The benefits of sport

Which benefits of doing sport are mentioned? Tick (✓) seven.

.....	reduced risk of diabetes
.....	lower blood pressure
.....	improved muscle tone
.....	stronger heart and lungs
.....	stronger bones
.....	increased feeling of calm and tranquillity
.....	improved mood
.....	improved concentration
.....	increased motivation
.....	makes people less competitive
.....	improved communication and negotiation skills
.....	

Are the sentences true or false?

	True	False
1. The class have already talked about at least three of the physical effects sport has on the human body.		
2. Doing sport can slow down the production of chemicals in the brain that make us feel good.		
3. There are no real benefits associated with doing individual sport.		
4. Swimmers or tennis players are responsible for their own achievements.		
5. Being part of a team requires you to practise more regularly.		
6. Collaborating with other members is essential for a team to be successful.		
7. The skills you learn in a team sport are transferable to everyday life.		
8. It doesn't matter which sport you choose, as long as you're good at it.		

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You will hear part of a radio interview with an author called Mickey Smith, who is talking about becoming excellent at sport. For questions **1-7**, choose the best answer (**A**, **B** or **C**).

1. When asked about his theory on talent, Mickey says that

A he is doing further research with other people.

B he realises some people disagree with him.

C he has not yet fully proved his ideas.

2. Mickey believes that outstanding football players

A have better levels of concentration than other players.

B are aware of the positions of other players on the pitch.

C are faster runners than other players.

3. How did Mickey feel when he first became successful at gymnastics?

A convinced he had a natural aptitude for the sport

B conscious that others in his area didn't have the same chances

C lucky to have had one of the best training routines

4. Mickey says that the motivation to continue training for long periods of time

A develops at an early age in people who become experts.

B depends on your personal attitude towards success.

C does not come naturally to most people.

5. Mickey says that coaches working with young people need to understand that

A children and adults have different thought processes.

B young people have a built-in drive to succeed in areas like sport.

C it is important to focus on mental rather than physical techniques.

6. Mickey says that many people who play sport don't bother to try hard because

A they feel incapable of reaching the same levels as sports stars.

B they don't have time to put in the necessary effort.

C they are not confident in their ability to deal with success.

7. According to Mickey, what can cause some sports people to fail at important events?

A They haven't trained enough.

B They are inexperienced at dealing with pressure.

C They can become too aware of their actions

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