

## WB 39 / 12: Reading Course Part 3 – solution 12 a-c

### US students and sport

- (1) **US teenagers do not do enough sport to keep fit and healthy.** **TOPIC**  
As children grow older, they become less and less active, and by 12<sup>th</sup> grade physical activity has reached its lowest level.
- (2) **Experts agree that students in grades 9–12 spend too much time sitting and spend too little time on physical activities.** **Main idea**  
**For example, 35% of US high school students do not take part in sports regularly.** **example**  
The fact alone can be the reason for serious health problems.
- (3) **One problem is that our modern lifestyle with its electronic media means that teenagers spend many hours on activities where they just sit.** **Main idea**  
**These activities are, for example, watching TV or DVDs, playing video games and computer games or using computer or cellphones to contact friends.** **reason**  
**Studies have shown that 17% of young people in the US watch TV for more than 5 hours a day.** **example**
- (4) **How students get to school is another reason for physical inactivity.** **Main idea**  
**National transportation studies say that for safety reasons most students are taken to school by bus or by car, even if school is only one mile or less away from home.** **reason**  
**Older students drive to school in their own cars, so walking or cycling to school is something that most high school students do not do.** **example**
- (5) What can be done to change the attitude of teenagers to sport and physical activities? **In many parts of the USA communities and local government work together to offer physical activity programs for young people.** **reason**  
**But physical activity is voluntary, so students will join programs only if they are enjoyable, close to home and free.** **Main idea**

## Solution 12d

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|---|---|
| A | 5 |
| B | 4 |
| C | 3 |
| D | 1 |
| E | 2 |