

运动中的脑震荡 Concussion in sport

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是内尔。

And I'm Georgina.

我是乔治娜。

When it comes to sport, there's something for everyone.

说到运动，有一样东西适合所有人。

Do you play a sport, Georgina?

你运动吗，乔治娜？

I used to play in a netball team years ago.

我几年前曾经在一个网球队里打球。

Now I go jogging and I enjoy swimming too.

现在我会慢跑，而且我也喜欢游泳。

Yes, I go jogging sometimes and I play football, although I'm no Ronaldo!

是的，我有时候慢跑，而且我踢足球，尽管我不是罗纳尔多！

But some sports, the so-called 'full contact' sports like rugby, American football and boxing are much more dangerous.

但是有些运动，所谓的“全接触”运动，比如橄榄球，美式足球和拳击要危险得多。

Now, the truth about the long-term effects on players who make a career taking heavy tackles or punches to the head is being slowly revealed.

关于从事会有强烈碰撞和头部受到撞击的运动的选手产生的长期影响正在被慢慢被揭露。

And the issue of safety in sport was back in the news again recently when Danish footballer, Christian Eriksen, collapsed on the pitch during the 2020 European football championship.

而且运动中的安全问题最近又见诸报端，丹麦的足球选手 Christian Eriksen 在 2020 年欧洲足球冠军赛的球场上昏倒了。

At the centre of the debate are worries about possible brain damage and dementia caused by concussion - that's a type of traumatic brain injury caused by a bump or blow to the head and the topic of this programme.

争论的中心是担心可能的大脑损伤和由脑震荡造成的痴呆 —— 这是一种由头部撞击遭到的大脑损伤，也是本期节目的话题。

Boxing, of course, is one of the most dangerous sports, and so my quiz question is about a famous boxer.

当然拳击是最危险的运动之一，所以我的问题是关于一个有名的拳击手的。

Born in 1949, this boxer has remained mentally and physically fit despite years of punishment in the boxing ring.

出生于 1949 年，这位拳击手保持着身心健康，尽管在拳击台上受到了惩罚。

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But who am I talking about?

但是我是在说谁呢？

Is he a) Muhammad Ali, b) George Foreman, or c) Mike Tyson?

他是 A. 穆罕默德·阿里，B. 乔治·福尔曼，还是 C. 迈克·泰森？

I'm not a big boxing fan, Neil, but I'll say b) George Foreman.

我不是拳击迷，内尔，但是我要选 B. 乔治·福尔曼。

OK, Georgina, we'll find out the answer to that question later in the programme.

好的，乔治娜，我们稍后会揭晓答案。

So far, we've been talking about heavy full-contact sports like boxing, but the truth is that any sportsperson can get concussed.

到目前为止，我们一直在谈论像拳击这样的全接触运动，但是事实是任何运动员都有可能脑震荡。

In 2018 hockey player and Olympic gold medallist, Nicola White was involved in a heavy collision with another player during a warm-up match.

在 2018 年曲棍球手兼奥运金牌获得者尼古拉·怀特在一次热身赛中跟另一位选手发生了强烈撞击。

Here's Nicola telling her story to Paul Connolly, presenter of BBC World Service programme, The Inquiry.

以下是尼古拉向 BBC 世界服务节目《The Inquiry》的主持人保罗·康纳利讲述她的故事。

I started suffering headaches, nausea, light sensitivity, noise sensitivity, my balance was off, I just felt terrible.

我开始感到头痛，恶心，光敏感，噪音敏感，我的平衡力变差，我感觉很糟糕。

I always used to describe it like I was in Alice in Wonderland, I just felt in such a warped world, it just felt relentless, and it never stopped.

我过去总是把它描述成我就像在《爱丽丝梦游仙境》一样，我感觉自己身处一个扭曲的世界，这种感觉一直持续，而且没有停止。

Three years on from that moment of impact, Nicola is still picking up the pieces.

那之后的三年里，尼古拉还在慢慢恢复。

Despite seeking advice and treatment from specialists in the field of head trauma, many of her symptoms persist.

尽管向大脑创伤方面的专家寻求了建议和治疗，她的很多症状还在持续。

After the collision, Nicola's balance was off.

撞击之后，尼古拉的平衡力变差。

When something is off, it's worse than usual.

如果某事变差了，这表示它比正常情况糟糕。

And off can also mean 'bad', as in 'this milk smells awful - it's gone off!' Nicola felt terrible and her world was warped - strange and unpleasant.

而“off”还可以表示“糟糕”，就像“这个牛奶闻起来很糟糕”——它变质了。尼古拉感觉很糟糕，而且她的世界是扭曲的——奇怪且令人不悦的。

In fact, three years after the accident, she was still picking up the pieces - trying to return to normality after a crisis or collapse.

事实上，那次意外过后三年，她仍然在恢复——试图在某次危机或崩溃后恢复正常。

Concussion is a problem in many sports - even those like hockey or athletics that are not considered 'full contact'.

脑震荡在很多运动中都是一个问题——即使是像曲棍球或不被认为有“完全接触”的田径运动。

But the dangers involved with boxing are far greater.

但是拳击的危险要大得多。

In fact, it's one of the few sports that has concussion written into the rules.

事实上，这是为数不多的将脑震荡写进规则的运动之一。

Yes, that's right.

是的，没错。

When a boxer is knocked down, he has ten seconds to stand up and get his senses together - if he can't, there's a good chance he's concussed.

当拳击手被击倒，他有十秒钟的时间站起来并找回自己的知觉——如果他做不到，那么他很可能受到了脑震荡。

Tris Dixon is a former boxer turned sportswriter.

特里斯·迪克森是一位前拳击手转行做了运动专栏作家。

Here he is speaking to BBC World Service programme, The Inquiry, about concussion in boxing.

以下是他对话 BBC 世界服务节目《The Inquiry》，谈论拳击中的脑震荡。

See if you can spot the answer to the quiz question Neil asked earlier.

看看你能否发现内尔之前问的问题的答案。

When you look back through history and you see that Henry Armstrong, Sugar Ray Robinson, Muhammad Ali, Joe Louis all suffered with neurological problems as they got older...but what we also need to find out is why can you have a fighter like George Foreman, who's now in his seventies, and is as bright as a button after two long hard careers.

当你回顾历史，你会看到亨利·阿姆斯特朗，舒格·雷·罗宾逊，穆罕默德·阿里，乔·刘易斯在年长之后都遭受了神经系统问题.....但是我们还应该弄明白的是为什么会有像乔治·福尔曼这样的拳击手，他现在七十多岁了，在经历了两次漫长而艰难的职业生涯之后依然精神矍铄。

Why do some people seem to have a reserve that has kept them safe later in life?

为什么有些人似乎有某种储备让他们在晚年保持安全？

Tris mentions some famous boxers who suffered neurological problems in later life...and another boxer who's still as bright as a button - an expression used to describe someone who's happy, cheerful, intelligent, and full of energy.

特里斯提到了一些有名的拳击手，他们晚年遭受了神经系统问题.....还有另一位拳击手，他依然精神矍铄——这个表达被用来描述某个人很快乐，开心，聪明且精力充沛。

It seems that some people have a reserve - a supply of energy they keep stored up for use in the future, when it's needed.

有些人似乎有某种储备 —— 他们存储的供未来需要时使用的能量供应。

OK, Georgina, let's get back to my quiz question - I'm pretty sure you know the answer now?

好的，乔治娜，我们回到我的问题 —— 我确定你现在知道答案了？

Yes, I think so.

是的，我想是的。

Neil asked me which famous boxer, born in 1949, was still mentally alert despite many years of fighting.

内尔问我哪位出生于 1949 年的著名拳击手尽管打了多年拳击，仍然思维敏捷。

I guessed it was b) George Foreman.

我猜的是 B. 乔治·福尔曼。

Good listening, Georgina!

听得不错，乔治娜！

Thanks, Neil, looks like I'm as bright as a button today!

谢谢，内尔，似乎我今天精神奕奕啊。

Let's recap the vocabulary from this programme about concussion - a traumatic brain injury caused by a knock to the head.

我们来回顾本期节目中的词汇，本期节目讲述的是脑震荡 —— 由头部撞击引起的无创脑部损伤。

When something is off, it's bad or worse than usual.

如果某事变糟糕，那么它很糟糕，或者比平常坏。

The adjective warped means strange and unpleasant.

形容词扭曲的表示奇怪且令人不悦的。

To pick up the pieces means to try to return to the ways things were before a crisis or collapse.

恢复指的是努力回到危机或崩溃前的方式。

A reserve is a supply of something that you kept back until it's needed.

储备指的是你为了需要收起来的某物的供应。

And finally, someone who's as bright as a button is very happy and cheerful, intelligent, and full of energy!

最后，精神奕奕的人指的是很快乐，开心，聪明且充满精力的！

Sounds like our 6 Minute English listeners to me!

在我看来就像我们六分钟英语的听众！

That's all for our investigation into concussion in sport, but if you'd like to find out more about the subject, you can listen again to the whole programme on the BBC World Service website.

这就是我们对于运动脑震荡的调查，但是如果你想要找到更多跟主题相关的内容，你可以在 BBC 世界服务节目网站上再次收听整个节目。

And if you want to grow your brain power, not get linguistically concussed, why not join us again soon for more topical discussion and useful vocabulary here at 6 Minute English from BBC Learning English!

如果你想要增加脑力，不要患上语言脑震荡，那么何不再次收听我们 BBC 学习英语栏目六分钟英语更多话题讨论和实用词汇呢？

Bye for now!

再见！

Bye!

再见！
