

## Test Unit 5

### 1. LISTENING

You will hear a conversation about three new types of fitness class, **boxercise**, **skipping**, **pilates**. For questions 1-7, decide which of the following is said about each type, Write **B** for **boxercise**, **S** for **skipping** or **P** for **pilates**.

- 1) It is good for developing arm muscles. \_\_\_\_\_
- 2) It was used in helping injured people. \_\_\_\_\_
- 3) It is good for balance and coordination. \_\_\_\_\_
- 4) It develops both strength and flexibility. \_\_\_\_\_
- 5) It is done to music. \_\_\_\_\_
- 6) It is popular with boxers. \_\_\_\_\_
- 7) It is a very cheap sport. \_\_\_\_\_

### 2. READING

Read the following information about sports club in the University of East Anglia (Norwich). **Match headings 1-6 with paragraphs A-E. There is one extra heading which you do not need to use. Write your answers in the table below.**

- |                    |                                     |
|--------------------|-------------------------------------|
| 1) Cycling Club    | 4) Judo Club                        |
| 2) Netball Club    | 5) Athletics and Cross-Country Club |
| 3) Gymnastics Club | 6) Canoe Club                       |

**A** The University is situated right by the river, so we can train regularly (we also have the use of a swimming pool in winter). We run day trips to the coast for surfing throughout the year and usually a longer trip once a term, for example this year we have been to the Lake District for White Water.

**B** Do you enjoy touring or prefer the more energetic racing side? This is the club to join. The Weekly Sunday rides are very popular. They are taken across the Norfolk countryside. Members are also offered the free use of a well-equipped workshop and can find friendly and expert advice on all the aspects of bike repairing.

**C** We are a large and friendly Club which trains twice a week. We have 2 teams taking part in the UAU Championships, and during the Spring Term play matches against local teams. There is also a Challenge Tournament towards the end of the season and the chance to buy our exclusive club sweatshirts and T-shirts.

**D** We have a 4000 m grass track, field event equipment and one of the finest middle-distance coaches around. Also, an international standard synthetic track has been built next to the University recently. The Club competes all year round, taking part in cross-country, road running, track and field and some fell running; we are one of the most successful University teams.

**E** It is a modern Olympic combat sport developed from the ancient arts of jujitsu. What is special about it? It is considered to be more than just a sport. It can help the individual to overcome day-to-day problems. It can be good therapy for students and can get them away from the worries and pressures of studying.

Text A	Text B	Text C	Text D	Text E