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Unit

Internet

1

Introduction

Ten years ago, the Internet was practically unheard of by most people. Today, the Internet is one of the most powerful tools throughout the world. It is a collection of various services and resources. The Internet's main components are email and the World Wide Web. There is a lot more to the Internet than email, search engines, celerity websites, up-to-the-second sports scores, and chat rooms full of discussions. The Net also ranks as one of today's best business tools — if it is used adroitly.

The Internet or the World Wide Web is indeed a wonderful and amazing addition in our lives. The Internet can be known as a kind of global meeting place where people from all parts of the world can come together. It is a service available on the computer, through which everything under the sun is now at the fingertips of anyone who has access to the Internet. The advantages of the Internet far outweigh the disadvantages and millions of people each day benefit from using the Internet for work and for pleasure.

Background Information

1. URL (网址)

A URL is the address of a website on the World Wide Web. To visit a website, you type the URL into a browser. URL stands for Uniform Resource Locator. Other Internet resources have URLs, too, but if the URL starts with “http://” then you know it's on the World Wide Web. For example: The URL for the NASA website is “http://www.nasa.gov”.

2. Router (路由器)

This is a hardware device that routes data (hence the name) from a local area network (LAN) to another network connection. A router acts like a coin sorting machine, allowing only authorized machines to connect to other computer systems. Most routers also keep log files about the local network activity.

A router (pronounced /'raʊtər/ in the USA, Canada and Australia, pronounced /'ru:tə/ in the UK and Ireland), is a networking device whose software and hardware are usually tailored to the tasks of routing and forwarding information. For example, on the Internet, information is directed to various paths by routers.

Routers connect two or more logical subnets, which do not necessarily map one-to-one to the physical interfaces of the router. The term “layer 3 switch” is often used interchangeably with router, but switch is a general term without a rigorous technical definition. In marketing usage, it is generally optimized for Ethernet LAN interfaces and may not have other physical interface types. In comparison, a network hub does not do any routing, instead every packet it receives on one network line gets forwarded to all the other network lines.

3. ADSL

ADSL stands for “Asymmetric Digital Subscriber Line.” ADSL is a type of DSL, which is a method of transferring data over copper telephone lines. While symmetrical DSL (SDSL) uploads and downloads data at the same speed, ADSL has different maximum data transfer rates for uploading and downloading data.

For example, an ADSL connection may allow download rates of 1.5Mbps, while upload speeds may only reach 256Kbps. Since most users download much more data than they upload, this difference usually does not make a noticeable impact on Internet access speeds. However, for Web servers or other computers that send a lot of data upstream, ADSL would be an inefficient choice.

4. Broadband (宽带) Internet Access

Broadband Internet access, often shortened to just broadband, is high data rate Internet access — typically contrasted with dial-up access over a 56k modem.

Dial-up modems are limited to a bitrate of less than 56 Kbit/s (kilobits per second) and require the full use of a telephone line — whereas broadband technologies supply more than double this rate and generally without disrupting telephone use.

Although various minimum bandwidths have been used in definitions of broadband, ranging up from 64 Kbit/s up to 1.0 Mbit/s, the 2006 OECD report is typical by defining broadband as having download data transfer rates equal to or faster than 256 Kbit/s, while the United States FCC, as of 2008, defines broadband as anything above 768 Kbit/s. The trend is to raise the threshold of the broadband definition as the marketplace rolls out faster services.

Data rates are defined in terms of *maximum download* because several common consumer broadband technologies such as ADSL are “asymmetric” — supporting much slower maximum upload data rate than download.

5. Intranet

The same thing as the Internet, except that it's a private network belonging to an organization or business and is accessible only to employees or members of the organization. An example of an intranet project is a Web site created for your company's human resources department to provide information for employees that is not available to the public.

6. Server (服务器)

A computer with a permanent connection to the Internet that's used to host Web sites and make them available to other computers (servers can provide information to everyone on the Web or just to people on a closed network). Web servers are computers that are permanently connected to the Internet that host Web sites.

7. Home Page (主页)

Some people call their entire Web site their home page, but the term is best used to describe the first page, or start page, of a Web site.

8. Domain Name (域名)

This is the name that identifies a Web site. For example, "microsoft.com" is the domain name of Microsoft's Web site. A single Web server can serve Web sites for multiple domain names, but a single domain name can point to only one machine. For example, Apple Computer has Web sites at www.apple.com, www.info.apple.com, and store.apple.com. Each of these sites could be served on different machines.

Then there are domain names that have been registered, but are not connected to a Web server. The most common reason for this is to have e-mail addresses at a certain domain name without having to maintain a Web site. In these cases, the domain name must be connected to a machine that is running a mail server.

Every domain name has a suffix that indicates which top level domain (TLD) it belongs to. There are only a limited number of such domains. For example:

- gov—Government agencies
- edu—Educational institutions
- org—Organizations (nonprofit)
- mil—Military
- com—commercial business
- net—Network organizations
- ca—Canada
- th—Thailand

9. Firewall (防火墙)

The term "firewall" originally referred to fireproof walls that were designed to prevent the spread of fire from one room or building to the next. They were typically made of brick, steel, or another type of inflammable material that would effectively limit the spread of the fire. In the IT world, firewalls do not involve any fire or pyrotechnics, but they serve a similar purpose. A computer firewall limits the data that can pass through it and protects a networked server or client machine from damage by unauthorized users.

10. Hyperlink (超级链接)

A hyperlink is a word, phrase, or image that you can click on to jump to a new document or a new section within the current document. Hyperlinks are found in nearly all Web pages, allowing users to click their way from page to page. Text hyperlinks are often

blue and underlined, but don't have to be. When you move the cursor over a hyperlink, whether it is text or an image, the arrow should change to a small hand pointing at the link. When you click it, a new page or place in the current page will open.

11. ISP

ISP stands for “Internet Service Provider.” In order to connect to the Internet, you need an ISP. It is the company that you (or your parents) pay a monthly fee to in order to use the Internet. If you use a dial-up modem to connect to your ISP, a point-to-point protocol (PPP) connection is established with another modem on the ISP's end. That modem connects to one of the ISP's routers, which routes you to the Internet “backbone.” From there, you can access information from anywhere around the world. DSL and cable modems work the same way, except that after you connect the first time, you are always connected.

Pre-reading Tasks

1. Dial-up Connection—C, 2. Router Connection—A, 3. ADSL—E, 4. WLAN—B, 5. GPRS—D

Text A

Comprehension

- I.
 1. Streaming audio/video
 2. High-speed Internet connection
 3. Fast information access
 4. Songs, videos and files
- II.
 1. Yes. Accessing the Internet through a high-speed broadband connection gives you several benefits over the traditional dial-up method. No longer do you need to wait for hours for simple downloads or be kept offline due to a server overload. With broadband Internet, you can forget about the annoying dial-up wait time and have an “always on” connection.
 2. Employees no longer need to travel for meetings; instead, they can use the power of broadband to join web conferences, avoiding several days of travel and the expenses of flights, hotels, meals, city transportation, and so on.
 3. Employees can communicate with one another at the click of a button. They can access each other's files through the network. Not only does broadband Internet enable employees to work efficiently, but it also allows for large-scale data backup. Employees also have the flexibility of working at home, saving the costs of expensive office space.

4. More and more people around the globe have the means to transform their lives by using broadband Internet connectivity.
5. You may use the following words and expressions.
- | | | | |
|---------------------------------|---------------------------------|---|-----------------|
| low speed | faster access | expensive/inexpensive | easy to acquire |
| shared access | download and upload much faster | | instant online |
| high-speed data transmission | | pay for the service even if you aren't using it | |
| convenient/inconvenient | | difficult to provide the service to rural areas | |
| easiest and most popular | | cheapest choice on a tight budget | |
| available everywhere | | offer completely free service | |
| ideal for uploading large files | | | |

Language Practice

▮ Vocabulary

- I. 1. make use of 2. access 3. competitive 4. appreciate 5. annoying 6. gateway
7. maintain 8. a variety of 9. left out 10. transformed
- II. 1. appreciation 2. connectivity 3. competitive 4. annoying 5. transformed
6. flexible
- III. 1. cut away 2. cut across 3. cut down on 4. cut in 5. cut off 6. cut into
- IV. 1. Intranet — C. 局域网
2. Router — A. 路由器
3. Multimedia personal computer — I. 多媒体个人电脑
4. Network administrator — B. 网络管理员
5. Cyber citizen — D. 网民
6. Virtual space — E. 虚拟空间
7. Ethernet — F. 以太网
8. Campus-wide area network — P. 校园网络
9. Domain name — K. 域名
10. Information technology — G. 信息技术
11. Firewall — J. 防火墙
12. Network neighborhood — Q. 网上邻居
13. Work station — O. 工作站
14. Online trading platform — H. 网上交易平台
15. Hyperlink — L. 超链接
16. Remote control — N. 远程控制
17. Bulletin board system (BBS) — M. 公告板

☐ Cloze

1. connecting 2. data 3. operators 4. available 5. well 6. access 7. such as
8. through

☐ Translation

1. For a variety of reasons, he left the company where he had worked (which he had served) for nearly twenty years.
2. Farmers could afford more household electrical/electric appliances after ten years' reform and opening-up.
3. The game is said to be (It is said that the game is) a large-scale 3D game that demonstrates/displays/shows Chinese culture.
4. In translation from Chinese to English (In Chinese-English translation) we often need to/ have to leave out some words.
5. It's growing more (and more) competitive in the car industry (The car industry is becoming increasingly competitive) and car prices are falling.
6. On no account should we cut down the output. (We should by no means cut down production.)
7. All citizens have free access to the public library. (The public library offer free access to all citizens.)
8. We are making use of energy from the sun in many ways. (We are making use of solar energy in numerous ways.)

Text A 参考译文

宽带互联网

万维网使你能够使用大量各种形式的资源,比如流媒体。想领略到网络的魅力,你只需要高速的互联网连接。宽带就能满足你的需求,向你敞开高速互联网世界的大门。信息的快速获取又给予你傲人的竞争优势。

相比传统的拨号上网,高速的宽带连接让你受益良多。你再也不必为了简单的下载而等上数小时或由于服务器超载而掉线了。有了宽带,你就可以摆脱等待拨号上网的烦恼并可以“始终在线”。

当家庭用户利用宽带下载歌曲、视频以及大容量文件时,商业用户也不甘落后,充分利用高速互联网络。宽带联网削减了企业用于员工的差旅费用。员工们再也不需要为了开会而长途跋涉。他们可以利用宽带参加网络会议,免去了数日出差以及飞机、旅馆、膳食、城市交通等费用。

大公司也可以建立局域网,员工们只要按下按钮就能相互交流。他们可以通过内部网络进入彼此的文档。宽带不仅使员工们高效工作,也实现了大规模的数据备份。

宽带连接也能使员工们能够灵活地在家里工作,从而节省昂贵的办公室开支。高速宽带互联网连接已经非常普遍,如今涌现出在家里工作的一代人,他们自己建立并维护网站和博客。

全世界越来越多的人通过宽带互联网的连接改变了生活,你会甘心落后么?

Text B

Comprehension

I. 1. D 2. B 3. C 4. D 5. A

II.

Definition	Web-based technologies that enable <u>interactive</u> dialogue between communities and individuals	
Current Situation	— see a huge growth in its <u>proliferation</u>	
	— able to <u>command</u> both huge audiences and extremely <u>targeted</u> audiences	
	— accounts for <u>22%</u> of all time spent online in the US	
	— useful tool for businesses of <u>all</u> sizes	
Example	Cause	Domino's staff videoed themselves behaving in an <u>unsavoury</u> manner and post it on YouTube, causing <u>massive</u> losses for the company.
	Solutions	"Tweet for Treat" campaign: the more you tweet, the cheaper the pizza
	Result	The company pulled itself back up after falling from <u>grace</u> in the eyes of the public.
Conclusions and Suggestions	— Social media is an immense tool, which may cause serious <u>repercussions</u> if used incorrectly or without <u>serious thought</u>	
	— Learn how social media works before starting	
	— Listen to people's opinions and give <u>constructive</u> responses	
	— <u>Nurture</u> your social media status and protect it	
	— Try to be <u>precise</u> in web marketing	

III. 1. 由于其对广大受众和特定目标受众都能产生巨大影响,社交媒体也获得了企业的广泛关注。

Paraphrase: Companies have also paid attention to social media because it has great impact on both the general public and particular groups of people.

2. 但是,当某件事像病毒一样在网络上迅速传播时,企业只能祈祷这是个对企业有积极影响的传闻,而非负面新闻。

Paraphrase: But when something spreads rapidly like viruses online, what organizations pray that it is something favorable/positive rather than unfavorable/negative.

3. 不出所料,达美乐披萨正在一步步重塑在公众心中受损的公司形象。

Paraphrase: As expected, Domino's is now rebuilding its image in the opinion of the public after it lost some respect from the latter.

4. 如果你能听取所有这些建议,你就能在网上树立你的个性和品牌,并取得巨大成功。

Paraphrase: If you take all the advice into consideration, you will build your personality and brand online and become very successful.

Oral Practice

Teaching Tip

In case the students don't have much to say about the question, you can display the Reference Key on the screen for a short while before switching it off.

Reference Key

1. Examples of traditional media: newspapers, television, film, etc.
2. Differences:

Quality: Most newspapers and TV programs are well organized with a fairly high quality; whereas the contents of social media sites range from high-quality to low-quality.

Cost: Traditional media are typically produced and controlled by the government and/or corporate (privately owned), and the audiences have to pay. On the other hand, social media are generally available to the public at little or no cost.

Immediacy: It may take a long time (days, weeks, or even months) before traditional media can produce a program; whereas social media can be capable of immediate responses.

Permanence: Traditional media, once created, cannot be altered (once a magazine article is printed and distributed, changes cannot be made to that same article). On the other hand, social media can be altered almost immediately by comments or editing.

Language Practice

- I. 1. commands 2. savoury 3. incentive 4. negative 5. grace
6. immense 7. nurtured 8. publicize 9. forethought 10. repercussions
- II. The following statistics may account for/explain the use and effectiveness of social

media and its effect on individuals worldwide. Consumers continue to spend more time on social networks than on any other category of sites: They spend roughly 20 percent of their total time online via personal computers, and 30 percent of the total time online via mobile phones. 51% of the people aged 25—34 use social networking in the office, more than those of any other age group. Of the people aged 65 and above/older, one in four use social networking sites. One in six of university/college students are enrolled in/have registered with an online curriculum.

III. (Omitted)

Text B 参考译文

当社交媒体出了问题

社交媒体是指允许团体或个人相互沟通的互联网技术。

在过去几年中,社交媒体数量激增。由于其对广大受众和特定目标受众都能产生巨大影响,社交媒体也获得了企业的广泛关注。

越来越多的人开始花时间上网:在推特留言,在脸谱上点“赞”,在大量社交网站上分享链接、图片和资料。在美国,人们花在社交网络上的时间占到了总上网时间的 22%。事实上,现在脸谱的用户量比 200 年前地球上的总人口还要多。

毫无疑问,对所有规模的企业而言,社交媒体都是极其有用的工具。但是,当某件事像病毒一样在网络上迅速传播时,企业只能祈祷这是个对企业有积极影响的传闻,而非负面新闻。

但是,如果是坏的情况怎么办?

达美乐披萨连锁店最近就陷入了麻烦。几个员工录下了他们在店里的一些不雅行为,还上传到了 YouTube 视频网站,让全世界都能看得到。

达美乐一开始遭受了巨大损失,但公司最终利用社交媒体的正面影响,扭转了整个局势。他们通过“用推特,享好礼”活动重新赢得了公众的喜爱。其思路其实很简单,在推特留言越多,披萨折扣越大。不出所料,达美乐披萨正在一步步重塑在公众心中受损的公司形象,通过这个新活动,他们不仅做了免费广告,还让人们有动力在推特上点“赞”或转发。真是个天才的想法!

社交媒体是个能量巨大的工具,但是如果使用不当或轻易使用,却能造成严重后果。公司和个人因不当使用社交媒体承受巨大损失,这类报道不胜枚举。

如果希望利用社交媒体对公司带来正面影响,那么要谨记一点,使用前研究清楚该媒体是如何运作的,千万不可将其当儿戏。认真倾听人们对你和你的品牌的看法,做出有建设性和前瞻性的回应。如果你能听取所有这些建议,你就能在网上树立你的个性和品牌,并取得巨大成功。培养并维护你在社交媒体的状态,这样才能避免登上社交媒体十大错误榜单。永远实行精准化网络营销,这样即使出错,也不会像病毒一样迅速传播。

Additional Language Points for Texts A and B

Text A

access *n.* 进入;接触

He is a man of easy access.

他是一个很好接近的人。

Citizens may have free access to the library.

市民可以免费使用这个图书馆。

gateway *n.* 入口,途径

A good education can be the gateway to success.

良好的教育是通往成功之路。

Hard work is the gateway to success.

辛勤工作是通往成功之路。

competitive *adj.* 竞争的

It's getting very competitive in the car industry.

汽车工业方面的竞争日益加剧。

Our prices are competitive.

我们的价格是有竞争力的。

America is a competitive society.

美国是一个竞争激烈的社会。

competitively *adv.* 竞争地

competition *n.* 竞争

competitiveness *n.* 竞争力

overload *v./n.* 超载,负荷过多

It's dangerous to overload a bus with passengers.

客车超载行驶是非常危险的。

She has been suffering from mental overload.

她一直精神负担过重。

household

1) *n.* 一家人,家庭

The whole household was early last Sunday.

上星期天全家人都起得很早。

2) *adj.* 家庭的

I disputed with my wife on household expenses.

我跟太太争论有关家庭开销的问题。

internal *adj.* 内部的

He worked in internal trade.

他的工作是做国内贸易。

反义词: **external** *adj.* 外部的

click *v.* (使)发出喀哒声 *n.* 喀哒声

The door clicked shut.

门咔嗒一声关上了。

That's the click of the switch.

那是开关的咔嗒声。

maintain *v.* 维持或保持;继续

We must maintain a firm attitude.

我们必须保持坚定的态度。

He is too poor to maintain his family.

他太穷了,无法养活家人。

Part of my job is to maintain good relationship with our suppliers.

我的部分工作是同供应商保持良好的关系。

transform *v.* 改变;转换

His plans were transformed overnight into reality.

他的计划迅速变为现实。

The magician transformed the frog into a princess.

魔术师把青蛙变成了公主。

Success and wealth transformed his character.

成功和财富改变了他的性格。

due to *prep.* 因为

His successes were largely due to luck.

他的成功主要靠运气。

The failure of the scheme was due to bad management.

计划的失败是由于管理不善。

cut down *v.* 削减;删节

Are you trying to cut down on cigarettes?

你是要减少吸烟吗?

leave out *v.* 省去;遗漏

One or two scenes in the play were left out.

剧中的一两个场景被删掉了。

Be sure not to leave out this item.

这一项可千万不能漏掉。

Text B

interactive *adj.* 交互的

The young teacher is required to carry out interactive teaching in the classroom.

那个年轻老师被要求在课堂实行互动的教学法。

Children under 12 can enjoy extra discount on participation fee for interactive programs.

12岁以下儿童可以享受互动活动体验费用的额外折扣优惠。

proliferation *n.* 激增

China advocates prevention of the proliferation of nuclear weapons.

中国主张防止核武器扩张。

With the Internet available almost everywhere, this is an era of the proliferation of information.

网络无处不在,这是个信息大爆炸的时代。

a host of 大量的

We have an hour of Q&A time, for I'm sure the audience has a host of questions for our experts.

我们设有一个小时的提问时间,因为我相信听众一定有大量问题要请教我们的专家。

Lee must have met with a host of difficulties, perhaps that's why he looks sad.

李一定遇到了很多困难,大概那就是为什么他看起来很难过。

savoury *adj.* 美味的;令人愉快的

It's very hard to book a table in that restaurant famous for its savoury dishes.

要在那家以饭菜美味出名的餐厅订个座是很难的。

There were plenty of desserts, including tarts, jellies, cakes and all that, but nothing savoury.

有很多甜品,包括各种挞、果冻、蛋糕什么的,但没有一样是美味的。

post *vt.* 发布

Your job is to post up advertisements around, announcing the opening of the new shopping center.

你的工作是在附近张贴广告,宣传新购物中心的开张。

It takes time to find it all by yourself, why don't you post a notice on the local newspaper?

全凭一己之力找会很花时间,你为什么不在本地报纸上登个通告呢?

incentive *n.* 动机

He no longer had the incentive to study harder because he knew his teacher didn't like him.

他不再有努力学习的动力了,因为他知道他的老师不喜欢他。

For most people, money is a major incentive to get up and go to work every morning.

对于大部分人来说,金钱是激励他们早上起床去上班的主要动力。

repercussion *n.* 反响,反应

The resignation of the chairman has serious repercussions for the future of the firm.

主席的辞职对于公司的未来有很大影响。

The decision you are going to make will have profound repercussions on the relationship between two countries.

你的决定将对两国之间的关系将产生重大影响。

publicize *vt.* 宣传

The new product is a huge success, even though we hardly did anything to publicize it. 新产品取得了巨大的成功, 尽管我们几乎没有做什么宣传。

Our new class teacher publicized his cellphone number and said we could contact him anytime. 我们的新班主任公布了他的手机号, 并说我们可以在任何时候联系他。

nurture *vt.* 培养

If you want to be more efficient during work, you need to nurture a good working relationship. 如果你想要更有效率地工作, 那么你需要维持良好的工作关系。

To maintain the competitiveness of our firm, we need to nurture and attract the best talents. 为了维持我们公司的竞争力, 我们需要培养和吸引最优秀的人才。

Text C

Exercise 1. Matching

1. C 2. A 3. I 4. F 5. E 6. B 7. C 8. G 9. J 10. F

Exercise 2. Paraphrase

- Paraphrase:** To seize the opportunities on Facebook, just imagine yourself in a foreign country with a huge population, with no language barriers (to prevent you from communicating with the local people).
- Paraphrase:** There are suggestions that you should try to “sell” yourself by showing your individuality on Facebook, yet a better suggestion is that you should be a sincere/an honest/a frank and clearly-understood member on Facebook.
- Paraphrase:** A sincere comment will help a lot to start establishing an everlasting relationship/friendship with other people.

Language in Use

Comprehensive Task

- 1) Hip hop is a cultural movement that began among urban Africans, Jamaicans and Latinos in the Bronx borough of New York City during the early 1970s, and has since spread around the world.
- 2) The four main aspects, or “elements”, of hip hop culture are MCing (rapping),

DJing, graffiti, and breakdancing.

3) In recent years the focus has been centrally placed on rapping producing.

2. 1) on 2) over 3) with 4) to 5) in

Career Skills

(1) MEMO (2) To (3) From (4) Date (5) Re (6) save (7) reporting
(8) procedure (9) Log (10) Enter (11) Repeat (12) Choose (13) Click

Grammar

1. C 2. A 3. A 4. A 5. D 6. D 7. C 8. C 9. B 10. B

Writing

On Making Net Friends

It is becoming increasingly popular to make friends online. Not only young people, but also some middle-aged and elderly people like to chat with friends or even strangers online or share photos with them. Human beings are born social animals and like interpersonal communications. Modern technology has facilitated social exchanges. Some people do not have many social contacts with the outside world, so they rely on the virtual world to satisfy their psychological needs for communication.

Making friends on the Internet has its advantages. In the real world you have direct contacts with only a limited number of people, of whom only a small proportion share your interests and hobbies. As a result, some people find it hard to make true friendships. On the other hand, by turning to chatrooms, QQ, Microsoft, etc, they can easily approach a vast number of people. Consequently, it may be easier for you to find friends. Moreover, in the real world one may not be willing to show his true feelings owing to the social constraints. On the other hand, Net users, with fewer psychological barriers, can readily open their hearts to others or demonstrate their genuine emotions.

Online communications are not without their problems. From time to time, it is reported in newspapers that a person is cheated out of his money and a girl is raped by a so-called online friend. Therefore, we should be cautious in entering friendships on the Net though we do not have to go to the other extreme and avoid all online contacts.



Unit

Sports

2

Introduction

Are sports beneficial to those who participate? Yes, sports in general are very beneficial to those who participate. Participation in sports brings about many physical and psychological benefits. What are some of the psychological benefits of sports? One psychological benefit of sports is that they can boost the self esteem of the people participating. You will learn more about it in this unit.

Background Information

1. The World Cup

The FIFA World Cup, occasionally called the Football World Cup, but usually referred to simply as the World Cup, is an international football competition contested by the men's national teams of the members of *Fédération Internationale de Football Association* (FIFA), the sport's global governing body. The championship has been awarded every four years since the first tournament in 1930, except in 1942 and 1946, because of World War II.

The current format of the tournament involves 32 teams competing for the title at venues within the host nation(s) over a period of about a month — this phase is often called the *World Cup Finals*. A qualification phase, which currently takes place over the preceding three years, is used to determine which teams qualify for the tournament together with the host nation(s). The World Cup is the most widely-viewed sporting event in the world, with an estimated 715.1 million people watching the 2006 final.

Of the 18 tournaments held, eight nations have won the title. Brazil is the only team that has played in every tournament and has won the World Cup a record five times. Italy and Germany are next with three. The other former champions are Uruguay, winner of the inaugural tournament, and Argentina, with two titles each, and England, France and Spain, with one title each.

The most recent World Cup was held in Brazil in 2014, and was won by Germany, who defeated Argentina in the final. The next World Cup will be held in Russia, between 14 June and 15 July 2018, and the 2022 World Cup will be held in Qatar.

2. **Acrobatic gymnastics** (sometimes called Acro-Airs or Sport Gymnastics) is a competitive sport involving gymnastics and acrobatics that is choreographed and rated by judges. There are five types of events (women's and men's pairs, women's and men's groups, involving three and four partners respectively, and mixed pairs). The sport combines dance, tumbling and partnering skills that involve dynamic (aerial) and balance (posed) movements.

3. **Greco-Roman wrestling** is a style of amateur wrestling that is practiced throughout the world. Along with freestyle, it is one of the two styles of wrestling contested in the Olympic games.

Colloquially referred to simply as Greco, this style of wrestling forbids attacks below the waist. As a result, throws are encouraged as the Greco-Roman wrestler cannot avoid being thrown by simply hooking or grabbing his opponent's leg. Otherwise, the sport is similar to freestyle.

Arm drags, bearhugs, and headlocks found in freestyle have greater prominence in Greco-Roman. Throws especially known as suplexes are used, in which the offensive wrestler lifts his opponent in a high arch while falling backward on his own neck to a bridge in order to bring his opponent's shoulders down to the mat. Even on the mat, a Greco-Roman wrestler must still find several ways to turn his opponent's shoulders to the mat for a fall without legs, including (but not limited to) techniques known as the *bodylock* and the *gut-wrench*.

According to the International Federation of Associated Wrestling Styles (FILA), Greco-Roman wrestling is one of the six main forms of amateur competitive wrestling practiced internationally today. The other five forms are freestyle wrestling, grappling (also called submission wrestling), beach wrestling, pankration athlima and alysh.

Related words and expressions

- 橄榄球 rugby
- 曲棍球 hockey
- 板球 cricket
- 蝶泳 butterfly (stroke)
- 蛙泳 breaststroke
- 仰泳 backstroke
- 自由式 freestyle
- 柔道 judo
- 击剑 fencing
- 花样滑冰 figure skating
- 盖帽 block shot(缩写:Blk.)
- 扣篮 jam(one-handed/two-handed jam)
- 重扣 slam dunk/dunk
- 前卫 midfielder
- 前锋 forward
- 中锋 striker

拖延战术 time wasting tactics
 442 阵型 4-4-2 formation
 进球荒 goal drought
 中场休息 half time interval
 反越位成功 beat the offside trap
 判罚出场 send a player off
 伤停补时 injury time
 掌握比赛节奏 set the pace
 控球技术 ball playing skill
 开球 kick-off
 倒钩球 bicycle kick, overhead kick
 角球 corner ball, corner
 头球 header
 点球 penalty kick
 进球无效 the goal is disallowed
 铲球 tackle
 远射 long drive
 未射中 miss-hit
 掷界外球 throw-in
 合理冲撞 fair charge
 盯人防守 close-marking defence
 假动作 deceptive movement
 解围 clearance kick
 摆脱防守 break loose
 筑人墙 set a wall

Pre-reading Tasks

(Omitted)

Text A

Comprehension

- I. 1. Y 2. N 3. NG 4. N 5. Y
- II. 1. Players look upon the World Cup as the most important event in their sporting lives. A great cultural exchange comes with every World Cup.
2. Thousands of people speaking many different languages will visit the cities and towns of the host countries, bringing their own cultures and transforming the area into a vast

melting pot.

3. Watching games can help people relieve stress and relax. Furthermore, to watch a well-played game brings spiritual comfort.
4. (Omitted)

Language Practice

▮ Vocabulary

- I. 1. boasting 2. outlook 3. crowned 4. tournament 5. participate 6. sharing
7. competition 8. contribute to 9. cultural 10. exchanged
- II. 1. understanding 2. hostess 3. competitive 4. sharing 5. cultural 6. participation
- III. 1. brought about 2. bring back 3. bring... around 4. brought forward/forth
5. brought up 6. bring down 7. bring forth
- IV. 1. M 2. J 3. D 4. L 5. B 6. P 7. C 8. A 9. I 10. H
A track & field 田径
B figure skating 花样滑冰
C goalkeeper 球门员
D shot put 推铅球
E water polo 水球
F roller skating 滑旱冰
G score a goal 射门得分
H referee 裁判
I acrobatic gymnastics 技巧运动
J in the mixed doubles 混合双打
K record holder 纪录创造者
L assistant coach 助理教练
M home game 主场比赛
N Greco-Roman wrestling 古典式摔跤
O hurdle race 跨栏比赛
P softball 垒球

▮ Cloze

1. expensive 2. powerful 3. develop 4. dangerous 5. divided 6. against 7. color
8. types 9. narrow 10. outside

▮ Translation

1. The game/match/tournament is open to amateurs as well as professionals (Not only professionals, but also amateurs can take part in this game.)

2. Cairo, a cradle of civilization, is a melting pot of ancient and modern Egyptian civilizations.
3. Seek (You should look for) partners sharing common goals (companions with similar ideas). The best is not always/necessarily the most suitable (the fittest).
4. I am confident/sure/certain that the courses in market research I have taken/learned and the/my experience would help me fit in and contribute to the work in your company.
5. In a way good/excellent after-sale service sells our products (promotes sales of our product).
6. Don't shorten the morning by getting up late; look upon it as the quintessence/essence of life.
7. After the battle they buried the dead and brought/carried with them the wounded.
8. I also like to be a (sort of) cultural-exchange envoy serving as a bridge/link between two cultures/countries/peoples.

Text A 参考译文

世界杯足球赛:文化分享

世界杯足球赛是文化分享的一个典范。世界各地的足球(英式足球)运动员和足球迷密切关注自己国家运动员在四年一度的比赛中的表现。

首先,来自全世界的人们用同样的设备,以同样的规则参与同样的比赛。球员和球迷们讲不同的语言,但参与的是相同的比赛。每一个人都投身于一段共同的经历。是的,这是一项运动,但它的意义远远超过了运动本身。今年获胜的国家将能在之后的四年里炫耀一番。

世界杯足球赛在某种意义上类似于奥林匹克运动。球员们把世界杯足球赛视为他们运动生涯中最为重要的事件。很少有球员在这著名的锦标赛中得到一次以上的参赛机会。

在主办国日本和韩国的许多城市的街道上,你能找到另一个文化共享的例子。这些都是大城市和大国家,始终有国外游客造访。而观看世界杯足球赛的观众人数巨大。成千上万语言各异的人将来到这两个倍感荣耀的国家,参观城市和乡镇,带上他们本国的文化,把这一地区转变成一个熔炉。

最后,言归赛事,胜者受封。待到一切结束后,人们就各自回国,主办国家的人民生活照旧。但是每个人的观念会有所改变。来自墨西哥的球员和球迷对许多其他国家会有些许或者许多了解。生活在日本和韩国的人会了解一些或许多生活在其他国家的人。仅仅因为数场球赛,伴随着每届世界杯足球赛而来的文化交流定会促进我们对这个世界的了解。

Text B

Comprehension

- I. 1. B 2. D 3. A 4. C 5. B

II.

Do you want to lose weight? Do you want to keep fit?

Try advanced aerobic programs!

Here are some tips for beginners; check them and you will be ready!

Tips for Advanced Aerobics Program

- ☑ Make sure you are wearing comfortable clothes and footwear.
- ☑ You can always consult a trainer when you are choosing the appropriate gear.
- ☑ Before you start, you also have to consult your physician to assess your fitness level.
- ☑ Perhaps you shall do a treadmill test to assess your basal heart rate and lung capacity.
- ☑ Walking can be a routine in your schedule, remember to add other aerobic programs like cycling or jogging.
- ☑ When you are jogging, it might be more effective if you can jog for half an hour without taking a break.
- ☑ Each consecutive day, you shall add a few minutes or laps to challenge your body's limits.
- ☑ If you ever feel your body has stopped to improve, you have reached the plateau phase.
- ☑ Hitting rock bottom indicates you should revise and shuffle your aerobics programs.
- ☑ You should not let your body adapt to your work schedule.
- ☑ To help you and motivate you, it's a good idea to find a good aerobics partner.
- ☑ Think of your daily aerobics program as a means of having fun with friends.

Stay fit and have fun!

Good luck!

- III. 1. 健步走有一个很大的好处,那就是任何人、所有人都知道怎么走路,很少有人会在走路的技术上出差错。

Paraphrase: Walking brings great benefits, everyone can do it, and people seldom make mistakes in terms of walking skills.

2. 一旦你选好了自己的运动装备,就该去咨询一下自己的医生并评估你的健身强度了。

Paraphrase: As soon as you have finished selecting/picking your equipment, you should see your/the doctor to evaluate/assess how fit you are.

3. 把每日的常规项目,诸如健骑、游泳或其他替代项目,都安排在傍晚,并且每天增加几分钟锻炼时间或增加几个训练圈数,挑战身体的极限。

Paraphrase: Arrange your routine exercises such as cycling and swimming in the evening, and every day you should add several minutes or laps to test the limits of your body.

4. 达到停止进步的“高原状态”意味着你应该更换你的有氧锻炼项目了。是时候换些新花样了。

Paraphrase: When you reach a high level and can no longer make progress, it shows you have to change/update your aerobics program and have more variety in your exercises.

5. 找一个好搭档在锻炼过程中帮助你 and 激励你,把每天的有氧锻炼项目都看做是和朋友一起享受乐趣的方式。

Paraphrase: You should get yourself a training buddy who may help you and