Read the text and think of the word which best fits each gap.

FIT FOR SPORTS



It is not always easy **(1)** _____ decide which sport to **(2)** _____ up. When choosing, it **(3)** _____ important to remember that excellence **(4)** _____ sports results **(5)** _____ a number of factors. For some sports, the body shape and structure with **(6)** _____ you are born are important. Top runners **(7)** _____ typical examples of individuals who **(8)** _____ selected a sport because **(9)** _____ their natural body type. Many **(10)** _____ sports are more dependent **(11)** _____ training and technique, and anyone following a well-structured and appropriate training programme should do well.

The aim of all sports training **(12)** _____ to improve fitness and skills, and to develop training programmes that are both safe **(13)** _____ effective. To **(14)** _____ this properly, an understanding **(15)** _____ the physical demands of sport **(16)** _____ needed. All sports require a combination **(17)** _____ strength, speed, endurance, agility and flexibility to varying degrees. **(18)** _____ is important is how these elements are combined to build **(19)** _____ the skills of the sport **(20)** _____ question. Other factors to be taken **(21)** _____ account in a training programme **(22)** _____ diet, the importance of avoiding injuries, your general state of health, and **(23)** _____ nature and role **(24)** _____ other team players.

Bearing these considerations **(25)** _____ mind, anyone prepared to work **(26)** _____ it can expect to progress to a **(27)** _____ reasonable competitive level, **(28)** _____ if only a **(29)** _____ people will go **(30)** _____ to break world records.

Adapted from *FCE Practice Tests Plus 1*

LIVEWORKSHEETS