

## QUIZ UNIT 7

NAME> \_\_\_\_\_

I. READ THE TEXT BELOW AND THINK OF THE WORD WHICH BEST FITS EACH GAP. USE ONLY ONE WORD IN EACH GAP.

### Extreme Sports

Extreme sports are sports (0) ..... which ..... are known to be of high risk or speed, such as snowboarding, skydiving or freestyle skiing. These sports are all about (1) ..... thrill of it. Some people do them just (2) ..... fun, while others really test the limits of what is humanly possible. It first (3) ..... popular in the 1990's and appeals mostly to the younger generation. The most well-known extreme sports competition began (4) ..... the USA in 1995, and is called the 'X Games'. These games are held annually, (5) ..... in the summer and winter, in order to cater (6) ..... all the major extreme sports. People who compete in such events do it mainly for the adrenaline rush that potential danger provides. However, just (7) ..... the Olympics, there are many other incentives, and the competition awards medals and a cash prize to those (8) ..... are successful. Some competitors also become famous, as every X Games is televised around the world.

II. COMPLETE THE SENTENCES WITH THE INFINITIVE OR -ING FORM OF THE VERB IN BRACKETS.

- 1 Can I suggest ..... (take) a break in about ten minutes?
- 2 Did you manage ..... (get) in touch with her?
- 3 Do you want me ..... (invite) her?
- 4 My cousin's considering ..... (change) his car.
- 5 He absolutely refuses ..... (wear) any other make of trainers.
- 6 He admitted ..... (finish) all the cake.
- 7 He persuaded them ..... (finish) the job.
- 8 I expect ..... (become) very rich one day.

III. COMPREHEND THE QUESTION BELOW AND DECIDE WHICH ANSWER (A,B,C OR D) BEST FITS EACH GAP. THERE IS AN EXAMPLE AT THE BEGINNING (0)

**Bungee Jumping**

Bungee jumping is an extreme sport which involves (0) ..... yourself off a great height, whilst still (1) ..... to a long elastic cord, which is attached to your ankle. Bungee jumping usually takes place from bridges, cliffs or cranes, and the jumper is given the (2) ..... of falling until they are pulled back by the cord. (3) ..... it looking very dangerous, it actually has an excellent (4) ..... record, as most providers are managed by trained and experienced professionals.

The first commercial jump took place in the mid-1980s in New Zealand and was (5) ..... by a man named AJ Hackett. Hackett attempted his first amateur jump in 1986 from the Upper Harbour bridge in Auckland. Since then, he has (6) ..... promoted the sport and it has now been experienced by millions (7) ..... In 1987 he even did a jump off the Eiffel Tower in order to draw (8) ..... to the sport.

1 A combined	B united	C connected	D holding
2 A emotion	B awareness	C thought	D sensation
3 A Despite	B Although	C Even though	D However
4 A safety	B security	C safeness	D maintenance
5 A structured	B created	C made	D organised
6 A urgently	B severely	C roughly	D actively
7 A international	B worldwide	C people	D global
8 A recognition	B consideration	C attention	D notice

IV. COMPLETE THE SECOND SENTENCE SO THAT IT HAS A SIMILAR MEANING TO THE FIRST SENTENCE, USING THE WORD GIVEN. Do not change the word given. You must use between two and five words, including the word given.

- 1 You can't go skydiving until you're 18 years old.  
**ALLOWED**  
People under 18 ..... skydiving.
- 2 He didn't want to get sunburnt, so he stayed in the shade.  
**AVOID**  
He stayed in the shade ..... sunburnt.
- 3 Paola hates windsurfing when the weather is cold.  
**BEAR**  
Paola ..... when the weather is cold.
- 4 Could you please turn your mobile phone off?  
**MIND**  
Would ..... your mobile phone off?
- 5 You might have an accident if you don't take all the safety precautions.  
**RISK**  
If you don't take all the safety precautions, ..... an accident.
- 6 The weather is so wet that it's not worth going for a walk today.  
**POINT**  
The weather is so wet that there's ..... for a walk today.

