

# GOLD EXP C1 - test UNIT 2

## Grammar

Complete the text with the correct form of the verbs in brackets. Sometimes more than one answer is possible.

### Broken dreams?

Fracturing a bone is bad enough, but when you break your leg, the road to recovery can seem especially long and tedious. It was a few years ago when my brother got injured in a football match and was taken to hospital, only (1) ..... (find out) that he had fractured three bones. He was devastated and thought it would change his life dramatically. We all tried (2) ..... (encourage) him to stay positive and helped him in his recovery; although we feared (3) ..... (go) back to professional football could become an unattainable dream for him. He tried (4) ..... (not worry) too much and instead focused on (5) ..... (keep) active to improve his health both physically and mentally.

Following the incident, he had three operations and a long recovery period. Six weeks after his last operation, he began (6) ..... (take) regular exercise to strengthen his muscles. We were told that the usual healing time for a minor fracture was six to eight weeks but as he turned out (7) ..... (break) three bones he should expect (8) ..... (have) his leg in a cast for at least 16 weeks. I recall him (9) ..... (get up) early to exercise every morning. His doctor suggested (10) ..... (see) a physiotherapist three times a week, but he decided (11) ..... (train) every day. (12) ..... (endure) pain was difficult for him but he refused (13) ..... (give) in. He kept (14) ..... (say) 'I am prepared (15) ..... (do) whatever it takes to go back to professional sport' and that's exactly what he did.

## Vocabulary

### Task 1

Read the sentences and complete the gaps with one word only.

- 16 He is a great team player but has a negative outlook most of the time and tends to see the ..... half empty.
- 17 Camogie is a full-body contact team sport played only by women and is not for the ..... ; you have to be tough.
- 18 Recovery from my broken leg, which happened mid-season, has been a roller coaster ride, but I am ..... there.
- 19 The last game was tough but the team rose to the ..... with an outstanding performance, winning a well-earned bronze medal.
- 20 After a disappointing season, we knew we had to cut our ..... , so we made the difficult decision to pull out of the competition.
- 21 His advice on how to improve my negotiation skills has made a huge difference to me so now I always ..... onto every word he says.
- 22 From the coach's perspective, the deal was a ..... situation for both the club and the player.
- 23 All that hope to win the trophy for the 9th time was gone in a split-second, just a ..... moment of self-doubt and it was all over.

### Task 2

Complete the sentences with the correct words. The first letter of each word is given.

- 24 The club has spent a c..... amount rebuilding the stadium; it runs into the millions.
- 25 With over 200 spectators, the match was a r..... success, producing impressive scores and a new world record.
- 26 Climbing Mount Everest is a f..... challenge even for the fittest of people.

- 27 The losing team made a brave, but f..... effort to catch up to their opponent.
- 28 The strategy was fatally f..... and the tactics employed all failed.
- 29 I get t..... fed up with the 'shut-down' tactics he uses to end the conversation.
- 30 Although team spirit is important, there's s..... competition for places on the team and individual players are driven by that.

## Use of English

### Task 1

Read the text and complete the gaps with one word only.

#### Become a personal trainer

Congratulations! You have decided to click through to purchase this course which is only available online. We offer the (31) ..... comprehensive set of sports performance techniques, (32) ..... packaged up to help you become the best Performance Enhancement Coach in your area. The programme consists of eight courses which build on one (33) ..... So how does it work? It is important to fill in an application form (34) ..... provide us with (35) ..... information about your background and goals. We aim to get back to you (36) ..... 48 hours to get you started on your journey. You can use large public gyms or smaller private ones, or a mixture of (37) ..... ; the choice is yours. (38) ..... you choose, the theoretical part of the course will be covered online. Obviously, if you prefer to meet in person for the theory, we can arrange (39) ..... to do that. Please hurry! Places are strictly (40) ..... to the first 100.

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### Task 2

Read the article and decide which answer (A, B, C or D) best fits each gap.

#### A great comeback

While (41) ..... disappointed after his defeat at Wimbledon last year due to an injury, the world's number one decided to undergo an operation; a decision heavily (42) ..... by his support team. People believed that they had to reset their expectations quite (43) ..... , but he proved them all wrong. The world number one had a big year ahead to prove himself after his failure to (44) ..... his ranking last year, but he came back at a great level. He admitted he was fearful about his operation derailing his campaign on the tour this year, but instead we saw a (45) ..... change in his game. He competed extremely well considering the (46) ..... and didn't get (47) ..... by the event; his eyes were focused on the ball and his opponent and he won point after point masterfully. The Spanish tennis star admitted that winning the match today was (48) ..... to convince the world and himself that reports of the end of his era were (49) ..... exaggerated and he (50) ..... for excellence in his performance.

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|---------------------|-----------------|-----------------|----------------|
| 41 A finally        | B bitterly      | C immediately   | D specifically |
| 42 A conflicted     | B believed      | C influenced    | D convinced    |
| 43 A systematically | B suitably      | C automatically | D dramatically |
| 44 A maintain       | B include       | C achieve       | D deflect      |
| 45 A rigorous       | B cutting-edge  | C tremendous    | D partial      |
| 46 A sequences      | B circumstances | C approaches    | D moves        |
| 47 A involved       | B reflected     | C confronted    | D side-tracked |
| 48 A brilliant      | B crucial       | C outstanding   | D exhausting   |
| 49 A greatly        | B positively    | C cleanly       | D largely      |
| 50 A reached        | B strived       | C challenged    | D slammed      |



## Dictation

You are going to listen to a recording about sports. Listen to the whole recording once. Then you will hear the recording again with pauses for you to write down what you hear. Make sure you spell the words correctly.

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## Listening

You are going to listen to a talk about sports. For questions 1–10, complete the sentences with a word or short phrase.

Jane points out that opportunity to use (1)..... comes before participation.

Jane says that the role of schools in providing (2)..... space for regular practice is crucial.

Jane mentions some parents believe that their children would have a (3)..... to succeed in sports if they were educated in an independent school.

Jane was surprised that a vast number of (4)..... were educated in the private sector.

Jane emphasises that involvement in sport is less about talent and more about (5).....

Jane explains that schools play an important role in getting children interested in sports as well as helping them with their (6).....

Jane uses the term (7)..... to explain how some schools consider competitive sports.

Jane agrees that the topic of competitive sports (8)..... serious discussions.

Jane says that involvement in competitions teaches children important (9).....

Jane says children should learn to use coping (10)..... to deal with losing.

## Reading

### Task 1

You are going to read an article with contributions from four people to an online sports magazine. For questions 11–20, choose from the people A–D. The people may be chosen more than once.

Which person/people:

- 11 argues that competitions cannot be constructive? .....
- 12 presents a comparison between two groups of parents? .....
- 13 suggests discussions about competition should take a new direction? .....
- 14 offers an example of a competitive culture? .....
- 15 supports their point of view by research-based evidence? .....
- 16 advises parents to move away from the competitive winning culture? .....
- 17 argues that we should help children to steer clear of any competitions for as long as possible? .....
- 18 exemplifies a supportive environment that encourages development? .....
- 19 questions the justification for involving children in competitions? .....
- 20 offers an example of personal experience to support their viewpoint? .....

## Task2

Read the article again and answer the questions in your own words.

21 What do you understand by 'schools may get side-tracked by competitive parents'? (line 23)

22 Explain 'To deflect disappointment, some parents ...'. (line 4)

23 What does the contributor mean by 'I grew up with a burning ambition to compete'? (line 49)

24 Look at paragraph D and explain 'it would be a futile effort to try to stop them.' (line 47)

25 What does the contributor mean by 'wildly-exaggerated'? (line 18)

## Competition: a good thing or a bad thing?

### A

I don't like the word "competition"; it places too much pressure on kids to be their best and can also cause unnecessary stress. They might feel disappointed if they don't measure up. To deflect disappointment, some parents often keep their children away from competitive situations altogether while others may think a shelf full of participation trophies is the only thing that matters. In my opinion a little bit of healthy competition can be good for kids. It would create a good setting for the child to learn how to be a team player. Of course, this is true, if the competition is constructive. We, parents, should use cooperative games to teach children problem solving and other important life skills. The most important thing that they need to learn is that they shouldn't concentrate on winning but on improving their own individual performance.

### B

I think the value that competition can bring into a child's life has been wildly exaggerated. A lot of parents may think it is crucial to teach their children to compete in order to prepare them for the reality of modern life, and research shows that an astonishing number of parents agree with that kind of mentality. Even schools may get side-tracked by such competitive parents, however, it is not the best way to raise children. Admittedly, competition is unavoidable; as adults we compete with each other in different situations and for various things such as jobs, and relationships, but when it comes to children, we need to protect them. They will have plenty to worry about later on; by engaging them in competitions we would only place them under unnecessary pressure.

### C

I was raised to believe that competition was the driving force for progress in society. I never viewed competition as 'unhealthy'; to me it was not an obstacle it was an opportunity. However all of that changed when I started raising my own kids. Unfortunately, competitions are used by many parents to place constant pressure on children – encouraging them to spend countless hours in after-school clubs and to enter any competition they find. We shouldn't expect all kids to excel at everything they do, or to love competitions, or learn from their mistakes when they lose, or expect them to be resilient. Such expectations are not realistic and may result in a negative self-evaluation.

### D

I think it is high time we changed our focus and prioritised skills such as team work and cooperation. Naturally, children feel the need to compare their strength and skills to others, therefore it would be a futile effort to try to stop them. Take me for example, as a child I grew up with a burning ambition to compete and win. That's why we should design games and activities that accommodate competitiveness in a healthy environment, but participation has to take priority especially for young ones. Children need to feel happy and confident to take part in an activity without fear of losing. They need to learn to be proud of themselves for taking part in an activity, trying their best even when they weren't particularly interested in it, or felt they weren't good at it. They need to learn to strive for cooperation rather than competition.