**UNIT 4 SPORTS**

**PART TWO LISTENING**

**Text 1**

**American football**

**⮊Task 2: Listen to the passage again and fill in the blanks.**

**Key**

Football season: fall

Kinds of teams: high school, college, professional

Uniform (clothing): strange looking, protective

Object (goal) of game: to carry the football from one end of the field to the other end

Professional players: rich, famous, play only 6-8 years

Game on TV: from September through January, on weekends & Monday nights, popular among people, “football widows”

**Text 2**

**Mike Tyson in the news**

**⮊Task 1: Listen to the beginning of the text and write down the main idea.**

**Key**

how the former champ squandered his fortune

**⮊Task 2: How did Mike Tyson squander his fortune? List what you hear.**

**Key**

divorces; high maintenance of his house; unusual pets; expensive cars; lawyers.

**⮊Task 3: Listen and fill out the numbers.**

**Key**

1. 300 million
2. 300 million, 48,348
3. 10.5 million
4. 6.5 million
5. 61, 18, 38
6. 748,000
7. 70,000
8. 320,000
9. 110

**Text 3**

**How playing sports benefits your body ... and your brain**

**⮊Task 1: Watch the video and answer the following questions.**

**Key**

1. What are some of the benefits of exercising to human physical health?

Strengthening our bones, clearing out bad cholesterol from our arteries, and decreasing the risk of stroke, high blood pressure, and diabetes.

2. What are some of the psychological benefits of playing team sports?

Learning to trust and depend on others, to accept help, to give help, and to work together towards a common goal.

3. How can learning through failure be “one of the most transformative, long-term benefits of playing sports”?

The experience of coming to terms with defeat can build the resilience and self-awareness necessary to manage academic, social, and physical hurdles.

**⮊Task 2: Listen to the audio and fill in the gaps.**

**Key**

So does that mean we get just as much benefit going to the gym five days a week as we would joining a team and competing? Well, here’s where it gets interesting: because it turns out that if you can find a sport and a team you like, studies show that there are all sorts of benefits that go beyond the physical and mental benefits of exercise alone. Some of the most significant are psychological benefits, both in the short and long term. Some of those come from the communal experience of being on a team, for instance, learning to trust and depend on others, to accept help, to give help, and to work together towards a common goal. In addition, commitment to a team and doing something fun can also make it easier to establish a regular habit of exercise. School sport participation has also been shown to reduce the risk of suffering from depression for up to four years. Meanwhile, your self-esteem and confidence can get a big boost.

**PART THREE SPEAKING**

**⮊Task 1: Watch the video clip** [*The dedication needed to become an Olympic athlete*](http://video.answers.com/the-dedication-needed-to-become-an-olympic-athlete-234134433##)**and answer the following questions.**

**Key**

1. They are trained six, seven, or eight hours a day. Most of them have started at six, seven, eight years old. They need to have the combination of the innate ability and the work ethic.

2. Teams now travel with athletic trainers and strength and conditioning coaches. They have access at least to a nutritionist and people like that. In the United States at the national level, almost all of the sports now have a very dedicated sports medicine staff that usually travels with the team.

3. It’s really difficult to say how much training because it's not the same for every person and it's not the same for every sport.

4. You have to listen to your body and know when to seek advice.

**PART FOUR ABBREVIATION BOX**

**⮊Task 1: What do these initialisms stand for?**

PRC \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (People’s Republic of China)

CPU \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Central Processing Unit)

VOA \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Voice of America)

EU \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (European Union)

GRE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Graduate Record Examination)

WTO \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (World Trade Organization)

CCTV \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (China Central Television)

NBA \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (National Basketball Association)

VIP \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Very Important Person)

CBD \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Central Business District)

**⮊Task 2: Read out the following acronyms.**

DINK (Double Income, No Kids)

APEC (Asian-Pacific Economic Cooperation)

OPEC (Organization of Petroleum Exporting Countries)

UNICEF (United Nations International Children’s Emergency Fund)

NASA (National Aeronautics and Space Administration)

SARS (Severe Acute Respiratory Syndrome)

TOEFL (Test of English as a Foreign Language)

IELTS (International English Language Testing System)

PETS (Public English Test System)

GMAT (Graduate Management Admission Test)

**PART FIVE HOMEWORK**

**⮊Task: Listen to “An interview with Kobe Bryant” and fill in the blanks.**

**Key:**

1. true man

2. championship

3. champion

4. MVP

5. trophy

6. rookie