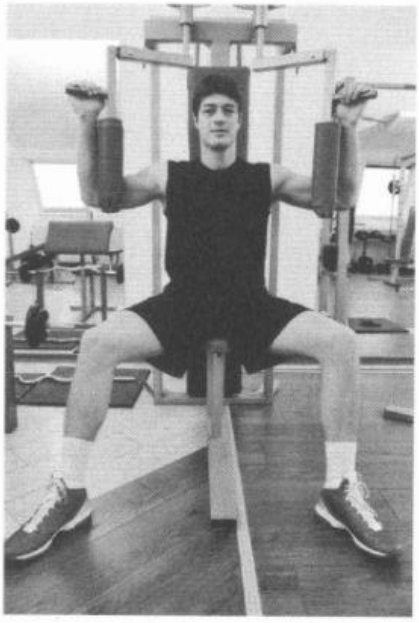
9 At the gym

Aims: Using dependent prepositions | Moving on | Focusing on labels
Completing a form | Answering short questions | Labelling a diagram

Part 1: Vocabulary

1 **Read about Steve's job in the gym and complete the spaces 1–5 with the correct form of the words a–f. Use each word only once.**

a recommend
b fit
c health
d exercise
e instruct
f run



My name's Steve, and I'm the fitness (1) _____ at the Aviary Place Gym. I love my job as it's so diverse: one minute I'm making (2) _____ to new members about which classes to take, the next I'm (3) _____ one of the many classes we have here. I mainly do the boxing, spinning and aerobics classes. One of the benefits is that it gives me a really (4) _____ lifestyle. I'm constantly (5) _____, which keeps me really (6) _____. I wouldn't do any other job!

2 **In Unit 4, we looked at verbs which are followed by prepositions (dependent prepositions). Some adjectives also have dependent prepositions.**

Match the adjectives 1–8 with their definitions a–h. If the adjective has a dependent preposition, add it. Not all the adjectives have dependent prepositions.

1 predominant _____	a unfriendly and aggressive, disagreeing with someone or disapproving of them, and often showing this in your behaviour
2 proportional _____	b prevented from spreading beyond a particular place or group
3 confined _____	c (of a state or level) the best that it could achieve
4 compatible _____	d more important or noticeable than anything else in a set of people or things

LIVEWORKSHEETS

5 optimum _____	e not affected by something
6 monotonous _____	f (of two amounts) increasing and decreasing at the same rate so there is always the same relationship between them
7 hostile _____	g very boring because it has a regular, repeated pattern which never changes
8 immune _____	h working well together or existing together successfully

3 **Complete the text with adjectives from Exercise 2. The prepositions may help you.**

Obesity occurs in many cultures, but it is (1) _____ in Western societies. However, the causes are probably lifestyle choices rather than genetic predisposition. Many westerners can control their weight and remain a manageable size; the amount of weight a person carries is usually (2) _____ to what foods they eat and how much exercise they do. People often find going to the gym a(n) (3) _____ task, involving hours at the treadmill or doing repetitive exercises, but there are other forms of exercise more (4) _____ with a person's disposition. Swimming, cycling and tennis are all good forms of exercise. Even if a person is slim, they should still do exercise. Being slim doesn't make a person (5) _____ to health problems which come from a lack of exercise. The (6) _____ amount of time to spend exercising per day is just one hour. Surely, that's manageable for everyone!

4 **Here are three people talking about the gym. Complete the texts with the words a–e.**

a coincided
b incentive
c pinpoint
d prompted
e stems

Jason: I saw myself in a photograph taken at a friend's wedding, and I almost didn't recognise myself. I had put on so much weight! That picture (1) _____ me to start coming to the gym more often. Now I go three times a week. I keep that picture by my front door as a(n) (2) _____ to keep exercising!

Andrew: My love of the gym (3) _____ from when I was eighteen and at university. I started going then, as I played in the university football team and wanted to stay fit. Well, I got bitten by the bug! That was ten years ago and since then I've been going to the gym every other day!

Eva: I can (4) _____ exactly when I started going to the gym. It (5) _____ with when I was recovering from a skiing accident. My legs often got stiff, and so I started going to the gym to try and ease this stiffness. It worked and now I love it!

LIVEWORKSHEETS

Part 2: Practice exercises

1 **Underline the key words in the questions 1–5.**

1 Where was John born?
2 Why does he love going to the gym?
3 What time does he usually arrive at the gym?
4 How often does he go to the gym?
5 What unusual thing happened to him on his last visit?

2 **Paraphrase the questions 1–5 in Exercise 1 above. Then put the topics a–e in the order in which you would probably hear them talked about according to the questions.**

a Recent events
b Personal background
c Frequency of visits
d Motives for exercising
e Daily routine

___ ___ ___ ___ ___

Exam tip: If you hear a speaker begin to talk about the next topic but you have not answered the question on the previous topic, do not waste time trying to answer that question. Instead, focus on the topic being talked about. The questions always follow the order of the information in the recording.

11 CD2 **3** **You are going to hear a conversation between two gym members. Listen and answer the questions in Exercise 1. For this exercise only, there is no word limit. Two of the questions will not be answered, so if you do not hear information about them, move on to the next questions when the topic of the conversation changes.**

Exam information: Labelling a diagram (3)

Diagrams show the relationships of parts, or how something works. Pictures or symbols may be used.

Exam tip: In the IELTS Listening exam, you may be asked to label a picture. In such questions, it is important not to focus too much on the picture and how you yourself would describe it. Look carefully at those parts of the picture that *are* labelled to help you understand the *purpose* of the diagram, the *order of the information* and *how your answer will fit grammatically*.

4 **Look at the picture of the gym equipment on page 75 and identify the purpose of the diagram, the order in which you will probably hear the information, and how your type of answer will fit in the labels grammatically. Then choose the correct option.**

Purpose of the diagram:

a how to use a step machine
b the parts of a step machine

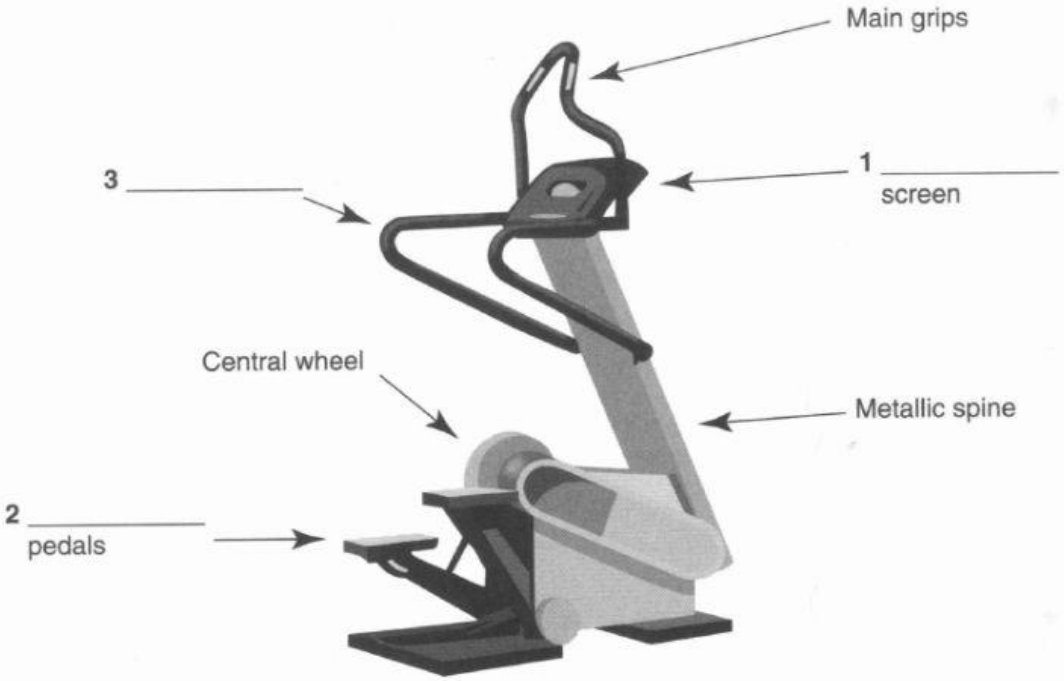
LIVEWORKSHEETS

Flow (the order in which you will hear the points being talked about):

a 3 → wheel → 2 → spine → screen → 1 → grips
b 1 → spine → grips → 2 → wheel → 3
c grips → 1 → spine → 2 → wheel → 3

Type of answer (you may choose more than one):

Question 1 will be: a noun / a verb / an adjective
Question 2 will be: a noun / a verb / an adjective
Question 3 will be: a noun / a verb / an adjective



Exam tip: Some of the answers you hear may be very close together on the recording. Always be ready to listen for the answer.

5
12
CD2

You are going to hear a conversation between a gym owner and an equipment salesman. Listen and complete the diagram above. Write NO MORE THAN TWO WORDS AND/OR A NUMBER for each answer.

Exam information: Form completion (3)

As you saw in Unit 1, in the IELTS Listening exam, you may have to complete a form. In Section 1, the information is factual, but sometimes form-completion exercises involve more complex information.

LIVEWORKSHEETS

6 Look at the form below. Match the information required 1–8 with the type of answer you would have to listen for a–h.

JOINING THE GYM – FORM 3: FITNESS FORM

Name: Oliver Thompson
1 Contact number: ____
2 Age range: ____
3 Existing health conditions: ____
EXISTING EXERCISE REGIME
4 Frequency of exercise: ____
5 Types of exercise: ____
GYM EXERCISE ROUTINE
6 Reason for visits: ____
7 Frequency of visits: ____
8 Suggested workout: ____

a what kind(s) of exercise Oliver does now
b what kind(s) of exercise Oliver will do at the gym
c why Oliver wants to go to the gym
d what age group Oliver is in
e how often Oliver will exercise at the gym
f how often Oliver does exercise
g Oliver's telephone number
h what illnesses Oliver has now

7 13 CD2 **You are going to hear a conversation between a receptionist at a gym and a client. Listen and complete the form. Write NO MORE THAN TWO WORDS AND/OR A NUMBER for each answer.**

JOINING THE GYM – FORM 3: FITNESS FORM

Name:	Alice Watson
Age range:	16–25 (26–35) 36–49 50–59 60+
Existing health conditions:	**1** _____
EXISTING EXERCISE REGIME	
Frequency of exercise:	twice a week
Types of exercise:	**2** _____
GYM EXERCISE ROUTINE	
Reason for visits:	**3** _____
Suggested workout:	Level 2 workout

LIVEWORKSHEETS

Exam information: Short-answer questions (3)

When answering a short question, you must always write the exact words you hear on the audio.

Exam tip: In any question where you have to write the answer (for example, short-answer questions), it is essential to follow the instructions, be accurate in your written answer, and make sure the words you use are words from the recording. Details are important: you may lose marks if you do not read the instructions carefully or check your answers.

8 **Read the questions 1–8 and a student's answers. Some answers are incorrect because the student did not follow the instructions or misunderstood the question. Match the incorrect answers given for questions 1, 3, 4, 5, 6 and 8 with the type of mistake a–f.**

Questions	Answers
1 How often does the ladies' gym club meet?	*two times a week* (incorrect) ____
2 Where does the ladies' gym club meet?	*at reception*
3 What time does the aerobics class start?	*9.30 to 10.45* (incorrect) ____
4 Name three swimming instructors.	*Tom, Barbara* (incorrect) ____
5 Name two exercise classes running during the week.	*yoga, aerobics, circuits* (incorrect) ____
6 On what day is the next yoga class?	*Wednesday* (incorrect) ____
7 How long is the football training?	*three hours*
8 Why does the gym close early on Thursdays?	*7 p.m.* (incorrect) ____

a incorrect spelling
b too many words
c too many answers
d too few answers
e misunderstood question
f misunderstood question word

Now correct as many answers as you can.

9 14 CD2 **You are going to hear two friends talking about the exercise classes they took in the last week. Listen and answer the questions 1–3. Write NO MORE THAN THREE WORDS AND/OR A NUMBER for each answer.**

1 Which two classes did Debbie go to last week? _____
2 Why didn't Penny like yoga? _____
3 Where is Penny going next week? _____

LIVEWORKSHEETS

Part 3: Exam practice

SECTION 1
QUESTIONS 1–3


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CD2

Complete the form below.

Write **NO MORE THAN THREE WORDS AND/OR A NUMBER** for each answer.

GYM MEMBERSHIP FORM

Name:	Brad Simmons
Telephone number:	**1** _____
Email address:	brad07@elemnet.com
Membership type:	**2** _____
Payment amount:	£36.50
INDUCTION DETAILS	
Date and time:	Saturday **3** _____ November at 2.30 p.m.
Trainer:	Rob Ellis

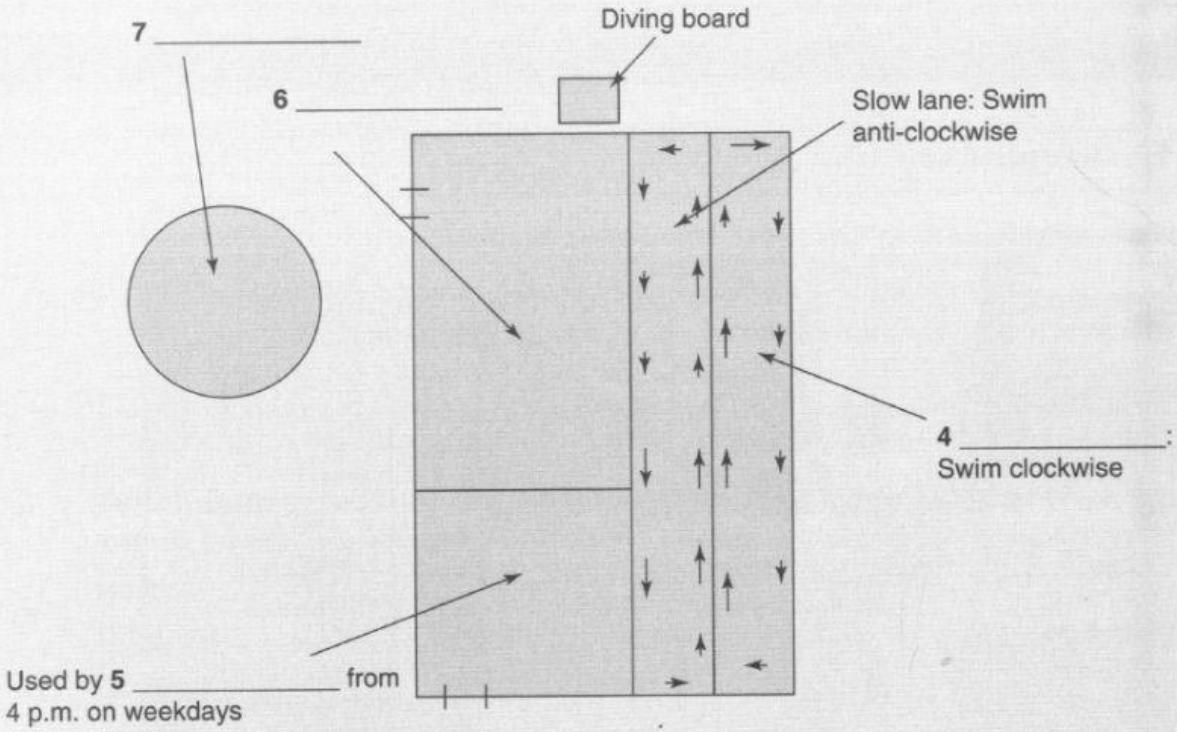
LIVEWORKSHEETS

QUESTIONS 4–7

16
CD2

Complete the diagram below.

Write **NO MORE THAN THREE WORDS AND/OR A NUMBER** for each answer.



QUESTIONS 8–10

16
CD2

Complete the questions below.

Write **NO MORE THAN THREE WORDS AND/OR A NUMBER** for each answer.

8 Name two times that Brad will visit the gym: _____

9 What convinced Brad to choose Smith's gym? _____

10 What does Brad want to achieve at the gym? _____

LIVEWORKSHEETS