

| Total Mark in Letters | | Markers |
|-----------------------|--|-------------|
| 5 | | Graded by: |
| | | Revised by: |

اختبار استماع مادة (اللغة الإنجليزية - الفصل الدراسي الأول - الدور الأول) للصف _____ ثانوي - للعام الدراسي ١٤٤٤ هـ - نظام المسارات

اسم الطالب: _____ رقم الجلوس: _____ اللجنة: _____

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

Listen to the conversation between Waseem and his friend, Mustafa, talking about fitness and health and answer the following questions



3

1) **Choose the correct answer:** (½ mark each)

1) Waseem joins the gym to _____

| | | | | | | | |
|----|---------|----|-------------|----|---------------|----|----------|
| a- | get fit | b- | lose weight | c- | build muscles | d- | hang out |
|----|---------|----|-------------|----|---------------|----|----------|

2) Mustafa joins the gym to _____

| | | | | | | | |
|----|---------|----|-------------|----|---------------|----|----------|
| a- | get fit | b- | lose weight | c- | build muscles | d- | hang out |
|----|---------|----|-------------|----|---------------|----|----------|

3) The trainer told Mustafa to do _____ minutes on the running machine.

| | | | | | | | |
|----|----|----|----|----|----|----|----|
| a- | 14 | b- | 20 | c- | 40 | d- | 44 |
|----|----|----|----|----|----|----|----|

4) The trainer told Mustafa to do _____ minutes on the weights

| | | | | | | | |
|----|----|----|----|----|----|----|----|
| a- | 14 | b- | 20 | c- | 40 | d- | 44 |
|----|----|----|----|----|----|----|----|

5) Waseem can have a personal _____ when he joins the gym if he likes.

| | | | | | | | |
|----|-----------|----|---------|----|-------|----|---------|
| a- | food menu | b- | bicycle | c- | email | d- | trainer |
|----|-----------|----|---------|----|-------|----|---------|

6) Mustafa will _____ Waseem about the cycle classes.

| | | | | | | | |
|----|------|----|----------------|----|---------------|----|-----------------------|
| a- | call | b- | send a snap to | c- | text or email | d- | send voice message to |
|----|------|----|----------------|----|---------------|----|-----------------------|

2) **Put (T) for true or (F) for false sentences:** (½ mark each)

- [] Mustafa thinks the gym isn't really good.
- [] A free health check is given when you join the gym.
- [] Cycling is one of the best ways to build muscles.
- [] Mustafa will check the website about having cycle classes.

2

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- [T] Mustafa will check the website about having cycle classes.

2

Audio Script

Waseem and Mustafa - Fitness and Health

Waseem: Hi Mustafa. How are you?

Mustafa: Hi Waseem. Yes, I'm fine apart from I hurt all over!

Waseem: Why? What happened?

Mustafa: I joined the gym.

Waseem: But you aren't supposed to hurt yourself when you join a gym.

Mustafa: I know, but the personal trainer told me to do twenty minutes on the running machine and then we did forty minutes on the weights. It felt fine while I was doing it but now, I can hardly move.

Waseem: Why did you join the gym?

Mustafa: Well, I've put on a lot of weight and I wanted to lose it.

Waseem: And ... what's the gym like?

Mustafa: Oh – it's really good. They give you a full health check free when you join, and you can have a personal trainer if you like.

Waseem: What are the classes like? I want to join a cycle class because I want to get fit. I've heard cycling is one of the best ways to strengthen your heart and burn calories. And I'm so unit – I have to do something.

Mustafa: Why don't you join?

Waseem: But do they have any cycle classes?

Mustafa: Mmm ... I think so. I'll check the website and get back to you. Maybe we could go together?

Waseem: Yes, that's a good idea.

Mustafa: OK, I'll text you or email you tomorrow with the information.

Waseem: Fine.

Mustafa: Bye!

Waseem: Bye!

