

Lesson Notes

Dialogues:

Tutor: Yeah, my name is Rachel. Nice to meet you too.

Student: Great. And where are you from, Richard?

Tutor: I'm from China and actually I'm a PhD student.

Student: Amazing. Whereabouts in China are you?

Tutor: My school in Changquan, a province of China, but currently I am an intern in Beijing.

Student: Great. And what is your PhD on?

Tutor: Yeah, my research focus on artificial intelligence. So my daily work are building some artificial intelligence algorithms for some applications. Such as the Chai GPT.

Student: Yeah, yeah, the AI chatbot, right?

Tutor: Yeah. That's really cool.

Student: Oh, great. I'm from Manchester in the UK. I don't know if you know it.

Tutor: Yeah. Yeah. A lot of people seem to know the football teams.

Student: Yeah. Yeah. Yeah. The most famous football team.

Tutor: Exactly. Exactly. So it's funny, I talk with people from all over the world, but I always end up talking about Manchester United.

Student: Do you like watching the football team game?

Tutor: Yeah, I do. I enjoy it. So when I was growing up, my whole family was crazy about football. So it was always on the television. So yeah, my family are big Manchester United fans and I'm from Manchester. But now I live in Newcastle and here all my friends are big Newcastle United fans. So I watch all of them.

Student: Yeah.

Tutor: Do you like football?

Student: Yeah, I like football. When I was young, maybe in primary school, I always practice my football or attend some competitions with my classmates. But when I grow up, I don't have much time to... Yeah, for watching the game or practice by myself.

Tutor: I see. Yes, it's always the problem, isn't it? School becomes busier and more important. But yeah, glad you enjoy it still.

Student: Great. So today, I see we have a lesson on your dream job, which sounds interesting.

Tutor: Yeah, actually, this lesson, I do not choose this lesson. Maybe the Cambly randomly choose it. And actually, I bought a package for Cambly and every week I have 25 hours. So yesterday I have already taken our lessons and the topic is your dream job.

Student: OK. We can change the topic.

Tutor: Yeah, of course. So you've done this one before.

Student: Yeah, yeah. No problem.

Tutor: So the next one in this course is sports fitness. Would you like to do this one or a different topic?

Student: Yeah, I think this one is OK.

Tutor: That's good. And it's good because we've already talked about football and sports already.

Student: Great. OK, we can take a look.

Tutor: So we'll look at some vocabulary and words related to sports fitness, a discussion about different views of sports as a career or to keep fit, opinions related to sports and fitness, and then at the end, some

role play, what playing sports means to you and talking about our experience.

Student: OK.

Tutor: So to start, do you play any sports?

Student: Yeah, well, I was young. I love sports and actually I play many of sports, such as basketball, football and table tennis. You know, table tennis, most famous sports in China.

Tutor: Yeah, nice. I always watch table tennis at the Olympics and China always seems to be like the best. Always wins gold at table tennis.

Student: Yeah, but if I remember correctly, actually the England created this sport. I think so.

Tutor: Yeah, yeah. And it's just taken off all over the world. But I love I'm not very good, but I love to watch the tables. It's just so quick. I can't believe how quickly they're hitting it, but also reacting to it.

Student: Yeah, amazing.

Tutor: Nice. OK, and now do you do you play any sport at the moment?

Student: So, yeah, just as I mentioned, when I was young, I exercised regularly. When I grow up, I have a lot of work to do. You know, I am a PhD student, so I need to do research every day. And I am also an intern, so I need to work every day. So I don't have so much time for me to exercise regularly.

Tutor: That makes sense. Yeah. Oh, that's very, very understandable. Maybe when you finish a PhD and have a job, there'll be more balance and more time to to do sports.

Student: Nice.

Tutor: So you've already kind of answered the next question. So can you describe your favorite sport or exercise? And why do you like it?

Student: Yeah, I think my favorite sport is football. I am a real fan of a real Madrid. You know, yes, yes, of course.

Tutor: favorite player is Rolando. He's also from the United. Yeah. Yeah. You were your your your football team. I'm sorry. Rolando also comes from your your team, right?

Student: That's right. He went to Manchester, Real Madrid and back again to Manchester. And now I believe he's in Saudi Arabia, I think. Yeah. Yeah. Cool.

Tutor: And I like football because football like a real battle in the field. You know, yeah, each team has 11 men's and they are there. It is like a battle between this two group of people.

Student: Yeah, for sure. Good answer. I like with football as well, the strategy. It's almost like when you watch it in the stadium, it's almost like chess because one person moves this way and that means the next person can move up. And it's yeah, it's a great game.

Tutor: OK, so some vocabulary, so all related to fitness and sport. So first we have warm up and cool down. So, yeah, before, yeah, before working out, you should always do a warm up. So that, yeah. And at the end, do a cool down. So maybe some stretches, something like this.

Student: Then we have the phrase get into shape. Have you heard this one before?

Tutor: No, no, no. I don't understand this phrase. That's OK. It means to get fitter. Yeah, you may. Then there may. Yeah, maybe maybe if you're overweight to lose weight. And get some muscle. Yeah, exactly. So if we say if we say somebody is in shape, it means they are very physically fit. So to get into shape means to to work out, to exercise, to yeah. Maybe try and get a little thinner or maybe try and get a bit more muscular. I guess whatever shape you want your body, you put the work in to get there.

Student: Great.

Tutor: And then we have keep fit. So yeah, just to keep keep in shape, keep fit. So what's the difference of keep fit and get into shape?

Student: Good question. So keep fit means you are already in shape. So maybe you are already muscular, but you want you want to stay like that.

Tutor: OK, perfect. Get into shape means you want to change your body. So now.

Student: Great.

Tutor: Next we have circuit training. Circuit training. Which is a type of class you can do in a gym. I don't go to the gym very often, so but I think circuit training is is where you have like maybe five exercises lined up and you do them quickly. So me. Yeah. And you speed up each time. So it's like a circuit almost.

Student: Then we have cardio cardio. I don't understand what cardio.

Tutor: That's OK. So cardio is a kind of exercise like running, like dancing that basically makes your heart go faster. So if someone is doing cardio training, maybe they are running, cycling, something very physical that will make your heart beat. So people might say, oh, I'm doing cardio training and then I'm doing like weight training.

Student: Perfect.

Tutor: Then we have push ups. So you can see in the picture where they literally push up and then sit ups as well. So good for your strength in your in your tummy.

Student: Thank you. Perfect.

Tutor: OK, so which of these exercises do you like?

Student: Maybe the cardio. Yeah. Yeah. It's very simple. You know, you know, I have time. I can go on to I can go out to presume such exercise.

Tutor: Definitely, definitely. Good one. And are there any of these exercises that you do not like?

Student: Maybe push ups. I can I cannot do many of push ups.

Tutor: Me neither. Me neither. I agree with you there. Also sit ups. I can do them, but it's a lot a lot of effort.

Student: Great.

Tutor: OK, so why do you think it is important to warm up and cool down when exercising?

Student: Yeah, I think the warm up is important because our body needs to be ready before our exercising. If we don't do I do not need to do the warm up exercise. Our body may be hard. And the cool down is also very important because we need to make our body relax after exercising.

Tutor: Yeah, definitely. Perfect. Perfect answer, I think. I agree completely.

Student:

Tutor: And then next question. How does getting in shape help you in sports?

Student: Yeah, I think getting shape can make our body more stronger. Then we can be more competitive in sports.

Tutor: Yeah, definitely. Yeah, I agree. I think. Yeah, it makes you stronger. Maybe also it makes you fitter so you can

Student:

Tutor: maybe run for longer. Yeah, run faster, run faster. Definitely. Great. So how important is keeping fit to you? What do you do to stay fit?

Student: Yeah, I think keeping fit is very important for us because everyone, you know. The first thing is that we need to keep our body healthy. This is the first thing for the reason. And the second thing is that we need to keep our body healthy. And the second thing is we need to make our looks good. Yeah. Our self looks good. To stay fit, I always eat less. I don't want to eat too much food every day. If I eat too much food, I will get better. But I think that eating less is not the only thing. I also exercise to some exercises such as cardio.

Tutor: Great. Working out of my work. Yeah, that's really good. Really good. Well done. And what do you think are the benefits of playing in sports?

Student: Playing sports can make our body healthy. And make us have more energy every day to deal with our work. Yeah, definitely. I agree. Yeah, I don't know about you, but after I exercise, my mind feels so much clearer. If I was a little stressed beforehand, if I go for a run or go to the gym, maybe at the time it's difficult, but afterwards I feel refreshed almost and relaxed.

Tutor: Yeah, definitely. Great. Oh, OK. Do you think people in your country exercise enough? If not, what could be done to make more people do exercise?

Student: Actually, I think the people in my country exercise less than some of the other countries. You know, I, my master's degree, I presume my master's degree in the United States. I have one year experience in the United States. In the United States, I always found some people running the street. But in our country, I cannot see many people running in the street. So I think the most important reason is that the people in our country devote more time for their work, not for sports. Yeah, yeah, that's interesting. I think here, here it feels kind of divided. So there are some people who are super sporty and like you say, you will always see them in the street running at the gym, playing sport. And then others just don't either aren't interested or aren't motivated to exercise. So to make people more people do exercise, maybe from a young age, if we could provide more free opportunities for people to take up sports, maybe go to the gym, because I think it's a lifestyle race rather than a habit. So yeah, maybe doing that from a younger age would help.

Tutor: Yeah, but you know, the children in our country need to spend too much time in their homework. In China, the children always spend their time for starting the plan or other subjects. Yes, I hear this a lot. So how many hours do you think they spend on homework after school?

Student: Yeah, you know, in China, the children go to school very early, maybe at 6 or 7 o'clock, 6 or 7 a.m. and end up with maybe 9 or 10 p.m. So it's a real real time for their everyday life before starting.

Tutor: That's a really long day. And it makes sense. I have quite a lot of students from China who are maybe like teenagers. So they speak to me after school and every day I say like, oh, what did you do after school? And they say study. Okay. And did you see friends? Did you watch TV? They're like, no, no, just study. Okay. Yeah, it's interesting. So maybe they have less time to do sports like you, like you said. So what are some of the popular exercises that people do?

Student: I think cardio or pop up, this kind of thing is very simple. So people, so this, I think this kind of sports or exercise are popular.

Tutor: Yeah, sounds good. I think here. Yeah, probably cardio is most popular. Quite a lot of people go to the gym to do weights and so on. But I personally, since the pandemic, I like to do workouts on YouTube so I can stay in my home and just do a quick cardio workout or some yoga or something. And it's free. I don't have to leave the house. It's perfect.

Student: Yeah, since the pandemic, the people can also choose some, there are some sports games for people to exercise at home, such as Switch. Do you know Switch? Oh,

Tutor: the Nintendo Switch? Yeah, Nintendo Switch. Some people use this kind of sports game to exercise. There are some famous games.

Student: Oh, cool. I didn't know about that. So they exercise and compete with other people.

Tutor: Yeah, and there are some, there is a game named Sports Ring, if I remember correctly, Sports Ring. And if you enter in this game, you can, you can, they are much, much simple exercise for you to practice.

Student: Yeah. That's good. Yeah. Anything like that is, it sounds good to me. Something about going, going to the gym feels like effort and maybe it's busy. So if I can stay home and it's cheaper, something like that sounds, sounds perfect.

Tutor: Great. Do you think all children should play some sports after school and why or why not?

Student: Yeah, from my perspective, all children should play some sports after school. I mean, a little bit sports is very, are beneficial for children. But, but, yeah, yeah, yeah, that's all.

Tutor: Sounds good. Yeah, I agree. I think everyone should have the opportunity to play, play sports after school. And what do you think about children playing sports very competitively from a young, from an early age? What do you think about sports? I'm not understanding for these questions.

Student: That's okay. What do you think about children playing sports very competitively? So could you explain this for me?

Tutor: Yeah, of course. So playing sports very competitively means training really hard, maybe playing sport at like a national level from a young age. So maybe parents might want their child to be the best at table tennis. So they make them from being young practice really hard.

Student: Yeah. I think the children needed to choose. I think this is not a very good thing for, to another children playing sports very competitively. You know, I think we need to make our children like, like, like, sporting. But if we net them sports very competitively, maybe it will not help for, for their long term life. Because they were just like sports.

Tutor: Yeah, I went to school with a girl who before school every morning, she was up at maybe 430 to go swimming competitively. And at a certain point, she stopped enjoying it. And it was mainly her parents that were pushing her to do it.

Student: Yeah, I think if the children genuinely enjoy it, then maybe but if it's parents who just want their child to be the best, or maybe they want their child to do what they couldn't when they were young, then maybe it's not healthy, not such a good, a good thing.

Tutor: Okay, so imagine you are in the situation and role play with your tutor. You are sharing stories about your best sports or exercise experience with your friend. Take a moment to think back on your sports history and share one of the best stories with your tutor. Okay, so yeah, you can when you're ready, you can start.

Student: Yeah. Yeah, my, my best sports experience is why was your primary school, our football team have a very competitive game with other with other class with the other team in other class, you know, but we win the game. And, and, and the final minutes I showed the final goal in that game. So it's really exciting for me to get such experience. About you.

Tutor: That's nice. That's great. My best sports experience was maybe five years ago. I signed up to do to run a half marathon. Oh, yeah. And I'd never, I'd done like a little jogging but never running before. So I trained for six months to get fit enough to run a half marathon. And I was doing it on my own. So I was really scared. But on the day of the race, it was a beautiful day. Everyone who was running was really supportive of each other. And yeah, my goal was to finish it in two hours 30 minutes. And I did it in two hours 27 minutes. So I was congratulations.

Student: Thank you. So yeah, I was really happy that I put the work in and that I got my the time that I wanted. Yeah, that was a great experience.

Tutor: Some people consider a sport to be their career and role in society. For others, it is mostly a workout to

Student:

Tutor: keep fit. Discuss both views and describe the role that sports play in your life.

Student: Yeah, some people consider sports to be their career. Sports is also kind of job. It is such as some children in the gym, they can use the sports as their, their job. So I think it's very good. And for me, I think the sports is just a tool to help me keep fit and keep my body healthy.

Tutor: Yeah, it sounds sounds great. Yeah, I think, obviously, sport can be a career for some people, like you said trainers in the gym, and also professional sportsmen and women.

Student: Yeah, I guess when if you play sport competitively for your job, maybe when you get a bit older, maybe even around 30 years old, you might have to find another career if your body isn't as young as other competitors.

Tutor: Yeah, for me as well. Sport is just a way to keep fit, maybe make some new friends.

Student: Yeah, yeah, great. Well, we're nearly out of time, but it was lovely to meet you, Richard. Thank you for chatting with me today. And yeah, have a have a great day and maybe see you again.

Tutor: Yeah, we all see you again. Yeah. Perfect. And good luck with.

Student: Thank you. Good luck with your PhD. Thank you. Thank you. Take care. Bye. Thank you.

Advanced words and phrases:

Words:

PhD: a degree awarded to a person who has completed advanced research in a particular field

intern: a student or recent graduate who works for a period of time in order to gain practical experience in a particular field

algorithms: a set of rules or instructions designed to solve a specific problem

chatbot: a computer program designed to simulate conversation with human users, especially over the internet

focus: the main point of attention or interest

artificial intelligence: the theory and development of computer systems able to perform tasks that normally require human intelligence

practice: to perform an activity or exercise regularly in order to improve or maintain one's skill

competitions: a contest or rivalry between two or more individuals or groups

package: a set of related items or services sold together as a single unit

vocabulary: the body of words used in a particular language

discussion: the action or process of talking about something in order to reach a decision or to exchange ideas

opinions: a view or judgment formed about something, not necessarily based on fact or knowledge

role play: the acting out or performance of a particular role, often as a training exercise

authentic: representing one's true nature or beliefs; true to oneself

reacting: responding or behaving in a particular way in response to something

maintain: to keep in existence or continuance; preserve

integrity: the quality of being honest and having strong moral principles

modify: to make partial or minor changes to something in order to improve it

native: belonging to a particular place by birth or origin

taken off: to become successful or popular very quickly

quicker: moving or operating at a faster speed

balance: an even distribution of weight enabling someone or something to remain upright and steady

strategy: a plan of action designed to achieve a long-term or overall aim

overweight: above a weight considered normal or desirable

muscular: having well-developed muscles

circuit training: a type of workout that combines strength exercises with aerobic exercises in a circuit

cardio: short for cardiovascular, it refers to exercises that increase the heart rate and improve cardiovascular health

push ups: a type of exercise in which a person lies facing the floor and, keeping their back straight, raises their body by pressing down on their hands

sit ups: a type of exercise in which a person lies flat on their back, lifts their torso to a sitting position, and then lies flat again without bending their legs

warm up: a set of exercises or movements done before a workout to prepare the body for physical activity

cool down: a set of exercises or movements done after a workout to gradually decrease heart rate and relax the body

getting in shape: improving physical fitness and overall health through exercise and healthy habits

competitive: having a strong desire to succeed and outperform others

keeping fit: maintaining physical fitness and overall health through exercise and healthy habits

benefits: advantages or positive outcomes

motivated: having a strong desire or drive to do something

devote: to give time, effort, or attention to something

opportunities: chances or occasions to do something

lifestyle: the way a person lives and the habits, attitudes, and behaviors associated with it

delimited: to separate or distinguish between different parts

homework: schoolwork that is assigned to be done outside of class

subjects: areas of study or topics

pandemic: a widespread outbreak of a disease that affects many people across a large region or the entire world

compete: to take part in a contest or competition

beneficial: having a positive or advantageous effect

competitively: in a way that involves competition or striving to be the best

phrases: groups of words that have a specific meaning when used together

expressions: phrases or sentences that convey a particular meaning or feeling

genuinely: in a sincere and honest way

exciting: causing great enthusiasm and eagerness

marathon: a long-distance running race of about 26 miles

scared: feeling afraid or anxious

congratulations: expressing praise and admiration for someone's achievement

career: a person's occupation or profession

competitors: people who take part in a contest or competition

Phrases:

nice to meet you: a polite expression used when meeting someone for the first time

whereabouts: the place where someone or something is

daily work: the tasks or activities that one does on a regular basis

building algorithms: creating or developing a set of rules or instructions designed to solve a specific problem

focus on: to give special attention or emphasis to something

take a look: to examine or consider something

keep fit: to stay in good physical condition

views of: opinions or perspectives on

means to you: what something represents or signifies to you

get into shape: to become physically fit or improve one's physical fitness

speed up: to increase in speed or rate

cardio training: a type of exercise that increases the heart rate and improves cardiovascular health

weight training: a type of exercise that uses weights or resistance to build strength and muscle mass

go out to presume: go outside to do

a lot of effort: a significant amount of physical exertion

make our body relax: help our body become relaxed

make our looks good: improve our appearance

eat less: consume a smaller amount of food

working out: engaging in physical exercise

have more energy: feel more energetic

deal with: handle or manage

stressed beforehand: feeling stressed before

refreshed almost: feeling refreshed to a great extent

exercise less than: do less exercise than

devote more time: allocate more time

super sporty: very athletic or active in sports

aren't motivated: lack motivation or drive

take up sports: start participating in sports

lifestyle race: a way of life or a way of living that involves regular physical activity

after school: the time period following the end of the school day

everyday life: the activities and routines that make up a person's daily existence

stay in my home: remain inside one's own house or place of residence

from my perspective: based on my point of view or opinion

long term: relating to or extending over a significant period of time

pushing her to do it: encouraging or pressuring someone to do something they may not want to do

sign up: to register or enroll for something

put the work in: to make a lot of effort and hard work

make some new friends: to meet and become friends with new people

Expressions:

Original: Great. And where are you from, Richard?

Authentic: Great. And where are you from, Rachel?

Original: Amazing. Whereabouts in China are you?

Authentic: Amazing. Which part of China are you from?

Original: My school in Changquan, a province of China, but currently I am an intern in Beijing.

Authentic: I went to school in Changquan, a province in China, but currently I am interning in Beijing.

Original: Yeah, my research focus on artificial intelligence.

Authentic: Yeah, my research is focused on artificial intelligence.

Original: So my daily work are building some artificial intelligence algorithms for some applications.

Authentic: So my daily work involves building artificial intelligence algorithms for various applications.

Original: Yeah, yeah, the AI chatbot, right?

Authentic: Yeah, yeah, the AI chatbot, isn't it?

Original: Yeah. Yeah. A lot of people seem to know the football teams.

Authentic: Yeah. Yeah. A lot of people seem to know about the football teams.

Original: Yeah. Yeah. Yeah. The most famous football team.

Authentic: Yeah. Yeah. Yeah. The most famous football team in the world.

Original: Exactly. Exactly. So it's funny, I talk with people from all over the world, but I always end up talking about Manchester United.

Authentic: Exactly. Exactly. It's funny, I talk to people from all over the world, but I always end up talking about Manchester United.

Original: Do you like watching the football team game?

Authentic: Do you enjoy watching football games?

Original: Yeah, I do. I enjoy it.

Authentic: Yeah, I do. I really enjoy it.

Original: So when I was growing up, my whole family was crazy about football.

Authentic: When I was growing up, my whole family was obsessed with football.

Original: So it was always on the television.

Authentic: So it was always on TV.

Original: So yeah, my family are big Manchester United fans and I'm from Manchester.

Authentic: Yeah, my family are huge Manchester United fans and I'm from Manchester.

Original: But now I live in Newcastle and here all my friends are big Newcastle United fans.

Authentic: But now I live in Newcastle and all my friends here are big Newcastle United fans.

Original: So I watch all of them.

Authentic: So I watch all of their games.

Original: Yeah, I like football.

Authentic: Yeah, I'm a fan of football.

Original: When I was young, maybe in primary school, I always practice my football or attend some competitions with my classmates.

Authentic: When I was young, maybe in primary school, I used to practice football and participate in competitions with my classmates.

Original: But when I grow up, I don't have much time to... Yeah, for watching the game or practice by myself.

Authentic: But as I grew up, I didn't have much time to... Yeah, to watch games or practice by myself.

Original: I see. Yes, it's always the problem, isn't it?

Authentic: I see. Yes, it's always a challenge, isn't it?

Original: Yeah, actually, this lesson, I do not choose this lesson.

Authentic: Yeah, actually, I didn't choose this lesson.

Original: Maybe the Cambly randomly choose it.

Authentic: Maybe Cambly randomly assigned it.

Original: And actually, I bought a package for Cambly and every week I have 25 hours.

Authentic: And actually, I purchased a package from Cambly and I have 25 hours every week.

Original: So yesterday I have already taken our lessons and the topic is your dream job.

Authentic: So yesterday I already had our lessons and the topic was about your dream job.

Original: OK. We can change the topic.

Authentic: OK. We can switch to a different topic.

Original: So you've done this one before.

Authentic: So you've already done this one.

Original: Yeah, I think this one is OK.

Authentic: Yeah, I think this one is fine.

Original: That's good. And it's good because we've already talked about football and sports already.

Authentic: That's good. And it's good because we've already talked about football and sports.

Original: Great. OK, we can take a look.

Authentic: Great. OK, let's take a look.

Original: So we'll look at some vocabulary and words related to sports fitness, a discussion about different views of sports as a career or to keep fit, opinions related to sports and fitness, and then at the end, some role play, what playing sports means to you and talking about our experience.

Authentic: So we'll explore some vocabulary and words related to sports fitness, have a discussion about different perspectives on sports as a career or for staying fit, share opinions about sports and fitness, and at the end, do some role play about what playing sports means to you and talk about our experiences.

Original: So to start, do you play any sports?

Authentic: So to start, do you participate in any sports?

Original: Yeah, well, I was young. I love sports and actually I play many of sports, such as basketball, football and table tennis.

Authentic: Yeah, when I was young, I loved sports and I played many sports, such as basketball, football, and table tennis.

Original: You know, table tennis, most famous sports in China.

Authentic: You know, table tennis, it's the most famous sport in China.

Original: Yeah, nice. I always watch table tennis at the Olympics and China always seems to be like the best. Always wins gold at table tennis.

Authentic: Yeah, nice. I always watch table tennis at the Olympics and China always seems to be the best. They always win gold in table tennis.

Original: Yeah, but if I remember correctly, actually the England created this sport. I think so.

Authentic: Yeah, but if I remember correctly, table tennis was actually created in England. I think so.

Original: Yeah, yeah. And it's just taken off all over the world. But I love I'm not very good, but I love to watch the tables. It's just so quick. I can't believe how quickly they're hitting it, but also reacting to it.

Authentic: Yeah, yeah. And it has become popular all over the world. But I'm not very good at it, but I love watching table tennis. It's so fast-paced. I can't believe how quickly they hit the ball and react to it.

Original: Nice. OK, and now do you do you play any sport at the moment?

Authentic: Nice. OK, and do you currently play any sports?

Original: So, yeah, just as I mentioned, when I was young, I exercised regularly. When I grow up, I have a lot of work to do.

Authentic: Yeah, like I said, when I was young, I used to exercise regularly. But now that I'm older, I have a ton of work to do.

Original: You know, I am a PhD student, so I need to do research every day. And I am also an intern, so I need to work every day. So I don't have so much time for me to exercise regularly.

Authentic: You know, I'm actually doing my PhD, so I have to do research every day. And on top of that, I'm interning, so I have to work every day. So I don't really have much time to exercise regularly.

Original: That makes sense. Yeah. Oh, that's very, very understandable. Maybe when you finish a PhD and have a job, there'll be more balance and more time to do sports.

Authentic: Yeah, I get it. That totally makes sense. Maybe once you finish your PhD and start working, you'll have a better balance and more time to do sports.

Original: Yeah, I think my favorite sport is football. I am a real fan of a real Madrid. You know, yes, yes, of course.

Authentic: Yeah, I think my favorite sport is football. I'm a huge fan of Real Madrid. You know, yeah, definitely.

Original: favorite player is Rolando. He's also from the United. Yeah. Yeah. You were your your your football

team. I'm sorry. Rolando also comes from your your team, right?

Authentic: My favorite player is Ronaldo. He's also from Portugal. Yeah, he used to play for my team. Sorry, I mean Ronaldo also played for your team, right?

Original: That's right. He went to Manchester, Real Madrid and back again to Manchester. And now I believe he's in Saudi Arabia, I think. Yeah. Yeah. Cool.

Authentic: That's right. He played for Manchester, then Real Madrid, and then went back to Manchester. And now I think he's in Saudi Arabia. Yeah, pretty cool.

Original: And I like football because football like a real battle in the field. You know, yeah, each team has 11 men's and they are there. It is like a battle between this two group of people.

Authentic: And I like football because it's like a real battle on the field. You know, each team has 11 players and they're all there, fighting it out. It's like a battle between these two groups of people.

Original: Yeah, for sure. Good answer. I like with football as well, the strategy. It's almost like when you watch it in the stadium, it's almost like chess because one person moves this way and that means the next person can move up. And it's yeah, it's a great game.

Authentic: Yeah, definitely. Good answer. I also love football because of the strategy involved. It's almost like watching a game of chess in the stadium. One player moves this way and it opens up space for the next player. It's a really great game.

Original: OK, so some vocabulary, so all related to fitness and sport. So first we have warm up and cool down. So, yeah, before, yeah, before working out, you should always do a warm up. So that, yeah. And at the end, do a cool down. So maybe some stretches, something like this.

Authentic: Alright, let's talk about some vocabulary related to fitness and sport. First, we have warm up and cool down. So, yeah, before you start working out, it's important to do a warm up. And at the end, you should do a cool down. Maybe some stretches or something like that.

Original: Then we have the phrase get into shape. Have you heard this one before?

Authentic: Next, we have the phrase 'get into shape'. Have you heard of it before?

Original: No, no, no. I don't understand this phrase. That's OK. It means to get fitter. Yeah, you may. Then there may. Yeah, maybe maybe if you're overweight to lose weight. And get some muscle. Yeah, exactly. So if we say if we say somebody is in shape, it means they are very physically fit. So to get into shape means to to work out, to exercise, to yeah. Maybe try and get a little thinner or maybe try and get a bit more muscular. I guess whatever shape you want your body, you put the work in to get there.

Authentic: No, I don't know that phrase. That's alright. It means to become fitter. Yeah, you know, like if you want to lose weight or gain some muscle. If someone is in shape, it means they're really physically fit. So to get into shape means to work out, exercise, and maybe try to get a bit thinner or more muscular. Basically, you put in the work to achieve the body shape you want.

Original: Good question. So keep fit means you are already in shape. So maybe you are already muscular, but you want you want to stay like that.

Authentic: That's a good question. 'Keep fit' means you're already in shape. So maybe you're already muscular, but you want to maintain that.

Original: OK, perfect. Get into shape means you want to change your body. So now.

Authentic: Alright, perfect. 'Get into shape' means you want to change your body. So, yeah.

Original: Then we have circuit training. Circuit training. Which is a type of class you can do in a gym. I don't go to the gym very often, so but I think circuit training is is where you have like maybe five exercises lined up and you do them quickly. So me. Yeah. And you speed up each time. So it's like a circuit almost.

Authentic: Next, we have circuit training. It's a type of class you can do at the gym. I don't go to the gym very often, but I think circuit training is when you have like five exercises lined up and you do them quickly, one after the other. And you try to go faster each time. So it's like going around a circuit.

Original: Then we have cardio cardio. I don't understand what cardio.

Authentic: And then we have cardio. I'm not sure what cardio means.

Original: That's OK. So cardio is a kind of exercise like running, like dancing that basically makes your heart go faster. So if someone is doing cardio training, maybe they are running, cycling, something very physical

that will make your heart beat. So people might say, oh, I'm doing cardio training and then I'm doing like weight training.

Authentic: That's alright. Cardio is a type of exercise that makes your heart beat faster, like running or dancing. So if someone is doing cardio training, they might be running, cycling, or doing something that really gets their heart pumping. And then they might do weight training or something else.

Original: Perfect.

Authentic: Great.

Original: Then we have push ups. So you can see in the picture where they literally push up and then sit ups as well. So good for your strength in your in your tummy.

Authentic: Next, we have push ups. You can see in the picture where they literally push themselves up. And then there are sit ups as well. They're good for strengthening your core.

Original: Thank you. Perfect.

Authentic: Thanks. That's perfect.

Original: OK, so which of these exercises do you like?

Authentic: Alright, so which of these exercises do you enjoy?

Original: Maybe the cardio. Yeah. Yeah. It's very simple. You know, you know, I have time. I can go on to I can go out to presume such exercise.

Authentic: Maybe cardio. Yeah, it's really simple. You know, I have time. I can go out and do exercises like cardio.

Original: Maybe push ups. I can I cannot do many of push ups.

Authentic: Maybe push ups. I can't do many push ups.

Original: Me neither. Me neither. I agree with you there. Also sit ups. I can do them, but it's a lot a lot of effort.

Authentic: Me neither. I agree with you. Sit ups are also a lot of effort for me.

Original: Yeah, I think the warm up is important because our body needs to be ready before our exercising. If we don't do I do not need to do the warm up exercise. Our body may be hard. And the cool down is also very important because we need to make our body relax after exercising.

Authentic: Yeah, I think warm up is important because our body needs to be prepared before exercising. If we don't warm up, our body may get injured. And cool down is also important because it helps our body relax after exercising.

Original: Yeah, I think getting shape can make our body more stronger. Then we can be more competitive in sports.

Authentic: Yeah, I think getting in shape can make our body stronger. Then we can be more competitive in sports.

Original: Yeah, definitely. Yeah, I agree. I think. Yeah, it makes you stronger. Maybe also it makes you fitter so you can

Authentic: Yeah, definitely. Yeah, I agree. It makes you stronger and maybe even fitter, so you can

Original: Yeah, I think keeping fit is very important for us because everyone, you know. The first thing is that we need to keep our body healthy. This is the first thing for the reason. And the second thing is that we need to keep our body healthy. And the second thing is we need to make our looks good. Yeah. Our self looks good. To stay fit, I always eat less. I don't want to eat too much food every day. If I eat too much food, I will get better. But I think that eating less is not the only thing. I also exercise to some exercises such as cardio.

Authentic: Yeah, I think keeping fit is very important for us because, you know, firstly, we need to keep our body healthy. That's the most important thing. And secondly, we want to look good. To stay fit, I always try to eat less. I don't want to eat too much food every day because it can make me gain weight. But I also know that eating less is not the only thing. I also do exercises like cardio.

Original: Playing sports can make our body healthy. And make us have more energy every day to deal with

our work. Yeah, definitely. I agree. Yeah, I don't know about you, but after I exercise, my mind feels so much clearer. If I was a little stressed beforehand, if I go for a run or go to the gym, maybe at the time it's difficult, but afterwards I feel refreshed almost and relaxed.

Authentic: Playing sports can make our body healthy and give us more energy to deal with our work every day. Yeah, definitely. I agree. I don't know about you, but after I exercise, my mind feels so much clearer. If I was a little stressed before, going for a run or going to the gym may be difficult at first, but afterwards I feel really refreshed and relaxed.

Original: Actually, I think the people in my country exercise less than some of the other countries. You know, I, my master's degree, I presume my master's degree in the United States. I have one year experience in the United States. In the United States, I always found some people running the street. But in our country, I cannot see many people running in the street. So I think the most important reason is that the people in our country devote more time for their work, not for sports. Yeah, yeah, that's interesting. I think here, here it feels kind of divided. So there are some people who are super sporty and like you say, you will always see them in the street running at the gym, playing sport. And then others just don't either aren't interested or aren't motivated to exercise. So to make people more people do exercise, maybe from a young age, if we could provide more free opportunities for people to take up sports, maybe go to the gym, because I think it's a lifestyle race rather than a habit. So yeah, maybe doing that from a younger age would help.

Authentic: Actually, I think people in my country exercise less compared to some other countries. You know, when I was studying for my master's degree in the United States, I spent one year there. In the United States, I always saw people running on the streets. But in our country, I don't see many people running in the streets. I think the main reason is that people in our country prioritize work over sports. Yeah, that's interesting. Here, it feels kind of divided. There are some people who are really into sports, like you said, you always see them running on the streets, going to the gym, playing sports. And then there are others who either aren't interested or lack motivation to exercise. So, to encourage more people to exercise, maybe we could provide more free opportunities for people to participate in sports, like going to the gym. Because I think it's more of a lifestyle choice than just a habit. So yeah, starting from a young age, that might help.

Original: Yeah, but you know, the children in our country need to spend too much time in their homework.

Authentic: Yeah, but you know, kids in our country have to spend a lot of time on their homework.

Original: Yeah, you know, in China, the children go to school very early, maybe at 6 or 7 o'clock, 6 or 7 a.m.

Authentic: Yeah, you know, in China, kids start school very early, maybe at 6 or 7 in the morning.

Original: That's a really long day.

Authentic: That's a really long day.

Original: And it makes sense.

Authentic: And it makes sense.

Original: I have quite a lot of students from China who are maybe like teenagers.

Authentic: I have a lot of students from China who are teenagers.

Original: So they speak to me after school and every day I say like, oh, what did you do after school?

Authentic: So they talk to me after school and every day I ask them, 'What did you do after school?'

Original: And they say study.

Authentic: And they say they studied.

Original: Okay.

Authentic: Okay.

Original: And did you see friends?

Authentic: And did you hang out with friends?

Original: Did you watch TV?

Authentic: Did you watch TV?

Original: They're like, no, no, just study.

Authentic: They're like, no, no, just studying.

Original: Okay.

Authentic: Okay.

Original: Yeah, it's interesting.

Authentic: Yeah, it's interesting.

Original: So maybe they have less time to do sports like you, like you said.

Authentic: So maybe they have less time to do sports like you mentioned.

Original: So what are some of the popular exercises that people do?

Authentic: So what are some popular exercises that people do?

Original: I think cardio or pop up, this kind of thing is very simple.

Authentic: I think cardio or pop up, these kinds of exercises are very simple.

Original: Yeah, sounds good.

Authentic: Yeah, sounds good.

Original: I think here.

Authentic: I think here.

Original: Yeah, probably cardio is most popular.

Authentic: Yeah, cardio is probably the most popular.

Original: Quite a lot of people go to the gym to do weights and so on.

Authentic: Many people go to the gym to do weightlifting and other exercises.

Original: But I personally, since the pandemic, I like to do workouts on YouTube so I can stay in my home and just do a quick cardio workout or some yoga or something.

Authentic: But personally, since the pandemic, I prefer doing workouts on YouTube so I can stay at home and do a quick cardio workout or some yoga.

Original: And it's free.

Authentic: And it's free.

Original: I don't have to leave the house.

Authentic: I don't have to leave the house.

Original: It's perfect.

Authentic: It's perfect.

Original: Yeah, since the pandemic, the people can also choose some, there are some sports games for people to exercise at home, such as Switch.

Authentic: Yeah, since the pandemic, people can also choose to play sports games at home, like on the Nintendo Switch.

Original: Do you know Switch?

Authentic: Do you know the Nintendo Switch?

Original: Oh, the Nintendo Switch?

Authentic: Oh, the Nintendo Switch?

Original: Yeah, Nintendo Switch.

Authentic: Yeah, the Nintendo Switch.

Original: Some people use this kind of sports game to exercise.

Authentic: Some people use sports games like this to exercise.

Original: There are some famous games.

Authentic: There are some popular games.

Original: Oh, cool.

Authentic: Oh, cool.

Original: I didn't know about that.

Authentic: I didn't know about that.

Original: So they exercise and compete with other people.

Authentic: So they exercise and compete with other people.

Original: Yeah, and there are some, there is a game named Sports Ring, if I remember correctly, Sports Ring.

Authentic: Yeah, and there is a game called Sports Ring, if I remember correctly.

Original: And if you enter in this game, you can, you can, they are much, much simple exercise for you to practice.

Authentic: And if you play this game, there are much simpler exercises for you to practice.

Original: Yeah.

Authentic: Yeah.

Original: That's good.

Authentic: That's good.

Original: Yeah.

Authentic: Yeah.

Original: Anything like that is, it sounds good to me.

Authentic: Anything like that sounds good to me.

Original: Something about going, going to the gym feels like effort and maybe it's busy.

Authentic: Something about going to the gym feels like a lot of effort and maybe it's crowded.

Original: So if I can stay home and it's cheaper, something like that sounds, sounds perfect.

Authentic: So if I can stay home and it's cheaper, something like that sounds perfect.

Original: Great.

Authentic: Great.

Original: Do you think all children should play some sports after school and why or why not?

Authentic: Do you think all kids should play sports after school? Why or why not?

Original: Yeah, from my perspective, all children should play some sports after school.

Authentic: Yeah, from my perspective, all kids should play some sports after school.

Original: I mean, a little bit sports is very, are beneficial for children.

Authentic: I mean, doing some sports is very beneficial for children.

Original: But, but, yeah, yeah, yeah, that's all.

Authentic: But, yeah, that's all.

Original: Sounds good.

Authentic: Sounds good.

Original: Yeah, I agree.

Authentic: Yeah, I agree.

Original: I think everyone should have the opportunity to play, play sports after school.

Authentic: I think everyone should have the opportunity to play sports after school.

Original: And what do you think about children playing sports very competitively from a young, from an early age?

Authentic: And what do you think about kids playing sports competitively from a young age?

Original: What do you think about sports?

Authentic: What do you think about sports?

Original: I'm not understanding for these questions.

Authentic: I'm not sure I understand these questions.

Original: Yeah, of course.

Authentic: Yeah, of course.

Original: So playing sports very competitively means training really hard, maybe playing sport at like a national level from a young age.

Authentic: So playing sports very competitively means training really hard, maybe even playing at a national level from a young age.

Original: So maybe parents might want their child to be the best at table tennis.

Authentic: So maybe parents want their child to be the best at table tennis.

Original: So they make them from being young practice really hard.

Authentic: So they make them practice really hard from a young age.

Original: Yeah.

Authentic: Yeah.

Original: I think the children needed to choose.

Authentic: I think children should be able to choose.

Original: I think this is not a very good thing for, to another children playing sports very competitively.

Authentic: I don't think it's a good thing for other kids to play sports very competitively.

Original: You know, I think we need to make our children like, like, like, sporting.

Authentic: You know, I think we need to encourage our children to be active.

Original: But if we net them sports very competitively, maybe it will not help for, for their long term life.

Authentic: But if we push them to play sports very competitively, maybe it won't help them in the long run.

Original: Because they were just like sports.

Authentic: Because they might just end up hating sports.

Original: Yeah, I went to school with a girl who before school every morning, she was up at maybe 4:30 to go swimming competitively.

Authentic: Yeah, I went to school with a girl who used to wake up at maybe 4:30 every morning to go swimming competitively.

Original: And at a certain point, she stopped enjoying it.

Authentic: And at a certain point, she stopped enjoying it.

Original: And it was mainly her parents that were pushing her to do it.

Authentic: And it was mainly her parents who were pushing her to do it.

Original: Yeah, I think if the children and genuinely enjoy it, then maybe but if it's parents who just want their child to be the best, or maybe they want their child to do what they couldn't when they were young, then maybe it's not healthy, not such a good, a good thing.

Authentic: Yeah, I think if the children truly enjoy it, then maybe. But if it's parents who just want their child to be the best, or maybe they want their child to do what they couldn't when they were young, then maybe it's not healthy, not such a good thing.

Original: Yeah. Yeah, my, my best sports experience is why was your primary school, our football team have a very competitive game with other with other class with the other team in other class, you know, but we win the game. And, and, and the final minutes I showed the final goal in that game. So it's really exciting for me to get such experience. About you.

Authentic: Yeah, my best sports experience was when I was in primary school. Our football team had a very competitive game with another class, and we won the game. In the final minutes, I scored the winning goal. So it was really exciting for me to have that experience. How about you?

Original: That's nice. That's great. My best sports experience was maybe five years ago. I signed up to do to run a half marathon. Oh, yeah. And I'd never, I'd done like a little jogging but never running before. So I trained for six months to get fit enough to run a half marathon. And I was doing it on my own. So I was really scared. But on the day of the race, it was a beautiful day. Everyone who was running was really supportive of each other. And yeah, my goal was to finish it in two hours 30 minutes. And I did it in two hours 27 minutes. So I was congratulations.

Authentic: That's nice. That's great. My best sports experience was maybe five years ago. I decided to sign up for a half marathon. And before that, I had only done a little bit of jogging, but never running. So I trained for six months to get fit enough to run a half marathon. And I was doing it on my own, so I was really scared. But on the day of the race, the weather was beautiful. Everyone who was running was really supportive of each other. And my goal was to finish it in two hours and 30 minutes. And I actually did it in two hours and 27 minutes. So I was really happy and proud of myself.

Original: Yeah, some people consider sports to be their career. Sports is also kind of job. It is such as some children in the gym, they can use the sports as their, their job. So I think it's very good. And for me, I think the sports is just a tool to help me keep fit and keep my body healthy.

Authentic: Yeah, some people consider sports to be their career. Sports can also be a kind of job. For example, some children in the gym can use sports as their job. So I think it's very good. As for me, I think sports is just a tool to help me stay fit and keep my body healthy.

Original: Yeah, I guess when if you play sport competitively for your job, maybe when you get a bit older, maybe even around 30 years old, you might have to find another career if your body isn't as young as other competitors.

Authentic: Yeah, I guess if you play sports competitively for your job, maybe when you get a bit older, maybe even around 30 years old, you might have to find another career if your body isn't as young as other competitors.

Original: Yeah, yeah, great. Well, we're nearly out of time, but it was lovely to meet you, Richard. Thank you for chatting with me today. And yeah, have a have a great day and maybe see you again.

Authentic: Yeah, yeah, great. Well, we're almost out of time, but it was really nice to meet you, Richard. Thank you for chatting with me today. And yeah, have a great day and maybe we'll see each other again.

Original: Yeah, we all see you again. Yeah. Perfect. And good luck with.

Authentic: Yeah, we'll see you again. Yeah. Perfect. And good luck with that.

Original: Thank you. Good luck with your PhD. Thank you. Thank you. Take care. Bye. Thank you.

Authentic: Thank you. Good luck with your PhD. Thank you. Thank you. Take care. Bye. Thanks.

Comments

Feedback Report:

Overall, the students' English speaking skills show room for improvement. There are several areas where their expressions are not authentic and could be improved to sound more natural. Here are some specific suggestions for each student:

Student 1: - Avoid referring to the English teacher as "Richard" instead of "Rachel". - Instead of asking about the teacher's research topic, ask about their area of study or field of expertise. - Provide more information or express your opinion about football instead of simply saying "yeah". - Instead of immediately agreeing to change the topic, express your preference or suggest an alternative topic. - Provide a more direct answer about your current sports activities instead of saying "yeah, well, I was young".

Student 2: - Use the correct grammar in the sentence "When I grow up, I will have a lot of work to do." - Use the correct phrase "I am a real fan of Real Madrid." - Use the correct name "Cristiano Ronaldo" instead of "Rolando". - Use the correct phrase "each team has 11 players" instead of "each team has 11 men's". - Omit the unnecessary phrase "something like this" in the sentence "So maybe some stretches, something like this." - Use the phrase "No, I'm not familiar with this phrase" instead of "No, no, no. I don't understand this phrase." - Use the correct phrase "What's the difference between keep fit and get into shape?" instead of "So what's the difference of keep fit and get into shape?" - Omit the unclear phrase "So me" in the sentence "So me." - Simplify the repetitive phrase "like running, like dancing" to "like running or dancing." - Omit the repetition of "in your" in the sentence "So good for your strength in your in your tummy."

Student 3: - Avoid using the incorrect word "presume" in the sentence "I can go out to presume such exercise." Instead, say "I can go out and do some exercises." - Omit the unnecessary repetition of "Yeah, yeah" in the first dialogue. - Use the correct phrase "I cannot do many push ups" or "I can't do many push ups" instead of "I can I cannot do many of push ups." - Omit the unnecessary repetition of "Me neither" in response to the dislike of push ups. - Use the correct phrase "If we don't do the warm up exercise" or "If we don't do the warm up exercises" instead of "If we don't do I do not need to do the warm up exercise." - Omit the unnecessary repetition of "Yeah, definitely" in response to the importance of warm up and cool down. - Use the correct phrase "Yeah, I think getting in shape can make our body stronger" or "Yeah, I think getting in shape can make our bodies stronger" instead of "Yeah, I think getting shape can make our body more stronger." - Omit the unnecessary repetition of "Yeah" in the sentence "Yeah, I think. Yeah, it makes you stronger." - Avoid using the unnecessary and informal phrase "because everyone, you know" in the sentence "Yeah, I think keeping fit is very important for us because everyone, you know." - Use the correct phrase "Working out is good for my work" or "Working out helps me with my work" instead of "Working out of my work." - Use the correct phrase "If I eat too much food, I will gain weight" or "If I eat too much food, I will become unhealthy" instead of "If I eat too much food, I will get better." - Omit the unnecessary repetition of "Yeah, definitely. Great. Oh, OK."

Student 4: - Use the correct phrase "You know, I pursued my master's degree in the United States" or "You know, I completed my master's degree in the United States" instead of "You know, I presume my master's degree in the United States." - Omit the unnecessary repetition of "Yeah, yeah, that's interesting."

Student 5: - Avoid using repetitive phrases like "you know" and "real real time" in the first dialogue. Use a variety of vocabulary and avoid unnecessary repetition. - Use the correct phrase "this kind of sport or exercise is popular" instead of "this kind of sports or exercise are popular." - Clarify the sentence "Since the pandemic, people have the option to choose sports games for exercising at home, such as the Nintendo Switch" instead of "Yeah, since the pandemic, the people can also choose some, there are some sports games for people to exercise at home, such as Switch." - Avoid using repetitive phrases like "yeah, yeah, yeah" in the fourth dialogue. Use a wider range of vocabulary and avoid unnecessary repetition. - Clarify the sentence "I think children should have the freedom to choose" instead of "I think the children needed to choose." Also, correct the phrase "Because they were just forced into sports" instead of "Because they were just like sports."

In addition to these specific suggestions, it is important for all students to work on their overall fluency, clarity, and confidence in speaking English. They should practice speaking regularly, listen to native speakers, and work on expanding their vocabulary and grammar knowledge. It would also be beneficial for them to engage in conversations with native English speakers or participate in language exchange programs to further improve their English speaking skills.