

COMPLETION A. Complete the paragraph with words from the box. One word is used twice.

beat energy range seems steady

Much of the research done on music and exercise focuses on what the ideal BPM ¹ _____ is for running. But it also ² _____ from recent studies that having a predictable, ³ _____ rhythm is important. Generally, music with sudden changes in the ⁴ _____, like free-form jazz, is less suitable. Why? If the music speed changes while we run, we tend to adjust our movements to match the ⁵ _____. Each time we change our steps to move faster or slower, we lose ⁶ _____.

COMPLETION B. Complete the sentences using words or phrases from the box.

control distract pay attention mood social

1. Music can sometimes _____ you from your work.
2. Many people say that listening to the song "Happy" by Pharrell Williams puts them in a good _____.
3. If you want to have better _____ of your singing voice, you should do more vocal exercises.
4. Most schools organize _____ events like dances and concerts for the students.
5. Orchestra musicians must _____ to the conductor during a performance.



▲ Pharrell's "Happy" was the best-selling song of 2014 in the United States.

COLLOCATIONS C. The prepositions in the box are often used with the word **control**. Complete the definitions below with the correct prepositions.

in out of under

1. If you are _____ control of a company, you have the power to make important decisions about the way it is run.
2. If a situation is _____ control, it is being dealt with successfully and is unlikely to cause any problems.
3. If something is _____ control, it cannot be dealt with successfully.