Unit 2: Leisure Time

PERIPHERAL VISION IN SPORTS

Words

Write the letter of each definition with the word it defines. If you don't know the definition, use the context of the reading passage to help you. Look for the words in bold as you read the passage.

PARAGRAPH 1

Words	Definitions
1 ..... focus	**A** adv., without thinking; automatically
2 ..... indistinct	**B** v., center attention on one particular object
3 ..... blur	**C** adj., at the edge
4 ..... unconsciously	**D** n., something not seen clearly
5 ..... peripheral	**E** adj., unclear
6 ..... tolerate	**F** n., a person who plays sports[1]
7 ..... vision	**G** v., to show; model
8 ..... athlete	**H** n., area
9 ..... demonstrate	**I** v., to accept; allow
10 ..... range	**J** n., the ability to see; sight

PARAGRAPH 2

Words	Definitions
11 ..... performance	**K** adj., taking attention away from something
12 ..... detect	**L** n., a movement
13 ..... maneuver[2]	**M** n., how well a person or machine does something
14 ..... distracting	**N** v., to expect; be ready for something to happen
15 ..... anticipate	**O** v., to notice; become aware of

[1]BrE: sport
[2]BrE: manoeuver

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PARAGRAPHS 3–5

Words	Definitions
16 ..... scan	**P** v., to cause to be more difficult
17 ..... complicate	**Q** v., to look over
18 ..... coordinate	**R** adv., in a way that is impossible to see or notice
19 ..... boundary	**S** n., an edge; border
20 ..... indiscernibly	**T** v., to organize[1]; make work together

Reading

Peripheral Vision in Sports

(1) **Focus** in on something as small as a pin. Notice that as you focus, everything else that fills your whole area of sight is **indistinct**: just a **blur** without any clear detail. We **unconsciously** realize that things fill this **peripheral** area, but we are not aware of what they are, nor do we care. We simply **tolerate** the blur. However, sometimes it is important to pay attention to the blur that surrounds the point where we have focused our **vision**. **Athletes**, for example, must be keenly aware of what is happening all around them. They **demonstrate**, with a very high level of skill, how much we can use our entire **range** of peripheral vision.

(2) An athlete's **performance** depends on training visual abilities, not just muscles. **Detecting** and keeping track of as much motion as possible while performing physical **maneuvers** is quite a feat. Peripheral visual information is processed quickly. The office worker might notice the **distracting** bug moving beside the computer, but the fast moving athlete must detect all kinds of motion from every angle and never lose concentration. Each peripherally viewed movement must be immediately processed as more and more movements keep coming, rapidly. Good footwork and body positioning will help the athlete gain viewing time in this intense environment, improving the opportunity to **anticipate** what will happen next.

(3) The athlete's view, full of movement, requires rapid **scanning** with visual focus changing rapidly among various distances. Tracking fast objects is often **complicated** by the need for the athlete's body to move in response to other aspects of the activity, while head motion must **coordinate** with eye movement to assist in balance. A volleyball player, for example, must pay attention to body positioning in

[1]BrE: organize

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relation to the speed and angle of the moving ball as well as to the court **boundaries**, all the while scanning the movement of the other players. Athletes need as much peripheral range as possible.

(4) The environment contributes to athletes' visual sharpness. Contrasting court backgrounds, adequate lighting, non-confusing uniform color combinations, and less off-court motion all help the athlete's peripheral concentration. It seems odd that visiting baseball teams are allowed to dress in gray uniforms when bright colors would help the home team keep a better eye on them.

(5) Everything that catches the athlete's attention causes the eyes to pause almost **indiscernibly** as they gather a quick view of focused detail. As the eyes move in and out of focus, there is a blur between each pause. This is when visual tracking errors can occur. Even the act of blinking, usually at a rate of 25 blinks per minute, or one tenth of a second per blink, interferes with the athlete's vision. Normal, natural blinking means the eyes are closed for two and a half seconds out of every minute, and more than that if the athlete is anxious. This is added to the rapid blurs that occur as the athlete's eyes move in and out of focus on specific objects. These non-visual moments can be somewhat compensated for if the athlete thoroughly tunes into the game. Anticipation, that learned and practiced[1] art, will serve the athlete well, in many ways.

Answer the questions about **Peripheral Vision in Sports**.

Questions 1–7

Do the following statements agree with the information in the reading passage?

Write

TRUE *if the statement agrees with the information.*
FALSE *if the statement contradicts the information.*
NOT GIVEN *if there is no information on this in the passage.*

..... **1** Peripheral vision refers to what we see near the boundaries of our visual range.

..... **2** Focusing our eyes on one object only will cause that object to look indistinct.

[1]BrE: practised

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..... 3. In addition to physical abilities, athletes need to be skilled at detecting movements all around them.

..... 4. Office workers tend to find that certain kinds of movements are more distracting than others.

..... 5. A volleyball player does not need to focus on the movements of the other players on the court.

..... 6. Poor lighting and confusing color combinations on uniforms can have a negative effect on an athlete's performance.

..... 7. Athletes blink more often when they are feeling anxious.

Word Families

A

Complete each sentence with the correct word from the word family chart. Make nouns plural where necessary. Use the correct form of verbs.

noun	verb	adjective
complication	complicate	complicated

1 Playing a ball game is not as simple as it may look; there are many ..... .

2 A game can become very ..... when there are many players on the field.

3 The need to pay attention to many things at once ..... the game for an athlete.

noun	verb	adjective
coordination	coordinate	coordinated

4 The ..... movements of all the team members will help them win the game.

5 An athlete must ..... physical skill with sharp vision to play a game well.

6 It is important for an athlete to have good physical ..... .

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noun	verb	adjective
demonstration	demonstrate	demonstrative

7 The athlete gave a ..... of the correct way to throw the ball.

8 Professional athletes ..... a high level of skills.

9 The way that goal was scored was ..... of good teamwork in action.

noun	noun	verb
performance	performer	perform

10 The entire team ..... well during the game.

11 The team gave an excellent ..... at last night's game.

12 All the ..... did a good job.

noun	verb	adjective
tolerance	tolerate	tolerant

13 Good athletes always try to do their best but are still ..... of occasional failure.

14 An athlete needs to be able to ..... a high level of action around him.

15 An athlete should have ..... for hard physical activity.

noun	adjective	adverb
vision	visual	visually

16 In sports, ... abilities can be as important as physical abilities.

17 The coach used drawings to explain the game ..... .

18 Good ..... is important for playing sports well.

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Word Families

B

Choose the correct word family member from the list below to complete each blank.

1	performance	performer	perform
2	demonstrations	demonstrate	demonstrative
3	coordination	coordinate	coordinated
4	vision	visual	visually
5	tolerance	tolerate	tolerant
6	Complications	Complicate	Complicated

In order to **1**..... well, an athlete must have a number of different abilities. Naturally, she should **2**..... excellent physical skills. In addition to strength, **3**..... of all parts of the body while moving around the court or field is very important. The athlete also needs to have good **4**..... abilities. She needs to be able to see what is happening around her so that she can respond to the other players' maneuvers. She has to be **5**..... of activity around her without losing her ability to focus on her own part in the game. Finally, she needs to be a fast thinker. **6**..... can occur in any game, and the athlete needs to be able to respond to them quickly.

Paraphrases

Read the sentence from the reading passage. Then, choose the sentence that has the same meaning.

1 *Notice that as you focus, everything else that fills your whole area of sight is indistinct: just a blur without any clear detail.* (paragraph 1)

A When you focus on one thing, the rest of your field of vision is unclear.

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B If you look at something for a long time, your eyes begin to hurt.
C Sometimes you can focus clearly on one detail, but sometimes your vision is not clear.

2 *An athlete's performance depends on training visual abilities, not just muscles.* (paragraph 2)
A People who play sports must train frequently.
B People with strong muscles are usually good at sports.
C Good visual skills, as well as strong muscles, are needed to play sports well.

Dictionary Skill

PARTS OF SPEECH

Focus can be either a noun or a verb. *Blur* can also be either a noun or a verb.

Read the dictionary definitions below. Then read the sentences and write the letter of the correct definition for each sentence.

QUESTIONS 1–2

fo-cus [FO-kus]
A *noun.* the center of attention
B *verb.* to center attention on one object; concentrate

..... **1** When playing a game, always *focus* on the ball.

..... **2** Keep your *focus* on the goal.

QUESTIONS 3–4

blur [BLUR]
A *noun.* something not seen clearly
B *verb.* make unclear

..... **3** I couldn't follow the game; it was all a big *blur* to me.

..... **4** Poor lighting can *blur* the players' vision.

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Listening



Listen to the discussion. Complete the notes below.
*Write **NO MORE THAN ONE WORD** for each answer.*

Vision and Basketball

Basketball players have to **1**..... on the ball. They have to **2**..... the other players' maneuvers. They **3**..... the whole court to see the actions of the rest of the players. They don't think about this; they do it **4**..... .

Writing

Do you believe that professional athletes make good role models for young people?

Support your opinion with reasons and examples from your own knowledge or experience.

Write at least 250 words.

Speaking

Talk about the following topics.

Do you focus better on your studies or work when you are in a quiet environment, or do you prefer to have activity going on around you?

What kinds of things are distracting to you when you study or work?

Do you anticipate any major changes in your work or study situation in the next year?

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