

Part 2

Questions 9 to 18 are based on the following passage.

Read the passage carefully and choose the best answer A, B, C or D to fill in each blank. For each question, mark your answer on the answer sheet.

What Makes a Great Athlete?

It would seem common sense (0) _____ that 'practice makes perfect', but is that the only thing that affects whether or not someone is good at a particular sport? Can you be 'born good'?

In recent years, there has been (9) _____ rise in the use of DNA testing among sports teams, coaches and athletes. It is a widely controversial topic, but from a scientific (10) _____ the idea of accessing genetic information to predict sporting ability is an exciting prospect.

Each of us has an individual, (11) _____ and unchangeable DNA structure that affects us in very different ways. Some of us are good at running, some of us are unable to process gluten, among others. However, just having the right DNA doesn't necessarily help when it comes to living your life or (12) _____ your abilities. It's understanding your DNA and how it (13) _____ you that enables top athletes to (14) _____ on their genetic predisposition and in turn, develop their physical abilities.

But what if you don't have the financial (15) _____ to test your genes? One way to assess and improve your athletic (16) _____ is to adapt your training to suit your current physical form, or, somatotype. A somatotype is another term for 'body type' and according to the Health-Carter formula, there are three clearly defined somatotypes called ectomorph, endomorph and mesomorph.

Although there are three definable types, people are almost always a combination of the three. Individuals can often train their bodies, making it possible to (17) _____ back and forth between the different body types.

It is not just knowing about your DNA that can make you a successful athlete. In many ways, the levels of (18) _____, skill and technique that go into each individual sport are also key factors in producing successful athletes.

- 0 A decrees
B ☒ dictates
C dissects
D divulges

- 9 A signifying
B significant
C significance
D significantly

- 10 A threshold
B viewpoint
C standpoint
D throwback

- 11 A distant
B distinct
C distance
D distinction

- 12 A improve
B improves
C improved
D improving

- 13 A affects
B effects
C affective
D effective

- 14 A exploit
B capitalise
C capitulate
D specialise
- 15 A mean
B means
C meaning
D meaningful
- 16 A style
B accuracy
C prowess
D competency

- 17 A modify
B transfer
C transition
D interchange
- 18 A practice
B practise
C practices
D practising