

SPORTS - IDEAL BODY TYPES

Listen to a talk about the ideal body types for different types of sports.
Choose the best answer A, B or C for questions 1-8.



1. What does the speaker say about body types in sports?

- A. They are not important for athletic success.
- B. They can help athletes perform better in certain sports.
- C. They are exactly the same in every sport.

2. Why are basketball players often very tall?

- A. It helps them reach the basket and block shots.
- B. It allows them to run faster than other players.
- C. It makes it easier to carry the ball.

3. What advantage does a long wingspan give basketball players?

- A. It helps them shoot more accurately.
- B. It helps them run longer distances.
- C. It helps them catch or steal the ball.

4. What is typical about the body type of gymnasts?

- A. They are usually short and very strong.
- B. They are tall with long legs.
- C. They are slim but not very strong.

5. Which body features help swimmers move efficiently through the water?

- A. Narrow shoulders and short arms
- B. Broad shoulders and long arms
- C. Short legs and small hands

6. Why are long-distance runners often slim and lightweight?

- A. They can move more quickly in short races.
- B. They use less energy when running for a long time.
- C. They can jump higher.

7. What physical qualities are important for boxers?

- A. Strength, speed, and quick reactions
- B. Height and long legs
- C. Flexibility and balance

8. What does the speaker say at the end about the "perfect" body type?

- A. It is the most important factor for success.
- B. Only professional athletes need it.
- C. Training and skill are also very important.

