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| <p><b>PART 1</b><br/>Listening<br/>(approx. 10 minutes)</p>               | <p><b>Task type:</b> Multiple choice<br/><b>Format:</b> ten unrelated dialogues of about 30 seconds' duration, each followed by a 3-option multiple choice item</p> <p>The candidates listen to a short dialogue, then choose the correct statement from three that are based on the dialogue. The recordings are dialogues between two interacting speakers (conversations, interviews, discussions, etc.).</p> <p><b>Task Focus:</b> <i>identifying detail, understanding and interpreting information, specific information, gist, detail, main idea, function, purpose, attitude, opinion, etc.</i></p> <p><b>Marking Scheme:</b> 10 items x 2 points = 20 points</p> <p><b>NOTE:</b> Each part is heard twice.</p>   |
| <p><b>PART 2</b><br/>Knowledge of Linguistic Means<br/>(15 minutes)</p>   | <p><b>Task type:</b> Multiple choice<br/><b>Format:</b> 18 4-option multiple choice sentences<br/><b>Task Focus:</b> <i>lexical</i></p> <p><b>Marking Scheme:</b> 18 items x 2 points = 36 points</p> <p><b>Topic areas:</b> the body; fitness training careers; the gym; the fitness training business; the client; actions; biomechanics; workouts; systems in the body; exercise equipment; nutrition; training and chronic conditions; safety &amp; first aid; support &amp; assistance; cardio-respiratory training; resistance training; other types of training</p>  |
| <p><b>PART 3</b><br/>Knowledge of Language Functions<br/>(10 minutes)</p> | <p><b>Task type:</b> Multiple choice<br/><b>Format:</b> 16 2-option multiple choice exchanges<br/><b>Task Focus:</b> <i>lexico-grammatical</i></p> <p><b>Marking Scheme:</b> 16 items x 1 point = 16 points</p> <p><b>Functions:</b> introducing yourself; giving advice/information/instructions; making a recommendation/suggestions/a comparison/an appointment/observations/an inquiry; describing benefits/characteristics/something/an injury/a process; confirming information; setting goals; expressing preferences/opinions/confusion; correcting someone; explaining a process; providing options/reassurance/details; assessing ability; asking for advice/information/instructions/details; asking about location; buying a product; checking for understanding; talking about plans/future plans; agreeing with an opinion</p>  |
| <p><b>PART 4</b><br/>Reading<br/>(10 minutes)</p>                         | <p><b>Task type:</b> Multiple choice – True/False/Doesn't say<br/><b>Format:</b> Three short texts (60-100 words each) containing factual information related to the job of a fitness trainer; the first two texts are followed by two 3-option multiple choice questions each, while the third text is followed by two True/False/Doesn't say questions.<br/><b>Task Focus:</b> <i>understanding detail, specific information, implication, attitude, reference and meaning</i></p> <p><b>Marking Scheme:</b> 6 items x 3 points = 18 points</p> <p><b>NOTE:</b> All the texts are related to the specific field of study.</p>   |
| <p><b>PART 5</b><br/>Writing Awareness<br/>(15 minutes)</p>               | <p><b>Task type:</b> A gapped or jumbled text of approx. 200 words<br/><b>Format:</b> Gapped text – a text with five gaps to be filled with either one sentence from a choice of three or, one pair of sentences from a choice of six or, an appropriate word or, information from two short texts. Jumbled text – seven or eight paragraphs, of which five are to be organized into a text.<br/><b>Task Focus:</b> <i>Recognition of writing features and language as required in their field of studies.</i></p> <p><b>Marking Scheme:</b> 5 items x 2 points = 10 points</p> <p><b>NOTE:</b> The candidate may be asked to complete a <b>job application, training notes, a questionnaire, a gym class schedule, an advertisement, an order form, a workout plan, study notes, an emergency form, a fitness report, a trainer log, a client's review, a progress form, a fitness plan, a feedback form, an email, a quiz, a nutrition plan, a message, a memo, doctor's notes, a poster, an information sheet, a message or a comment card.</b> This task is based on elements of writing that the candidates will need to produce as professional fitness trainers.</p> |
| <p><b>Duration:</b> 60 minutes</p>  | <p><b>Marks:</b> <b>TOTAL:</b> 100 points</p>   |