

## Revision week

### Task 1 Complete the gaps with the expressions below:

*advance compared evidence examine increasingly responded sample survey viable*

### Abstract

#### Background

Running is becoming an (1) \_\_\_\_\_ popular activity among Americans with over 50 million participants. Running shoe research and technology has continued to (2) \_\_\_\_\_ with no decrease in overall running injury rates. A growing group of runners are making the choice to try the minimal or barefoot running styles of the pre-modern running shoe era. There is some (3) \_\_\_\_\_ of decreased forces on the lower extremities with barefoot running, but no clear data regarding how this corresponds with injuries. The purpose of this survey study was to (4) \_\_\_\_\_ factors related to performance and injury in runners who have tried barefoot running.

#### Methods

The University of Virginia Center for Endurance Sport created a 10-question (5) \_\_\_\_\_ regarding barefoot running that was posted on a variety of running blogs and Facebook pages. Percentages were calculated for each question across all surveys. Five hundred and nine participants (6) \_\_\_\_\_ with over 93% of them incorporating some type of barefoot running into their weekly mileage.

#### Results

A majority of the participants (53%) viewed barefoot running as a training tool to improve specific aspects of their running. However, close to half (46%) viewed barefoot training as a (7) \_\_\_\_\_ alternative to shoes for logging their miles. A large portion of runners initially tried barefoot running due to the promise of improved efficiency (60%), an attempt to get past injury (53%) and/or the recent media hype around the practice (52%). A large majority (68%) of runners participating in the study experienced no new injuries after starting barefoot running.

#### Conclusion

Prior studies have found that barefoot running often changes biomechanics (8) \_\_\_\_\_ to shod running with a hypothesized relationship of decreased injuries. This paper reports the result of a survey of 509 runners. The results suggest that a large percentage of this (9) \_\_\_\_\_ of runners experienced benefits or no serious harm from transitioning to barefoot or minimal shoe running.

(Barefoot running survey: Evidence from the field. David Hryvniak, Jay Dicharry, Robert Wilder  
Journal of Sport and Health Science, Volume 3, Issue 2, June 2014, Pages 131–136)

**After you read: Can you identify the keywords of the abstract?**

**Task 2 Complete the gaps with the missing parts of sentences below:**

- A) to develop the perfect body
- B) represent one of our greatest anxieties
- C) to our bodies and how we see them
- D) there are problems with his or her appearance
- E) in relation to our height
- F) in some new additions to the Cambridge English Dictionary
- G) with our appearance

**The body beautiful**

January 5, 2016, by Colin McIntosh

The pressure to achieve the perfect body shape is greater than ever before, for men no less than women. At the same time, rates of obesity are at their highest level ever. These two related facts are reflected (1) ..... . Much of the vocabulary relates (2) .....

An objective measure of how overweight or otherwise we are is given by the **BMI** or body mass index: a measurement of our weight (3) ..... . But the way we see our bodies ourselves is very often not objective: we may have a **body image** that is very different from the way other people see us, with the result that we become irrationally unhappy (4) ..... . This condition is called **dysmorphia**, and can lead to **body dysmorphic disorder**, a mental illness in which a person spends a lot of time worrying about how he or she looks and wrongly believes (5) ..... . We look in the mirror and we see something very different from the actual image that is reflected back at us.

Fed by images in the media, men feel that they need to **bulk up** and get a **washboard stomach**. **Love handles** must be banished at all costs. **Plus-size** women with a **muffin top** want to fit into clothes that are **figure-hugging**, **form-fitting**, or **bodycon**.

Some people will go to extreme measures (6) ..... , for example by taking **roids** (steroids) or having a **gastric band** fitted, a type of **bariatric surgery** (weight-loss surgery). Less extreme measures include following a **calorie-controlled** diet, cutting down on the **carbs** (carbohydrates), or simple exercise.

But even simple exercise can become an unhealthy obsession. Whole vocabulary sets mirror our society's obsession with achieving the perfect body. The technical vocabulary of muscles has a parallel set of informal variants. As well as **abs** (abdominals), we have **delts** (deltoids), **glutes** (glutei), and **obs** (obliques). Types of exercise have their own names: **bench presses**, **crunches**, **squats**, **lunges**, and **planks**.

The flood of words in this area is no coincidence. We reserve our greatest creativity in vocabulary creation for the areas we most obsess about, and it's clear that our bodies (7) .....

[\(http://dictionaryblog.cambridge.org/2016/01/05/the-body-beautiful/\)](http://dictionaryblog.cambridge.org/2016/01/05/the-body-beautiful/)

### Task 3 Grammar

Transform the sentences so that the meaning stays the same:

1. I am sure she was surprised at their behaviour.  
She must .....
2. It wasn't a good idea to watch that movie.  
We shouldn't .....
3. It's not necessary for you to stay here any longer.  
You .....
4. I would like to know what that statement refers to.  
What ..... ?
5. He has torn his muscle.  
His muscle .....
6. She didn't have the courage to leave her job.  
If she ..... the courage, she would have left her job.

### Task 4 Phrasal verbs

Do the exercises on this website:

[http://www.myenglishpages.com/site\\_php\\_files/grammar-exercise-phrasal-verbs.php](http://www.myenglishpages.com/site_php_files/grammar-exercise-phrasal-verbs.php)

Then give synonyms (phrasal verbs) to these verbs:

- to accept or tolerate sth. annoying - \_\_\_\_\_
- to invent a story, excuse - \_\_\_\_\_
- to cancel - \_\_\_\_\_
- to die - \_\_\_\_\_
- to start suddenly (war, fire) - \_\_\_\_\_
- to get excited, to lose control – to get/be \_\_\_\_\_
- to use up or finish a supply of sth. - \_\_\_\_\_
- to get information about sth., discover - \_\_\_\_\_