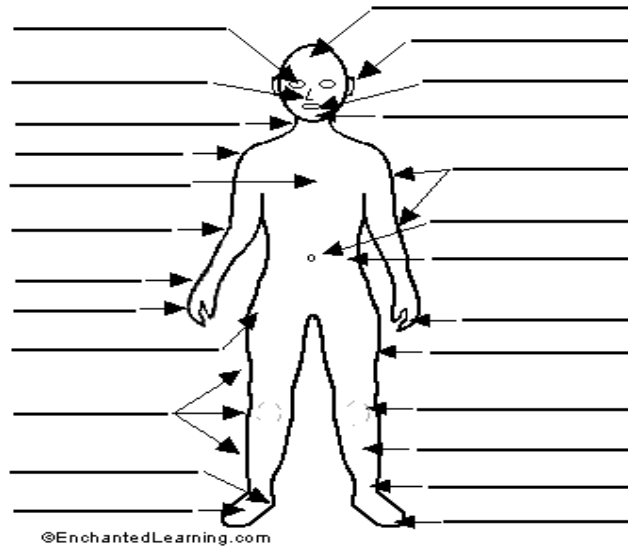


## Unit 2 Human body, Health and Illness

### Task 1 Human Body

|       |         |      |       |          |
|-------|---------|------|-------|----------|
| ankle | ear     | hand | leg   | shoulder |
| arm   | elbow   | head | mouth | thigh    |
| navel | eye     | heel | nose  | toes     |
| chest | fingers | hip  | neck  | waist    |
| chin  | foot    | knee | shin  | wrist    |

Ex. 1: Label the human body diagram using the word list above.



#### Exercise 2: How are the following things connected in the body?

Teeth – jaw

Diaphragm – abdominal cavity – thoracic cavity

Ribcage – heart

Skull - vertebral column – vertebrae – intervertebral discs

Palm – thumb

Ankle – foot - calf

#### Exercise 3: Match synonyms

clavicle

shoulder blade

sternum

spinal column

phalanges

thorax

tibia

femur

patella

thigh bone

backbone

kneecap

shin bone

chest

finger bones

breastbone

collar bone

scapula

## Task 2 Body systems

### Exercise 1: Match the description with one of the systems.

*skeletal digestive lymphatic integumentary respiratory nervous reproductive  
urinary muscular circulatory endocrine*

1. The \_\_\_\_\_ system supports and protects, regulates body temperature, makes chemicals and hormones, and acts as a sense organ.
2. The \_\_\_\_\_ system supports and protects, makes movement easier (with joints), stores minerals, and makes blood cells.
3. The \_\_\_\_\_ system brings about body movement, maintains posture, and produces heat.
4. The \_\_\_\_\_ system allows a person to communicate with the environment and integrates and controls the body.
5. The \_\_\_\_\_ system secretes hormones into the blood that serve to communicate with, integrate, and control mechanisms.
6. The \_\_\_\_\_ system transports substances through the body and establishes immunity.
7. The \_\_\_\_\_ system is a subdivision of the circulatory system. It does not contain blood, but rather lymph, which is formed from the fluid surrounding body cells and diffused into lymph vessels. The major functions of this system are the movement of fluid and its critical role in the defense mechanism of the body against disease.
8. The \_\_\_\_\_ system exchanges oxygen from the air for the waste product carbon dioxide, which is eliminated from the body.
9. The \_\_\_\_\_ system breaks down food, absorbs nutrients, and excretes solid waste.
10. The \_\_\_\_\_ system cleans waste products from blood in the form of urine and maintains electrolyte balance, water balance, and acid-base balance.
11. The \_\_\_\_\_ system produces sex cells, allows transfer of sex cells and fertilization to occur, permits development and birth of offspring, nourishes offspring, and produces sex hormones.

### Exercise 2: Match the organs with their respective systems:

mouth - spinal cord – blood vessels (arteries, veins and capillaries) – nails – joints – liver – urinary bladder – uterus (womb) – thyroid gland – hair – heart – kidneys – ovaries – pancreas – trachea (windpipe) – urethra – skin – testes – spinal cord – muscles – brain – intestines – bones – lungs – nerves – sweat glands – oesophagus (gullet, food pipe) – larynx (voice box)

**Circulatory**

**Respiratory**

**Nervous**

**Musculoskeletal**

**Digestive**

**Urinary**

**Reproductive**

**Endocrine**

**Integumentary**

Adapted from: [http://en.wikipedia.org/wiki/List\\_of\\_systems\\_of\\_the\\_human\\_body](http://en.wikipedia.org/wiki/List_of_systems_of_the_human_body)

GOGELOVÁ, Helena. *Angličtina pro fyzioterapeuty*. 1. vyd. Praha: Grada, 2011. 314 s. . ISBN 9788024735313.

### Exercise 3 Listening

#### Fun science: The human body

(<http://www.videojug.com/interview/fun-science-the-human-body#what-is-my-body-made-of>)

*Listen and answer the questions:*

1. What's my body made of?
2. Why do we get "goose bumps"?
3. Why do I get "brain freeze" when I eat ice cream?
4. Why does my skin look like a wrinkled prune after I take a bath?
5. Why do I sweat?
6. How do my eyes see colour?
7. What happens to food when I eat it?
8. Why do I need food?

### TASK 3 Health and Illness

#### Exercise 1:

1. What is the difference between being healthy and being fit?
2. What is the difference between a disease and an illness?
3. What does it mean when somebody says that they are "sick"?

#### Exercise 2:

##### Make adjectives from the nouns below:

Fitness      Health      Illness      Sickness

#### Exercise 3:

##### Match words to make collocations:

|          |           |
|----------|-----------|
| Complete | sickness  |
| Feel     | health    |
| Get      | remission |
| Poor     | sick      |
| Travel   | over      |

#### Exercise 4:

##### Choose the correct word to complete each sentence:

1. Her condition .....(deteriorated/improved) and she died.
2. He .....(relapsed/recovered) and was allowed to go home from hospital.
3. The patient made a full.....(recovery/remission).
4. I have been in .....(poor/good) health for months and feel very fit.
5. It was a month before I .....(got over/ got better) the illness.
6. He seems to be rather ..... (unhealthy/ unwell) – his diet is bad and he never exercises.
- 7.

(adapted from Glendinning, Howard: Professional English in Use – Medicine. Cambridge University Press, 2007.)

#### Exercise 5:

##### True or false?

1. Mumps and chicken pox are childhood diseases.
2. AIDS has been eradicated from the world.
3. Diabetes is a contagious disease.
4. Parkinson's disease is hereditary.
5. Flu is preventable.
6. Migraine is an incurable disease.

#### Exercise 6:

##### Give examples of

acute/chronic/ serious/ mild/ degenerative/ occupational/ mental/ obscure/ deadly diseases.