

Từ vựng luyện thi nói IELTS theo chủ đề: Sport

Mỗi cá thể trong cộng đồng đều có liên quan tới thể thao: có thể chỉ là xem thể thao trên ti vi, trực tiếp chơi thể thao hay thậm chí là tìm mọi cách để tránh chơi thể thao. Vì đó là một trong những chủ đề rất quan trọng nên sẽ có khả năng cao bạn sẽ nhận được những câu hỏi về 'Thể thao' trong bài thi IELTS Speaking.

Hãy đọc những câu hỏi và câu trả lời dưới đây, chú ý vào những phần được **bôi đậm**. Nếu cần, hãy sử dụng phần 'Definition' ở cuối trang để kiểm tra nghĩa của các cụm từ đó.

Part 1-style questions

Examiner: Do you do any sports?

Loiuse: Not really ... no ... I always say I'm going **to take up exercise** and try **to get into shape** but I never seem to get started ... I sometimes wonder whether I should get **a personal trainer** ... someone who will sort out **a fitness programme** for me and make me **train hard**

Examiner: How do you spend a typical weekend?

Stella: I'm a big **football fan** and weekends always centre around **a football match** ... I support FC Utrecht and have **a season ticket** so I go to most of the **home games** and quite a few of the **away games** too ... I'm really looking forward to the new **football season** starting soon ...

Examiner: Have you got any hobbies or interests?

Theo: Yes ... I'm really keen on sports ... I **do judo** once a week and **play tennis** in the summer ... I think it's really important **to keep fit** ... it makes you feel good and energised for work and your studies

Part 2-style task

Describe a place you like going to in your leisure time. You should say:

what this place is

when you go there

what you do there

and say why you enjoy it there so much.

Maurice: I'd like to talk about my local **sports centre** ... it's a place I spend a lot of time in ... it's a new building with all the latest **sports facilities** ... I probably go there at least twice a week ... sometimes more often ... it's a huge place ... there's an outdoor **athletics track** and some **football pitches** ... I **play football** so I'm often out there ... there are several indoor **squash and tennis courts** that I use occasionally ... a big **swimming pool** ... although I don't use that very often ... I'm not a very **strong swimmer** ... there's a gym ... lots of things really ... why do I enjoy going there ... it's just a really fun place to be ... there's a good social side to it all ... you can enter competitions ... meet up with other people who want to do the same sports ... and because there are so many activities on offer it gets you interested in different things ... for example I was listening to some people talking about training **to run the marathon** and I've decided I might even think about that ... I **go jogging** a couple of times a week so it would give me something to aim for ... so yes ... the sports centre ... that's the place I really like to visit ...

Part 3-style questions

Examiner: Should people be encouraged more to take up sport?

Alejandro: I think young people should be given the chance to discover which sport they might like ... watching sport is sometimes a good way to get people started ... not on TV but actually getting out ... take athletics for example ... they could go to **an athletics meeting** ... there are so many different sports on show one might interest them ...

Examiner: Why do some people enjoy participating in sport more than others?

Florrie: That's a good question ... I suppose some people are more concerned about their health ... they can't stand the thought of **being out of condition** ... other people might be driven to excel ... they want **to set records** or get **personal bests** ...

Examiner: Which sports do you think are best for people who aren't used to physical activity?

Julie: Well ... I think people like this should avoid **strenuous exercise** so things like **circuit training** are definitely out of the question ... maybe just doing a **brisk walk** every day ... or swimming is always a good way to get started ...

Definitions

an athletics meeting: an event where various athletics sports are held

an athletics track: a running track

an away game: a football match played in the opposing teams stadium

a brisk walk: a fast walk

to do judo: (not go or play)

a football fan: someone who likes football

a fitness programme: a schedule of activities to keep fit

a football match: a game of football

a football pitch: the surface on which you play football (as opposed to a stadium, which is the building)

a football season: a period in the year when football is played

to get into shape: to become fit

to go jogging: to run around the streets

a home game: a football match played in the teams own stadium

to keep fit: to stay in good physically condition

to be out of condition: to not be physically fit

a personal best: to achieve the best personal result so far in a sport

a personal trainer: a sports coach that helps you on a one-to-one basis

to play tennis/football: (not do or go)

to run the marathon: to run a distance of 42.195 Kilometres

a season ticket: a ticket that gives you entry to most of a team's home games during the sporting year.

to set a record: to achieve the best result in a sport

a sports centre: a public building where people can do various sports

sports facilities: the equipment and services needed to do a sport

a squash/tennis/badminton court: the surface where you play these sports

strenuous exercise: exercise that needs a lot of physical effort

a strong swimmer: a good swimmer

a swimming pool: the place where you swim

to take up exercise: to start doing exercise

to train hard: to train with a lot of effort