

# 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 guarantee that opponents can be (17) ..... , speed, stamina and agility are essential, not to mention outstanding natural talent. Both a rigorous and comprehensive (18) ..... regime and a highly nutritious diet are vital for top-level performance. It is carbohydrates, rather than proteins and fat, that provide athletes with the (19) ..... they need to compete. This means that pasta is more (20) ..... than eggs or meat. Such a diet enables them to move very energetically when required. Failure to follow a sensible diet can result in the (21) ..... to maintain stamina.

Regular training to increase muscular (22) ..... is also a vital part of a professional's regime, and this is (23) ..... done by exercising with weights. Sports people are prone to injury but a quality training regime can ensure that the (24) ..... of these can be minimised.

PROFESSION

COME

FIT

ENDURE

BENEFIT

ABLE

STRONG

TYPE

SEVERE

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