

Day 6

今日学习目标：掌握单句填空题型技巧

➤ 单句填空解题技巧和步骤

单句填空为顺序性题目，答案会按照题号顺序依次出现在原文中。

解题技巧一：

1. 注意字数要求
2. 读题，画出定位词
3. 判断空格中填什么词性的单词

例如：C4T4P1

Questions 7–10

Complete the sentences below with words taken from Reading Passage 1.

Use **ONE WORD** for each answer.

Write your answers in boxes 7–10 on your answer sheet.

- 7 According to Professor Yessis, American runners are relying for their current success on
- 8 Yessis describes a training approach from the former Soviet Union that aims to develop an athlete's
- 9 Yessis links an inadequate diet to
- 10 Yessis claims that the key to setting new records is better

Identifying genetically talented individuals is only the first step. Michael Yessis, an emeritus professor of Sports Science at California State University at Fullerton, maintains that 'genetics only determines about one third of what an athlete can do. But with the right training we can go much further with that one third than we've been going.' Yessis believes that U.S. runners, despite their impressive achievements, are 'running on their genetics'. By applying more scientific methods, 'they're going to go much faster'. These methods include strength training that duplicates what they are doing in their running events as well as plyometrics, a technique pioneered in the former Soviet Union.

Whereas most exercises are designed to build up strength or endurance, plyometrics focuses on increasing power – the rate at which an athlete can expend energy. When a sprinter runs, Yessis explains, her foot stays in contact with the ground for just under a tenth of a second, half of which is devoted to landing and the other half to pushing off. Plyometric exercises help athletes make the best use of this brief interval.

练习 Homework

1. C4T2P1 Q1-4
2. C5T1P1 Q4-Q7
3. C5T2P1 Q1-Q3