

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*