

INTERNATIONAL VOCATIONAL ENGLISH EXAMINATIONS

English for Fitness Training Examination: General Description

<p>PART 1 Listening (approx. 10 minutes)</p>	<p>Task type: Multiple choice Format: 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>Task Focus: <i>identifying detail, understanding and interpreting information, specific information, gist, detail, main idea, function, purpose, attitude, opinion, etc.</i></p> <p>Marking Scheme: 10 items x 2 points = 20 points</p> <p>NOTE: Each part is heard twice.</p>
<p>PART 2 Knowledge of Linguistic Means (20 minutes)</p>	<p>Task type: Multiple choice Format: 18 4-option multiple choice sentences Task Focus: <i>lexical</i></p> <p>Marking Scheme: 18 items x 2 points = 36 points</p> <p>Topic areas: 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 & first aid; support & assistance; cardio-respiratory training; resistance training; other types of training</p>
<p>PART 3 Knowledge of Language Functions (15 minutes)</p>	<p>Task type: Multiple choice Format: 16 2-option multiple choice exchanges Task Focus: <i>lexico-grammatical</i></p> <p>Marking Scheme: 16 items x 1 point = 16 points</p> <p>Functions: 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>PART 4 Reading (10 minutes)</p>	<p>Task type: Multiple choice – True/False/Doesn't say Format: 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. Task Focus: <i>understanding detail, specific information, implication, attitude, reference and meaning</i></p> <p>Marking Scheme: 6 items x 3 points = 18 points</p> <p>NOTE: All the texts are related to the specific field of study.</p>
<p>PART 5 Writing Awareness (5 minutes)</p>	<p>Task type: A gapped or jumbled text of approx. 200 words Format: 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. Task Focus: <i>Recognition of writing features and language as required in their field of studies.</i></p> <p>Marking Scheme: 5 items x 2 points = 10 points</p> <p>NOTE: The candidate may be asked to complete a 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. This task is based on elements of writing that the candidates will need to produce as professional fitness trainers.</p>
<p>Duration: 60 minutes</p>	<p>Marks: TOTAL: 100 points</p>