

Module: Health – Exercise & Sports
Competency: Listening CLB 3.4 Comprehending Information
Task: Listen to the dialogue and answer questions

1. What kind of class does the person want to join?
 - a. Business class
 - b. ESL class
 - c. Exercise class
 - d. Job training class
2. Is the person who wants to join a class
 - a. Beginner?
 - b. Intermediate?
 - c. Advanced?
3. What class is low impact?
 - a. Cardio
 - b. Dance
 - c. Judo
 - d. Yoga
4. What does low-impact mean?
 - a. No equipment
 - b. No jumping
 - c. Not expensive
 - d. Not fast
5. What does free weights mean?
 - a. They are not very heavy
 - b. They cost nothing
 - c. They are not machines
 - d. You use your own body
6. What parts of the body are strengthened in the class? (7 answers).
 - a. Abs
 - b. Biceps
 - c. Calves
 - d. Delts
 - e. Glutes
 - f. Hamstrings
 - g. Quads
 - h. Traps
 - i. Triceps
7. Do you have to bring your own mat? Yes No
8. When does the class take place?
 - a. Thursdays at 7:30 p.m.
 - b. Tuesdays at 7:30 p.m.
 - c. Tuesdays at 7:30 a.m.
 - d. Thursdays at 7:30 a.m.