# Unit 7 Sport injuries

**Task 1 Discuss in pairs. What questions would an interesting lecture/ article on sports injuries cover?**

**Task 2 Read the text on sports injuries. Which of them do you associate with your sport(s)?**

More than 10 million sports injuries occur each year. Most sports injuries are due to either traumatic injury or overuse of muscles or joints.

**Wounds**

A **wound** is any break in the skin or body surface. **Cuts** can be caused by sharp edges such as jewellery or stones. When the skin is cut, the blood vessels at the wound edges are cut straight across, so blood loss is very likely. **Grazes** are wounds in which the top layers of skin are scraped off. Grazes are commonly caused by a sliding fall (trip on a running track) or friction burn (hands sliding along a rope).

## Bone injuries

A **fracture** is a break or crack in the bone. Bones can break when a *direct impact* is received (hockey stick striking the shin) or *indirect force* is produced by a twist or a wrench (a trip or stumble).

## Joint/Muscle Injuries

**Sprain (výron, podvrtnutí)**

Injury to a ligament at, or near, a joint. It is often the result of a sudden or unexpected wrenching movement at the joint that pulls the bones within the joint too far apart and tears the tissues surrounding the joint.

**Strain (namožený sval)**  
Overstretching of the muscle, which may result in a partial tearing.

**Deep bruising (soft tissue injury)**  
These injuries are usually accompanied by bleeding into the damaged area, which can lead to pain and swelling.

**Rupture**  
Complete tearing of the muscle, which may occur in the fleshy part or in the tendon.

## Heat Exhaustion (upal – also heatstroke, uzeh – also sunstroke)

Heat exhaustion, an advanced condition of *hyperthermia*, is very common in marathon runners; especially in hot, humid conditions. The body temperature rises, which makes blood rush to the skin to cool it down. This makes less blood available to the working muscles and so extreme tiredness, breathlessness and dizziness occurs**.**

## Unconsciousness

Unconsciousness occurs from an interruption of the brain’s activity.

## Shock

The circulatory system distributes blood round the body, so that oxygen and nutrients can be fed into the tissues. When the system fails, circulatory shock will develop. If not treated immediately, vital organs such as the brain may fail. A typical cause of shock is a blow to the chest (winding).

**Symptoms** include: cold and pale skin, shaking or chills, chest pain, a weak but rapid pulse, shallow breathing, dizziness or general weakness, vomiting, unconsciousness.

**Test your knowledge of injuries. Mark the following statements** **True (T) or** **False (F)**.

1. A wound where the top layers of skin are scraped off is called a rupture.

2. Both sprains and strains affect muscles.

3. Hypothermia occurs when the body is exposed to excessive heat.

4. A player who is winded and knocked to the ground could go into shock.

5. Shock occurs when blood pressure drops and the organs do not receive enough blood.

Answers: 1F, 2F, 3F, 4T, 5T

**Task 3 Vocabulary**

**Complete the sentences with the words below.**

*bleed scar concussion minor pain swollen blister bruise scratched wound sprained*

1. My ankle is very………….
2. Do you ………………… easily?
3. I´ve …………………. my wrist.
4. This ……………. was caused by flying glass.
5. The ……………….will disappear in a few days.
6. The operation only left a small ……………….
7. Look where the cat …………………. me.
8. His injuries are all fairly………………….
9. Are you in………………….? Do you need an Aspirin?
10. I´ve got a terrible……………………on my foot.
11. He lost consciousness as a result of a blow to the head and was taken to hospital with ……

Answers: 1 swollen, 2 bleed, 3 sprained, 4 wound, 5 bruise, 6 scar, 7 scratched, 8 minor, 9 pain, 10 blister, 11 concussion

# **Task 4 Grammar and reading**

1. **Complete the gaps with the correct forms of the verbs in brackets.**

# **Petra Kvitova: ‘I’ll never forget the attack but I’m trying to love my new hand’**

Exclusive by Claire Bloomfield, Sat 16 Dec 2017, The Guardian

The *grisly details* of the terrifying knife attack that …………… (turn) Petra Kvitova’s life upside down almost exactly a year ago are barely comprehensible. Watching her on the practice courts at the Sparta Praha Tennis Club, it is almost impossible to detect the effects from *injuries so severe* some experts believed the two-times Wimbledon champion would never *resume her career*; she ……………… (still suffer) from nerve damage to her playing hand and cannot entirely *clench her fist* or feel two of her fingers.

Kvitova puts down her racket to take a break from *back-to-back practice sessions* on the indoor courts and makes her way upstairs to a small meeting room with her coach, Jiri Vanek, a kit bag slung over her athletic 6ft frame.

After a brief and cheerful exchange in Czech with Vanek, whom she …………. (hire) only a few weeks before the attack, she pulls up a chair by the window overlooking the tired and rusty clay courts below. There is an air of confidence about her as she *matter-of-factly discusses* the next steps in her recovery before revealing the full physical and mental trauma of an attack that left her terrified to hold a racket again after career-saving surgery and *a gruelling rehabilitation*.

“It will probably take more than a year to get full movement back, I’m not sure,” Kvitova says. “For tennis and for life, it’s good. I …………… (do) everything that I could but there is still some space to improve it. I hope that with more time I will be even stronger. I am happy that throughout the recovery I …………….. (always look forward) to the better tomorrows.”

The tennis club is some 260km west of Kvitova’s former apartment in Prostejov in the Czech Republic – where *the vicious encounter* with a knife-wielding intruder on 20 December last year …………….. (take place).

Kvitova ……………. (spend) a lot of time since then thinking about all of *the simple things that she perhaps took for granted*. As she begins to unravel the events of the past 12 months, it quickly becomes apparent that she ……………… (develop) *a newfound appreciation* for life.

The physical scars that lace her playing hand ……………….. (heal); the invisible scars have taken somewhat longer. Kvitova pauses briefly, as if to replay the moments when she *worked tirelessly* on a five-month rehabilitation programme, before suggesting: “If I wasn’t playing tennis I don’t think I could be as positive as I am now – but it’s not pleasant to see those flashbacks. It is a time that I try to forget but I know I will never really forget what happened. This experience has shown me how hard I can work if I need to and just how much of a fighter I am on and off the court.”

Answers: turned, still suffers, hired, have done, was always looking forward, took place, has spent, has developed, are healing

1. **Can you guess the meaning of the phrases in italics?**
2. **Use the following phrases in various tenses:**

* do sport
* win competitions
* qualify for the Olympics
* feel very confident
* suffer an injury
* lose confidence
* undergo medical treatment
* recover from an injury
* develop a newfound appreciation for life
* become stronger than ever =)

# Unit 8 Diet and health

**Task 1 “How healthy is your diet” questionnaire**

**In pairs ask each other the following questions. What other questions would you include if the aim of the questionnaire is to assess the nutritional value of someone´s diet?**

1. Do you base your main meals around starchy foods, such as potatoes, rice, pasta or bread?
2. Do you regularly include pulses in your diet?
3. Do you regularly choose wholemeal bread or rolls rather than white?
4. Do you regularly eat pre-prepared meals, such as sandwiches or canned soups?
5. Do you skip meals on most days?
6. Do you use any dietary supplements?

**Task 2 Sports nutrition**

**Complete the text with suitable words, the first letter is given.**

1. P\_\_\_\_\_\_ performance requires commitment to training and a number of other aspects. Our 2. D\_\_\_\_ - what we eat and drink - is one of the areas which can influence sports performance. Sports nutrition is the what, when and how much of food and f\_ \_ \_ \_ \_ we should consume.

Macronutrients and micronutrients

1. The keys to good nutrition are 3. *B\_\_\_\_\_\_\_, variety and moderation.* To stay healthy, your body needs the right balance of **carbohydrates, fats,** and 4. **P\_\_\_\_\_\_**- the three main components of nutrition, or 5. M\_\_\_\_\_\_\_ nutrients.
2. You also need micronutrients, that is **vitamins, minerals** and other 6. S\_\_\_\_\_\_\_ from many different foods, and while some foods are better than others, no single food or food group has it all - so eating a variety of different foods is 7. E\_\_\_\_\_\_\_\_.

Moderation means eating neither too much nor too little of any food or 8. N\_\_\_\_\_\_\_\_. Too much food can result in 9. E\_\_\_\_\_ weight and even too much of certain nutrients, while eating too little can lead to numerous nutrient deficiencies and low body 10. M\_\_\_\_\_\_\_.

Answers: 1 peak, 2 diet, 3 balance, 4 proteins, 5 macro, 6 substances, 7 essential, 8 nutrient, 9 excessive, 10 mass

**Task 3 What dietary recommendations would you give to a person who**

* wants to lose weight
* wants to build muscles
* suffers from anaemia
* is exhausted
* is pregnant

**Task 4 Reading**

**Before you read**

1. Which cultures enjoy the healthiest food, in your opinion? Explain.
2. Surprisingly, the richest countries may not have the best diets. What do you think?

**Read the text and answer the questions below.**

1 In recent years a large number of medical specialists and dieticians have *devoted* much effort to convincing us that just about everything we eat is bad for us. But now, if one accepts the findings of two recent international conferences held in San Francisco, there is some good news. Excellent health, increased longevity, and many simple pleasures of life are all available if you are prepared to follow “the Mediterranean Diet”, which is not so much a diet as a way of living.

2 Interest in the Mediterranean diet was first raised in the 1950´s, when researchers from Harvard University´s School of Nutrition became curious about why men and women on the islands of Crete and Sicily, many of whom lived well into their 80s, had one of the lowest *rates* of heart disease and cancer in the world.

3 They also noted a remarkably low rate of heart disease in other nations around the Mediterranean. *Incidences* of other diseases, such as breast and colon cancer, were also lower in the Mediterranean region, and in Greece and southern Italy *life expectancy* was about four years longer than in the U.S. or Northern Europe.

5 During more than 15 years of research, epidemiologists, who study large populations to identify “risk factors“ for diseases, were unable to identify the *crucial* factors, which affected the health of these Mediterranean populations. Finally, in 1964, the researchers began to focus on what they identified as the “traditional Mediterranean diet“.

6 They noted that the core of traditional Mediterranean cuisine of the 50´s and 60´s was an abundance of fruits and vegetables as well as large quantities of bread, pasta, legumes, nuts, couscous, rice and other grains. The overall diet included very little meat and only moderate amount of fish, poultry and dairy products. Sweets played a small role in the dining habits of the people and fruits were the main form of dessert. The two most striking features of the Mediterranean diet were that olive oil *accounted for* as much as 40% of all of the fat consumed by most Mediterranean people and that they consumed wine with nearly every meal.

7 This and subsequent research resulted in the creation of the Optimal Traditional Mediterranean Diet Pyramid. The pyramid consists of nine levels, each representing the stress to be placed on various elements of the diet.

8 Red meat, at the pyramid´s pinnacle, is recommended only a few times per month. Sweets, poultry, eggs and fish are recommended a few times a week, and olives, olive oil, dairy products, beans, legumes, nuts, fruits and vegetables and whole grains including pasta and rice are recommended on a daily basis. The major focus at recent conferences has been on olive oil and wine.

9 According to prof. Walter Willet, olives and olive oil lowers levels of LDL, which is considered the *harmful* or “bad“ cholesterol. Olive oil also contains high quantities of antioxidants, today´s nutritional miracle, and these are also thought to prevent heart disease.

11 As to the consumption of wine, the pyramid suggests that a *moderate* level of alcohol consumption, especially of red wine, also lowers the risk of heart disease and reduces overall mortality.

12 There are a few potential problems in all of this. Some point out, for example, that *advocating* a diet in which nearly 40% of the calories we take in comes from olive oil is problematic. Olive oil is pure 100% fat, and fat, no matter what its positive effects may be, is public health enemy number one.

**Reading comprehension**

1. What is good news about diet, as found in two conferences?
2. What is the Mediterranean diet?
3. Where did doctors in the 1950´s find the lowest rates of heart disease?
4. What are two important parts of the Mediterranean diet?
5. How much red meat should be eaten, according to the article?
6. Why are olives and olive oil beneficial to one´s health?
7. Why might small amounts of wine be healthy?
8. What are some of the arguments against the Mediterranean diet?

**Vocabulary**

**Complete the gaps using the words in italics from the text above. You may have to change their form.**

*account for advocate crucial devote harmful incidence*

*life expectancy moderate rate*

1. It is \_\_\_\_\_\_\_\_\_\_\_\_\_ that people are aware of nutritional value of the food they eat.
2. Even \_\_\_\_\_\_\_\_\_\_\_\_ amounts of the drug can be fatal.
3. The \_\_\_\_\_\_\_\_\_\_\_\_ of the population has been increasing over the last decades.
4. I could only \_\_\_\_\_\_\_\_\_\_\_ an hour a day to exercising.
5. Most people walk at an average \_\_\_\_\_\_\_\_\_ of 5 km an hour.
6. The British market \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 30% of the company´s revenue.
7. Many experts \_\_\_\_\_\_\_\_\_\_\_ rewarding children for good behaviour.
8. There is a high \_\_\_\_\_\_\_\_\_\_\_\_ of heart disease in men over 40.
9. These substances are known to be \_\_\_\_\_\_\_\_\_\_\_\_ to people with asthma.

Answers: 1 crucial, 2 moderate, 3 life expectancy, 4 devote, 5 rate, 6 accounts for, 7 advocate, 8 incidence, 9 harmful

**Task 5 Speaking**

1. **Expressing opinion – phrases**

**Complete these phrases with the words below:**

*firmly – doubt – seems – opinion – convinced*

1. I am \_\_\_\_\_\_\_\_\_\_ that…
2. I \_\_\_\_\_\_\_\_\_\_\_\_ believe…
3. It \_\_\_\_\_\_\_\_\_\_\_\_ to me…
4. In my humble \_\_\_\_\_\_\_\_\_\_ , …
5. There is no \_\_\_\_\_\_\_\_\_\_\_\_ that…

Answers: 1 convinced, 2 firmly, 3 seems, 4 opinion, 5 doubt

1. **To what extent do you agree with the following statement?**

“Even elite athletes can be vegetarians/ vegans.”

**Task 6 Listening**

**Watch the TED ED programme on myths in health education. What were the most common misconceptions about diet and exercise in the past?**

**MYTHS YOU LEARNED IN HEALTH CLASS**

(https://ed.ted.com/featured/IzCL8SMP)

**Task 7 Phrasal verbs**

**Identify phrasal verbs in the sentences below. Can you guess their meaning?**

I´m afraid we´ve run out of milk. Can you get some from the shop?

The cost of living in Oxford is eating into my savings.

Drink up! It´s time to go.

Anger suddenly boiled down in him.

Some vegetarians give up eating meat primarily for ethical reasons.

The effects of the drug wear off after about an hour.

I´ve been chewing the problem over since last week.

The meeting threw up some interesting ideas.

(<https://dictionary.cambridge.org/>)

# Unit 9 Research

**Task 1 Warm-up**

1. **Argue for one of these statements:**

* We need to invest more into sports science research.
* Investing into sports science research is a waste of money.

1. **Consider “SPORTS PERFORMANCE” in terms of research. How would researchers from different fields of study approach the subject? Suggest at least one research question related to sports performance in each area.**

* Physiology
* Sports psychology
* Sociology of sport
* Regeneration and Nutrition

**Task 2 Talking about research**

1. **Match the expressions from below with their synonyms highlighted in the text:**

*confirm / do / go through / investigate / obtain / powerful / weak*

Researchers **conduct** research. In their research they **examine** various phenomena. Researchers may look for, **collect,** examine and consider data. The data they collect may suggest a conclusion. Researchers are happy if the data they find are **convincing** and less happy if the data are **flimsy** or conflicting. They hope that the results of their analysis will **support** their hypothesis. They **check** their facts most carefully before presenting them to others.

Answers: conduct do, examine investigate, collect obtain, convincing powerful, flimsy weak, support confirm, check go through

1. **Prepare a short speech summarising the research you did for your bachelor/ master thesis. You may use the following phrases:**

The thesis …

* discusses/deals with/analyses/considers/explains /describes/ introduces .....
* develops/presents/studies/ concentrates on .....
* covers/suggests/shows .....
* gives/aims to give an overview of .....
* offers a solution to .....
* serves as an introduction to .....

The main goal/purpose of the thesis is to.....

We carried out an analysis of…

We measured…

We gathered data from…

An experiment was conducted to…

Results suggest that…

(<http://en.fel.zcu.cz/AE%20III%20Guidelines%20for%20Academic%20Writing/How%20to%20write%20a%20paper/Useful%20phrases.pdf>)

**Task 3 Reading**

**Study the abstract below. Divide it into paragraphs and choose a heading for each of them. What do the results suggest?**

***Physical activity and the transition from school to university: A cross-sectional survey among university students in Germany (***[***K. Diehl***](http://www.sciencedirect.com/science/article/pii/S0765159716300399)***,*** [***J. Hilger***](http://www.sciencedirect.com/science/article/pii/S0765159716300399)***)***

The transition from school to university may be accompanied by different changes in lifestyle. We aimed to investigate whether students’ physical activity (PA) differs between school and university and what role the change of residence plays. We analysed data from 689 university students (69.5% female; mean: 22.7 years). The majority changed PA compared to school (less: 45.4%, more: 36.5%). Among those who were at the beginning of their studies and those who changed residence for the start of studies, the proportion of individuals having reduced PA was higher compared to their reference groups of students in higher semesters and students having not changed residence, respectively. Students visiting their hometown more frequently and staying there during semester break were more likely to have reduced PA. Students who changed residence for starting studies seem to be a vulnerable group future intervention campaigns should focus on. Supporting those students to stay physically active during studies may be important to help them starting an active and healthy work life after graduation. Additionally, freshmen at universities may need more support to have the opportunity to stay physically active.

(<http://dx.doi.org/10.1016/j.scispo.2016.04.012>)

**Task 4 Word formation**

1. **Complete the gaps with suitable forms of the words in brackets.**
2. The data from the study were …………….. (RELY).
3. Kelly conducted an …………… (INVESTIGATE) into sleep characteristics of children with autism.
4. One ………………. (DIFFICULT) with this approach is that a set of results may allow different ……………….. (INTERPRET).
5. We shall now ………… (BRIEF) examine the evidence for the existence of dark matter.
6. Jenny Davidson did a great amount of research into earthquake ……….. (PREDICT).
7. Preston made only a minor …………. (CONTRIBUTE) to modern psychology, but it was an interesting one.
8. It was an event of huge ………….. (IMPORTANT).
9. In …………… (COMPARE) with his previous work, this paper is more significant.
10. The journal publishes a wide range of sports topics, with the …………….. (EXCEPT) of sport sociology.
11. In her paper Wadkova gives a detailed …………….. (DESCRIBE) of the experimental procedure.

Answers: unreliable / reliable, investigation, difficulty, interpretations, briefly, prediction, contribution, importance, comparison, exception, description

1. **Form nouns from the verbs:**

Free choose grow know laugh lose

marry please sell speak think friend

appear behave recover analyse discover explore

**Task 5 Conditionals**

1. **Study the examples and derive the rules from them:**

Conditional I:

E.g.: She will submit her thesis if she finishes the data analysis.

E.g.: She will submit her thesis if she has finished the data analysis.

I: ………if + present tense, subject + will……

Conditional II: She would submit her thesis if she finished the data analysis.

II: ……… if + past tense, subject + would…………… …………………….

Conditional III: She would have submitted her thesis if she had finished the data analysis.

III: ……… if + past perfect tense (had –ed), subject + would have -ed ………… …… ..

1. **Complete the sentences:**

I will complete my diploma thesis if …

I would complete my diploma thesis in a few weeks if …

I wouldn´t have completed my bachelor thesis if …

1. **Transform the following sentences:**
2. He hopes the statistician will process his data. Then he can interpret them.

He will interpret the data if the statistician processes them.

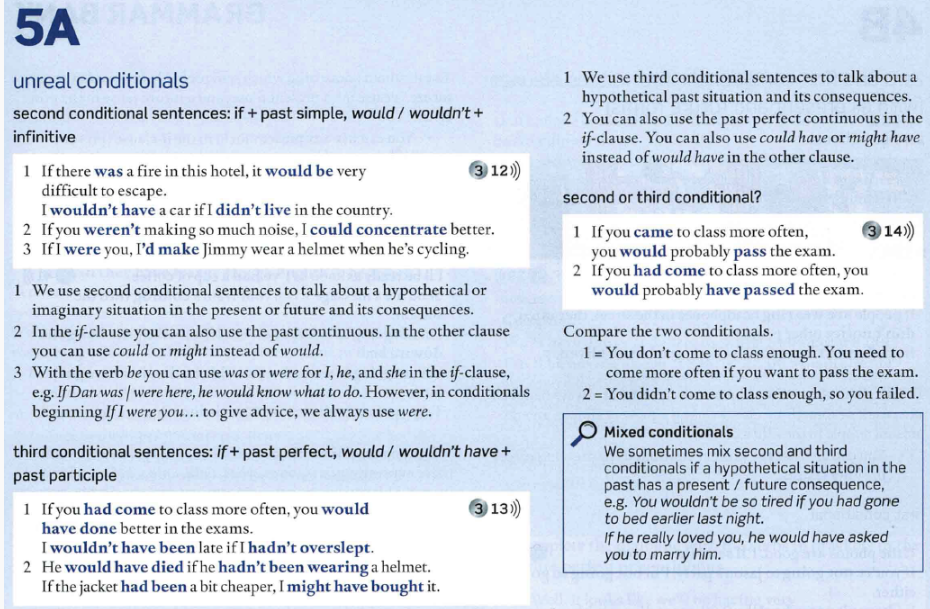
1. I have very little time. I can´t complete my thesis this semester.

I could complete my thesis this semester if I had more time.

1. He studied really hard. He passed the state exams with flying colours.

He wouldn´t have passed the state exams with flying colours if he hadn’t studied really hard.

Podmínkové věty vysvětlení: <https://www.helpforenglish.cz/article/2006051701-podminkove-vety-prehled>



Test your knowledge: answers below

