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创新大学英语

INNOVATION COLLEGE ENGLISH

视听说教程 第二册

A VIEWING, LISTENING and SPEAKING COURSE

学生用书 STUDENTS' BOOK

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Unit 1

Internet

Lead-in

A. Match the words to the pictures. Then answer the questions.

- __ A. laptop
(便携式电脑)
- __ B. smiley/emotion
(表情符号)
- __ C. chat room
- __ D. keyboard
- __ E. mouse
- __ F. desktop
- __ G. website
- __ H. cyber café
(网吧)



Questions

When did you first use the Internet?
About how many hours a week do you
use the Internet? For what purpose?



-  B. Six people are talking about what they do on the Internet. Listen and fill in the blanks with the missing words. Then discuss the questions.

Information

1. I surf the net to _____ at the lowest prices for her company.
2. I use the Internet to _____ online _____.
3. I go online to _____ to customers and friends.
4. I log on to the Internet to _____ the latest _____ and TV series.
5. I am online to _____ with her family and friends.
6. I access the Internet to _____ for useful _____.



Questions for discussion:

- Which of those activities do you like best? Why?
- Interview your partner; be ready to tell the class what he/she does online. You may use the expressions in the table.

Part 1

Listening Skills

SKILLS

- Identifying large numbers;
- Sound linking practice



Exercise A

Word Tips

google /gu:gl/

alternative /ɔ:l'tɜ:nə'tɪv/

promote /prə'məʊt/

log /lɒg/

v. 在著名搜索引擎 www.google.com 中搜索信息 to visit www.google.com to search for online information

adj. 可供选择的 other; that can be used instead of sth. else

v. 促销 to attempt to sell by advertising

v. 登录 to enter a computer for the information required

-  Listen to the short dialogues and choose the best answers to each question.

1. A) 1,850,000. B) 1,815,000. C) 21,500,000. D) 21,800,000.
2. A) \$ 675. B) \$ 1,350. C) \$ 1,530. D) \$ 2,700.
3. A) 8,950. B) 17,050. C) 4,500. D) 13,000.

4. A) 3,300. B) 3,000. C) 324. D) 1,296.
5. A) Over 10,500 people listened to the woman in the chatroom.
 B) Over 15,000 people listened to the woman in the chatroom.
 C) The woman chatted with a man over 10,500 km away.
 D) The woman chatted with a man over 15,000 km away.



Exercise B



Listen carefully. Repeat the sentences silently. Write down the sentences. Listen again, and check your answer.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Phonetic Tip

Whenever a word ending in a consonant sound is followed by a word beginning with a vowel sound, the consonant sound is linked to the vowel sound as if they were part of the same word. For example: "Put  on your coat". The consonant sound /t/ is linked with the vowel sound /ʊ/.

Part 2

Real Listening



Conversation 1

Word Tips

Facebook

invasion of privacy

underwear /'ʌndəweə/

spy on

be related to

著名社交网站 a social networking website

侵犯隐私权 entering sb's private affairs

n. 内衣裤 clothing worn next to the skin

侦查, 暗中监视 to watch secretly

涉及 be about; be concerned with

-  **A. Jane and Tim have different ideas about Facebook. Watch the video clip and complete the table by supplying the missing words.**

Jane's ideas	Tim's ideas
1. It's a great way to _____ with friends.	1. It is an invasion of _____.
2. It was designed to bring people together, not to _____ on them.	2. With it, everyone will know _____.
3. It helps you to find out what friends, you and I have _____.	/

-  **B. Watch the video clip again and answer the questions by completing the blanks.**

1. Why does Tim look a little serious?

He just got an _____ from Tom _____ him to join his Facebook. He doesn't think he _____ to do that.

2. What does Tim mean when he says "I don't want to hang my underwear out in public"?

He does not want all his _____ to be _____.

3. What does Tim finally decide to do?

He'll _____ Tom's Facebook, after all.

-  **C. Pair work: watch the video clip again, repeat it sentence by sentence, and then role-play it in pairs. After the practice, change roles.**

- D. In the following box of substitution expressions, tick those you heard in the conversation. Memorize all the expressions in the box. Then make a new conversation with your partner by using any of the expressions. You don't have to repeat all the details in the original conversation:**

Substitution Expressions

- What happened?
- What's up?
- What's the problem?
- It's an intrusion into my privacy.
- They're prying into my private life.
- It is an invasion of privacy.
- not to find out/unearth their secrets

- not to spy on them
- not to uncover intimate details
- What makes you say that?
- Why do you say that?
- What prompts you to say so?
- It doesn't matter.
- I don't care.
- So what?
- There's some truth in your words.
- You're right.
- There's something in what you say.
- find out what friends, you and I have in common
- discover who are our shared friends
- decide what friends we share

E. Pair work: Work with your partner and answer the questions.

1. Is it dangerous to meet people on the Internet? Why?
2. Do you think that meeting people online is easier than meeting people face to face? Why?

Conversation 2

Word Tips

virus /'vaɪərəs/
Beats me.

n. 病毒 A computer virus is a destructive code sent to your computer.
[口] 这真叫我莫名其妙；这可把我难住了。“I don't understand it.”

A. Watch the video clip and answer the questions with Y (Yes) or N (No).

1. ☐ Can Tim use his computer now?
2. ☐ Does Tim understand why anyone would create a virus?
3. ☐ Will Susan's mother be upset if she does not write her parents every day?
4. ☐ Does Susan know how people got along when there was no Internet?

B. Watch the video clip again and answer the questions by completing the blanks.

1. Why does Tim ask Susan for help?

Because he has a _____ due next week, and a virus has just _____ his computer.

2. Why does not Tim want to use the library computers?

_____ are using the library computers. What's more, that's probably where he _____ the virus.

3. What question does not Susan understand?

She does not understand why anyone would do that — create to _____ and _____ people they've never met.

4. When can Tim use Susan's computer?

He can use her computer as soon as she _____ to her parents.

 **C. Pair work: Watch the video clip again and repeat the conversation with your partner. After the practice, work with your partner to create your own conversation according to the situation.**

A	B
You are having a problem with your computer and ask B for help.	You believe A's computer has got a virus.
You don't know what to do.	You are no computer expert either.
You are worried, for the virus is erasing all your files.	You pull out the plug.
You don't think that is going to help much.	You believe if the computer is turned off, it can't do as much damage.
You think it's best to leave this to the experts and ask B if he/she knows anyone who is good at computers.	You are going to call your cousin. He's a programmer. You bet he'll know what to do.

D. In the following box of substitution expressions, tick those you heard in the conversation. Memorize all the expressions in the box. Then make a new conversation with your partner by using any of the expressions. You don't have to repeat all the details in the original conversation:

 Substitution Expressions

- Sorry to bother you, but I wonder if you could help me out.
- Sorry to trouble you, but could you help me?
- Sorry to disturb you, but could you lend me a hand?
- What's the matter?
- What's the problem?
- What's the trouble?

- Moreover, it's likely to be the place where I got the virus.
- What's more, that's probably where I picked up the virus.
- That's probably where the virus came from in the first place.
- Beats me, too.
- It's beyond me.
- I can't understand either.
- Mother will go ape.
- My mother will go crazy.
- Mom will go mad.
- She loves you.
- You're close to her heart.
- She cares about you.

E. Group work: Form a group of four students and brainstorm as many solutions as possible to the question: How can we protect our computers from being infected with virus? Report your solutions to the rest of the class. You may refer to the keywords.

anti-virus programs

keep ... up to date

backup (备份) the data

email attachments

download files with caution (小心)

click a link from someone you don't trust



Conversation 3: Additional Listening and Speaking

Word Tips

junk mail

n. 垃圾邮件 unwanted advertising or promotional material received through email

legitimate /lɪ'dʒɪtɪmət/

adj. 合法的 conforming to the law or rules

username /'juːzəneɪm/

n. 用户名 an identification used by a person with access to a computer, network, or online service

scam /skæm/

n. 骗局 a dishonest scheme; a fraud

hack /hack/

v. 非法入侵 to use a computer to gain unauthorized access to data in a system

account /ə'kaʊnt/

n. 账户 an arrangement that sb. has with a company that allows them to use the internet, etc.

hacker /'hækə/

n. 黑客 a person who uses computers to gain unauthorized access to data

countless /'kaʊtlɪs/

adj. 无数的 too many to be counted; very many

1. **PayPal** (贝宝) is an international e-commerce business allowing payments and money transfers to be made through the Internet. Alipay (支付宝) is a domestic duplicate of Paypal.
2. **Password-cracker** is a kind of special software to recover passwords from data that have been stored in or transmitted by a computer so as to help a user recover a forgotten password or to gain unauthorized access to a system.

 A. Listen to the conversation and choose the best answer to each question you hear.

1. A) The functions of PayPal.
B) The role of hackers.
C) Ways of protecting your username and password.
D) Online risks and safety measures.
2. A) Bob. B) John.
C) Both Bob and John. D) Neither Bob nor John.
3. A) It asked for Bob's username and password.
B) It provided Bob's username and password.
C) It looked legitimate.
D) It asked for Bob's bank account number.
4. A) Your use of different passwords for different accounts
B) Your use of the same password for all of your accounts.
C) Your use of PayPal.
D) Your use of AliPal.
5. A) Using long passwords
B) Combining words with numbers
C) Avoiding short passwords.
D) All of the above.

 B. Listen to the conversation again and answer the questions by completing the blanks.

1. He has just received _____ from PayPal; it was in his _____ mail.
2. They may _____ his PayPal account.
3. Sure they can. If you type 'password cracker' into Google, you _____ all sorts of results. Every day, countless sites are being used by _____ trying to break into people's accounts and _____ their personal information.

C. Pair Work: Student A talks about what a PayPal customer (buyer) should do to protect himself/herself. Student B talks about what PayPal can do to protect the buyer and itself. You can refer to the following cues in Chinese though you are not limited to them.

PayPal 用户（买家）	PayPal 公司
保管好自己的帐户（account）信息	保护客户的信息
银行卡信息	将买主的财务信息安全地存入 Paypal 的服务器（server）中
身份（ID）信息	当买主在线支付时，只需买主提供他在 Paypal 的电子邮件地址
注意识别网上假的链接（links）	商家（卖家）在收到付款的时候，看不到买主的财务信息
假网站（websites）	保留好交易过程中的证据（proofs）（发货前拍照、收据（receipt））

Part 3

Focus Listening



Passage 1

Word Tips

Ask Jeeves

网站名

A. Listen to the joke and mark the statements T (true) or F (false).

- ☐ Nancy's grandmother knew the magic of the Internet.
- ☐ Ask Jeeves is a website which could answer questions people have.
- ☐ Nancy's grandmother did not believe the website could answer her questions.
- ☐ Ask Jeeves would certainly reply to the question Nancy's grandmother raised.

B. Listen to the joke again and retell it to your partner.

C. Communication Task: Discuss the questions with your partner.

What can you learn from the joke? Do you think Internet has unlimited power? What things can it do?

Passage 2

Word Tips

broadband /'brɔːdbænd/

virtual /'vɜːtʃʊəl/

socialize /'səʊʃəlaɪz/

MySpace /maɪspeɪs/

MSN Messenger

surpass /səː'pɑːs/

download /daʊn'ləʊd/

n. 宽带 electronic method of carrying a wide range of frequencies

adj. 虚拟的 not existing in the real world; online

v. 参加社交活动 to take part in social activities

微软提供的网络空间服务 networking site where 118 million members exchange personal data, photos, videos, etc.

微软提供的网络在线通讯服务 Windows Live Messenger allows instant exchange of text messages

v. 胜过或超过 to be or go beyond

v. 下载 to move sth. from the Internet to your computer

A. Listen to the passage and choose the best answer to each question.

1. Who are the main users of social networking sites?

- A) Young people. B) Women. C) Men. D) Elderly people.

2. Which social networking sites are mentioned among the broadband users' favorites?

- A) MySpace. B) Paypal. C) Facebook. D) Both A and C.

3. Which online activity is more popular than virtual networking?

- A) Surfing the net. B) Online shopping.
C) Banking. D) Sending e-cards.

4. Which of the following is the best title for the passage?

- A) Surfing the Net. B) British Broadband Users.
C) Virtual Networking. D) Virtual Networking Overtakes Real Socializing.

B. Listen to the passage again and answer the questions by completing the sentences.

1. What did the recent survey show?

It showed that many broadband users in Britain spend more time on virtual networking than they do on _____.

2. How many broadband users were questioned in the survey?

_____.

3. Who uses social networking sites more often? Women or men?

_____ use social networking sites more, _____ percent compared to _____ percent.

4. Which has virtual networking surpassed as one of the most popular online activities?

Virtual networking has surpassed online shopping, _____ and _____ as one of the most popular online activities.

C. Communication Task: Discuss the questions with your partner.

1.	Do you think that some people spend too much time on the Internet, and does this stop them from seeing their friends? Where should the line be drawn between casual use and obsessive use?
2.	In Japan, many young men lock themselves in their bedrooms, sometimes for years, to escape the pressures of study. They refuse to meet people, but they still use the Internet and mobile phones. Could this happen in China? Why?

 Passage 3

Word Tips

folk /fəʊk/

n. 人们 people in general

niche /ni:tʃ/

n. 针对特定群体 aiming at a particular group

target /'tɑ:ɡɪt/

v. 把……作为对象 to aim at

Notes

1. **Adult Friend Finder** is an internet-based dating service, which allows members to interact online and meet new friends.
2. **Library Thing** is a book cataloging site for storing and sharing book catalogs. It is used by authors, readers and libraries.

 A. Listen to the passage and choose the best answer to each question you hear.

1. A) The most popular social network sites.
B) The most useful social network sites.
C) Niche targeted sites besides Facebook and Twitter.
D) Facebook and Twitter besides niche targeted sites.
2. A) Because they are now highly diversified.
B) Because they are a simple way to connect with people.
C) Because they have more interesting contents now.

- D) Because it is easy to receive information from them.
3. According to the passage, which of the following is true of social sites that don't have a certain niche topic?
- A) They include different groups inside each site.
 - B) They don't have different groups.
 - C) They don't encourage sub-groups.
 - D) They are eager to concentrate on a niche topic.
4. Which of the following is true of the social network site Library Thing?
- A) It is the Congress Library.
 - B) It is a municipal library.
 - C) It has no specific topic.
 - D) It is niche targeted.
5. A) They get fed up with Facebook.
- B) They no longer need Twitter.
 - C) They don't understand the importance of other social networks.
 - D) They prefer to use other social networks.

 B. Listen to the passage again and answer the questions by completing the blanks.

1. A lot of individuals don't understand that there're _____ now that talk about a _____ niche topic.
2. Because they're niche _____, you will find that _____ with other people with the _____ interests is not _____.
3. There're a lot of steps you can take such as share _____ or chat with individuals anywhere in the world before you are able to build new _____ or find individuals you have lost _____ with through the years.

C. Communication Task: Work with your partner(s) to discuss these questions.

Do you use email, QQ, microblog (微博), or WeChat (微信)? Which do you use most frequently? What do you use it for?

Unit 2

Sports

Lead-in

A. Match the words to the pictures. Then answer the questions.

- ___ A. badminton
- ___ B. judo
- ___ C. gold medal
- ___ D. high jump
- ___ E. javelin
- ___ F. hurdle
(跨栏)
- ___ G. gymnastic
- ___ H. snooker
- ___ I. weightlifting



Questions

Which sports do you like playing?
Which sports do you like watching?

-  B. Six people are talking about six different sporting events. Listen and fill in the blanks with the missing words. Then identify the event each of them is talking about. Put the name of each event in the brackets.

Events

1. This sport is played between two teams. On each team are 11 players. Ten of them play on the field and one is the _____. The game is played by _____ a ball into the opponent's _____. A match lasts 90 minutes, with a _____ of about 15 minutes in the middle. ()
2. It's a team sport in which two teams of six _____ players, separated by a high _____; each tries to score _____ against one another by grounding a ball on the other team's _____ under organized rules. ()
3. In this sport, two or four players hit a lightweight, _____ the ball back and forth to each other with paddles. The game takes place on a hard _____ divided by a net. Players must _____ a ball played towards them only one bounce on their side of the table and must _____ it so that it bounces on the opponents' side. ()
4. It refers to the sport of performing acrobatics whilst jumping or _____ into water from a _____ or springboard of a certain _____. It is one of the most _____ Olympic sports with spectators. ()
5. It is a _____ running event with an official distance of _____ kilometers that is usually run as a road _____. ()
6. It is a team sport similar to _____. Two teams of seven players each (six players and a goalkeeper) pass and bounce a ball using their _____, trying to _____ it into the goal of the other team. ()

Part 1

Listening Skills

SKILLS

- Understanding times and dates;
- Sound linking practice.



Exercise A

Word Tips

rush hours

(上下班的) 交通高峰期 traffic is the busiest as people are going to or coming from work

nonsense /'nɒnsəns/

n. 胡说 foolish talk

shortcut /'ʃɔ:tʌt/

playoff /'pleɪɔ:f/

director /dɪ'rektə/

ceremony /'serɪməni/

announcement /ə'naʊnsmənt/

spare /speə/

concert /'kɒnsət/

performance /pə'fɔ:məns/

n. 捷径, 近路 a quicker or shorter way of getting to a place

n. 季后赛 a game to decide which team is the winner of a series

n. 导演 a person in charge of a film who tells the actors and staff what to do

n. 典礼, 仪式 a series of formal acts performed on a public occasion

n. 宣布 the act of publicly informing people about sth.

v. 留出 to make time available to sb. or for sth.

n. 演奏会 a public performance of music

n. 演出 the act of giving a concert or other forms of entertainment

 Listen to the short dialogues and choose the best answer to each question.

1. A) 25 minutes. B) 30 minutes. C) 35 minutes. D) 40 minutes.
2. A) 4:30 pm Western time. B) 4:30 pm Eastern time.
C) 7:30 pm Western time. D) 4:00 pm Eastern time.
3. A) About a year. B) About half a year.
C) Less than two years. D) More than two years.
4. A) 9:25 pm. B) 9:35 pm. C) 8:20 pm. D) 10:00 pm.
5. A) 8:00 pm on the 26th. B) 8:00 pm on the 25th.
C) 7:15 pm on the 26th. D) 7:15 pm on the 25th.



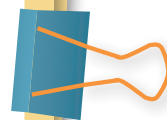
Exercise B

 Listen carefully. Repeat the sentences silently. Write down the sentences. Listen again, and check your answer.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Phonetic Tip

The consonant sound at the end of the first word links with the vowel sound at the beginning of the next word. For example, Is it=/ɪ-zɪt/.



 Conversation 1

Word Tips

finals /'faɪnəlz/

a sure bet to win
lead /li:d/

comeback /'kʌmbæk/

score a goal
penalty shootout
championship /'tʃæmpjənʃɪp/

go up in smoke
n. 决赛 the last of a series of games in which the winner is decided
肯定赢 certain to be the winner

n. 领先地位 the position ahead of everyone else in a competition

n. 反败为胜 success after a period of failure

踢进一球 (in games like football) to drive the ball into the net

点球决胜 as punishment for a foul, a player is given a free kick

n. 冠军地位 the position of being a champion

化为乌有 (plans, hopes, etc.) fail completely

 A. Watch the video clip and answer the questions with Y (Yes) or N (No).

1. ☐ Did Tim's team win the soccer game?
2. ☐ Did Tim's team think they would certainly win?
3. ☐ Did Tim's team score one goal in the last fifteen minutes?
4. ☐ Did Tim's team lose the penalty shootout?
5. ☐ Was Tim disappointed at the result?

 B. Listen to the conversation again and supply the missing words.

(Tim is talking to Susan about the soccer game he played this afternoon.)

Susan: How did the game go, Tim? Did you _____ to the finals?

Tim: No, we lost in the _____ minutes.

Susan: You're not serious? But you guys were a sure bet to win today!

Tim: Yeah, I guess we underestimated them. Everything was _____
_____ — we were leading _____ going into the last
fifteen minutes — and we thought we would certainly win.

Susan: So what happened?

Tim: That's what I'd like to know. We had such a _____ lead; we thought we
could not possibly lose the game.

Susan: And they _____ of that and made a comeback?

Tim: Yeah, they scored one goal in fifteen minutes and took the game to a penalty
shootout.

Susan: That must have been _____.

Tim: Yeah, and we didn't recover. We lost the penalty shootout, and our

_____ for the championship went up in smoke.
Susan: _____!

 **C. Pair work: Watch the video clip again, repeat it sentence by sentence, and then role-play it in pairs. After the practice, change roles.**

D. In the following box of substitution expressions, tick those you heard in the conversation. Memorize all the expressions in the box. Then make a new conversation with your partner by using any of the expressions. You don't have to repeat all the details in the original conversation:

Substitution Expressions

- Did you enter the finals?
- Did you make it to the finals?
- Are you in the finals?
- You guys were a sure bet to win today!
- People believed you guys would surely win today.
- Everyone thought you were a cinch to win today.
- We had a lead of 2-1.
- We were leading 2-1.
- We were ahead 2-1.
- We had such a comfortable lead.
- We had a safe lead.
- We were comfortably ahead.
- staged a comeback
- pulled off a comeback
- made a comeback
- kicked/made a goal
- scored one goal
- then came a penalty kick
- took the game to a penalty shootout
- they were awarded a free kick
- Our chances for the championship went up in smoke.
- We lost the chances of becoming the champion.
- That was the end of our hopes of winning.

E. Pair work: Discuss the latest game you have watched on TV or you have joined in. Don't forget to include the result, the process and your feeling about the result. Here are some sentences you may use in your discussion.

比赛成平局 It's a drawn game./The game ended in a tie.

比分是三比零 The score is three love/three nil/three to zero.

他以微弱优势获胜 / 险胜。He won by a narrow margin.

12 号在最后一圈追了上来,超过了 36 号。No.12 caught up in the last lap and overtook No.36.

该球星上演了一场帽子戏法。The football star played a hat trick.

Conversation 2

Word Tips

relax /rɪ'læks/

deep-breathing

stress /stres/

muscle /'mʌsl/

aerobic exercise

jogging /'dʒɒɡɪŋ/

weight lifting

Schwarzenegger

v. 放松 to rest after work or effort

深呼吸 taking breaths deep down into the lungs

n. 精神压力 pressure or worry resulting from mental distress

n. 肌肉 body tissue giving strength, endurance, etc.

有氧运动 exercises that increase the body's use of oxygen

n. 慢跑锻炼 running slowly and steadily

举重 a sport of pushing up into the air heavy weights

施瓦辛格 a famous weight lifter, film star, California governor

A. Watch the video clip and choose the best answer to each question.

- A) He could not fall asleep.

B) He did not have so much paperwork to do.

C) He found it very easy to relax.

D) He did some running.
- A) Not all forms of exercise help people to lighten up.

B) Aerobic exercise includes jogging, bike-riding and weight-lifting.

C) Weight-lifting helps people relax.

D) Weight-lifting is as effective as aerobic exercise to help people relax.

B. Watch the video clip again and answer the questions by completing the blanks.

- Why couldn't Max fall asleep last night?

He had so much _____ to do that he found it very _____ to relax.
- Has he tried deep-breathing exercises?

Yes. He has tried them, but they're _____.
- According to Richard, what are the simple tools for dealing with stress?

They are relaxation and _____.

4. What obvious benefits does exercise offer?

Exercise offers all the obvious benefits, _____ and a healthier heart.

5. What may be the most effective exercise?

All forms of exercise help people to _____, but experts say aerobic exercise may be the most effective, like jogging and _____.

6. How about weight lifting?

Weight lifting does help you _____. But it may not be so _____ as aerobic exercise.

C. Pair work: Work with your partner and create your own conversation according to the situation.

Marylyn complains to her friend Vivian that she feels tired and stressed all day long. Vivian asks her if she has tried aerobic exercise. Marylyn says yes, but they're no help. This morning she did some jogging. She asks Vivian if that will help her to get rid of stress. Vivian explains that all forms of exercise help people to lighten up. Marylyn says she is also interested in bowling. Vivian tells her that she could go to a bowling club.

D. In the following box of substitution expressions, tick those you heard in the conversation. Memorize all the expressions in the box. Then make a new conversation with your partner by using any of the expressions. You don't have to repeat all the details in the original conversation:

Substitution Expressions

- I was wide awake.
- I didn't/couldn't sleep a wink.
- I couldn't fall asleep.
- Why don't you try deep-breathing?
- Have you tried deep-breathing exercises?
- Deep-breathing exercises might help.
- They're of no help.
- They're no help.
- They're useless.
- I did some running.
- I did some jogging.
- I jogged.
- Aerobic exercises such as jogging, bike-riding are the most effective.

- Aerobic exercise may be the most effective, like jogging, bike-riding.
- The most effective aerobic exercises are jogging and bike-riding.
- What do you think about weight lifting?
- What about weight lifting?
- How about lifting weights?

E. Pair work: Refer to the sports in Lead-in. Ask your partner what sports he/she has never tried before. Persuade him/her to try THREE of them. The following sentences may help you complete your task.

Playing table tennis lets you burn off stress from work.

It's fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

Exercising can actually put you in a better mood.

Sports stimulate the circulation of blood, work up our appetite and activate our digestion.

As your body adapts to regular aerobic exercise, you'll get stronger and more efficient.

Investing 30 minutes a day in aerobic exercise — such as... — can help you live longer and healthier.



Conversation 3: Additional Listening and Speaking

Word Tips

weight /wert/	<i>n.</i> 重物 an object that is heavy
treadmill /'tredmɪl/	<i>n.</i> 跑步机
aerobic workout	有氧健身
badminton /'bædmɪntən/	<i>n.</i> 羽毛球
squash /skwɒʃ/	<i>n.</i> 壁球
racquet /'rækɪt/	<i>n.</i> 球拍 a strung piece of sports equipment used for hitting the ball
strategy /'strætɪdʒi/	<i>n.</i> 策略
have a game	进行比赛

A. Listen to the conversation three times. When the conversation is read for the first time, listen for the general idea. When it is read for the second time, fill in the blanks with the exact words you hear. When it is read for the third time, check what you have written.

Bob: John, I'm surprised to see you in the gym. Is the library closed for repairs?

John: Very funny, Bob. Everyone's been telling me I should forget my studies _____, so here I am.

Bob: Are you planning to _____? You know, build up the muscles?

John: I don't care about the muscles in my arms. I want to spend some time on the treadmill. I've heard _____ workouts are especially healthy.

Bob: Aerobics are good for your heart. But you should _____ specific muscle groups you use with the sports you play.

John: I'm not really _____ any sports.

Bob: Why don't you try something _____ like badminton or table tennis?

John: I did play badminton in _____, but it's hard to get a game here. Not many students play.

Bob: Well, there's squash. If you like badminton, you'll _____ squash.

John: Really? They seem to be quite different sports.

Bob: Not at all. The racquets are similar, and _____ the strategy.

John: Sounds good. I'd love to have a game with you sometime. But right now I'm going to give the treadmill a _____.

 **B. Pair work: Listen to the dialog again, repeat it sentence by sentence, and then role-play it in pairs. After the practice, change roles.**

C. Pair work: Work with your partner to discuss the questions:

How do you feel about extreme sports (极限运动)? Would you like to try any of these: bungee (蹦极) jumping, skydiving (高空跳伞), cliff diving (悬崖跳水), motor racing and skateboarding (滑板运动)?

Part 3

Focus Listening

Passage 1

Word Tips

overweight /'əʊvəweɪt/
diet /'daɪət/

regularly /'regjʊləli/
skip /skip/
drop dead

adj. 超重的 carrying more kilos than are appropriate for your height
n. (有助于减肥的) 特种饮食 a plan for limiting the intake of certain foods

adv. 有规律地, 正常地 following a pattern of activity without changing
v. ①略过(不吃) to pass over; ②跳绳
倒毙 to fall down and die

 A. Listen to the joke and mark the statements T (true) or F (false).

1. ☐ Tom was a bit overweight.
2. ☐ If Tom followed the doctor's instructions, he would lose at least five pounds in two weeks.
3. ☐ When Tom returned, the doctor was frightened.
4. ☐ Tom was very weak from hunger at the third day.

 B. Listen to the joke again and choose the best answer to the question.

What did Tom do on the third day?

- A) He did not eat anything.
- B) He kept jumping all day.
- C) He went to see the doctor.
- D) He ate regularly.

C. Communication Task: Discuss the questions with your partner.

1. How did Tom confuse the doctor's instructions?
2. What other ways can help people lose weight?

 Passage 2

Word Tips

highlight /'haɪlaɪt/	<i>n.</i> 最精彩之处 the most interesting or memorable part
matchup /'mætʃ.ʌp/	<i>n.</i> 比赛 competition
Rockets /'rɒkɪtʃ/	火箭队 a basketball team
Milwaukee Bucks	密尔沃基雄鹿队 a basketball team
Houston /'hjuːstən/	休斯顿 Texas gulf coast city
rebound /rɪ'baʊnd/	<i>n.</i> 篮板球 a ball bounces off the backboard behind the basket
assist /ə'sɪst/	<i>n.</i> 助攻 the action of a player to help his team
broadcast /'brɒːdkɑːst/	<i>v.</i> 广播 to send out over TV or radio networks
NBA	美国职业篮球协会 National Basketball Association

 A. Listen to the passage and choose the best answer to each question.

1. Which is true about Yao Ming's and Yi Jianlian's performance last night?
A) Yao had twenty points. B) Yi had nineteen points.
C) Yao had ten rebounds and six assists. D) Yi had five rebounds.
2. Which is true about the game in China?
A) It was the biggest event. B) It started early this evening.

- C) It was being broadcast on nineteen television networks.
D) More than 201 million people watched it.

 B. Listen to the passage again and answer the questions by completing the sentences.

- Which basketball team won the game in Houston last night? What was the score?
_____ won the game. The score was _____.
- What did Yao Ming say about Yi Jianlian?
“His talent is unbelievable,” Yao said. “You ask me how good he can be? I can’t say that. But I think he’ll be _____.”
- Why did Yao Ming think Yi would surpass him in the future?
Yao thought for a moment and answered with a smile: “_____.”
- What did Yi Jianlian say about the game?
“I wasn’t thinking about it in _____ of Yi or Yao,” Yi said. “It was the Rockets against the Bucks. I was only _____ the game.”

C. Communication Task: Discuss the questions with your partner.

- | | |
|----|---|
| 1. | Do you think that someday Yi Jianlian will be better than Yao Ming? Why or why not? |
| 2. | Do you think more Chinese players should go abroad to compete with foreign players? Why or why not? |

 Passage 3

Word Tips

jogging /'dʒɒɡɪŋ/

mystical /'mɪstɪkəl/

fitness /'fɪtnɪs/

circulatory /sɜːkjʊ'leɪtəri/

ankle /'æŋkl/

flashy /'flæʃɪ/

subtract /səb'trækt/

n. 慢跑 running at a steady, gentle pace

adj. 神秘的; 超凡的 having spiritual powers that are difficult to understand or explain

n. 健康 the condition of being physically fit and healthy

adj. 血液循环的 of the circulation of blood

n. 脚踝 the joint connecting the foot with the leg

adj. 俗艳的 attractive but usually not in good taste; showy

v. 去除 to take away (sth.) from sth. else

 A. Listen to the passage and choose the best answer to each question you hear.

- A) The advantages of jogging.
B) The best way of jogging.