and preferences
b) Because some sports are only for professionals
c) Because only competitive sports provide benefits
d) Because physical activity is harmful if done incorrectly

9. How does being committed to a team encourage regular exercise?

a) It makes exercise more enjoyable and easier to maintain
b) It forces people to exercise every day
c) It prevents students from focusing on their studies
d) It is only important for professional athletes

10. What is one reason why people should not be discouraged by losing in sports?

a) Because losing means they are not good at sports
b) Because only winning brings benefits
c) Because failure helps develop resilience and a growth mindset
d) Because losing means they should quit the sport

LIVEWORKSHEETS