

IELTS Sports Vocabulary

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 physical 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

IELTS Speaking Vocabulary. Sport

- **active rest:** a leisure time during which you exercise. *Active rest between lessons helps children to study more effectively.*
- **athletics track (running track):** a track for running, usually used for athletic races. *The 9-lane running track is equipped to cope with competitions of all levels.*
- **barbell:** a weight-lifting gear.
- **blow the competition away:** win easily the competition. *After training for seven years, he blew the baseball competition away.*
- **brisk walk (brisk walking):** a sport in which people walk fast, but not as fast as a full run. *Brisk walking is a great exercise for those, who want to lose weight.*
- **to build muscle:** to gain muscle mass. *John was very skinny five year ago, but now he has built muscle and looks really strong.*
- **fitness program:** a timetable of activities to keep you in a good shape.
- **football fan:** someone who adores football.
- **football pitch:** the surface on which you play football.
- **football season:** a period when football is played.
- **jogging:** a form of running at a slow pace.
- **keep-fit exercises:** exercises that help you to keep your body in a good shape.
- **personal best:** an achievement in sport that is better than anything you have achieved before. *Today I've ran 100m in 12 seconds! That is my personal best.*
- **personal trainer (sports coach):** a person that helps you to train on a one-to-one basis. *It's much easier to train with a sports coach than alone.*
- **sports centre (fitness centre):** a specific building where people can do different sports. *I practise fencing at a local sports centre.*
- **sports facilities:** the equipment and services needed to do a sport. *I chose this gym because it offers a wide range of sports facilities.*
- **sports meeting (athletics meeting):** an event at which a number of athletic contests are held. *The next athletics meeting will be held in November and will include javelin, pole vault, hurdles and steeplechase.*
- **squash/tennis/badminton court:** the surface where you play these sports.
- **strength-training strategy:** set of exercises to build muscles. *My dad advised me a wonderful strength-training strategy.*

- **strenuous exercise:** exercise that needs a lot of physical effort. *It is recommended to drink a lot of water after strenuous exercises.*
- **strong swimmer:** an experienced swimmer.
- **swimming pool:** a place filled with water made specifically for swimming.
- **that's the way the ball bounces:** used to say that things don't always go as planned, but there is nothing we can do about it. *Dave didn't win the game as he expected, but he never minds - that's the way the ball bounces.*
- **to be keen to do smth (to be keen on doing smth):** to be very interested in doing something. *I'm keen on cycling.*
- **to be out of condition (to be out of shape):** to be in bad physical condition, to lose strength. *Lily hasn't been training for years, she is out of condition now.*
- **to be saved by the bell:** to be saved from losing by a timely interruption. *Evan would lose this round, if he wasn't saved by the bell.*
- **to build muscle:** to gain muscle by working out.
- **to get into shape:** to become fit. *Paul started training in gym because he wanted to get into shape.*
- **to keep fit:** to stay in a good shape. *I practise dancing to keep fit.*
- **to run the marathon:** to run a distance of 42.195 kilometres.
- **to set a record:** to achieve the best result in a sport. *A new record in pole vault was set two years ago.*
- **to take up doing smth:** to start doing something new (usually sport). *I took up dancing last week.*
- **to train hard:** to train with effort and passion.
- **to warm up:** to perform light exercises to prepare for a hard workout. *A good warm-up readies your body for a hard training.*
- **to work out:** to exercise in gym.
- **treadmill:** an exercise machine in the gym used for walking or running, while staying in the same place. *Good treadmills provide a indoor workout experience as natural as the outdoors.*