

# Functional Skills English

## Entry 3 Reading

### Sample assessment



www.cityandguilds.com  
November 2019  
Version 1.0

## Candidate Paper

# At the Gym

Time allowed: 45 minutes

Marks: 16

Candidate's name: \_\_\_\_\_

City & Guilds enrolment number: \_\_\_\_\_

Date of registration: \_\_\_\_\_

Date of assessment: \_\_\_\_\_

### You will need

- a pen with black or blue ink
- a dictionary.

### Instructions

- Read each question carefully.
- Answer **all** the questions.
- You do not need to write full sentences.
- There are no marks for spelling, punctuation or grammar.

### Candidate's declaration:

I confirm that this assessment is my own work.

Candidate's signature \_\_\_\_\_

Date \_\_\_\_\_

## Activity 1

Read the text.

# Get Fit Sports Centre

Tel: 01415 461561

3 Carlton Way, FD7 3AG

email: [getfitoffice@gymmail.co.uk](mailto:getfitoffice@gymmail.co.uk)

### Classes for you

#### CARDIO

##### Keep Fit

Increase your heart rate to achieve a thorough body workout.

##### Aqua

Build body strength through exercise in the swimming pool at our Barley Lane site.

##### Impact

This class mixes high energy training with tough exercises.

#### STRENGTH & TONING

##### Blast

Have fun with a purpose as you develop body strength.

##### Bootcamp

Like soldiers in the armed forces you will mix strength and weight training with high energy exercises.

##### Circuit Training

Work your whole body in different activities one after the other.

#### DANCE

(all classes are in the gym)

##### Non-Stop

Experience high energy dance in various styles from hip hop to Latin.

##### Zumba

We **guarantee** these beats and easy to follow moves are excellent for fitness.

##### Zumba Gold

Zumba especially for active people over 65 is a definite winner.

**Class Prices** Get Fit Members - £6.70 Pay As You Go - £9.70

### ADDITIONAL INFORMATION

#### • Health and Fitness Advice

All our classes offer a friendly, welcoming environment and have a full range of gym equipment. Our trained staff are always available to advise or help you.

#### • Gym Induction

Everyone must complete this training before they start using the equipment.

Price includes use of the gym on induction day.

Get Fit Members - Free

Pay As You Go - £20.00

#### • Cancellations

These have to be by telephone or email to the office. Please tell us at least 2 hours before the class if you want to cancel. There is a £5 charge if you do not attend.

**Please note:** We suggest you arrive 5 minutes before your class starts. See the timetable. The instructor will decide whether late arrivals can take part.

**Please do NOT remove from the notice board.**

**Answer the questions about the text.**

1. What is the **main** purpose of the text?  
(Tick **one**)

To describe gym cancellations.

To advertise gym inductions.

To inform gym instructors.

To explain gym classes.

2. Which class does **not** take place at the main site on Carlton Way?

---

3. Which class is based on army style fitness training?

---

4. Use your dictionary.  
Which word could replace **guarantee** in the text?  
(Tick **one**)

insure

protect

promise

secure

5. Which class is for a particular age group?

---

6. In the second bullet point, what is the price for Pay As You Go customers?

---

7. Name **two** ways you can cancel a class.

- ---

- ---

**8 marks**

**This page is intentionally blank**

## Activity 2

Read the text.

### Chapter 3 - Exercise your body

#### Arms

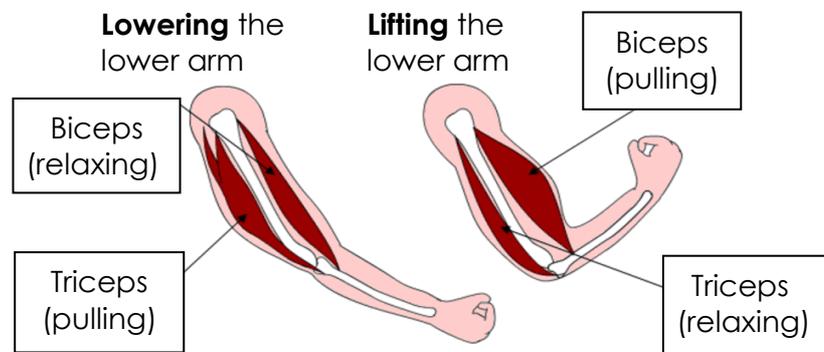


Fig 3a

Arms can bend, even though bones themselves cannot. This is because each arm has more than one bone and bends at the elbow joint where the bones meet.

A muscle is like an elastic band. Muscles pull the bones to move them but cannot push them. Each bone has two muscles attached to it. The biceps is the muscle that bends the lower arm and the triceps is the muscle that straightens it.

As one muscle pulls, it gets shorter, fatter and harder. This will cause the opposite one to relax. To know which is working, look at the muscle that is getting shorter.

You use your triceps to throw a ball, do a press-up or straighten your arm.

This is one exercise you can try.

#### Train your triceps



Fig 3b

1. Lie on a bench, bend your knees and position your feet flat on the floor.
2. With a weight in each hand, stretch your arms out over your head. Keep your hands close together and facing each other.
3. Bend your elbows and lower your arms to either side of your head.
4. Repeat this exercise 10 times.

Always warm up before you exercise. For the triceps, stretch your arms fully a few times before you start. If you don't, you could hurt a muscle. Also, don't forget to cool down after your workout.

**Answer the questions about the text.**

1. What is the text about?  
(Tick **one**)

Fattening muscles.

Exercising arms.

Bending bones.

Throwing balls.

2. Which muscle pulls to lift the bottom part of the arm?

---

3. In the text, what is a muscle compared to?

---

4. What is the purpose of the section with Fig 3b?  
(Tick **one**)

To offer advice on pulling a muscle.

To explain how a muscle can be hurt.

To demonstrate how to warm up a muscle.

To give instructions on exercising a muscle.

5. Which numbered step of the exercise does Fig 3b show?

---

6. Which phrase in the text is general advice before exercise?  
(Tick **one**)

press-up

cool down

warm up

muscle pulls

7. Which **two** pieces of equipment do you need to do the triceps exercise?

- \_\_\_\_\_
- \_\_\_\_\_

**8 marks**

Check your work.

**End of assessment**