

Module: Health – Exercise & Sports
Competency: Listening CLB 3.4 Comprehending Information
Task: Listen to the dialogue and answer questions

1. What kind of class does the person want to join?
a. Business class
b. ESL class
c. Exercise class
d. Job training class
2. Is the person who wants to join a class
a. Beginner? b. Intermediate? c. Advanced?
3. What class is low impact?
a. Cardio
b. Dance
c. Judo
d. Yoga
4. What does low-impact mean?
a. No equipment
b. No jumping
c. Not expensive
d. Not fast
5. What does free weights mean?
a. They are not very heavy
b. They cost nothing
c. They are not machines
d. You use your own body
6. What parts of the body are strengthened in the class? (7 answers).
a. Abs d. Delts g. Quads
b. Biceps e. Glutes h. Traps
c. Calves f. Hamstrings i. Triceps
7. Do you have to bring your own mat? Yes No
8. When does the class take place?
a. Thursdays at 7:30 p.m.
b. Tuesdays at 7:30 p.m.
c. Tuesdays at 7:30 a.m.
d. Thursdays at 7:30 a.m.