IELTS Listening Test 116

Part 1: Questions 1-4
Complete the list of reasons why these people suffer from stress. Choose from the list of possible causes below.

What did each person say was the principal cause of stress for them?

Ramon Team work
Kikuko (1) ................
Boris (2) ................
Etienne (3) .............
Nagwa (4) ............

Possible causes of stress
A bad management
B dual-career family
C fear of unemployment
D new technologies
E physical surroundings
F powerlessness
G too much work

Questions 5-7
List THREE parts of one’s daily routine that can help reduce stress. Write NO MORE THAN THREE WORDS for each answer.

(5) .................
(6) .................
(7) .................

Questions 8-10
Complete the table below. Write NO MORE THAN THREE WORDS for
Part 2: Questions 11-20
Complete the notes below. Write NO MORE THAN THREE WORDS for each answer.

Khufu’s Pyramid
Material – 2.3 million stones of (11) .................. high and tons
Built time – 4,500 years ago
Tools – (12) .................. and tools
Astronomical significance – arranged to north by using two stars moving around (13) ..................

Athens’ Ancient Parthenon
Material – made completely of (14) ..................
Built time – 5th century B.C.
Design ideals – (15) .................. and
The height and width are designed with the logic of (16) ..................
Symbolization – (17) ..................

The Roman Colosseum
Significance – show Romans’ (18) .................. nature and .................. thinking
Built time – 80 A.D.
Function – to (19) .................. the crowds
Size – stand (20) .................. meter high and hold .................. audiences

Part 3: Questions 21-25
Choose the correct letter A, B or C.

21. The main aim of Dave’s project is to
   A describe a policy
B investigate an assumption
C identify a problem

22. Dave’s project is based on schemes in
   A schools
   B colleges
   C universities

23. How many academic organizations returned Dave’s questionnaire?
   A 15
   B 50
   C 150

24. Dave wanted his questionnaires to be completed by company?
   A human resources managers
   B line managers
   C owners

25. Dr. Green wants Dave to provide a full list of
   A respondents
   B appendices
   C companies

Questions 26-30
Complete the sentences below. Write NO MORE THAN TWO WORDS for each answer.

Notes on project
Introduction
• Improve the (26) .................. of ideas
• Include a (27) .................... of ‘Work Placement’
• Have separate sections for literature survey and research (28) ................. and methods

Findings
• Preparation stage – add summary
• (29) .................... development – good
• Constraints on learning – provide better links to the (30) ................. from research

Part 4: Questions 31 and 32
Complete the sentences below. Write NO MORE THAN THREE WORDS for each answer.

31. Besides sporting injuries, sports medicine doctors deal more with ................. problems of common individuals
32. The total care offered by sports medicine doctors includes workouts, instant care and .................

Questions 33-37
Complete the notes below. Write NO MORE THAN THREE WORDS for each answer.

Injuries and treatment

Injuries of bones, muscles and ligaments
• Problem – the damages of tissues can cause the joints to (33) ...................... and
• Preventive measures – X-rays to determine potential (34) ......................

Joints
• The repetition of motions can cause (35) ...................... of the soft tissue
• Losing balance even causes bone fracture

Treatment
• Use ice pack to reduce the swelling and pain

New treatment
• The injured joints receive the (36) ...................... of mixture of healing protein and blood

Advantages
• Convenience
• Without (37) ......................
Questions 38-40
What is the advice of preventing sports injuries?
Circle THREE letters from A-F.

A lighten the training tenseness
B practice constant fitness-training activities
C perform enough fitness exercises
D do enough preparatory exercises before training
E stop doing exercises when you don’t feel well
F use homemade medicines