

FCE TEST

You are going to read an article about dealing with addiction. Six sentences have been removed from the article. There is one extra sentence which you do not need to use.

The term 'exercise addiction' was coined in 1976 by Dr William Glasser when he was studying long-distance runners. He noticed that many of them experienced low moods when they couldn't train, and he came to differentiate between positive and negative addictions: a positive addiction involves a love of the activity, and the exercise is scheduled around other everyday activities. You run your running schedule, for example, rather than it running you, and an enforced day off isn't the end of the world. The results are increased feelings of physical and psychological wellbeing. Relationships and work suffer, a day away from the gym causes distress, and health can decline as overtraining leads to injury and illness.

Two types of negative exercise addiction have since been defined. Secondary addiction is probably the most common, where the compulsion to exercise is driven by a need to control and change one's body shape, and is often accompanied by an eating disorder. 'Whatever workout my client was doing, I'd do it, too, alongside them, supposedly to motivate them, but in fact it was to keep my weight down. In total, I was doing several hours of cardio every day, and I didn't actually enjoy the exercise. I hated the feeling of not having the perfect body even more, though.'

With Primary addiction, body image isn't so central. It works like this: when we exercise strenuously, we activate our sympathetic nervous system, causing a rise in the concentration of serotonin and other chemicals in the brain which make us feel happy.

At the same time, the body produces endorphins which shut down pain signals reaching the brain. Add all these together, and you have a recipe for mild euphoria.

Unfortunately, just as the body's tolerance of drugs increases, so it is with endorphins: more are required to produce the same thrill, so the exercise intensity has to be increased.

Tony, who took drugs daily for almost a decade, then took to running half-marathons. He admits that getting the kick got harder. He said he'd lie awake at night thinking about the next day's session. It still wasn't as good as the drugs he was on before. Sports and exercise psychologist Paul Russell has encountered many people like Tony. 'Exercise addiction tends to be a more temporary addiction, marking time before the person returns to the basic ones, like drugs. If they haven't sorted out the reasons for this state, via counselling for example, they'll have to direct that need to something else.'

- A. Half an hour of intense aerobic exercise can produce five times the amount you 'd have if you were sitting down.
- B. Low concentrations of these are closely linked to depression.
- C. It may be, though, that the thrill can never quite compare with that achieved by taking drugs.
- D. People become addicted to something because there's an underlying unhappiness.
- E. Steve, a personal trainer, used his work to mask his secondary addiction.
- F. The thrill from the exercise is the thing, the drug-like feelings brought about by the activity are what addicts want.
- G. With a negative addiction, on the other hand, exercise overrides everything.



For questions 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap.

THE HISTORY OF CONVERSE

In 1908, the Converse Rubber Shoe Company began trading in the USA. Initially, the company made simple rubber-soled footwear for men, women and children. By 1910, Converse was producing 4,000 pairs a day. The company's main turning point came in 1917, when the red-and-white basketball shoe was introduced. This was a real innovation, as the sport was in its infancy. Then, in 1921, 'Chuck' Taylor, a basketball player, contacted the company complaining of sore feet. Converse immediately employed him as a representative, and he promoted their shoes for the rest of his career. In 1941, when the USA became involved in the Second World War, Converse shifted production to manufacturing boots, and protective clothing for pilots and soldiers.

Converse shoes were hugely popular with teenagers during the 1950s, and in 1966 the company added a range of new colours. They remained popular until the early 1980s, but lost a large proportion of their share during the 1990s with the appearance of trainers.

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|-------------------|---------------|-------------|----------------|
| 1. A preparing | B producing | C creating | D constructing |
| 2. A point | B place | C pot | D situation |
| 3. A accounting | B considering | C viewing | D bearing |
| 4. A communicated | B wrote | C contacted | D spoke |
| 5. A employed | B occupied | C worked | D invited |
| 6. A remains | B surplus | C rest | D remnants |
| 7. A dress | B cloth | C attire | D clothing |
| 8. A young | B primary | C early | D first |
| 9. A shop | B sales | C retail | D market |



For questions 1-8, read the text below and think of the word which best fits each gap. · Use only one word in each gap.

Strategies for improving how you learn

As soon as you have found out what your learning style is, there are a number of strategies you can put into practice to improve how you learn. If you are a visual learner, you should take notes in class or in lectures if you are not provided with handouts. You will find it helpful to use a highlighter pen to emphasize the most important information. Also, try to find sources of information that are illustrated. Visual stimuli, whether in a book or a video, will help you understand and remember things. If you are an auditory learner, you might benefit from recording a lecture rather than taking notes. You will learn from discussing your ideas with others, too. Kinesthetic learners find it hard to sit still for long so if you are studying for an exam, you will benefit from frequent breaks. Moving around while trying to memorize something or doing another activity at the same time will also be beneficial.



Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line.

Nowadays, prize money for women tennis _____, at least in the major _____, is equal to men's. But some male players do not think this is fair. Their _____ is that as men spend more time on the court per match, they should get paid more. Probably, and not surprisingly, many women tennis players _____ saying that they train just as hard as the men, are just as skilled and the _____ they provide is the same. However, and like many athletes, most of their income does not come from official prize money. Instead, it comes from _____ contracts with fashion and sportswear companies, turning some sports stars into millionaires at a very young and vulnerable age. It is _____ surprising then that some sports stars are _____ to cope with the pressure that goes hand in hand with being _____ and consequently become victims of their own success.

PLAY
COMPETE
ARGUE

AGREE

ENTERTAIN

SPONSOR

HARD
ABLE
FAME



LISTENING PART:

You will hear a man talking about hyper-parenting. For questions 1-10, complete the sentences with a word or short phrase.

Hyper-parenting

Cathy Hagner's children have _____, soccer and piano practice after school.
Cathy admits that everyone in the family is suffering from _____ because of their lifestyle.
Hyper-parenting affects _____ parents in the United States and Britain.
Expectant mothers are told that they have to eat _____
More and more children are getting _____ because they are so stressed and tired.
Many children have to attend _____ after school because both parents work.
Some of the children who do activities outside school are only _____ years of age.
Parents worry that they are _____ their children if they don't give them every opportunity.
Terri Apter has found that many teenagers can't cope with _____ they have when they start college.
Apter advises that, along with organizing extra-curricular activities for their children, parents should give them enough time for _____.



You will hear people talking in eight different situations. For questions 1-8, choose the best answer (A, B or C).

1. You hear a man telling a friend about an email he has received. How did the man respond to the email?

A He gave the information he was asked for.
B He checked the authenticity of the email.
C He realized immediately that someone was trying to trick him.



2. You hear someone talking about her first impressions of someone. How did she react when he suggested meeting for a drink?

A She agreed immediately.
B She refused.
C She hesitated but then agreed.

3. You hear a conversation between a young man and an older relative. What does the young man say he's going to do at the weekend?

A go for a job interview
B send the company his CV
C find out more about the company

4. You hear someone describing how he heard about winning a competition for a mobile phone. What does the speaker now regret?

A going in for the competition
B giving personal information
C forgetting to charge the phone

5. You hear two friends talking about tennis. What do we find out about the speakers?

A They've been playing tennis for the same length of time.
B They've often played each other at tennis.
C Neither woman knew that the other played tennis.



6. You hear someone talking about a bad experience on a social networking site. What is the speaker's advice to other people?

A Don't put personal details on social networking sites.
B Ignore offensive messages after two weeks.
C Report offensive messages to the police.

7. You hear a message on an answering machine. Why is the speaker apologizing?

A She didn't speak to the friend she is calling.
B She didn't recognize a relative of the friend.
C She was too busy shopping to call her friend earlier.

8. You hear a politician talking about his appearance. What does he say about the kind of clothes he wears?

A He wears formal clothes when he is involved in official duties.
B He wears formal clothes for work and at home.
C He wears informal clothes when he's meeting members of the public.

