SPORTS - IDEAL BODY TYPES

Listen to a talk about the ideal body types for different types of sports. Choose the best answer A, B or C for questions 1-8.

1. What does the speaker say about body types in sports?
A. They are not important for athletic success.
B. They can help athletes perform better in certain sports.
C. They are exactly the same in every sport.

2. Why are basketball players often very tall?
A. It helps them reach the basket and block shots.
B. It allows them to run faster than other players.
C. It makes it easier to carry the ball.

3. What advantage does a long wingspan give basketball players?
A. It helps them shoot more accurately.
B. It helps them run longer distances.
C. It helps them catch or steal the ball.

4. What is typical about the body type of gymnasts?
A. They are usually short and very strong.
B. They are tall with long legs.
C. They are slim but not very strong.

5. Which body features help swimmers move efficiently through the water?
A. Narrow shoulders and short arms
B. Broad shoulders and long arms
C. Short legs and small hands

6. Why are long-distance runners often slim and lightweight?
A. They can move more quickly in short races.
B. They use less energy when running for a long time.
C. They can jump higher.

7. What physical qualities are important for boxers?
A. Strength, speed, and quick reactions
B. Height and long legs
C. Flexibility and balance

8. What does the speaker say at the end about the "perfect" body type?
A. It is the most important factor for success.
B. Only professional athletes need it.
C. Training and skill are also very important.

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