VIEWING

A ▶ 5.10 Watch Part 1 of the TED Talk. Circle **T** for true or **F** for false.

1 As a teenager, Blaine matched Houdini's personal record for underwater breath-holding. **T** **F**

2 Static apnea refers to how deep underwater people can go while holding their breath. **T** **F**

3 Blaine learned how to remain still and slow his heart rate down underwater. **T** **F**

4 Purging releases CO_2 from the body. **T** **F**

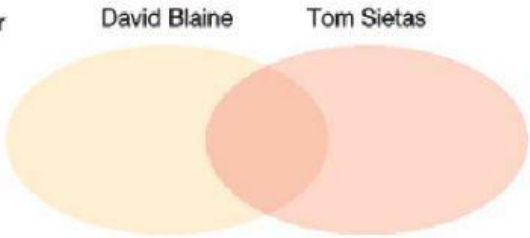
B ▶ 5.11 Watch Part 2 of the TED Talk. Complete the Venn diagram using the information below.

a has the ideal body type for holding his breath underwater

b is over six feet tall

c had to change his eating habits

d trained for a breath-holding challenge on a TV show



C Choose the correct options.

1 Why did Blaine change his eating habits?

a to lose weight **b** to gain muscle mass **c** to train his mind

2 Why did Blaine swim with sharks?

a to be on TV **b** to get used to the ocean **c** to learn to relax even in scary situations

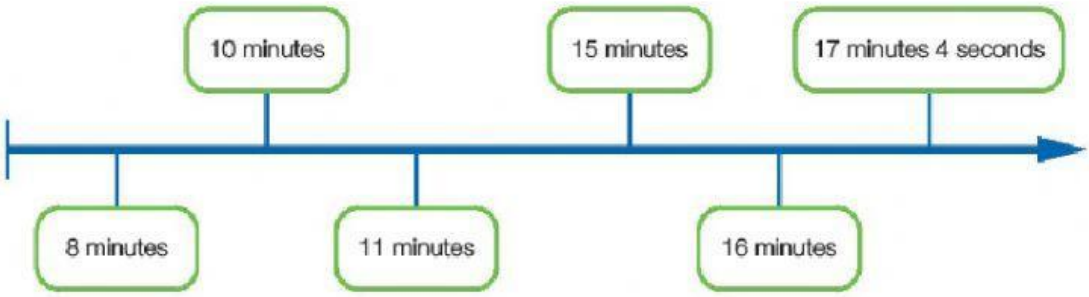
3 In what position was Blaine comfortable underwater?

a floating faceup **b** floating facedown **c** floating upright

4 What was Blaine extremely nervous about?

a being on live TV **b** wearing a tight suit **c** keeping his feet strapped in

D ▶ 5.12 Watch Part 3 of the TED Talk. Complete the timeline with the descriptions (**a–f**) of Blaine's challenge.



a His legs and lips felt very strange.

b He felt certain he wouldn't be able to complete the challenge.

c He pulled his feet out of the straps.

d He started to get strange feelings in his fingers and toes.

e He set a new world record.

f He experienced an irregular heartbeat.

LIVEWORKSHEETS