

LISTENING 1 | Body and Mind

UNIT OBJECTIVE

You are going to listen to a scientist giving a university lecture about the effects of doing sports and why exercise is good for people. As you listen to the lecture, gather information and ideas about why we enjoy sports.

PREVIEW THE LISTENING

Tip for Success

Remember to use the context of the sentence to help you figure out the meaning of a new vocabulary word.

A. VOCABULARY Here are some words and phrases from Listening 1. Read the sentences. Then write each underlined word or phrase next to the correct definition.

1. One benefit of doing sports is that it can give you more energy.
2. All humans need exercise to stay healthy.
3. Steve is very active. He plays soccer and baseball, and he enjoys cycling, too.
4. Even a little exercise every day can improve your health.
5. When we exercise, it helps to "wake up" our brain.
6. I'm worried about my baseball game after school today. I can't concentrate on my school work!
7. To be a good soccer player, you need a lot of skill.
8. Playing sports is very good for you. It can lower stress and help you feel calm.
 - a. _____ (*phrasal verb*) to make you feel more relaxed
 - b. _____ (*verb*) to give all your attention to something
 - c. _____ (*noun*) something that is good or helpful
 - d. _____ (*noun*) the part inside a person's head that thinks and feels
 - e. _____ (*noun*) the ability to do something well
 - f. _____ (*adjective*) always busy; doing many things
 - g. _____ (*verb*) to make something better
 - h. _____ (*noun*) people



B. Go online for more practice with the vocabulary.

B. Work with a partner. Take turns reading your completed sentences from Activity A. Discuss any differences in your answers.



C. Go online for more practice with listening for signal words and phrases.

LISTENING 2 Sports in Our Lives

UNIT OBJECTIVE

You are going to listen to four people talk about the importance of sports in their lives. As you listen to the conversation, gather information and ideas about why we enjoy sports.

PREVIEW THE LISTENING

Vocabulary Skill Review

In Unit 4, you learned that synonyms are words that have almost the same or similar meaning. Can you find a synonym for the word *protect*?

A. **VOCABULARY** Here are some words from Listening 2. Read their definitions. Then complete each sentence below with the correct word.

coach (*noun*) a sports trainer or instructor
escape (*verb*) 🐞 to get free from someone or something
exciting (*adjective*) 🐞 fun; causing you to feel a lot of energy
forget (*verb*) 🐞 to stop thinking about something; to not remember
patient (*adjective*) 🐞 able to stay calm when you are waiting or when you have problems
protect (*verb*) 🐞 to keep safe
traditional (*adjective*) old; from a long time ago

🐞 Oxford 2000 keywords

1. When I have a lot of stress and I need to _____ from my problems, I go on a long run.
2. Our basketball team has an excellent _____. He teaches us a lot of great skills.
3. Karate is a(n) _____ sport. It started many years ago in Japan.
4. I think basketball is the most _____ sport to watch.
The players have to be very fast.

5. I didn't see you at soccer practice today. Did you _____?
6. You need to be _____ when you are learning a sport.
It takes time to learn a new skill.
7. You should wear a helmet when you ride a bike. It will
_____ your head if you fall.



B. Go online for more practice with the vocabulary.



C. PREVIEW You are going to listen to four people talk about the importance of sports in their lives. Match each statement from the listening with a photo.

- a. Our coach, Mr. Wells, teaches us a lot of new skills.
- b. Sometimes I go swimming or running, but I enjoy cycling the most.
- c. In Canada, where I'm from, ice hockey is the most popular sport.
- d. For example, judo and karate are famous sports that came from Japan.



Marco ____



Eric ____



Takumi ____



Alex ____

WORK WITH THE LISTENING



A. LISTEN AND TAKE NOTES Listen to the four people. On a separate sheet of paper, take notes on the reasons they say they enjoy sports. Use a numbered list to organize the information.

B. Compare notes with a partner. Discuss any differences in your notes.



The dictionary gives more than one **definition** for many words. Be sure to choose the definition that best fits the context in which you found the word.

For example, the word *benefit* has two meanings in the dictionary.

benefit¹  **AWL** /'benefit/ *noun*

- 1** [count] something that is good or helpful:
*What are the **benefits** of having a computer?* • *I did it **for your benefit*** (= to help you).
- 2** [count, noncount] (**POLITICS, BUSINESS**) money or other advantages that you get from your job, the government, or a company you belong to:
*unemployment **benefits*** • *All our employees receive medical **benefits** in addition to their salary.*

You want the definition as used in this sentence.

The first important **benefit** of doing sports is that it helps us stay healthy.

You can see that definition 1 is correct for this use of the word *benefit*.

All dictionary entries are from the Oxford Basic American Dictionary for learners of English © Oxford University Press 2011.

Critical Thinking Tip

In Activity A, you have to **determine** which definition is the best. You use the context to choose between the different meanings. Using context to determine meaning is one way to improve your vocabulary skills.

A. Read the sentences and the dictionary definitions. Write the number of the correct definition of each underlined word.

- ___ 1. The first important benefit of doing sports is that it helps us stay healthy. It's important for us to be active.

active¹  /'æktiv/ *adjective*

- 1** If you are **active**, you are always busy and able to do a lot of things: *My grandmother is 75 but she's still very **active**.*
- 2** (**ENGLISH LANGUAGE ARTS**) (used about a verb or sentence) when the person or thing doing the action is the subject of the verb  **ANTONYM**
passive

- ___ 2. Hockey is special to me because it brings my family together and makes us closer.

special¹  /'speʃl/ *adjective*

- 1** not usual or ordinary; important for a reason:
*I got a new job, so we're having a **special** dinner.*
- 2** for a particular person or thing: *He goes to a **special** school for deaf children.*

- ___ 3. When we play sports, especially when we do a lot of running, our heart goes faster and moves blood to the different parts of our bodies.

move¹  /muv/ **verb** (moves, moving, moved)

1 to go from one place to another; to change the way you are standing or sitting: *Don't get off the bus while it's moving.* • *We moved to the front of the queue.*

2 to put something in another place or another way: *Can you move your car, please?*

3 to go to live in another place: *They sold their house in Detroit and moved to Ann Arbor.*

4 to cause someone to have strong feelings, especially of sadness: *The news report moved me to tears.*

- ___ 4. We can concentrate and learn better. For example, my study showed that children who do some kind of sports usually do better in school.

study²  /'stadi/ **noun** (plural **studies**)

1 [noncount] the activity of learning about something: *Biology is the study of living things.*

2 studies [plural] the subjects that you study: *He's taking a class in business studies.*

3 [count] a room in a house where you go to study, read, or write

4 [count] a piece of research that is done to learn more about a question or subject: *They are doing a study of the causes of heart disease.*

- ___ 5. Riding my bike gives me a way to forget about my problems.

problem  /'prɒbləm/ **noun** [count]

1 something that is difficult; something that makes you worry: *She has a lot of problems. Her husband is sick and she may lose her job.* • *There is a problem with my phone – it doesn't work.*

2 a question that you must answer by thinking about it: *I can't solve this problem.*

no problem [informal] words you use to say that something is easy and you don't mind doing it: *"Can you fix this?" "Sure, no problem."*

B. Compare answers with a partner.



C. Go online for more practice with using the dictionary.

