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# 高职高专英语 语音教程



重庆大学出版社

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## 内容提要

本教材旨在针对目前高职高专英语专业学生以及英语语音初级阶段学习者的实际学习情况,从英语语音在英语学科学习与日常语言表达相互关联这方面入手,将语音基础知识和浅显的日常生活表达用语联系起来,将学生的听和说、听和模仿等联系起来,着力解决学生“动口”能力。本教材共分三大部分:第一大部分主要介绍英语语音相关知识及学习方法;第二部分主要介绍 48 个音素的发音技巧,共八课,并附带相关练习;第三大部分主要介绍读音规则、语句的读法和语调等理论知识,并随课附带大量操作练习。本教材共计 80 学时,前 40 学时重点在于讲授音标的正确发音方法,找出学生音标阅读中常见错误并加以修正,规范学生的语音,培养学生的听力技巧,提高学生的朗读能力。后 40 学时重点在于使学生具备较强的辨音、正音和示范朗读能力,掌握更多的英语语音知识。

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# Preface

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从事英语教学多年,面对过三年制普通专科生、两年制成人专科生,也面对过刚刚完成初中课程的中等专科学生和社会上很多热爱英语的各界人士,感触最多的就是他们在英语口语中体现出的表达不流畅、发音不准确、听力理解不到位等情况。多年的英语语音教学经历让人觉得这种状况亟待改观。

本教材针对目前高职高专英语专业学生以及英语语音初级阶段学习者不知道怎样入手、害怕学不好,学习却不敢张口练习等实际情况,在编排内容时突出“生动、实用”的特点,所列举示例与现实生活相联系,强化对照,回避纯粹理论的枯燥,既能让学生自学又能让教师感觉到有延伸的内容。从英语语音在英语学科学习与日常语言表达相互关联这方面入手,将语音基础知识和浅显的日常生活表达用语联系起来,将学生的听和说、听和模仿等联系起来,着力解决学生“动口”能力。

编写本教材的目的在于培养社会需要的应用型人才,通过学习能做到自信地发音,大胆地发言,融会贯通。因此,在注重传授系统知识的同时,更注重培养学生的实际语言运用能力,让学生不仅能较轻松地吸收教材营养,为其他相关英语学科打下基础,为发音、交流找到依据,也能为今后学习和工作积累素材,树立“终身学习”的学习观。编写时,充分考虑对专业术语和基本语言文字的英汉双语处理,使之成为名副其实的易学易懂的专业英语教材;引证大量名言警句、习语、俚语、日常生活表达及流行英语歌曲作为范例,不仅生动形象还具有实用工具书的特点;增加对疑难音和近似音的发音辨析,做到不含糊;提供丰富的实用练习题材,切实提高学习者的语音水平。在音素部分,除对每个音素从语言学角度进行详细分析之外,还列举了初学者的学习感受和常见发音误区,以供学习者更好把握自我发音状态。在分析常见字母(字母组合)发音时,增加对如何有效记忆单词的介绍。在音节、重音、爆破、连读、弱读、语调等部分,采用“概念+示例”——对应的方式,强化理解的过程。按照“语音概述—音素—音节—字母—单词—短语—语句”层层深入的总体框架,采用“语言分析+语音陈述+示例操作+误区辨析”的方法,逐个部分进行探讨。

本教材共分三大部分:

第一大部分主要介绍英语语音相关知识及学习方法,帮助学习者了解英语语音和语

音课程,为进一步学习做好铺垫。

第二部分主要介绍 48 个音素的发音技巧,共八课,其中音素出现的顺序采取按发音器官集中安排,以便分类归纳,近似音成对出现以便区别比较,元音音素和辅音音素交替出现以便拼读练习的原则,按照以下顺序编排,并附带相关练习:

1. /i:/ /i/ /e/ /æ/
2. /p/ /b/ /t/ /d/ /k/ /g/
3. /m/ /n/ /ŋ/ /l/
4. /a:/ /ei/ /ai/ /f/ /v/ /w/ /j/
5. /s/ /z/ /ʃ/ /ʒ/ /θ/ /ð/
6. /ts/ /dz/ /tʃ/ /dʒ/ /h/ /r/ /tr/ /dr/
7. /ʌ/ /u:/ /u/ /au/ /ɔ:/ /ɒ/ /ɔi/
8. /ə:/ /ə/ /əu/ /iə/ /eə/ /uə/

第三大部分主要介绍读音规则、语句的读法和语调等理论知识,按照音节、重音、读音规则、辅音连缀、连读与同化、强读与弱读、句子重音、节奏、意群以及语调的顺序编排,并随课附带大量操作练习。

希望通过对本教材的学习,学习者能达到熟练掌握相关语音术语的表达方式,能正确拼读各音素,克服母语和英语之间差异;能克服各种地方音的影响,克服拖、转、散、颤等各种不良的发音习惯;能分辨出音节、重音、爆破、连读等语音现象,能用适当的语调、节奏、停顿进行朗读和交流的效果。

本教材共计 80 学时,前 40 学时重点在于讲授音标的正确发音方法,找出学生音标阅读中常见错误并加以修正,规范学生的语音,培养学生的听力技巧,提高学生的朗读能力。后 40 学时重点在于使学生具备较强的辨音、正音和示范朗读能力,掌握更多的英语语音知识。把课堂教学与学生的课外学习和实践活动结合起来,将英汉语言进行对比,利用分析、比较、综合的方法教学和学习。考核时,可采用笔试和口试相结合的方式:笔试部分含辨音,听辨语句含义、听写等;口试部分含朗读和按指定内容进行自由对话,也包括平时练习和各项教学活动的参与等,旨在提高学生英语语音运用能力。

在编写本书的过程中,对相关知识内容的取舍以及内容的编排等方面,很多专家、教授给予了极大帮助,在教材的修订过程中也提出过许多宝贵意见,在此表示感谢。当然,在编写过程中也不乏有疏漏之处,敬请读者、专家和同行指正。

2010.4



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# Part One

## Introduction



### English and Standards of English Pronunciation

English is a member of the Germanic family of languages(日耳曼语系)while Germanic is a branch of the Indo-European language family(印欧语系). It is a language which could be spelt. For English pronunciation, this course mainly focus on the skills in which we pronounce English words, phrases, sentences, dialogues and passages properly, correctly and naturally.

As English is widely used in the modern world, we should pay special attention to its pronunciation which varies greatly in different geographical areas. General British and General American are two of the varieties having the greatest influence in the second language teaching. This book adopts the General British used by educated native speakers in south-east England and BBC newsreaders. Therefore, the phonetic system described in this book is IPA (International Phonetic Alphabet) system. We generally use two slashes// as boundary in which placed the phonetic transcription symbols. (英语属于印欧语系,是一种可拼读的语调语言。由于语音是语言的物质外壳,是掌握语言知识和获得语言技能的基础,所以学习一门语言也应该先从该语言的语音着手。本教材所讲授的“英语语音”是以英式英语即“标准英国音”(RP—received pronunciation)为依托的。主要是由于 RP 是以伦敦以及英格兰东南部受过良好教育的人的发音为基准,不带强烈的地方音而比较中性,易为大多数人听懂和接受。并且 BBC 从 20 世纪 20 年代开始,规定 RP 作为标准规范播音员发音,使得 RP 在全世界范围内迅速扩展,成为影响最大的标准英式发音。当然,对于国际音标的书写,我们采取“宽式音标”符号“//”,以浅显的形式方便读者学习。)



### Good Pronunciation

Good pronunciation is very important to English learners. It helps us to better understand



others and to be better understood while expressing ourselves. Obtaining good pronunciation means:

- 1) Be able to pronounce correctly each single speech sound in English.
- 2) Be able to pronounce correctly the words and sentences.
- 3) Be able to speak with correct rhythm, pause, stress, sound linking and explosion.
- 4) Be able to speak with appropriate intonation according to the context.
- 5) Be able to speak clearly, fluently, and naturally without Chinese accent.

However, always remember that English is not “phonetic”. That means we do not always say a word the same way that we spell it. (英语语音学习不仅是拼读和记忆单词的基础,而且是提高听说能力、表达能力和阅读能力的关键。好的语音能帮助大家在日常交流和学习中处于优势。)



## Purpose of This Course

We have to learn about English pronunciation as an English learner since this part is a fundamental part as important as English grammar, English vocabulary, etc. Good pronunciation could help us a lot to communicate effectively. (在英语学习中,语音、语法、词汇的掌握属于基本功,而英语语音则是基础的基础。)

This course aims to introduce how to produce sounds, how to overcome the dialect influences, how to use the correct intonation, how to master rhythm, and so on. Therefore, we will concentrate on the English phonemes. The special attention is also laid on the appropriate rhythm and intonation.



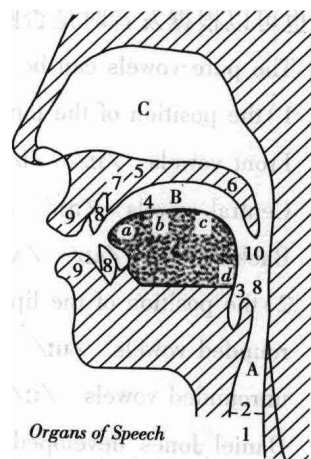
## Organs of Speech

### A. Pharynx Cavity

1. windpipe
2. vocal cords
3. epiglottis

## B. Oral/Mouth Cavity

4. tongue
  - a. tip of the tongue
  - b. front of the tongue
  - c. back of the tongue
  - d. root of the tongue
5. hard palate
6. soft palate
7. teeth-ridge/alveolar ridge
8. upper teeth/lower teeth
9. upper lip/lower lip
10. uvular



## C. Nasal Cavity

PS. the shapes of lips: close, half close, half open, open, rounded, and unrounded.



## English Phonemes

In phonetics, there are 48 English phonemes in all. According to whether the air is frustrated by speech organs or not while producing sound, English phonemes are classified into 20 *VOWELS* and 28 *CONSONANTS*.

A vowel is a sound in spoken language, pronounced with an open vocal tract so that there is no build-up of air pressure at any point above the glottis. Vowels form the nucleus or peak of syllables. There are however still more possible features of vowel quality, such as the velum position (nasality), type of vocal fold vibration (phonation), and tongue root position. A vowel sound whose quality doesn't change over the duration of the vowel is called a monophthong. Monophthongs are sometimes called "pure" or "cardinal" vowels. (音素是从音质角度划分的最小的语音单位。在英语音素中,元音是气流由肺部发出,声带振动并且经过口腔能自由呼出不受阻碍,它是构成音节的核心。发音时,舌位、唇形、开口度始终不变的元音叫单元音,根据其发音时舌面隆起的位置,单元音可以分为前元音,后元音和中元音三

类,也可以根据发音时是否圆唇分为圆唇音和不圆唇音两类。)

The pure vowels can be classified according to:

1) the position of the tongue raised:

Front vowels /i:/ /i/ /e/ /æ/

Central vowels /ə:/ /ə/

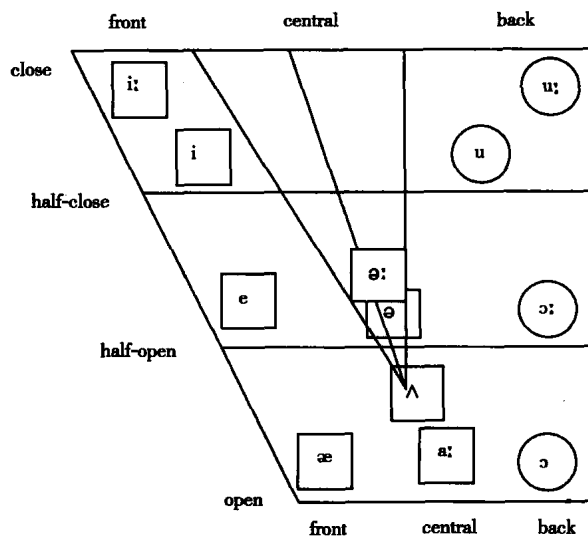
Back vowels /a:/ /ʌ/ /u:/ /u/ /ɔ:/ /ɒ/

2) the position of the lips:

rounded vowels /u:/ /u:/ /ɔ:/ /ɒ/

unrounded vowels /i:/ /i/ /e/ /æ/ /ə:/ /ə/ /a:/ /ʌ/

Daniel Jones developed the cardinal vowel system to describe vowels in terms of the common features *height* (vertical dimension), *backness* (horizontal dimension) and *roundedness* (lip position). These three parameters are indicated in the schematic IPA vowel diagram as following:



And a vowel sound that glides from one quality to another is called a diphthong. The diphthongs are divided into three groups:

1) with a glide towards /i:/ /ai/ /ei/ /ɔi/

2) with a glide towards /u:/ /au/ /əu/

3) with a glide towards /ə:/ /iə/ /eə/ /uə/

For consonants, the air is frustrated by part of the speech organs differently to some extent

when it flows. Semivowels, also known as glides or non-syllabic vowels, are vowels that form diphthongs with full syllabic vowels. That is, they are vowel-like sounds that do not form the nucleus of a syllable or mora; they are not the most prominent part of the syllable. Therefore, semivowels are considered to be consonants. (辅音是指气流在口腔或咽头受到阻碍而形成的音。发音时声带不一定振动,发音也不如元音清晰响亮。辅音按发音方式可分为:爆破音、摩擦音、破擦音、鼻音、舌边(侧)音和半元音;按发音部位可分为:双唇音、唇齿音、双唇软腭通音、齿音、齿龈音、齿龈后音、颚龈音、硬腭音、软腭音、声门音(喉音);也可以根据发音时是否振动声带而分为:清辅音和浊辅音)

Consonants can be classified according to:

1) the manner of articulation:

plosives (stops 爆破音): /p/ /b/ /t/ /d/ /k/ /g/

fricatives (摩擦音): /f/ /v/ /s/ /z/ /θ/ /ð/ /ʃ/ /ʒ/ /h/ /r/

affricates (破擦音): /ts/ /dz/ /tr/ /dr/ /tʃ/ /dʒ/

nasals (鼻音): /m/ /n/ /ŋ/

lateral (舌边音): /l/

semi-vowels (半元音): /w/ /j/

2) the place of articulation:

bilabial (two lips 双唇音): /p/ /b/ /m/

labial-dental (upper teeth and lower lip 唇齿音): /f/ /v/

labial-velar (双唇软腭通音): /w/

dental (tip of tongue and upper teeth 齿音): /θ/ /ð/

alveolar (tip of tongue and alveolar 齿龈音): /t/ /d/ /n/ /l/ /s/ /z/ /ts/ /dz/

post-alveolar (tip of tongue and hard palate 齿龈后音): /r/ /tr/ /dr/

palate-alveolar (blade of tongue and hard palate 颚龈音): /ʃ/ /ʒ/ /tʃ/ /dʒ/

palatal (front of tongue and hard palate 硬腭音): /j/

velar (tongue back and soft palate 软腭音): /k/ /g/ /ŋ/

glottal (not localized 声门音/喉音): /h/

3) the voicing:

voiceless consonants (清辅音): /p/ /t/ /k/ /f/ /s/ /θ/ /ʃ/ /h/ /ts/

/tr/ /tʃ/

voiced consonants(浊辅音): /b/ /d/ /g/ /v/ /z/ /ð/ /ʒ/ /r/

/dz/ /dr/ /dʒ/ /m/ /n/ /ŋ/ /l/

/w/ /j/



## English Letters

The name “vowel” and “consonant” are often used for the symbols that represent vowel sounds and consonant sounds in a language’s writing system, particularly if the language uses an alphabet. In writing systems based on the Latin alphabet, during the 26 English letters, *A, E, I, O*, and *U* are all used to represent vowel letters, while the others are regarded to be consonant letters.

### 1. Letters and their names

letter	A	B	C	D	E	F	G
name	/ei/	/bi:/	/si:/	/di:/	/i:/	/ef/	/dʒi:/

letter	H	I	J	K	L	M	N
name	/eitʃ/	/ai/	/dʒei/	/kei/	/el/	/em/	/en/

letter	O	P	Q	R	S	T
name	/əu/	/pi:/	/kju:/	/a:/	/es/	/ti:/

letter	U	V	W	X	Y	Z
name	/ju:/	/vi:/	/ˈdʌblju:/	/eks/	/wai/	/zed/or/zi:/

### 2. Function of letters

1) Letter is used to be a part of a word as following:

English — E-n-g-l-i-s-h — English

Chinese — C-h-i-n-e-s-e — Chinese

translate — t-r-a-n-s-l-a-t-e — translate

phonetics — p-h-o-n-e-t-i-c-s — phonetics

pronunciation — p-r-o-n-u-n-c-i-a-t-i-o-n — pronunciation

2) letter is also used to be a part of a language as an abbreviation, as following:

a. m. 上午

p. m. 下午

BC 公元前

AD 公元

OK 好吧,行

VIP 重要人物、贵宾

PRC 中华人民共和国

RMB 人民币

USA 美国

UK 英国

UN 联合国

EU 欧盟

WTO 世界贸易组织

WHO 世界卫生组织

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VOA 美国之音

BBC 英国广播公司

BFSU 北京外国语大学

NASA/'na:sa:/ (美国)国家航空航天局

NATO/'neitəu/ 北大西洋公约组织

UNESCO/ju:'neskəu/ 联合国教科文组织

TOEFL/'təʊfl/ 托福

PETS/pets:/ 全国英语等级考试

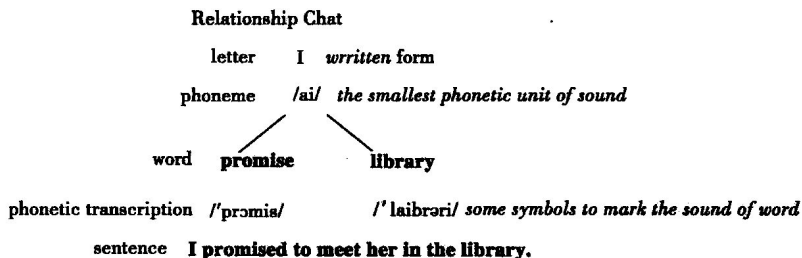
SISU/'sisju:/ 上海外国语大学



## Relationship Among English Phonemes, Syllables, Phonetic Transcription, Letters, Word and Sentence

Phoneme is the smallest speech unit in English to form a syllable which is the smallest meaningful unit. Phonetic transcription is a set of symbols to mark the pronunciation of a single word. Word is formed by one or more than one letters while a sentence is formed by one or more words. Letters are also used in abbreviations to present some specific meaning. (音素是从音质的角度划分出来的最小的语言单位。音节是读音的基本单位,是具有意义的最小语音片段,音节由音素构成。音标是音素、音节的标写符号。字母是拼音文字的最小书写单位。单词即词语,是由字母构成的基本意义单位。句子是由单词和单词短

语构成的、能够表达完整的意思的语言单位。下图呈现了英语音素、音节、音标、字母、单词和句子的关系。)



## Way to Learn English Pronunciation Well

There is no royal road to learn English pronunciation as *the greatest thing must have the smartest begin (A thousand-li journey is started by taking the first step.)*. Whatever, you should set up a brand new concept to speak English compared to Chinese pronunciation. (学习英语语音最有效的方法就是模仿练习,掌握正确的发音方法,进行反复地操练,从而达到熟能生巧。)

1. Imitating is an effective way to pronounce well. To listen and follow the native speaker's pronunciation face to face, or the tapes and kinds of programs recorded by native speakers is direct and convenient.

2. Then, speak out aloud what you saw and what you listened even what you are having in mind to distinguish the different sounds according to your own ears. Don't be afraid to lose face when you are making mistakes.

3. Be confident and keep on speaking out. You may start with ABCs and follow "Nice to meet you!" Once you have the first step to open your mouth, you have chances to speak English well.

4. Create English speaking atmosphere around you. English songs and English movies could help you a lot. You may also find a partner who usually stays with you to speak English without considering the time, whenever you are together; without considering the places, even you are in the washing room.

5. If you have a terrible English pronunciation, have a try like this: record your own



pronouncing of a few sentences or a short passage, then find out whether there's any mistake you've made in the recording by yourself. Take your recording to a teacher or a native speaker to ask for diagnosis. Follow the adviser's conduction and train your tongue. This process could be repeated times till you become an excellent English speaker.

6. Be relaxed and never say die.

# Part Two

## Phonemes

### Lesson One

#### Front Vowels (前元音)

↪ /i:/ /i/ /e/ /æ/ ↩

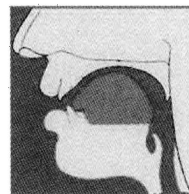
In this lesson, the entire four front vowels are introduced. As in the same group, front vowels have their common points in pronunciation: the tip of the tongue is raised while producing sound. Vibrating the vocal cords to make a clear sound also characterizes the four phonemes. On the other hand, we should notice the differences among them.

When the English learners newly begin with the pronunciation of phonemes, it is important to use each part of the speech organs properly and to master the correct skill to produce sound. The song in the end may help you a lot to adopt proper pronunciation. Follow the steps and try to make it.



/i:/

/i:/ 是前元音。(front, close, unrounded, pure vowel)



#### ➡ How to produce the sound

舌尖抵下齿背,舌前端尽量抬高,双唇扁平,牙床几乎闭合(张开牙床的1/4),口腔肌肉紧张,气流通过口腔无摩擦,声音有延续,声带振动。(Raise the front of your tongue as high as you can. The tip of your tongue should rest lightly against the back of your lower front teeth. Lower your jaw slightly so that your teeth are barely parted. Spread your lips apart and pull them back towards the corners of your mouth in a facial expression of “smile”. Vibrate the vocal cords to produce this long voiced vowel.)