



Listening Test

Set 1

24 December 2025

- You will hear four recordings.
- Write your answers on the question paper.
- You will have time to read the questions before you listen.
- Use a pencil. Write clearly and follow instructions.
- At the end, you will have 10 minutes to transfer your answers.

Part 1

Complete the form below.

Write ONE WORD AND / OR A NUMBER for each answer.

WELLNESS HUB FITNESS CENTRE MEMBERSHIP APPLICATION FORM	
Client Details:	
Name:	Sarah Evans
Phone Number: 1.	_____
Email Address:	sarah.evans@2. _____ .com
Membership Type:	
(Please circle one: Standard / Premium / Off-Peak)	
Duration: 3.	_____ months
Start Date: 4.	_____ October
Preferred Activity/Class: 5.	_____
Medical Notes:	
Special requirement: 6.	_____
Payment Details:	
Method: Direct 7.	_____
Monthly Fee: £ 8.	_____
How did you hear about us? 9. _____	
If by recommendation, please provide Reference Number: 10. _____	

Part 2

Questions 11-20

Choose TWO letters, A-E.

11-12 According to Dr. Vance, what are the two main functions of the National Medical Board?

['A) To fund private medical research projects.', 'B) To establish and uphold professional standards.', 'C) To ensure all registered doctors are competent.', 'D) To offer legal advice to medical staff.', 'E) To organize international medical conferences.']

['A) A personal statement outlining career aspirations.', 'B) Verification of their primary medical qualification.', 'C) Results from an approved English language test.', 'D) A detailed curriculum vitae highlighting all work experience.', 'E) Proof of residency in the country for at least five years.']

['A) The applicant's financial stability.', 'B) Their clinical skills and medical knowledge.', 'C) Their understanding of ethical medical practice.', 'D) Their involvement in community volunteer work.', 'E) Their ability to secure hospital employment.']

['A) Achieve a specialist medical qualification.', 'B) Complete a mandatory period of supervised practice.', 'C) Demonstrate satisfactory clinical performance.', 'D) Secure funding for further medical research.', 'E) Participate in public health awareness campaigns.']

['A) To contribute regularly to medical journals.', 'B) To engage in continuous professional development (CPD).', 'C) To adhere strictly to the board's code of conduct.', 'D) To limit their practice to specific geographical areas.', 'E) To regularly update their social media profiles.']

13-14 Which two crucial pieces of evidence must international medical graduates submit for initial consideration?

['A) To fund private medical research projects.', 'B) To establish and uphold professional standards.', 'C) To ensure all registered doctors are competent.', 'D) To offer legal advice to medical staff.', 'E) To organize international medical conferences.']

['A) A personal statement outlining career aspirations.', 'B) Verification of their primary medical qualification.', 'C) Results from an approved English language test.', 'D) A detailed curriculum vitae highlighting all work experience.', 'E) Proof of residency in the country for at least five years.']

['A) The applicant's financial stability.', 'B) Their clinical skills and medical knowledge.', 'C) Their understanding of ethical medical practice.', 'D) Their involvement in community volunteer work.', 'E) Their ability to secure hospital employment.']

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['A) To contribute regularly to medical journals.', 'B) To engage in continuous professional development (CPD).', 'C) To adhere strictly to the board's code of conduct.', 'D) To limit their practice to specific geographical areas.', 'E) To regularly update their social media profiles.']

15-16 During the assessment phase, which two areas are primarily evaluated by the board?

['A) To fund private medical research projects.', 'B) To establish and uphold professional standards.', 'C) To ensure all registered doctors are competent.', 'D) To offer legal advice to medical staff.', 'E) To organize international medical conferences.']

['A) A personal statement outlining career aspirations.', 'B) Verification of their primary medical qualification.', 'C) Results from an approved English language test.', 'D) A detailed curriculum vitae highlighting all work experience.', 'E) Proof of residency in the country for at least five years.']

['A) The applicant's financial stability.', 'B) Their clinical skills and medical knowledge.', 'C) Their understanding of ethical medical practice.', 'D) Their involvement in community volunteer work.', 'E) Their ability to secure hospital employment.']

['A) Achieve a specialist medical qualification.', 'B) Complete a mandatory period of supervised practice.', 'C) Demonstrate satisfactory clinical performance.', 'D) Secure funding for further medical research.', 'E) Participate in public health awareness campaigns.']

['A) To contribute regularly to medical journals.', 'B) To engage in continuous professional development (CPD).', 'C) To adhere strictly to the board's code of conduct.', 'D) To limit their practice to specific geographical areas.', 'E) To regularly update their social media profiles.']

17-18 During provisional registration, what two requirements must applicants fulfil?

['A) To fund private medical research projects.', 'B) To establish and uphold professional standards.', 'C) To ensure all registered doctors are competent.', 'D) To offer legal advice to medical staff.', 'E) To organize international medical conferences.']

['A) A personal statement outlining career aspirations.', 'B) Verification of their primary medical qualification.', 'C) Results from an approved English language test.', 'D) A detailed curriculum vitae highlighting all work experience.', 'E) Proof of residency in the country for at least five years.']

['A) The applicant's financial stability.', 'B) Their clinical skills and medical knowledge.', 'C) Their understanding of ethical medical practice.', 'D) Their involvement in community volunteer work.', 'E) Their ability to secure hospital employment.']

['A) Achieve a specialist medical qualification.', 'B) Complete a mandatory period of supervised practice.', 'C) Demonstrate satisfactory clinical performance.', 'D) Secure funding for further medical research.', 'E) Participate in public health awareness campaigns.']

['A) To contribute regularly to medical journals.', 'B) To engage in continuous professional development (CPD).', 'C) To adhere strictly to the board's code of conduct.', 'D) To limit their practice to specific geographical areas.', 'E) To regularly update their social media

profiles.']

19-20 What two obligations must registered doctors continuously meet to maintain their good standing?

['A) To fund private medical research projects.', 'B) To establish and uphold professional standards.', 'C) To ensure all registered doctors are competent.', 'D) To offer legal advice to medical staff.', 'E) To organize international medical conferences.']

['A) A personal statement outlining career aspirations.', 'B) Verification of their primary medical qualification.', 'C) Results from an approved English language test.', 'D) A detailed curriculum vitae highlighting all work experience.', 'E) Proof of residency in the country for at least five years.']

['A) The applicant's financial stability.', 'B) Their clinical skills and medical knowledge.', 'C) Their understanding of ethical medical practice.', 'D) Their involvement in community volunteer work.', 'E) Their ability to secure hospital employment.']

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['A) To contribute regularly to medical journals.', 'B) To engage in continuous professional development (CPD).', 'C) To adhere strictly to the board's code of conduct.', 'D) To limit their practice to specific geographical areas.', 'E) To regularly update their social media profiles.']

Part 3

Questions 21-30

Choose the correct letter, A, B or C.

21. What is the main purpose of Sarah and Mark's meeting with their tutor?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding support services.']

['A. maintaining new habits over time.', 'B. finding accurate information on healthy living.', 'C. balancing social life with academic responsibilities.']

['A. to expand their research to include staff well-being.', 'B. to focus primarily on the nutritional aspects of lifestyle.', 'C. to concentrate on a more specific area.']

['A. cautiously optimistic about its potential benefits.', 'B. highly skeptical due to practical difficulties.', 'C. enthusiastic, believing it's the most effective solution.']

['A. the potential negative impact on academic performance.', 'B. the lack of sustained motivation among students.', 'C. the difficulty in measuring the effectiveness of interventions.']

['A. gathering qualitative data through student interviews.', 'B. ensuring sufficient participants for a large-scale study.', 'C. ensuring a rigorous research design.']

['A. the availability of healthy food options on campus.', 'B. the pressure from academic deadlines.', 'C. the influence of the peer group.']

['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed intervention strategy.', 'C. to begin drafting the introduction of their final report.']

22. What is the tutor's initial reaction to the students' preliminary survey findings on student stress?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding support services.']

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['A. to expand their research to include staff well-being.', 'B. to focus primarily on the nutritional aspects of lifestyle.', 'C. to concentrate on a more specific area.']

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['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed intervention strategy.', 'C. to begin drafting the introduction of their final report.']

23. What did Sarah find most surprising during her preliminary research?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding support services.']

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['A. the availability of healthy food options on campus.', 'B. the pressure from academic deadlines.', 'C. the influence of the peer group.']

['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed intervention strategy.', 'C. to begin drafting the introduction of their final report.']

24. According to Mark, what is the biggest challenge for students trying to improve their lifestyle?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding

support services.']

['A. maintaining new habits over time.', 'B. finding accurate information on healthy living.', 'C. balancing social life with academic responsibilities.']

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['A. the availability of healthy food options on campus.', 'B. the pressure from academic deadlines.', 'C. the influence of the peer group.']

['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed intervention strategy.', 'C. to begin drafting the introduction of their final report.']

25. What does the tutor suggest regarding the scope of their project?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding support services.']

['A. maintaining new habits over time.', 'B. finding accurate information on healthy living.', 'C. balancing social life with academic responsibilities.']

['A. to expand their research to include staff well-being.', 'B. to focus primarily on the nutritional aspects of lifestyle.', 'C. to concentrate on a more specific area.']

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['A. the availability of healthy food options on campus.', 'B. the pressure from academic deadlines.', 'C. the influence of the peer group.']

['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed intervention strategy.', 'C. to begin drafting the introduction of their final report.']

26. What is Sarah's attitude towards the idea of a 'digital detox' for students?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding support services.']

['A. maintaining new habits over time.', 'B. finding accurate information on healthy living.', 'C. balancing social life with academic responsibilities.']

['A. to expand their research to include staff well-being.', 'B. to focus primarily on the nutritional aspects of lifestyle.', 'C. to concentrate on a more specific area.']

['A. cautiously optimistic about its potential benefits.', 'B. highly skeptical due to practical difficulties.', 'C. enthusiastic, believing it's the most effective solution.']

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['A. gathering qualitative data through student interviews.', 'B. ensuring sufficient participants for a large-scale study.', 'C. ensuring a rigorous research design.']

['A. the availability of healthy food options on campus.', 'B. the pressure from academic deadlines.', 'C. the influence of the peer group.']

['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed intervention strategy.', 'C. to begin drafting the introduction of their final report.']

27. What is Mark's main concern about implementing lifestyle changes on campus?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding support services.']

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['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed

intervention strategy.', 'C. to begin drafting the introduction of their final report.']

28. What does the tutor emphasize about the research methodology for their intervention?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding support services.']

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['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed intervention strategy.', 'C. to begin drafting the introduction of their final report.']

29. Sarah and Mark agree on the importance of which factor in influencing student lifestyle choices?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding support services.']

['A. maintaining new habits over time.', 'B. finding accurate information on healthy living.', 'C. balancing social life with academic responsibilities.']

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['A. gathering qualitative data through student interviews.', 'B. ensuring sufficient participants for a large-scale study.', 'C. ensuring a rigorous research design.']

['A. the availability of healthy food options on campus.', 'B. the pressure from academic deadlines.', 'C. the influence of the peer group.']

['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed intervention strategy.', 'C. to begin drafting the introduction of their final report.']

30. What is the tutor's final advice for the next stage of their project?

['A. To finalize the topic for their dissertation.', 'B. To review their project progress and discuss challenges.', 'C. To plan a new research methodology for data collection.']

['A. He believes the findings are greatly exaggerated.', 'B. He thinks it confirms what is generally known.', 'C. He is concerned about the quality of their data collection.']

['A. the high number of students reporting sleep difficulties.', 'B. the strong correlation between diet and academic performance.', 'C. the lack of student awareness regarding support services.']

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['A. to conduct more extensive literature reviews.', 'B. to clearly outlining their proposed intervention strategy.', 'C. to begin drafting the introduction of their final report.']

Part 4

Complete the sentences below.

Write ONE WORD ONLY for each answer.

31. Recent trends indicate a growing desire for fitness solutions that offer more than just physical activity, focusing on overall _____.
32. A key challenge for fitness centres is retaining members, often due to high initial expectations and a subsequent lack of _____.
33. The speaker suggests that traditional annual contracts can deter new members who prefer more _____ membership options.
34. Incorporating wearable technology into membership packages could provide members with personalised data and enhance their sense of _____.
35. Fitness centres should consider offering specialised programs catering to specific demographics, such as the _____ population, to broaden their appeal.
36. To foster a stronger community, centres might organise regular social events or _____ challenges among members.
37. The success of a fitness centre heavily relies on the ongoing professional development and _____ of its staff.
38. Offering complimentary nutritional workshops or _____ advice can add significant value beyond standard gym access.
39. Emphasising flexible cancellation policies can build greater _____ with potential members, reducing their perceived risk.
40. Ultimately, the long-term viability of fitness centres depends on their ability to adapt and deliver a truly _____ experience.