

Listening/ 10th/ Sport

Task 1. Cycling trainer

Listen to a sports trainer talking to a group of cyclists about different aspects of training. Before you listen, read through the notes below, & think carefully about the kinds of words that you will need to write in the spaces.

Cycling trainer

choice of bike is the first thing

1 having the right _____

protects you

2 need to develop a suitable

3 must have _____ to develop performance

4 learn how to _____ when not training

5 if you don't _____ well,

performance will decrease

6 try to stay _____ at all times



Task 2. Muhammad Ali

You will hear about a famous sportsperson. Read the statements & choose the best option: a, b, c, or d, to complete each statement about the recording.

- 1 Muhammad Ali
 - a first became famous as a rapper.
 - b organised anti-racist demonstrations.
 - c won three Olympic gold medals.
 - d was good at composing poems.
- 2 Ali's first boxing coach was
 - a a policeman in his hometown.
 - b the Louisville Club owner.
 - c a television reporter.
 - d a former thief.
- 3 Ali's career as an amateur boxer
 - a lasted nearly 18 years.
 - b ended when he was 18.
 - c brought him only a few match victories.
 - d didn't bring him popularity.
- 4 In the 60s, Ali
 - a served in the American army.
 - b spent five years in prison.
 - c lost his champion's title.
 - d refused to fight in championships.
- 5 In retirement, Muhammad Ali
 - a stopped taking part in public activities.
 - b supported his daughter's boxing career.
 - c wrote for sports magazines.
 - d was still very popular.

