



WORKSHEET 23 – READING – SENTENCE COMPLETION

Exercise 1. [IELTS Reading: Sentence completion] Read the text and complete the sentences.

How much higher? How much faster?

— *Limits to human sporting performance are not yet in sight* —

Identifying genetically talented individuals is only the first step. Michael Yessis, an emeritus professor of Sports Science at California State University at Fullerton, maintains that 'genetics only determines about one third of what an athlete can do. But with the right training we can go much further with that one third than we've been going.' Yesis believes that U.S. runners, despite their impressive achievements, are 'running on their genetics'. By applying more scientific methods, 'they're going to go much faster'. These methods include strength training that duplicates what they are doing in their running events as well as plyometrics, a technique pioneered in the former Soviet Union.

Whereas most exercises are designed to build up strength or endurance, plyometrics focuses on increasing power—the rate at which an athlete can expend energy. When a sprinter runs, Yessis explains, her foot stays in contact with the ground for just under a tenth of a second, half of which is devoted to landing and the other half to pushing off. Plyometric exercises help athletes make the best use of this brief interval.

Nutrition is another area that sports trainers have failed to address adequately. 'Many athletes are not getting the best nutrition, even through supplements,' Yessis insists. Each activity has its own nutritional needs. Few coaches, for instance, understand how deficiencies in trace minerals can lead to injuries.

Focused training will also play a role in enabling records to be broken. 'If we applied the Russian training model to some of the outstanding runners we have in this country,' Yessis asserts, 'they would be breaking records left and right.' He will not predict by how much, however: 'Exactly what the limits are it's hard to say, but there will be increases even if only by hundredths of a second, as long as our training continues to improve.'

Complete the sentences. Use **ONE WORD** for each answer.

1. According to Professor Yessis, American runners are relying for their current success on _____.



2. Yessis describes a training approach from the former Soviet Union that aims to develop an athlete's _____.
3. Yessis links an inadequate diet to _____.
4. Yessis claims that the key to setting new records is better _____.



Exercise 2. [IELTS Reading: Sentence completion] Read the text and complete the sentences.

Power-packed fliers

For their size, birds are tremendously powerful creatures. We know this thanks to an ingenious series of tests performed by researchers at Duke University in North Carolina. The researchers placed a specially trained budgerigar in a wind tunnel and measured how much muscle power it needed to maintain flight at various airspeeds up to 50 kilometres per hour. The small bird had to be trained, not only because it had to fly in the artificial environment of the wind tunnel, but also because it had to do so while wearing a tiny oxygen mask.

The mask allowed zoologist Vance Tucker and his colleagues to monitor the budgerigar's oxygen demand, and thus the amount of mechanical energy it was producing. What they discovered was experimental proof of the incredible power-to-weight ratio of birds. Tucker's team found that the 35-gram budgerigar's flight muscles were delivering a peak power of one to four watts to maintain continuous flight. That might not sound very much on its own, but it's pretty impressive when the bird's size is taken into account: it works out as 200 watts of continuous mechanical power for every kilogram of the bird's muscle mass.

And that's the reason that people have always failed when they tried to fly by flapping wings attached to their arms: the average human can only produce around ten watts per kilogram of their muscle mass. It's not that we never had the time to fly – we have simply never had the energy. To fly, people need machines and to make a flying machine, we need to understand how birds control their flight.

*Complete the sentences. Choose **NO MORE THAN THREE WORDS** from the passage for each answer.*

1. Scientists have done experiments on birds in a _____.
2. The birds reached a maximum hourly flight distance of _____.
3. The aim of scientists was to calculate the amount of _____ they needed to fly.
4. _____ are the only solution to human flight.



Exercise 3. [IELTS Reading: Sentence completion] Read the passage and answer questions.

Water Pollution

Clean and plentiful water provides the foundation for prosperous communities. We rely on clean water to survive, yet right now we are heading towards a water crisis. Changing climate patterns are threatening lakes and rivers, and key sources that we tap for drinking water are being overdrawn or tainted with pollution. NRDC experts are helping to secure safe and sufficient water for people and the environment by:

- Promoting water efficiency strategies to help decrease the amount of water wasted;
- Protecting our water from pollution by defending the Clean Water Act and advocating for solutions like green infrastructure;
- Helping prepare cities, counties and states for water-related challenges they will face as a result of climate change; and
- Ensuring that waterways have enough water to support vibrant aquatic ecosystems.

Dirty water is the world's biggest health risk, and continues to threaten both quality of life and public health in the United States. When water from rain and melting snow runs off roofs and roads into our rivers, it picks up toxic chemicals, dirt, trash and disease-carrying organisms along the way. Many of our water resources also lack basic protection, making them vulnerable to pollution from factory farms, industrial plants, and activities like fracking. This can lead to drinking water contamination, habitat degradation and beach closures. NRDC is working to protect our water from pollution by:

- Drawing on existing protections in the Clean Water Act, and working to ensure that the law's pollution control programs apply to all important waterways, including headwater streams and wetlands, which provide drinking water for 117 million Americans;
- Improving protections to reduce pollutants like bacteria and viruses, which threaten Americans' health and well being; and
- Establishing new pollution limits for top problem areas, such as sources of runoff and sewage overflows.



Complete the sentences below with the correct word(s) taken from the passage. Use **NO MORE THAN THREE WORDS AND/ OR A NUMBER**.

1. The keystone to any thriving society is to have _____ water.
2. With the increase in water pollution a _____ is imminent.
3. One way to help keep water clean is by the construction of _____
4. Dirty water can be a _____ as chemicals and other pollutants enter the water supply.
5. Due to a lack of _____ some of our water resources are at risk of pollution.