READING AND USE OF ENGLISH PART 3

FOR QUESTIONS 9-16 READ THE TEXT BELOW AND THINK OF THE WORD WHICH FITS EACH GAP. USE ONLY ONE WORD IN EACH GAP.

Training sports champions

What are the abilities that a **(0)** ..... sports person needs? To	**PROFESSION**
guarantee that opponents can be **(17)** ..... , speed, stamina and	**COME**
agility are essential, not to mention outstanding natural talent. Both a	
rigorous and comprehensive **(18)** ..... regime and a highly nutritious	**FIT**
diet are vital for top-level performance. It is carbohydrates, rather than	
proteins and fat, that provide athletes with the **(19)** ..... they need to	**ENDURE**
compete. This means that pasta is more **(20)** ..... than eggs or	**BENEFIT**
meat. Such a diet enables them to move very energetically when	
required. Failure to follow a sensible diet can result in the **(21)**	**ABLE**
to maintain stamina.	
Regular training to increase muscular **(22)** ..... is also a vital part of a	**STRONG**
professional's regime, and this is **(23)** ..... done by exercising with	**TYPE**
weights. Sports people are prone to injury but a quality training regime	
can ensure that the **(24)** ..... of these can be minimised.	**SEVERE**

1. **COME:** _____
2. **FIT:** _____
3. **ENDURE:** _____
4. **BENEFIT:** _____
5. **ABLE:** _____
6. **STRONG:** _____
7. **TYPE:** _____
8. **SEVERE:** _____