

# 10B A good sport

Whenever I feel the need to exercise,  
I lie down until it goes away.  
Paul Terry, American animator

**G** relative clauses **V** word building: adjectives, nouns, and verbs **P** homographs

## 1 LEXIS IN CONTEXT

### Battle of the workouts

Look at the Lexis in Context on Student Book p.101. Then complete the words connected with the body and exercise.

- The swimmer filled her lungs with air before she dived into the pool.
- I've started doing s \_\_\_\_\_ -u \_\_\_\_\_ every morning to strengthen my stomach muscles.
- Cyclists usually have very muscular th \_\_\_\_\_.
- Some experts now say that just three minutes of v \_\_\_\_\_ exercise a week is enough to improve your fitness.
- She went to see a doctor about a chronic pain in the lower area of her sp \_\_\_\_\_.
- My brother is in tr \_\_\_\_\_ to participate in next year's Boston Marathon.
- After taking up yoga, she noticed she had more fl \_\_\_\_\_ in her joints.
- The trainer makes the players do ten p \_\_\_\_\_ -u \_\_\_\_\_ if they miss soccer practice.
- You should warm up and st \_\_\_\_\_ your muscles before playing sports.
- Many people focus on their arms and legs in the gym, but I try to strengthen my tr \_\_\_\_\_ as well.

## 2 VOCABULARY

### word building: adjectives, nouns, and verbs

Complete the sentences with the correct form of the words in parentheses.

- She added some flour to thicken the sauce. (thick)
- My son is now the same \_\_\_\_\_ as me! (high)
- The construction workers need to \_\_\_\_\_ the ground before they can build the new parking garage. (flat)
- The sleeves of my new jacket are too long. Can you \_\_\_\_\_ them for me? (short)
- My grandmother can't walk very far – she has no \_\_\_\_\_ in her legs. (strong)
- Check the \_\_\_\_\_ before diving in. (deep)
- Working so hard for so long \_\_\_\_\_ his health and he ended up getting very sick. (weak)
- This mascara promises to \_\_\_\_\_ your eyelashes, but I'm not sure I believe it. (long)
- We measured the \_\_\_\_\_ of the space before buying a new cupboard. (wide)

## 3 GRAMMAR relative clauses

- a Circle the correct answers. One, two, or three of the answers may be correct. (— = no relative pronoun)

- The referee showed a red card to the players that / who / — had been fighting.
- This is the room that / where / which the players get changed.
- He only scored two goals last season, both that / of which / which were penalties.
- She's the model which / who / whose husband plays basketball for the NBA.
- The surface where / which / — Spanish tennis players like best is clay.
- We lost the final 3-2, that / which / — was a shame.
- That's the game that / which / — I saw live at their stadium.
- Our coach doesn't know that / what / which is wrong with our best player.
- My sister, that / who / — once played basketball for UCLA, has recently applied to law school.
- The woman who / whom / to whom he dedicated the goal is his new girlfriend.

- b Join the sentences using a relative pronoun if necessary and the right punctuation if it is a non-defining relative clause.

- A friend gave us the tickets. He couldn't go to the game.  
The friend who gave us the tickets couldn't go to the game.
- My cousin is a cross-country runner. He has been given a scholarship by a top-ranked university.  
My cousin \_\_\_\_\_.
- A foot of snow fell last night. This means that the game will probably be canceled.  
A foot \_\_\_\_\_.
- Our team has two goalkeepers. Neither of them can play next weekend.  
Our team \_\_\_\_\_.
- I've only had these sneakers for a week. They've already broken in.  
These sneakers \_\_\_\_\_.
- We spoke to an attendant. He directed us to our seats.  
We \_\_\_\_\_.
- I bought a new racket for my son. It wasn't very expensive.  
The racket \_\_\_\_\_.
- The showers are very rarely cleaned. Many of them do not work properly.  
The showers \_\_\_\_\_.

## 4 PRONUNCIATION homographs

### a Match the phonetics to the sentences.

1 ☐ *b* /kən'tent/

☐ *a* /'kəntent/

- a The problem with your essay is not the style, but the content.
- b The problem with my parents is that they're never content with anything I do.

2 ☐ /yus/

☐ /yuz/

- a They've prohibited the use of chemical weapons.
- b They use uranium to produce nuclear energy.

3 ☐ /klouz/

☐ /klous/

- a Can you close the window, please? I'm cold.
- b Can you move up? You're sitting too close to me.

4 ☐ /ter/

☐ /tɪr/

- a I cried in pain and wiped away a tear.
- b I would never tear a page out of a library book.

5 ☐ /mɑː'nʊt/

☐ /'mɪnət/

- a I'm still hungry. That restaurant serves minute servings of food.
- b Let's wait outside. The restaurant will be open in a minute.

6 ☐ /ʌp'set/

☐ /'ʌpset/

- a Steve really upset me last night. He shouldn't have said that.
- b The last Super Bowl was a real upset. No one expected them to win.

7 ☐ /waʊnd/

☐ /wʊnd/

- a She cleaned his wound and wrapped a bandage around it.
- b She wound the string into a ball to use it later.

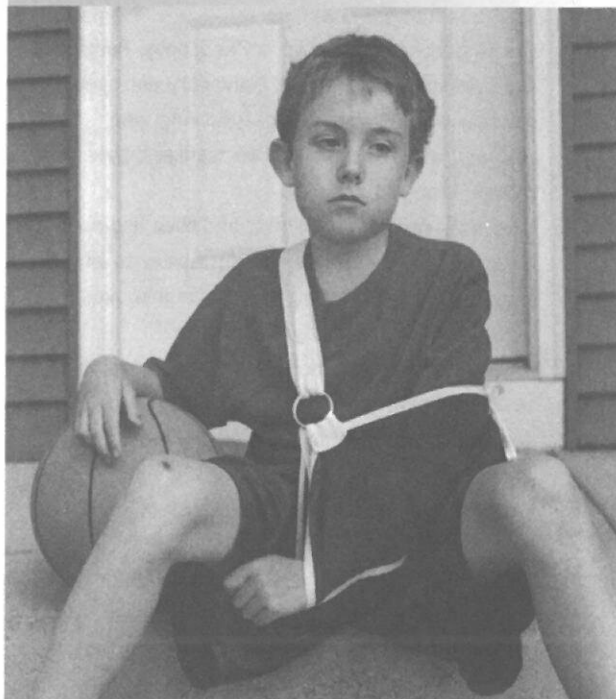
### b 10.3 Listen and check. Practice saying the sentences.

## 5 LISTENING

### a 10.4 Listen to a radio program about children and sports. Why are doctors seeing more sports-related injuries in young teens and adolescents?

### b Listen again and complete the summary.

Dr. Allston Stubbs an orthopedist in North Carolina, says he's seen an increase in sports overuse injuries. He says this is happening because young kids are playing sports before their <sup>1</sup>\_\_\_\_\_ have fully developed. While some people believe it's <sup>2</sup>\_\_\_\_\_ to enroll young children in sports programs, others think kids should focus on general play instead of specific sports <sup>3</sup>\_\_\_\_\_. Coach Andy Mauer encourages his young rowers to develop a team <sup>4</sup>\_\_\_\_\_ or cheer before actually practicing skills on the water. Some tips for parents thinking about enrolling their children in team sports include: staying away from <sup>5</sup>\_\_\_\_\_ because it can be stressful for young children, signing your children up for different sports throughout the year to avoid <sup>6</sup>\_\_\_\_\_, letting your kids have some <sup>7</sup>\_\_\_\_\_ from sports, and not worrying about your children <sup>8</sup>\_\_\_\_\_ if they don't play sports at a young age.



### c Listen again with the audioscript on p.79 and try to guess the meaning of any words that you don't know. Then check in your dictionary.



## 6 READING

- a Read the article once. According to Michael Mosley, which of the following is most likely to keep a person healthy?

- 1 Going on a strict diet.
- 2 Short periods of exercise.
- 3 Cycling for an hour.
- 4 Going to the gym.

- b Six sentences and paragraphs have been removed from the article. Read it again and match A–G to the blanks 1–6. There is one sentence or paragraph you do not need to use.

- A So that's the problem with exercising at the gym. You walk briskly on the treadmill for 30 minutes (200 calories). You then have a congratulatory muffin. You've burned 200 calories and consumed 500. It doesn't compute.
- B I'm still unconvinced that a mere three minutes' vigorous exercise a week can control our fitness, predict our future health, and prevent common diseases, but Mosley has no doubts.
- C So, if diets tend not to work, what about exercise? Surely regular visits to a gym – 20 minutes on the bike or running machine, two or three times a week – will do the trick?
- D The 54-year-old graduated in Philosophy, Politics and Economics from Oxford University and spent a couple of years in banking, following, one assumes, in the footsteps of his banker father. He, though, changed direction.
- E I order tea for both of us first and then begin my questioning. I start by asking Mosley to what extent a change in eating habits can improve one's health.
- F Mosley explains that he keeps moving by getting up and walking around every hour when he's working at his desk. He cycles a mile and a half to the station every day, building a minute of HIT into his trip, and takes the stairs instead of the lift.
- G "Scientists are looking at what's required for good health. And it's inactivity that causes the problems of fat around the organs and the metabolic problems that lead to diabetes. The average person sits for 12 to 14 hours a day."

- c Look at the **highlighted** words and phrases. What do you think they mean? Check in your dictionary.

## The truth about exercise?

I am comfortably seated by the fire in the tearoom of Brown's Hotel in London when a bundle of energy comes to a halt at my side. Enter Michael Mosley, the BBC's most valuable communicator of complex scientific ideas. We're here to discuss his latest theory: that three minutes of vigorous exercise a week is enough to keep you healthy; and that, generally speaking, exercise contributes very little to weight loss.

<sup>1</sup> \_\_\_\_ He launches into an explanation of why diets generally fail. "It's not that people are **weak-willed**. It's pretty easy to lose weight quickly on a strict diet, but then the body conspires against you. Fear of starvation is a basic instinct. As you lose weight, your metabolic rate slows. Your body encourages you to conserve calories by moving less. The brain tells the nerve cells in your intestine that you're hungry. Thus, 95 percent of diets fail."

<sup>2</sup> \_\_\_\_ "Not so. We grossly underestimate the amount of time you need to burn calories. If you cycle steadily for an hour, you'll burn 500 calories. That's one muffin. You'd have to cycle from Nottingham to Leeds – 78 miles – to burn a pound of fat, and one experiment in the US showed that even thinking about exercise **triggers** the hormonal response that makes you want to eat."

<sup>3</sup> \_\_\_\_ Putting weight loss aside, can just three minutes of exercise a week really be as useful as three hours on the **treadmill**? The answer lies, it seems, in the acronym HIT. It stands for High-Intensity Interval Training, and research suggests that this short-burst approach is highly effective.

<sup>4</sup> \_\_\_\_ "But if we move around, we activate a protein which takes fat out of the **bloodstream** and transfers it to the muscles, where it can be burned."

<sup>5</sup> \_\_\_\_ "What studies are showing is that keeping active is the answer to many problems," he says. The HIT approach, combined with gentler exercise such as walking from room to room, will **do the trick**.

<sup>6</sup> \_\_\_\_ Mosley isn't at all worried about the damaging impact this research could have on the gym and dieting industries. He heads off to the station at a smart pace. I pay the bill and catch a cab. Must do better!

