

UNIT TEST 3

SECTION A: GRAMMAR

1 Complete the text with the definite article. If no article is required, put –.

Back in ¹_____ 1950s nobody believed that it was possible to run a mile in under four minutes. But in 1954, a British athlete, ²_____ Roger Bannister, proved them all wrong at Iffley Road running track in Oxford. At a time when all athletes were ³_____ amateurs, his triumph was even more amazing, considering that he'd been working all day as a medical student before running his race. Until Bannister broke ⁴_____ four-minute barrier, ⁵_____ record of 4:01.4 was held by ⁶_____ Gunder Hagg, in 1945. After ⁷_____ race, ⁸_____ stadium announcer began to announce ⁹_____ time and as soon as he said 'Three...!', everyone cheered because they knew that ¹⁰_____ history had been made.

___/10

2 Complete the sentences with words from the box. There are more words than you need.

hardly almost few many little a little several

- Not _____ athletes have beaten Usain Bolt.
- There are a _____ sports training programmes children can join.
- _____ any of the swimmers in the team have won medals this year.
- _____ none of the people surveyed said they did sport on a regular basis.
- He has _____ chance of making it into the Olympic team if he doesn't train harder.

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SECTION B: VOCABULARY

3 Complete the text with words from the box. There are more words than you need.

toughness sacrifices confidence control intensity
calm discipline development courtesy stamina
flexibility

Johann's self-¹_____ was clear for all to see. He never appeared to be nervous at the start of the race and he had a great ability to inspire those around him to do better than they thought they could. His self-²_____ when getting up at 4 o'clock every morning to train was unbelievable. There were times when he became tired and this, for most people, is a dangerous time when self-³_____ can easily disappear and anger take over. But Johann was never rude to anyone; he always managed to maintain his usual ⁴_____ and if people tried to upset him, he would respond with a gentle ⁵_____ which tended to diffuse the situation. He is a remarkable athlete with terrific ⁶_____, capable of running long distances without looking tired. He also has a mental ⁷_____ which is phenomenal, allowing him to give 100 percent focus and commitment to achieving his goals. All this has set him apart from other athletes, but also left him very much alone. However, if he wins an Olympic Gold medal in the next games, then all the ⁸_____ he has made will be worth it.

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4 Choose the correct option to complete the sentences.

- It's important to be on the *goal / ball / eye* at the meeting or we will lose the sponsorship deal.
- It's very difficult to finish the project as the client keeps moving the *goalposts / balls / fields*.
- We need to make sure that it's a(n) *equal / whole / level* playing field before we start negotiations or we will have no chance of succeeding.
- No one wanted to start the ball *rolling / moving / running* until my boss stood up and highlighted the problems we are facing.
- You can't take your *hand / eye / foot* off the ball for even if a second if you want to succeed.
- We didn't win the match because one of our players scored an *equal / own / only* goal.
- Designing a new product has made it a whole new ball *sport / court / game*.

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SECTION C: INTEGRATED SKILLS

5 Choose the correct option to complete the sentences.

- 1 I think Roger Federer is the *greatest* / *far better* / *outstanding* tennis player of all time.
- 2 Tiger Woods is a(n) *far* / *extraordinary* / *unbelievable* better golfer than any other golfer in history.
- 3 Michael Phelps is a *far* / *truly* / *fantastic* amazing swimmer.
- 4 *How extraordinary* / *What is extraordinary* / *Extraordinary* about Phelps is the number of Olympic medals he has won.
- 5 Steve Redgrave is perhaps one of the *best* / *most* / *greatest* amazing Olympians ever, winning five gold medals over a 20-year period.

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6 Read the text and select FIVE true statements.

- a An athlete's attitude can be the difference between winning and losing.
- b Talent is the only thing you need to win medals.
- c Some specialists think a positive attitude is essential.
- d Perfection should be the main aim of all sportspeople.
- e Goals should not be so extreme that they are impossible to achieve.
- f Every athlete needs to have a training plan before setting goals.
- g Being able to imagine oneself achieving goals can be very helpful.
- h Visualisation techniques should be very accurate and detailed.
- i Sportspeople should do daily exercises to improve their concentration.
- j Both the mind and the body of an athlete need to be trained.

How to be a world-class sportsperson

A strong mental attitude is the one thing that will differentiate those who win medals and those who do not. Even if someone is extremely talented at a sport, without the right attitude, they may not be able to convert their talent into winning trophies.

Experts all agree that a positive attitude should be the default setting of a high-achieving sportsperson. However, they should not pursue perfection, but excellence. After all, none of us is perfect.

Another important element is to set realistic goals in order to limit disappointment, but they should be high enough to maintain motivation. Once the goals are agreed upon, then a detailed plan for achieving them must be developed.

Athletes often talk about visualising themselves winning or performing well at competitions and this is a tool which is very useful, but the visualisations need to be both detailed and realistic if they are to be of any lasting benefit.

An athlete's concentration must never wander during a competition. There are many distractions at competitions and a successful sportsperson is able to maintain or regain his focus at all times.

These days, athletes do not only train hard physically, but also undergo extensive mental training in order to reach their goals.

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Total: ___/40