

FAST TRACK UNIT 7 TEST

PART 1 *Lexical cloze* For questions 1 -15, read the text below and decide which answer (A, B, C or D) best fits each space. There is an example at the beginning (0).

Example: 0 **A benefits** B profits C winnings D favours

EXERCISING TO MUSIC

All sorts of sportspeople say that there are great (0)..... to be gained from exercising to music. It's an opinion which is shared by sports scientists at London University who have been studying the (1)..... of music on exercise performance. They have now (2) that listening to motivating tunes can help people to get fit quicker. They discovered that the right tunes not only inspire people to start exercising in the first (3), but also enable them to (4) out for longer. Music can calm someone down after a stressful day, so that they are more in the (5) to exercise. But also, (6)..... on the rhythm of music helps people to (7) going when they are getting tired.

The researchers attended gyms in various countries to (8) the reactions of different age groups to different types of music. Interestingly, they found that it is the music that people (9) with their youth that inspires them most. The researchers also visited international athletics' meetings, and found that music can also help (10) athletes to perform to a higher (11) Before and during a competition, it can (12) vital changes to their mental state, which can (13)..... the difference between winning and losing.

The British fitness industry is (14)..... the findings seriously. Several leisure companies have (15)..... surveys to ask members about their musical preferences.

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|---------------|-----------------|----------------|--------------|
| 1 A effects | B force | C significance | D results |
| 2 A checked | B relied | C defined | D proved |
| 3 A step | B case | c place | D instance |
| 4 A wear | B make | c work | D draw |
| 5 A humour | B mind | c state | D mood |
| 6 A thinking | B concentrating | c visualising | D reflecting |
| 7 A keep | B stay | c hold | D continue |
| 8 A regard | B follow | c observe | D remark |
| 9 A associate | B combine | c accompany | D join |
| 10 A head | B top | c chief | D upper |
| 11 A average | B standard | c measure | D amount |
| 12 A turn on | B set up | c bring about | D let in |
| 13 A mean | B represent | c allow | D cause |
| 14 A seeing | B taking | c doing | D acting |
| 15 A drawn up | B written up | c handed in | D filled in |

PART 2: Structural cloze For questions 16-30, read the text below and think of the word which best fits each space. Use only **one** word in each space. There is an example at the beginning (0).

Example: **such**

CATCHING UP WITH THE MEN

The best sportswomen are making (0)..... rapid progress that they may soon equal and overtake the best of the men. This is especially true of sports (16) running and cycling, in (17) women can do long-distance events.

(18) the best women continue to improve at the (19) rate, they will start to overtake men within the next twenty or thirty years. For example, over the (20) 20 years the women's marathon world record (a running race of forty-two kilometres) has dropped by fifteen minutes, whereas the men's record has been improved by barely one minute.

The biological differences (21) men and women are evident: men are taller, heavier and more muscular. But being a woman has some real advantages as (22) as sport is concerned.

According (23) the experts, at the heart of female success is body fat. Women have more (24) it and can burn it as fuel. But also women are more careful in (25) approach both to training and competition. As (26) result, they are less likely to (27) injured or to set off much (28) fast at the (29) of a race. Men, on (30) other hand, tend to rush into things and regret this later.

PART 3: Keyword transformations For questions 31 -40, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between **two** and **five** words, including the word given. Here is an example (0).

Example: 0 Two years ago, Maria started learning German, **for**
Maria has been learning German for two years.

31 I don't think dieting is the way to lose weight. **going**

I don't think is the way to lose weight.

32 I find that drinking lemon juice is the best way of treating a cold. **works**

When I have a cold, the treatment is drinking lemon juice.

33 Helen was very busy and didn't want anyone to disturb her until 4 o'clock. **disturbed**

Helen was very busy and asked until 4 o'clock.

34 The new cycle path has not been finished yet, so we can't use it. **ready**

The new cycle path is still used.

35 I always eat bananas before a race because I don't want my energy levels to fall. **order**

I always eat bananas before a race my energy levels high.

36 Once every two weeks I have a day when I rest and don't do any training. **take**

Once every two weeks I from training.

37 Susan decided to stop eating sugary food. **cut**

Susan decided to contains a lot of sugar.

38 Technical problems prevented the swimming pool from opening last week. **remained**

The swimming pool of technical problems.