

IELTS Vocabulary : band 7-9 phrases

아이엘츠 보카 정리: 컴퓨터/기술/스마트폰

<https://www.ieltsspeaking.co.uk/ielts-sports-vocabulary/>

아이엘츠 스피킹 파트1

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

아이엘츠 스피킹 파트2

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 ...

아이엘츠 스피킹 파트3

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
체육대회
- ***an athletics track:***
a running track
육상 트랙
- ***an away game:***
a football match played in the opposing teams stadium
어웨이 게임
- ***a brisk walk:***
a fast walk
빠른 걸음
- ***to do judo:***
(not go or play)
유도를 하다
- ***a football fan:***
someone who likes football
미식축구 팬
- ***a fitness programme:***
a schedule of activities to keep fit
피트니스 프로그램
- ***a football match:***
a game of football
미식축구 경기
- ***a football pitch:***
the surface on which you play football (as opposed to a stadium, which is the building)
미식축구장
- ***a football season:***
a period in the year when football is played

미식축구시즌

- **to get into shape:**
to become fit
살빠지다
- **to go jogging:**
to run around the streets
조깅하다
- **a home game:**
a football match played in the teams own stadium
홈게임
- **to keep fit:**
to stay in good physically condition
날씬한 몸매를 원하십니까? 유지하다.
- **to be out of condition:**
to not be physically fit
컨디션 난조
- **a personal best:**
to achieve the best personal result so far in a sport
개인 최고 기록
- **a personal trainer:**
a sports coach that helps you on a one-to-one basis
퍼스널 트레이너
- **to play tennis/football:**
(not do or go)
테니스/미식축구를 하다
- **to run the marathon:**
to run a distance of 42.195 Kilometres
마라톤을 하다
- **a season ticket:**
a ticket that gives you entry to most of a team's home games during the sporting year.

시즌 티켓

- **to set a record:**
to achieve the best result in a sport
최고 기록을 세우다
- **a sports centre:**
a public building where people can do various sports
스포츠 센터
- **sports facilities:**
the equipment and services needed to do a sport
체육 시설
- **a squash/tennis/badminton court:**
the surface where you play these sports
스쿼시/테니스/배드민턴 코트
- **strenuous exercise:**
exercise that needs a lot of physical effort
강도높은 연습
- **a strong swimmer:**
a good swimmer
수영고수
- **a swimming pool:**
the place where you swim
수영장
- **to take up exercise:**
to start doing exercise
운동을 시작하다
- **to train hard:**
to train with a lot of effort
열심히 훈련하다