

CAN YOU UNDERSTAND THIS TEXT?

- a Read the article once. What technological advances described in the article have affected sports? Do you know of any others?
- b Read the article again. Then mark the sentences **T** (true) or **F** (false).
- 1 Some competitive ice skaters have created a new technology for designing skates.
 - 2 Haptic sports clothing helps athletes improve their performance through instructional videos.
 - 3 European rugby teams are only using RFID tags to assess games.
 - 4 Instant play without RFID tags can transmit coordinates of players and the ball at 2000 times per second.
 - 5 The "Hawk-Eye" system is used to improve players' performances in the games.
 - 6 Live cameras and microphones are being used today to give fans a more intimate view of the game.
- c Choose five new words or phrases from the text. Check their meaning and pronunciation and try to learn them.

CAN YOU UNDERSTAND THIS INTERVIEW?

- a Do you ever eat too much? If so, when was the last time? Do you know why you overate?
- b (5 32)) You are going to hear an interview with Dr. Brian Wansink, an expert in food psychology. Then put a check (✓) next to the things he says.
- ☐ The largest number of respondents said they over ate because they were hungry.
 - ☐ When people were given bad popcorn and they weren't hungry, they ate more from the bigger bag.
 - ☐ Candy can cause serious health problems and heart-related diseases.
 - ☐ Simple things like the placement of food can affect the way people eat.
 - ☐ When a person eats with someone who's a fast eater, they are more likely to consume more calories than if they ate alone.
 - ☐ People can't tell if they're full because of the way the human brain is programmed.
 - ☐ Mindless eating is something that cannot be changed.
- c Do you know anyone who eats "mindlessly," that is, without paying attention to how much they're eating? Can you identify any cues that cause them to eat that way?

How is technology affecting sports?

Technology plays a major role in sports: it has changed the way athletes perform, the way professional sports are officiated, and the way fans watch the game.



Because athletes are always looking for an edge against the competition, many are taking advantage of the latest trends in technology. For example, some competitive ice skaters are taking their experience on the ice to the design table. They have developed a new way to make skates using a process called rapid prototyping, using CAD (computer-assisted design). This process allows athletes to get a custom pair of boots made in record time and be on the ice with them faster than ever before.

Even more remarkable is a state-of-the-art clothing line that allows athletes to coach themselves. Unlike a video or instructional pamphlet, the "Haptic Sports Garment" senses your every move and lets you know which areas you need to improve. The garment uses vibrations to help improve posture, target key muscle groups and even help maintain optimal speeds.

Years ago, the instant replay was considered a giant technological leap, because for the first time, it allowed judges and fans to watch video of a disputed play almost immediately after it happened. But there is no longer a need for instant replay with the new RFID tags (Radio Frequency Identification Technology), which European rugby teams are experimenting with. This amazing micro-location technology can transmit the exact coordinates of the ball and players at an astounding 2000 times per second. It can also be used to calculate movement, speed, accuracy, and even force of impact. It essentially eliminates the guess work from officiating.

The "Hawk-Eye" system is an example of successful technology that has been used in professional tennis for several years now. High-speed cameras mounted around the stadium, combined with a 3D (three-dimensional) model of the tennis court, can track the position of the tennis ball in 3D space. This not only affects the game itself, but also the ability of players to self-analyze at a new level of detail.

Where will technology take us next? Will there one day be tiny live cameras and microphones inserted into basketballs, footballs, and baseballs that allow fans to get an even closer view of the action? Will we all one day be playing video games with holographic players on a life size field? It may all sound far-fetched but the technology is there, and it may be on the market sooner than you think.