

ULAB6120 LISTENING & SPEAKING SKILLS FOR POSTGRADUATES
STRUCTURED LISTENING PRACTICE 1 (10%)

Objective: Extract and react to information in academic speech

Listen to the academic lecture twice and then fill in the blanks.

Q1. Complete the following table: (3marks)

Fitness goals	Reasons
Variety	because it is different, challenging and fun.
Strength gain	because it improves overall body <hr style="width: 80%; margin-left: 0;"/> <div style="text-align: right;">(1 mark)</div>
Intensity	as it challenges body aerobic and anaerobic systems
<hr style="width: 80%; margin-left: 0;"/> <div style="text-align: right;">(1 mark)</div>	as it helps increase and maintain lean muscles.
Low risk of injury	as it provides intensity without injuring <hr style="width: 80%; margin-left: 0;"/> <div style="text-align: right;">(1 mark)</div>

Q2. List the focus of boxing training program: (1 mark)

1. Reactive power
2. _____ (1/2 mark)
3. Muscular endurance
4. _____ (1/2 mark)
5. Aerobic endurance

Q.3. Below are **two** positive results of boxing training program. (2 marks)

1. Build stronger and more defined _____.
(1 mark)

2. Gain a sense of inner strength and _____.
(1 mark)

Q. 4. Complete the following table with the information on cardio boxing training classes.
(3 marks)

<p>Innovative variations</p>	<p>i. the sparring jabs ii. power punches iii. _____ (1/2 mark) iv. _____ (1/2 mark)</p>
<p>Benefits</p>	<p>i. You will learn the proper execution of the punch and kick combinations. ii. _____ (1 mark) iii. They condition and provide a complete workout for your cardiovascular and endurance systems. iv. They increase _____ (1/2 mark), strength, speed and _____ (1/2 mark).</p>