

总主编 张树德

大 学 英 语

第 2 册

# 快速阅读高手

主编 梁荣敏 李晓兰



苏州大学出版社

# 大学英语

第2册

## 快速阅读高手

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# 前言

学习英语,阅读历来就是一条必不可少的重要途径,这既是提高学习者语言综合能力的手段,也是学习语言的重要目标之一。新一轮的大学英语教学改革特别强调培养学生实际使用英语的能力,尤其是通过多种阅读渠道获取知识和信息的能力。教育部颁布的《大学英语课程教学要求》将大学阶段的英语教学分为三个层次:一般要求、较高要求和更高要求,每个层次都对学生的阅读能力提出了具体而明确的要求。其中对阅读理解能力的一般要求为:“能够基本读懂一般性题材的英文文章,阅读速度达到每分钟70词,在快速阅读篇幅教长、难度略低材料时,阅读速度达到每分钟100词,能基本读懂国内英文报刊,掌握中心意思,理解主要事实和有关细节。能读懂工作、生活中常见的应用文体的材料。能在阅读中使用有效的阅读方法。”从2006年起,大学英语四、六级考试还增设了“快速阅读”的考试内容。因此,为适应快速阅读的这些新要求,我们组织相关教师编写了《大学英语快速阅读高手》系列教材,一方面积极应对大学英语教学改革,倡导大学英语个性化、自主性学习等学习理念;另一方面帮助广大学生扩大阅读范围,增加词汇量,提高阅读速度,培养独立阅读习惯和阅读能力。

《大学英语快速阅读高手》第1册至第4册编写遵循这样的原则:内容新颖,时代感强,选材既有历史、传统的内容,但更注重社会、科技发展的最新信息;体裁和题材多样化,考虑到知识的多样性,文、理、工等内容兼顾;内容富有知识性和趣味性,既注重国外社会、文化的介绍,也增加中国传统文化及风俗的描述,以便增长学习者的多元知识;练习题型多样化,既有四、六级考试快速阅读题型“是非判断”和“句子填空”,又设置“多项选择”。本套教材共4册,每册及单元之间由浅入深、由易到难、循序渐进。每单元以话题为线索,选取知识内容相近、体裁不同的阅读材料4篇并设置相关练习。为了便于学习者及时检验自己的阅读情况,教材后面附有参考答案。本教材每单元的内容,一部分可以作为课堂强化训练,一部分可以作为学习者的课后自主练习。

《大学英语快速阅读高手》第1册至第4册由广西工学院张树德任总主编,各分册采取主编负责制原则。其中第1册和第2册由河池学院组织相关教师编写,第3册和第4册由广西工学院组织相关教师编写。各分册的编写人员分别是:第1册由谢雨利、龙星源任主编,杨雪静、陆世雄、卢贞媛任副主编;第2册由梁荣敏、李晓兰任主编,韦合、罗潇潇、黄薇澈任副主编;第3册由黄江生任主编,郑丽萍、李彩霞、袁雄、谭玮任副主编;第4册由黄影妮任主编,贺颖、罗萍、覃美静、温颖茜任副主编。

在编写这套教材过程中,我们还得到了河池学院银云忠教授的热情指导和支持。

本教材的编写与出版得到了苏州大学出版社的大力支持,在此,我们谨致以诚挚的谢意!

由于编者水平有限,如有不当之处,衷心希望广大教师同仁和学生提出批评意见和建议,以便今后改进和完善。

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## Unit One

## Sports

**Directions:** You will have 15 minutes to go over each passage quickly and answer the questions. For questions 1–7, choose the best answer from the four choices marked A, B, C and D. For questions 8–10, complete the sentences with the information given in the passage.



### Passage 1

#### The Power of Special Olympics World Games

Special Olympics World Games celebrate the year-round efforts and achievements of the movement's athletes; they also create lasting legacies of positive change in participating countries.

#### Athletes unite

The first International Special Olympics Summer Games were held in Chicago in 1968. Anne McGlone Burke, a physical education teacher with the Chicago Park District, began with the idea for a one-time Olympic-style athletic competition for people with special needs. Burke then approached Eunice Kennedy Shriver, head of the Joseph P. Kennedy Jr. Foundation, to fund the event. Shriver encouraged Burke to expand on the idea and the JPK Foundation provided a grant of \$25,000. More than 1,000 athletes from across the United States and Canada participated. At the Games, Shriver announced the formation of Special Olympics. Shriver's sister, Rosemary Kennedy, underwent a lobotomy in an effort to alter her personality. The brain damage inflicted by the operation caused a severe permanent intellectual

disability. This disability is often credited as Shriver's inspiration to help grow the Special Olympics.

Alternating between summer and winter, the Special Olympics World Games are one of the world's largest sporting events, drawing as many if not more athletes than the Olympics. Every two years since 1968, athletes from more than 100 nations have gathered to celebrate sport and showcase the abilities of people with intellectual disabilities. This prominent world stage brings attention to the Special Olympics movement and helps create positive, sometimes life-saving policy change for people with intellectual disabilities in countries around the world.

### **One athlete's journey**

Alcino Pereira from East Timor is an example of how one athlete's journey to the World Games can open doors for others, even in a place of conflict. East Timor is a war-torn nation that has been struggling for more than 30 years to gain independence from Indonesia. In all this devastation, people with intellectual disabilities are often abandoned and forgotten. Pereira, 38, an orphan whose father was killed in a fight, has never had access to health care, and he is unable to speak. He walks with a limp and has limited motion in one arm but he loves to run. Every day he runs across his home town of Dili in worn-out sneakers, earning him the nickname, "the running man".

In 2007, "the running man" was East Timor's first Special Olympics athlete to compete at the World Games—making him famous in his home country. The people of East Timor, including the prime minister and the bishop, rallied in support of his trip to Shanghai, China, site of the Games. Though Pereira did not win his race, he brought spectators to their feet. When he returned to East Timor, he became the face of a public awareness campaign aimed at helping more citizens with intellectual disabilities in his country.

### **Opening windows of understanding**

When people see the seriousness and sense of purpose evident in each Special Olympics athletic event, a window of understanding opens. In hundreds of competitions a year around the world, people everywhere get the chance to have their eyes opened and their perspectives widened.

Special Olympics provides year-round sports training and athletic competition in

a variety of Olympic-type sports for children and adults with intellectual disabilities (volunteer at your local Special Olympics program). Those activities give them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship.

While sports is the focus of the movement, other opportunities to change attitudes emerge along the way. On 31 March, it was “Spread the Word to End the Word” day, the launch of a grass-roots effort driven by high school and college students in the United States to raise awareness of the impact of the thoughtless, hurtful use of the word “retard”.

### **Inspiring nations**

The bravery of athletes competing at World Games inspires participating nations and brings much-needed attention to the conditions of people with intellectual disabilities within their borders. At the same time, the World Games provide opportunities for cross-cultural conversations about how to foster inclusion of people with intellectual disabilities. Athletes, families, volunteers, world leaders and Special Olympics celebrity ambassadors convene at the Games to attend policy summits, exchange ideas and talk to the public about the life-changing transformations Special Olympics brings about in participants and communities.

The World Games are also catalysts(催化剂) for change within the countries that host them. World Games stimulate local economies and create momentum for citizen engagement by promoting grass-roots volunteerism—as seen in Ireland during the 2003 World Games, when 30,000 people from across the nation volunteered to work at Games in Dublin.

This catalyzing effect extends beyond communities to include governments as well. Ireland passed a new disability act after it hosted the 2003 World Games. And leading up to the 2007 World Summer Games in Shanghai, China unveiled an unprecedented five-year government growth plan that included new educational, job and health care opportunities for individuals with intellectual disabilities across the nation.

Special Olympics Founder Eunice Kennedy Shriver does the best job of summing up the power of the World Games: “Special Olympics is one ‘issue’ any local or national government can and will support once they have the unique experience of

hosting a World Games and learning more about these athletes. I say this emphatically because it has happened after every World Games in our history. It always happens.”

From: [http://www.specialolympics.org/world\\_games.aspx](http://www.specialolympics.org/world_games.aspx)

- Special Olympics World Games are held \_\_\_\_\_.  
 A. every four years like the Olympic Games  
 B. every summer and winter  
 C. every two years  
 D. every two years, alternating between summer and winter
- The cause that Eunice Kennedy Shriver helped fund the Special Olympics was \_\_\_\_\_.  
 A. her severe permanent intellectual disability  
 B. her sympathy to all those with severe intellectual disability  
 C. her sister's brain damage which caused a severe intellectual disability  
 D. Anne McGlone Burke's approach to her
- Special Olympics World Games help \_\_\_\_\_.  
 A. people with intellectual disabilities approach the wealthy for sponsorship  
 B. create active change for people with intellectual disabilities all over the world  
 C. showcase the abilities of people with disabilities in the United States only  
 D. alter the personality of Eunice Kennedy Shriver
- Special Olympics World Games open doors for others even in the places \_\_\_\_\_.  
 A. which are stricken by epidemic  
 B. filled with poverty  
 C. which are advanced  
 D. full of war and conflict
- “The running man” was the \_\_\_\_\_ of a public awareness campaign in his country.  
 A. member  
 B. leader  
 C. representative  
 D. founder
- The powers of Special Olympics World Games include the following EXCEPT \_\_\_\_\_.  
 A. increasing the speed of running in East Timor

- B. bringing much attention to the people with intellectual disabilities
- C. inspiring participating nations
- D. opening a window of understanding
7. A “grass-roots effort” means the effort made by people who are interested in the roots of grass.
- A. are interested in the roots of grass
- B. are at a local level rather than at the center of major political activities
- C. plant grass at high schools and colleges in the United States
- D. bring the roots of grass to Special Olympics
8. Children and adults with physical disabilities are provided training and athletic competition in a variety of Olympic-type sports by Special Olympics.
9. The main effect of World Games is that they stimulate the local economies within the countries that host them.
10. The founder of Special Olympics was Dr. Philip P. Gass, who best summed up the power of the World Games.



## Passage 2

### Parkour

Parkour(跑酷) is a discipline that gives people the desire to improve themselves in a way that is enjoyable and tackles both physical and mental aspects of everyday life.

Parkour was adapted for the urban environment from the natural method. The natural method was a way of training to improve strength and movement efficiency to equip practitioners with practical skills to help them live life. Physically, parkour is a discipline to improve practitioner's ability to move in all environments and circumstances; involving training walking, sprinting, crawling, jumping, swimming and climbing. Mentally this training also encourages concentration, reasoning, focus, quick thinking and relaxation which are skills needed for making the most of everyday decisions and tasks.

Parkour is often mistaken for the French word for “free running”. Free running was the word introduced by Sebastien Foucan in order to make the word parkour

more accessible to an English audience. Now it seems organizations like Urban Freeflow (UF) are using the term free running to turn parkour into an extreme sport, in order to make money. Personally I think it is urgent to draw the line between parkour and free running. UF can take control of the term free running to refer to competitive freestyle gymnastics and keep parkour as the method of training through natural movement. There is something for everyone, and solves a lot of confusion about what is what. What I'm trying to say is free running which is completely different to parkour—or at least it should be.

Parkour is not something that is grasped instantly. There is always room for improvement and sometimes progression can seem slow. Parkour is filled with challenges, and it takes dedication and self-discipline to keep training. These are both skills which are encouraged when practising, which means that often once you've started you can't stop.

A lot of people practise parkour, and many people want to start. However there are millions who don't, so why bother practising parkour? Parkour requires great levels of self-motivation to achieve. Through practising parkour you can gain far more confidence by improving your body composition, making life-long friends, knowing your limits, thinking in a more positive way about how you treat your body, and being able to express yourself in a positive way.

Why is parkour superior to other sports? The answer to this would be a lot. Firstly, parkour costs next to nothing to start training; you can start with any comfortable clothes or trainers, but once you get serious I would suggest investing in a pair of running trainers. Another thing is that when practising parkour, it is entirely up to you to determine how quickly or slowly you improve; no one but yourself can make you more accurate, powerful or agile.

A big bonus when practising parkour is that it offers a chance to improve yourself physically. Through training, muscles will develop all over your body, just by doing something fun! There's no need to visit the gym because many practitioners combine specific movement training with conditioning to build muscles to increase their ability. Of course this is completely up to the person and there is no rule book to say that you must work out. Even without regular conditioning, parkour will improve your body composition dramatically. When training, clearly you are shifting your



body weight over and around obstacles. This produces stress on the muscles used to do so and they're forced to become stronger, and increase in size to keep up with demand.

As well as body composition, overall fitness can be improved by parkour. The activity of exercising in any form requires irregular levels of oxygen to supply bodily tissues. Like muscles, the respiratory system (呼吸系统) only improves when it needs to. Therefore in order to improve the efficiency of the respiratory system and your fitness, it's necessary to work your body harder than it does normally. Parkour does this because it's more challenging than standing still, the body needs to work harder to meet requirements, and therefore will improve to make parkour easier.

Parkour isn't a competitive activity. Instead of achieving by beating others, parkour allows everyone to achieve for themselves. It's also an excellent opportunity to learn more about yourself. It is a good way of gaining a positive outlook on life. Parkour can positively change the way you think, and interact with the world and yourself! The nature of focusing on being the best person you can possibly be can change your outlook on your school work, what you eat, the way you treat other people, how often you exercise, and generally push you into being a better person. As well as this, parkour can give you a chance to know the limits of yourself, something that other activities don't. Parkour can create close friends—spending the majority of your time with like-minded friends and watching them improve with you, and create strong friendship bonds.

Although these are all excellent reasons for starting, the main reason I find that motivates me is because parkour is just so much fun! There are so many ways you can benefit from starting parkour, but really what makes me work hard at it is the enjoyment I get from achieving what I want to.

From: <http://www.parkour-online.com/parkour-articles.html>

1. Parkour is a discipline that encourages people to improve themselves in a way \_\_\_\_\_.
  - A. that is mental
  - B. that needs money
  - C. that is pleasant
  - D. that requires a gym
2. Mentally the training of parkour helps the practitioners \_\_\_\_\_.

- A. gain more confidence
  - B. improve their ability to move in rural areas
  - C. achieve by beating others
  - D. shift their body weight over and around obstacles
3. Which of the following statements about free running is NOT true?
- A. Free running is quite different from parkour.
  - B. Free running is another name of parkour.
  - C. Free running was introduced to the English to make parkour more acceptable.
  - D. Drawing the line between parkour and free running is important.
4. Why can't the practitioners grasp parkour instantly?
- A. Because it takes a long time to build the specific gym for parkour.
  - B. Because parkour can defeat the practitioners' will.
  - C. Because the training of parkour demands excellent coach who is not easily found.
  - D. Because there is always room for slow progression.
5. Parkour is superior to other sports because         .
- A. It requires specific sneakers and sports clothes
  - B. the practitioners can determine their own speed and power to make progress
  - C. it costs much more to start training
  - D. the practitioners can get a big financial bonus when practising parkour
6. When practising parkour, the shifting of body weight over and around obstacles          to keep up with demand.
- A. affects the respiratory system quickly
  - B. makes the practitioners feel relaxed
  - C. forces muscles to get stronger
  - D. encourages concentration
7. The practice of parkour in any form requires          to supply bodily tissues.
- A. irregular levels of oxygen
  - B. an excellent opportunity
  - C. great levels of motivation
  - D. the respiratory system
8. It is unnecessary for the parkour practitioners to visit the gym because many

6. of them combine with conditioning to build muscles to increase their ability.
9. Parkour allows everyone to instead of achieving by defeating others.
10. The main reason that the author decides to practise parkour is because of the from achieving what he wants to.

### Passage 3

#### Curling

Curling(冰壶) is a sport in which players slide stones across a sheet of ice towards a target area. It is related to bowls, boule(刚玉) and shuffleboard.

Two teams, each of four players, take turns sliding heavy, polished granite stones(花岗岩) across the ice curling sheet towards the house, a circular target marked on the ice. Each team has eight stones. The purpose is to accumulate the highest score for a game, points being scored for the stones resting closest to the centre of the house at the conclusion of each end, which is completed when both teams have thrown all of their stones. A game may consist of ten or eight ends.

The curler can induce a curved path by causing the stone to slowly turn as it slides, and the path of the rock may be further influenced by two sweepers with brooms who accompany it as it slides down the sheet, using the brooms to alter the state of the ice in front of the stone. A great deal of strategy and teamwork goes into choosing the ideal path and placement for each situation, and the skills of the curlers determine how close to the desired result the stone will achieve. This gives the game its nickname of "Chess On Ice".

Curling is thought to have been invented in late medieval Scotland, with the first written reference to a contest using stones on ice coming from the records of Paisley Abbey, Renfrewshire, in February 1541. Two paintings (both dated 1565) by Pieter Bruegel the Elder depict Dutch peasants curling—Scotland and the Low Countries had strong trading and cultural links during this period, which is also evident in the history of golf.