

Listen to a radio programme about sporting activities and exercise in modern Britain. For questions 1- 6, put a cross **X** in A, B or C. Question 0 has been completed as an example. You will hear the information twice.

SPORTS AND EXERCISE



Example:

0. *The British government recommends exercising*

- A *5 hours per week.*
B *2 and a half hours per week.*
C *half an hour every day.*

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1. According to the presenter, women ...
A prefer to exercise together with other women.
B don't like to join team sports.
C go to the gym less than men.
2. Sue Tibballs says that girls ...
A start disliking sports very early.
B like playing sports at school.
C should watch more sports in the media.
3. Gerry Sutcliffe thinks that ...
A sports are part of people's culture.
B girls find it easier to play sports now.
C playing sports is good for everybody.
4. Sue Tibballs says that ...
A sports help you to keep fit.
B 60% of men enjoy sports competitions.
C most women don't like the competitiveness of sports.
5. Sue Tibballs thinks that women ...
A are not well represented in the sports sector.
B don't have time for sports.
C are sometimes discouraged to play sports.
6. Sue Tibballs wants ...
A better information about health and sports.
B a new perception about sports.
C more government involvement in promoting sports.

KEY • SPORTS AND EXERCISE

1. According to the presenter, women ...
B don't like to join team sports.
2. Sue Tibballs says that girls ...
A start disliking sports very early.
3. Gerry Sutcliffe thinks that ...
C playing sports is good for everybody.
4. Sue Tibballs says that ...
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5. Sue Tibballs thinks that women ...
B don't have time for sports.
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C more government involvement in promoting sports.

TRANSCRIPT

PRESENTER: You may be aware that the government has suggested that we should all exercise for half an hour five times a week, and the expectation is that most of it would be achieved through sport, which seems to be fine if you are a man, but not if you are a woman. Only 3% of women take part in team games, although gym membership is pretty evenly split between the sexes. So, why do women exercise when men play sport? Well, this Thursday there is to be a conference raising the game, "The future for women in sport" where the Women's Sport and Fitness Foundation will be announcing the results of their research on the genre differences in attitudes. I was joined earlier by Gerry Sutcliffe, who is Minister for Sport, and by Sue Tibballs, who is chief executive of the foundation. What do women tell them about why they dislike sport?

SUE TIBBALLS: I think school sports is a problem. We know that a quarter of women say that school sports put them off exercise for life. And it starts very young, by age 7, 40% of girls say they are not sporty, so sport amazingly just remains an extremely male and masculine activity still to this day, but when you consider that only 5% of all sports media coverage features women, maybe it's not that surprising.

PRESENTER: Gerry, why have you determined that 3 out of 5 of those exercise periods that you are recommending per week should come from sport and not from exercise?

GERRY: Well, it's to try and encourage a change of culture. I mean, I agree that part of the problem is people's bad experiences, but what we are hoping is that we can change that culture all the way through, so that, not only in school sport the people have a better experience, but trying to make sure that, you know, people feel better about themselves, and we think sport can offer that. Now I accept that the split that's there and I think it's trying to offer new sports so that the women and girls do feel at ease with all what's going on...

PRESENTER: Sue, how would you define the difference between sport and exercise?

SUE TIBBALLS: Well, it is a bit blurred, isn't it? But, I think in the minds of most people they tend to think of team sports and competitive sports, exercise the things you do to keep fit. So there's a big difference there because we know that 60-odd percent of men enjoy the competitiveness of sport, compared to only about a third of women. I mean, at the Women's Sport and Fitness Foundation we are passionate about sport, so we are not saying that there is no possibility of encouraging more girls to play sports, in fact, on the contrary, girls football is the fastest-growing sport in the country, so we know there's huge potential. But the sports sector has got to work a lot harder to understand women's lives, I mean, a reality that all women will understand is that women are busy. There's lots of other things to do with their time, so we've got to find ways of making sport fit into the time they have available. And yet at the same time, be realistic, that Sport is not going to achieve this on its own, other government departments have got to get involved, particularly the department of Health. We also know that 60 % of women think that they are doing enough, so there seems to be quite a bit perception gap.

PRESENTER: Gerry, just before we go on to the question of where women find the time for all of this...