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## National

 QualificationsX827/76/01

THURSDAY, 26 MAY
9:00 AM - 9:45 AM (approx)

Fill in these boxes and read what is printed below.

Full name of centre

$\square$

Town
$\square$

Forename(s)


Surname


Number of seat


Date of birth


Total marks - 25
Attempt ALL questions.
You will hear three different recordings. Before you hear each recording, you will have one minute to read the questions. You will hear each recording twice, with an interval of ten seconds between playings. You will then have time to answer the questions before hearing the next recording.
You must NOT use a dictionary.
Write your answers clearly in the spaces provided in this booklet. Additional space for answers is provided at the end of this booklet. If you use this space you must clearly identify the question number you are attempting.
Use blue or black ink.
You are not allowed to leave the examination room until the end of the test.
Before leaving the examination room you must give this booklet to the Invigilator; if you do not, you may lose all the marks for this paper.

Total marks - 25
Attempt ALL questions

## Recording 1

Listen to the recording and answer the questions which follow. You will hear the recording twice. You now have one minute to read the questions in Recording 1 before the recording begins.

Questions 1-4: Choose the correct answer for each question and tick ( $\checkmark$ ) one box.

1. The presenter, Nick:

A very rarely goes swimming.
B never swims in the sea.


C used to swim outdoors in Scotland.

D swims in rivers and lochs in Scotland.

2. Wild swimming in Scotland:

A is always done in the sea. $\square$
B is growing rapidly in popularity.

C is dangerous without a wetsuit.

D can cause headaches.

3. Clara almost got hypothermia because:

A the water was colder than usual.

B she did too many handstands. $\square$
C she wasn't wearing a wetsuit.


D she made a misjudgement.
$\square$
$\square$

## Recording 1 questions (continued)

4. Which one of the following things does Clara say?

A Wild swimmers enjoy being part of a community.


B Her friends have anxieties about wild swimming.


C Some wild swimmers find it helps them mentally.


D People do wild swimming as part of a therapy course. $\square$

Question 5: Complete the sentences below with NO MORE THAN THREE WORDS for each answer.
5. (a) For thousands of years people lived in $\square$
$\square$ nature.
(b) Unlike walking in the park, wild swimming also involves
$\square$
(c) Experienced wild swimmers know $\square$
$\square$ the after effects are.
(d) $\qquad$ can make people feel less depressed.

Question 6: Choose the correct answer and tick ( $\checkmark$ ) one box.
6. Which of these best sums up Nick's attitude to wild swimming?

A He appreciates its benefits but doesn't want to get involved. $\square$
B He has some reservations but thinks he'll give it a try. $\square$
C He's rather sceptical about the possible psychological benefits. $\square$

D He feels the dangers outweigh any advantages it may have. $\square$

## Recording 2

Listen to the recording and answer the questions which follow. You will hear the recording twice. You now have one minute to read the questions in Recording 2 before the recording begins.
7. Complete the sentences below with NO MORE THAN THREE WORDS for each answer.
(a) The presenter wonders whether appearance is $\square$
$\square$ ability.
(b) The report questions the image a potential employer might
$\square$
(c) According to Chris, it's easy to learn certain skills when
$\square$
(d) According to Chris, employers are looking for staff who
$\square$

Questions 8-11: Choose the correct answer for each question and tick ( $\checkmark$ ) one box.
8. The presenter suggests that Chris's company is more likely to employ people who:

A are born in the UK.


B sound European.


C have a local accent.


D have a strong sense of identity.


## Recording 2 questions (continued)

9. As regards coffee houses, the presenter worries that:

A customers are unhappy if all outlets look the same.

B certain groups are subject to employer prejudice.

C few stores are located in poorer parts of Glasgow.

D there are not even jobs for middle-class children.
10. The report shows that:

A companies won't hire people with hygiene problems.

B cases of gender discrimination are on the increase.

C companies may be acting illegally by obsessing about image.

D customers place more importance on service than quality.
11. Which best describes the attitude of the presenter?

A Agreeable $\square$
B Indifferent $\square$
C Supportive


D Hostile $\square$

$\square$
$\square$
$\square$



## Recording 3

Listen to the recording and answer the questions which follow. You will hear the recording twice. You now have one minute to read the questions in Recording 3 before the recording begins.

Questions 12-14: Choose the correct answer for each question and tick $(\checkmark)$ one box.
12. According to the speaker, walking 10,000 steps a day:

A is the next fitness craze. $\square$
B requires a step-counter. $\square$
C is less common in other countries.

D is likely to lose popularity by 2022.

13. The figure of 10,000 comes from:

A a popular event at the 1964 Tokyo Olympic Games. $\square$
B the Japanese designers of the first step-counter. $\square$
C a group of researchers at a Japanese university. $\square$
D the daily steps of the average Japanese person.

14. Which of these statements is true about the 10,000 step target?

A The World Health Organisation questions its accuracy. $\square$
B No expert now has confidence in it. $\square$
C Research into it has been substandard. $\square$
D It has been lowered to 3,000-5,000 steps. $\square$

## Recording 3 questions (continued)

15. Complete the sentences below with NO MORE THAN THREE WORDS for each answer.
(a) For people with a less active lifestyle, a $\square$
$\square$ to 10,000 steps may have harmful consequences.
(b) The speaker is critical of the $\square$
$\square$ with the 10,000 steps target.
(c) The important thing is to guide people away from $\square$
$\square$
(d) Research indicates that a minimum of 6,000-8,000 steps could be appropriate,
but there needs to be a/an $\square$
$\square$ too.
(e) The 10,000 step goal doesn't consider the $\square$
$\square$ which could be more significant than the actual number of steps.

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