ANSWER KEY WITH EXPLANATIONS

Use of English Vocabulary Test I

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Explanations

1. **(Please note: Questions 1-15 are part of a cloze test. They are interrelated, meaning that the information provided in each question is connected to the others.)**

The Personal Trainer

What does a personal trainer do?

I meet each client to discuss what he or she is looking for. It could be _____ from improving general fitness to losing - or, in a few cases, _____ - weight.
✔ **C) anything**
We use **anything from … to …** to show a wide range of possibilities: **It could be anything from A to B.** Not **something**, because **something from … to …** is not used to give a range like this.

2. I meet each client to discuss what he or she is looking for. It could be _____ from improving general fitness to losing - or, in a few cases, _____ - weight.
✔ **B) gaining**
The opposite of **losing weight** is **gaining weight**. The words **in a few cases** show that only some clients want the opposite of losing weight. Not **putting**, because it needs **on**: **putting on weight**.

3. I then devise a training programme for them which I think will _____ them to achieve their _____.
✔ **A) help**
The pattern is **help someone (to) do something**: **help them to achieve**. Not **let**, because **let** is never followed by **to**: **let them achieve**. **Ensure** does not take a person + **to**-infinitive.

4. I then devise a training programme for them which I think will _____ them to achieve their _____.
✔ **C) aim**
We say **achieve an aim**, meaning reach a goal you are working towards. **Hope**, **wish** and **intention** do not collocate with **achieve**. We say **fulfil a wish** or **realise a hope**.

5. If they've had anything _____ with them, say a back _____, I speak to their doctor who will _____ me what not to do.
✔ **D) wrong**
Have something wrong with you means to have a health problem: **Is there anything wrong with your back?** Not **bad** or **ill**, because they are not used in this fixed pattern.

6. If they've had anything _____ with them, say a back _____, I speak to their doctor who will _____ me what not to do.
✔ **C) injury**
Injury is the noun for physical harm to a part of the body: **a back injury**, **a knee injury**. Not **wound**, which is a cut in the skin, for example from a knife. **Hurt** is mainly a verb.

7. If they've had anything _____ with them, say a back _____, I speak to their doctor who will _____ me what not to do.
✔ **B) advise**
Advise someone what (not) to do means to tell them what you think they should do. A doctor gives advice. Not **suggest**, because we cannot say **suggest me**. **Persuade** and **order** do not fit with **what not to do**.

8. If someone eats and drinks too much, it's easy to suggest they _____, but if that doesn't _____, I look at their diet.
✔ **D) cut down**
Cut down (without an object) means to eat, drink or use less of something: **The doctor told him to cut down.** Not **cut out**, which needs an object and means stop completely: **cut out sugar**. **Cut off** and **cut up** have different meanings: stop a supply, and cut into pieces.

9. If someone eats and drinks too much, it's easy to suggest they _____, but if that doesn't _____, I look at their diet.
✔ **A) work**
If a plan or method **works**, it is successful: **If that doesn't work, try something else.** Not **function**, which is used for machines or systems running properly, not for advice succeeding.

10. I prefer to train on a one-to-one _____, though I do sometimes work with _____ if they are friends and want to train together.
✔ **C) basis**
On a … basis is a fixed phrase that describes how something is organised: **on a one-to-one basis**, **on a daily basis**. We don't say **on a one-to-one way** or **on a one-to-one method**.

11. I prefer to train on a one-to-one _____, though I do sometimes work with _____ if they are friends and want to train together.
✔ **B) couples**
Couples here means pairs of people. The contrast with **one-to-one** shows the trainer sometimes works with two people together. Not **crowds**, which means very large groups. **Twins** are brothers or sisters born together, not just friends.

12. Who needs a personal trainer?

I think most people do. A trainer will _____ you to try _____.

✔ **B) push**

Push someone to do something means to encourage someone strongly to make an effort: **A good coach pushes you to try harder.** Not **make**, because **make** is followed by an infinitive without **to**: **make you try**.

13. A trainer will _____ you to try _____.

✔ **D) harder**

Try harder means make more effort. It is the normal collocation with **try**. Not **better** or **more**, because we don't say **try better** or **try more** with this meaning.

14. You achieve 20 per cent more than you could training alone, no _____ how dedicated you are.

✔ **A) matter**

No matter how + adjective means 'it doesn't make any difference how': **no matter how dedicated you are**. **No way**, **no point** and **no doubt** cannot be followed by **how** in this way.

15. I've got a lot of Americans in my books, and I actually prefer them. _____ most Brits, who still haven't really got the idea, Americans know how to work out.

✔ **D) Unlike**

Unlike + noun introduces a contrast: **Unlike most Brits, Americans know how to work out.** Not **Compared** or **Contrary**, because they need **to/with**: **Compared with most Brits**, **Contrary to**. **Different** would need **from**.

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