Diet, sport and fitness

VOCABULARY PRACTICE
UPPER-INTERMEDIATE | B2

Name: _____ Date: _____

1 Match each precise term with its definition.

1 metabolic rate ____	**a** the rate at which the body converts food into energy
2 macronutrient ____	**b** a nutrient needed in large amounts, such as protein, fat or carbohydrate
3 overtraining ____	**c** training beyond the body's capacity to recover, leading to fatigue and injury risk
4 progressive overload ____	**d** gradually increasing training demands over time to continue building strength
5 sedentary lifestyle ____	**e** a way of life involving little physical activity
6 caloric deficit ____	**f** consuming fewer calories than the body uses, leading to weight loss
7 muscle atrophy ____	**g** the wasting or shrinking of muscle tissue, often from disuse
8 aerobic capacity ____	**h** the maximum rate at which the body can use oxygen during exercise
9 hydration ____	**i** maintaining an adequate level of fluid in the body
10 plateau ____	**j** a period during which progress stalls despite continued effort

2 Choose the word with the most suitable connotation.

1 For the rate the body converts food into energy: metabolic rate / dietary preference.

2 For a nutrient needed in large amounts: macronutrient / a trace mineral.

3 For training beyond the body's capacity to recover: overtraining / balanced training.

4 For gradually increasing training demands: progressive overload / static routine.

5 For a way of life with little physical activity: sedentary lifestyle / active lifestyle.

6 For consuming fewer calories than used: caloric deficit / caloric surplus.

7 For the wasting of muscle tissue: muscle atrophy / muscle growth.

8 For a period when progress stalls: a plateau / continuous improvement.

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3 **Complete the fitness collocations with one word.**

1 boost your _____ rate (= how fast you convert food to energy)

2 essential _____ (= a nutrient needed in large amounts)

3 risk _____ (= training beyond safe recovery capacity)

4 apply _____ overload (= gradually increasing demands)

5 a _____ lifestyle (= involving little activity)

6 maintain a caloric _____ (= consuming fewer calories than used)

7 prevent muscle _____ (= wasting of muscle tissue)

8 hit a _____ (= progress stalling)

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4 Complete the case notes with words and phrases from the box.

aerobic capacity | caloric deficit | hydration | macronutrient | metabolic rate | muscle atrophy | overtraining | plateau | progressive overload | sedentary lifestyle

Case A: The trainer applied 1 _____ gradually, increasing weights each week to avoid a training 2 _____.
Case B: The client's largely 3 _____ increased his risk of 4 _____ during periods of inactivity.
Case C: A sustainable 5 _____ helped the client lose weight gradually without damaging 6 _____.
Case D: Regular cardio sessions steadily improved her 7 _____ over several months.
Case E: The coach warned against 8 _____, noting early signs of fatigue and reduced performance.
Case F: Nutritionists emphasised balanced 9 _____ intake alongside proper 10 _____, especially during intense training periods.

5 Read the text and answer the questions briefly.

The overtraining paradox

Exercise scientists increasingly caution against a common misconception: that more training always produces better results. Overtraining, pushing the body beyond its capacity to recover, paradoxically reduces performance over time rather than improving it, since inadequate recovery prevents the physiological adaptations that make training effective in the first place. Progressive overload remains essential for continued improvement, but only when balanced against sufficient rest, since muscle growth actually occurs during recovery periods rather than during the training session itself. Athletes hitting a plateau often assume they need to train harder, when research increasingly suggests that inadequate recovery, rather than insufficient effort, is the more likely culprit.

1 What common misconception do exercise scientists increasingly caution against? _____

2 What is overtraining? _____

3 What does overtraining paradoxically do to performance over time? _____

4 What does progressive overload need to be balanced against? _____

5 When does muscle growth actually occur, according to the text? _____

6 What do athletes hitting a plateau often assume, and what does research suggest instead? _____

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6 **Rewrite each sentence using the word in capitals. Do not change the meaning.**

1 He gradually increased the training demands each week. PROGRESSIVE OVERLOAD _____

2 She trained beyond her body's capacity to recover. OVERTRAINING _____

3 His progress stalled despite continued effort. PLATEAU _____

4 He consumed fewer calories than his body used. CALORIC DEFICIT _____

OVER TO YOU

Write a 120-150 word account analysing why balanced recovery matters as much as training intensity, distinguishing observation from recommendation.

[ ] Use at least twelve target expressions. [ ] Control connotation carefully. [ ] Avoid unsupported assumptions.

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ANSWER KEY

1 Precise terms

1 a 2 b 3 c 4 d 5 e 6 f 7 g 8 h 9 i 10 j

2 Connotation

1 metabolic rate 2 macronutrient 3 overtraining 4 progressive overload 5 sedentary lifestyle 6 caloric deficit 7 muscle atrophy 8 a plateau

3 Collocations

1 metabolic 2 macronutrient 3 overtraining 4 progressive 5 sedentary 6 deficit 7 atrophy 8 plateau

4 Case notes

1 progressive overload 2 plateau 3 sedentary lifestyle 4 muscle atrophy 5 caloric deficit
6 metabolic rate 7 aerobic capacity 8 overtraining 9 macronutrient 10 hydration

5 Reading - suggested answers

1 That more training always produces better results.
2 Pushing the body beyond its capacity to recover.
3 Reduces it rather than improving it.
4 Sufficient rest.
5 During recovery periods rather than during the training session itself.
6 They assume they need to train harder; research suggests inadequate recovery is the more likely culprit.

6 Rewriting - possible answers

1 He applied progressive overload. 2 She experienced overtraining.
3 He hit a plateau. 4 He maintained a caloric deficit.

Over to you

Answers will vary. Check lexical precision, appropriate connotation and separation of fact from inference.