

Unit 11 REVISION LESSON

I. Vocabulary revision

TASK 1 Human body

Where on the body is:

the jaw – the thumb – the thigh – the navel – the wrist – the hip - the calf – the arm pit –

the shin – the cheek – the chest – the nostrils – the tongue – the ankle – the instep

TASK 2 Anatomy

1. *What do you call the organ/ organs/ muscles:*
 - which breaks down toxins which enter the body, including alcohol
 - in the chest we use for breathing
 - in which babies develop before they are born
 - between the lungs and the stomach used mainly to control breathing
 - squeezes food down to the stomach
 - in which most digestion takes place
 - processes the waste and passes it out of the body
 - remove waste products from the blood and produce urine
2. *Give English equivalents to these expressions from Latin:*
femur – patella – sternum – clavicle – scapula – tibia – spinal column

TASK 3 Injuries – collocations.

Fill in the gaps:

1. You can pull/ strain _____
2. You can sprain/ twist _____
3. You can dislocate _____
4. You can bruise _____
5. You can have _____ on your feet because of new shoes.
When do we use braces, compression dressing, plaster, crutch, bandage, a splint?

TASK 4 Exercises

Perform the following movements:

1. Bend your arm – straighten your arm
2. Raise your arm – lower your arm
3. Lean your head against your shoulder
4. Clasp your hands together in front of you.
5. Grasp your elbow.
6. Tuck your chin so that it touches your chest.
7. Rotate your head from right to left.
8. Arch your back.

TASK 5 Words in context

Complete the paragraph:

Exercising plays a main role in the process of h_____ and r_____ from injury or d_____. This is the goal of physical therapy exercises. S_____ and s_____ activities are only a few types of physical therapy exercises. B_____, j_____ control and muscle re-_____ are other types of important physical therapy exercises.

(Adapted from: http://www.sciencedaily.com/terms/physical_exercise.htm)

TASK 6

Use the following expressions in a sentence:

range of motion

endurance

relief

surgery

blood flow

obesity

therapist

TASK 7

Give an example of:

- acute/ chronic disease, cardiovascular disease, childhood disease
- equipment used in physical therapy
- methods and techniques used in physical therapy

TASK 8

Translate into English

kloub – vaz – ztuhlé svaly - zhubnout – přibrat — terapeut – úzkost – trenažer – hrbit se

TASK 9 Word formation

Form nouns from the verbs below:

treat - improve – recover – weak – strong – able – grow – care- prescribe - rigid

II. Grammar revision

1. Tenses

A) Past simple and present perfect

Choose the correct form of the verb.

1. Lisa *didn't go / hasn't gone* to work yesterday. She wasn't feeling well.
2. I'm looking for Paul. *Did you see / Have you seen* him?
3. I still don't know what to do. I *didn't decide / haven't decided* yet.
4. Oh! I *burnt / have burnt* myself.
5. *Did you eat / Have you eaten* a lot of sweets when you were a child?
6. Lucy *earned / has earned* a lot of money a year ago.
7. Everything is going well. We *didn't have/haven't had* any problems so far.

B) Mixed Tenses

Put the verbs in brackets in the correct tense, present or past simple, present perfect simple or continuous.

My daughter.....(try) to find a job for months. She.....(leave) university in June, and since then she(have) one or two part-time jobs. She.....(work) in a cafe for the last two weeks. She.....(want) to work in publishing. She.....(write) hundreds of letters of application, and she.....(have) a few interviews, but no job offers yet.

2. Modals

A/ Fill in the gaps with: *must, mustn't, don't/ doesn't have to*

We've got plenty of time. Weleave yet.

I've got this letter to post. Iforget to post it.

Youwash the tomatoes, they've been washed.

This is a valuable book. You.....look after it and youlose it.

Hewear a suit to work but he usually does.

We.....smoke here, it is prohibited.

3. Infinitive or -ing

Choose the correct answer:

1. I hope *going / to go* to Brazil in July.
2. I promise *phoning / to phone* you every day.
3. Do you remember *switching/to switch* the lights off before you came out?
4. We agreed *working/to work* together.
5. The doctor says you must stop *smoking/to smoke*.
6. I can't keep *driving/to drive* – I'm too tired.
7. The radio isn't working. – Have you tried *changing/to change* the batteries?
8. I advise *buying/to buy* your tickets well in advance.
9. We can't go on *working/work* like this.

4. Conditionals

Write sentences with *if* for the following situations:

It's raining, so we can't have lunch in the garden. If it.....

Maybe I will have time tomorrow, so I will finish the task. If I.....

We don't have a car because we don't live in the country. If we.....

We don't visit you very often because you live so far away. If you.....

5. Passive voice

Form passive sentences.

- The patient regularly performs her routine. The routine
- The patient is performing a strengthening exercise. The exercise
- The patient will perform the exercise in this session. The exercise
- The patient should perform the exercise twice a day. The exercise
- The patient performed this routine when she was in hospital. This routine
- The patient has just performed her routine. The routine

6. Questions

Ask about the underlined part of the sentence.

1. The therapist used a new method.?
2. The therapist used a new method.?
3. The therapist works with cardiac patients.?
4. The patient has had a major surgery.?
5. The patient suffers from back pain.?

(Grammar adapted from: MURPHY, Raymond. *English grammar in use : a self-study reference and practice book for intermediate students of English : with answers*. 3rd ed. Cambridge: Cambridge University Press, 2004. x, 379 s. ISBN 0-521-53762-2.)

III. Listening

(https://www.youtube.com/watch?v=pgkg8u_VVl0) 0:36 – 1:57

Listen to a physiotherapist giving advice on posture in pregnancy. Fill in each gap with one word:

1. We're going to go through some exercises that can help your body to sort of to the changes of pregnancy.
2. We'll think about standing posture and how that can have an on the development of symptoms and problems.
3. Your knees are quite out and straightened and there's a bit of an here in your back, your pelvis is forwards a little bit.
4. This can be associated with the development of back pain because it puts your back joints under a little bit more
5. What I'd like you to try and do is not to completely your knees but just have your knees a bit
6. Then start to think about where you've got your