

## Mock test – Spring 2018

### Task 1 Listening

You will hear an expert presenting the principles of training. Complete the gaps in the summarising sentences with one word in each case. You will hear the recording twice.

1. You should exercise as if life \_\_\_\_\_ upon it.
2. The process of change of the body thanks to exercise is called physiological \_\_\_\_\_.
3. When you put the regular \_\_\_\_\_ of exercise on the body, you start to see many changes.
4. This makes your muscles more \_\_\_\_\_ at utilising oxygen.
5. The second reason why we should exercise is because of what happens to the risk factors as a \_\_\_\_\_ of exercise.
6. These are the controllable factors, the ones which we can have an \_\_\_\_\_ on.
7. Risk factor number seven is \_\_\_\_\_.
8. There are two main emotional \_\_\_\_\_ for patients and their families.
9. We can lower so-called state \_\_\_\_\_ for about 68 hours with exercise.
10. Exercise helps get people off antidepressant \_\_\_\_\_ by putting them on exercise programmes.

<https://www.youtube.com/watch?v=F9FuppaU2co>

### Task 2 Complete the gaps with the expressions below. There are two words you don't need.

*advance categories evidence examine increasingly improvement responded  
sample specific survey*

Running is becoming an (1) \_\_\_\_\_ popular activity among Americans with over 50 million participants. Running shoe research and technology has continued to (2) \_\_\_\_\_ with no decrease in overall running injury rates. A growing group of runners are making the choice to try the minimal or barefoot running styles of the pre-modern running shoe era. There is some (3) \_\_\_\_\_ of decreased forces on the lower extremities with barefoot running, but no clear data regarding how this corresponds with injuries. The purpose of this survey study was to (4) \_\_\_\_\_ factors related to performance and injury in runners who have tried barefoot running.

The University of Virginia Center for Endurance Sport created a 10-question (5) \_\_\_\_\_ regarding barefoot running that was posted on a variety of running blogs and Facebook pages. Percentages were calculated for each question across all surveys. Five hundred and nine participants (6) \_\_\_\_\_ with over 93% of them incorporating some type of barefoot running into their weekly mileage.

A majority of the participants (53%) viewed barefoot running as a training tool to improve (7) \_\_\_\_\_ aspects of their running. However, close to half (46%) viewed barefoot training as a viable alternative to shoes for logging their miles. A large portion of runners initially tried barefoot running due to the promise of improved efficiency (60%), an attempt to get past injury (53%) and/or the recent media hype around the practice (52%). A large majority (68%) of runners participating in the study experienced no new injuries after starting barefoot running.

Prior studies have found that barefoot running often changes biomechanics compared to shod running with a hypothesized relationship of decreased injuries. This paper reports the result of a survey of 509 runners. The results suggest that a large percentage of this (8) \_\_\_\_\_ of runners experienced benefits or no serious harm from transitioning to barefoot or minimal shoe running.

(Barefoot running survey: Evidence from the field. David Hryvniak, Jay Dicharry, Robert Wilder  
Journal of Sport and Health Science, Volume 3, Issue 2, June 2014, Pages 131–136)

**Task 3 Complete the gaps with the missing parts of sentences below. You will not need one of the options.**

- A) to develop the perfect body
- B) represent one of our greatest anxieties
- C) to our bodies and how we see them
- D) there are problems with his or her appearance
- E) therefore they did not consider their weight
- F) in relation to our height
- G) in some new additions to the Cambridge English Dictionary
- H) with our appearance

**The body beautiful**

January 5, 2016, by Colin McIntosh

The pressure to achieve the perfect body shape is greater than ever before, for men no less than women. At the same time, rates of obesity are at their highest level ever. These two related facts are reflected (1) ..... . Much of the vocabulary relates (2) .....

An objective measure of how overweight or otherwise we are is given by the BMI or body mass index: a measurement of our weight (3) ..... . But the way we see our bodies ourselves is very often not objective: we may have a body image that is very different from the way other people see us, with the result that we become irrationally unhappy (4) ..... . This condition is called dysmorphia, and can lead to body dysmorphic disorder, a mental illness in which a person spends a lot of time worrying about how he or she looks and wrongly believes (5) ..... . We look in the mirror and we see something very different from the actual image that is reflected back at us.

Fed by images in the media, men feel that they need to bulk up and get a washboard stomach. Love handles must be banished at all costs. Plus-size women with a muffin top want to fit into clothes that are figure-hugging, form-fitting, or bodycon.

Some people will go to extreme measures (6) ..... , for example by taking roids (steroids) or having a gastric band fitted, a type of bariatric surgery (weight-loss surgery). Less extreme measures include following a calorie-controlled diet, cutting down on the carbs (carbohydrates), or simple exercise.

But even simple exercise can become an unhealthy obsession. Whole vocabulary sets mirror our society's obsession with achieving the perfect body. The technical vocabulary of muscles has a parallel set of informal variants. As well as abs (abdominals), we have delts (deltoids), glutes (glutei), and obs (obliques). Types of exercise have their own names: bench presses, crunches, squats, lunges, and planks.

The flood of words in this area is no coincidence. We reserve our greatest creativity in vocabulary creation for the areas we most obsess about, and it's clear that our bodies (7) .....

[\(http://dictionaryblog.cambridge.org/2016/01/05/the-body-beautiful/\)](http://dictionaryblog.cambridge.org/2016/01/05/the-body-beautiful/)

#### Task 4 Grammar

Transform the sentences so that the meaning stays the same:

1. It wasn't a good idea to take those supplements.  
We shouldn't .....
2. It's not necessary for you to stay here any longer.  
You .....
3. I would like to know how many tournaments you won.  
How many ..... ?
4. He has torn his muscle.  
His muscle .....
5. She didn't have the courage to leave her job.  
If she ..... the courage, she would have left her job.
6. I signed up for the class although there was a collision in the timetable.  
I signed up for the class despite .....
7. I last met her in June.  
I have ..... since June.

#### Task 5 Phrasal verbs

Complete the gaps with one of the verbs below in the correct form:

*turn off take off fill in make up run out*

1. I'm afraid we ..... of orange juice – would apple juice do?
2. As an excuse for being late she ..... a whole story.
3. Don't forget ..... the lights when you go to bed.
4. Before submitting your project you also need ..... this form.

#### Task 6 Word formation

Complete the sentences with suitable forms of the words in brackets:

1. He is receiving ..... for shock. (TREAT)
2. The number of people suffering from diabetes has increased ..... (SIGNIFICANT)
3. I am really sorry, I can't attend the meeting – the time is really ..... for me. (CONVENIENT)
4. She made a ..... of men's salaries with those of women. (COMPARE)
5. The athlete had trouble coping with training ..... (EXHAUST)
6. Overloading the body with toxins can lead to kidney ..... (FAIL)
7. She is a very experienced sports ..... (PSYCHOLOGY)