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## LISTENING EXERCISE

1. What do endorphins do in our bodies?
  - a) Increase the risk of diabetes
  - b) Make us feel pain more intensely
  - c) Create a sense of euphoria
  - d) Reduce muscle growth
  
2. Which of the following is NOT a physical benefit of sports?
  - a) Strengthening bones
  - b) Reducing cholesterol
  - c) Increasing anxiety levels
  - d) Lowering blood pressure
  
3. How does being on a team help students socially?
  - a) It teaches them to depend on others and work together
  - b) It makes them more competitive in academics
  - c) It improves their ability to run long distances
  - d) It prevents them from making mistakes
  
4. How can playing sports affect self-esteem?
  - a) It lowers self-esteem by making people focus on failures
  - b) It has no impact on confidence
  - c) It helps build confidence through practice and improvement
  - d) It only benefits professional athletes
  
5. What does the term "growth mindset" mean?
  - a) Believing that you can improve with practice
  - b) Always winning in competitions
  - c) Avoiding failure at all costs
  - d) Having a physically strong body

6. According to the passage, how does training help students?
- a) It guarantees that they will become professional athletes
  - b) It helps them develop resilience and perseverance
  - c) It teaches them that failure is a part of learning
  - d) It only benefits their physical health
7. What is one long-term benefit of playing sports?
- a) It helps students manage academic and social challenges
  - b) It guarantees financial success
  - c) It eliminates the need for studying
  - d) It prevents all mental health issues
8. Why is it important to choose the right sport?
- a) Because each person has different strengths and preferences
  - b) Because some sports are only for professionals
  - c) Because only competitive sports provide benefits
  - d) Because physical activity is harmful if done incorrectly
9. How does being committed to a team encourage regular exercise?
- a) It makes exercise more enjoyable and easier to maintain
  - b) It forces people to exercise every day
  - c) It prevents students from focusing on their studies
  - d) It is only important for professional athletes
10. What is one reason why people should not be discouraged by losing in sports?
- a) Because losing means they are not good at sports
  - b) Because only winning brings benefits
  - c) Because failure helps develop resilience and a growth mindset
  - d) Because losing means they should quit the sport