

Listening Task – Sports and the Brain (B1)

Instructions:

Listen to the recording and fill in each blank with **ONE or TWO WORDS**.

How Sports Train Your Brain

Have you ever wondered how football players make the right decision in just a second? Many people think sports are only about speed, strength, and (1) _____, but there is much more to it. Scientists believe that the (2) _____ of physical ability and brain power helps athletes perform at their best.

Even if you're not a huge fan of football, you have probably noticed how quickly professional (3) _____ react during a match. They can make very quick (4) _____ because years of practice have trained both their bodies and their brains. Their skills go (5) _____ physical fitness. They rely on (6) _____ **instincts** to make the right choice under the highest pressure.

During high-pressure situations, different parts of the brain work together to improve (7) _____. The (8) _____ helps us process fear and detect threats, while the (9) _____ controls balance and movement. These parts also help athletes stay calm and focused.

As athletes develop (10) _____, many actions become less conscious and more automatic. Their movements are driven by years of practice. Compared with their peers, experienced athletes react faster and make fewer mistakes.

According to neuroscience, the brain can (11) _____ **information** from thousands of hours of training. Although pressure can sometimes overwhelm people, regular practice improves (12) _____, making athletes more accurate even in chaotic situations.