

WINTER TERM REVISION – Master Programme Course

1. Vocabulary

a) What do you call?

- the ability of a muscle to continue applying force
- the category of sports which includes archery, shooting, darts etc.
- the type of exercise which results in oxygen debt
- wounds in which the top layers of skin are scraped off
- overstretching of a muscle
- a part of body which connects a muscle to a bone
- a set of exercises you do just before you start exercising to prepare your body
- someone whose job is to give advice to people with problems

b) Which of the following are symptoms of shock?

- rapid pulse
- dizziness
- unconsciousness
- pain and swelling
- nausea and vomiting
- rash
- cough
- shaking or chills

c) Match the expressions on the left with their collocations on the right:

Range of	Avoidance
Oxygen	A relationship
Blood	Respiration
To toss	Motion
To establish	Imagery
Legal	Donation
Mental	Debt
Saturated	A ball
Injury	Fats
Artificial	Supplements

d) Give opposites of the following verbs:

to lose (weight)	to warm up
to lengthen	to get worse
to increase	to contract (a muscle)
to raise	to inhale

e) Use the following idioms in sentences:

- to sail through sth.
- to skate around sth.
- to score an own goal

f) What adjectives would you use to describe a successful athlete?

g) Reading

Complete the text with suitable words given in the list below:

nutrients quitting treatments properly damaging rates available occur burst sufferers

HEART DISEASE AND STROKE

The UK has one of the highest _____ of death from heart disease in the world - one British adult dies from the disease every three minutes - and stroke is the country's third biggest killer, claiming 70,000 lives each year.

Heart attacks _____ when blood flow is blocked, often by a blood clot, while strokes are caused either by blocked or _____ blood vessels in the brain. A range of other conditions, including heart failure, when blood is not pumped properly around the body, and congenital heart defects can also cause long term problems, and even death,

for _____.

HEART DISEASE

The heart pumps blood around the body carrying oxygen and other _____ to the areas that need it. When this process is interrupted, or does not work _____, serious illness and even death can result.

The risk of heart disease is greater for people with poor diet, who smoke and do not exercise, and men are more likely to suffer from it than women.

A range of tests and _____, including drugs, heart bypass surgery and transplants, exist to alleviate symptoms or save the lives of sufferers.

STROKE

There are two types of stroke - those caused by blood clots in the brain and those that occur when blood vessels burst. In both cases, the brain is starved of oxygen, _____ or killing cells.

Sufferers are often left with difficulty talking, walking and performing other basic tasks. The chance of suffering a stroke is cut by eating healthily, _____ smoking and drinking less alcohol. People at risk of stroke are often treated with aspirin.

After a stroke, various drug treatments are _____ and rehabilitation is commonly used to improve patients' speech and movement.

h) Do a SWOT analysis of your English studies.