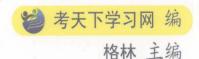
TEM-4



英语专业四级

听力真题题源精选精练 VOA(冲刺篇)

一线名师担当主编丨题源实战完美结合



4NO.1

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前言

高校英语专业四级考试(TEM-4)是由高等院校外语专业指导委员会实施的全国性考试,目的在于检查各高校英语专业基础阶段教学大纲的执行情况。TEM-4考试的权威性及社会影响在不断提高,已得到越来越多的机构和人士的认可。

听力部分在英语专业四级考试中可谓"首当其冲",是考查的第一项内容,所占分数比例为30%。专四听力部分是很多考生的薄弱环节。但是,熟能生巧,平时做大量的听力练习是听力过关的保障。每个学习语言的人都知道,想要学好语言,就要重点练习听、说、读、写四个方面。而大多数学习者受周围语言环境的限制,听和说的机会少之又少,于是听国外的广播以提高听力水平便成了有效的途径。

对于广大英语考生而言,"题源"并非新鲜的概念。选择合适的听力题源材料,是我们在有限时间进行高效听力复习的捷径。于是,我们在仔细分析历年英语专业四级听力真题题源之后,精心编写了《英语专业四级听力真题题源精选精练(基础篇、提高篇、冲刺篇)》。本系列具有以下特点:

- 1. 接近性。与真题同源,本系列所录内容均选自 VOA 的最近资料,具有很强的时效性。同时选材的长度、难度、情景等都紧扣考试大纲,与真题保持高度一致。
- 2. 阶段性。本系列共分为基础、提高、冲刺三个系列,将听力文章按难度进行了分级排列,在让读者从基础做起、逐步积累、有成就感的同时,还便于读者按照自己的英语程度,从最适合自己的难度入手,逐步提高。
- 3. 针对性。本系列板块针对性强,按照听力考试的顺序,共分成了听写训练、对话听力训练、短文听力训练、新闻听力训练四大板块,帮助考生重点突破,加强练习。
- 4. 全面性。书中答案解析部分,都会将听力题目中的答案出处在原文中明确标出,解析准确到位,对强干扰项做出适当分析,使得考生对于答案既"知其然"又"知其所以然"。
- 5. 实战性。为了给考生提供更多的实践演练机会,最后一章"模拟试题"部分,给大家提供了五套全真模拟听力训练题,让考生熟悉考场,身临其境。

在整个复习过程中认真研究真题题源,从题源中找方法、找差距,是专四英语听力复习中不可忽视的一个重要方法。我们相信通过使用本书,广大考生一定能进一步巩固语言知识,很快掌握事半功倍的学习方法,轻松地掌握听力考试的应试技能,从而在英语专四听力考试中取得满意的成绩。

第一章 听写训练

第一节 听写突破		第二节	听力原文			
TEST 1	1 TEST	1		. 6		
TEST 2	1 TEST	2		. 7		
TEST 3	2 TEST	3		. 8		
TEST 4	2 TEST	4		. 9		
TEST 5	2 TEST	5		10		
TEST 6	3 TEST	6		11		
TEST 7	3 TEST	7		12		
TEST 8	3 TEST	8		13		
TEST 9	3 TEST	9		14		
TEST 10	4 TEST	10	** * * * * * * * * * * * * * * * * * * *	15		
TEST 11	4 TEST	11		17		
TEST 12	4 TEST	12		18		
TEST 13	5 TEST	13		19		
TEST 14	5 TEST	14		20		
TEST 15	5 TEST	15		21		
第二章 对话听力训练						
	TEST	2		25		
第一节 对话听力突破	TEST	3		26		
	TEST					
TEST 1 2	TEST					

TEST 6 31	TEST 3 47
TEST 7 33	TEST 4 49
TEST 8 34	TEST 5 52
TEST 9 36	TEST 6 54
TEST 10 38	TEST 7 57
TEST 11 40	TEST 8 59
	TEST 9 62
第二节 参考答案及听力原文	TEST 10 65
	TEST 11 68
TEST 1 41	
TEST 2 44	

第三章 短文听力训练

第	一节 短文听力突破	第二节	参考答案及听力原文
TEST	1 71	TEST 1	90
TEST	2 73	TEST 2	92
TEST	3 74	TEST 3	94
TEST	4 76	TEST 4	96
TEST	5 78	TEST 5	98
TEST	6 79	TEST 6	100
TEST	7 81	TEST 7	103
TEST	8 83	TEST 8	105
TEST	9 84	TEST 9	107
TEST	10 86	TEST 1	0 109
TEST	11 88	TEST 1	1 111

第四章 新闻听力训练

	TEST	2	116
第一节 新闻听力突破	TEST	3	117
		4	
TEST 1 114	TEST	5	121

TEST	6 123	TEST	3 143
TEST	7 125	TEST	4 145
TEST	8 127	TEST	5 148
TEST	9 129	TEST	6 150
TEST	10 131	TEST	7 152
TEST	11 133	TEST	8 154
TEST	12 135	TEST	9 156
TEST	13 137	TEST	10 158
		TEST	11 161
第二	节 参考答案及听力原文	TEST	12 163
51 5		TEST	13 166
TEST	1 139		
TEST	2 141		

第五章 模拟试题

第一节 模拟试题突破	第二节 参考答案及听力原文
MODEL TEST 1 169	MODEL TEST 1 195
MODEL TEST 2 174	MODEL TEST 2 201
MODEL TEST 3 179	MODEL TEST 3 206
MODEL TEST 4 185	MODEL TEST 4 212
MODEL TEST 5 190	MODEL TEST 5 218

第一节 听写突破

Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be done at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be done at normal speed again and during this time you should check your work. You will then be given 2 minutes to check through your work once more.

TEST 1	
TEST 2	

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 TEST	6
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TEST	7
TEST	8
-	
TEST	· 9

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	TEST 10
	TEST 11
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	TEST 12

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第二节 听力原文



Exercise

Exercise not only improves your appearance. / It can also improve your health. / Exercise helps to reduce the risk of some diseases. /

The C. D. C. defines physical activity as anything that gets your body moving./ And, it says there are two separate,/ but equally important kinds of physical activity./ Aerobic or cardio exercise gets your heart rate going faster and increases your breathing. /Some examples are activities like walking at an increased speed, dancing, swimming or riding a bicycle./

Muscle-strengthening activities help build and strengthen muscle groups in the body. /This kind of exercise includes things like lifting weights,/ or doing sit-ups and push-ups./

To get the most from your exercise plan, / experts say adults should get at least two and a half hours of aerobic exercise each week. / More intense activities reduce the suggested amount of time to one hour and fifteen minutes. / Examples are playing basketball, swimming and distance running. /



运动

运动不仅可以改善一个人的外形,还可以促进健康。运动还有助于减少感染一些疾病的危险。

美国疾病预防中心把身体活动定义为促进身体移动的运动。而且,运动可以分为 两种,但它们对于身体活动同样重要。有氧运动会使你的心率加快、呼吸加速。加速步 行、跳舞、游泳、骑自行车等都是这类运动。

肌肉强化运动帮助塑造和加强身体的肌肉群。这类运动包括举重、仰卧起坐和俯卧撑等。

为了让您从健康计划中受益最大,专家们建议成年人每周至少应做两个半小时的有氧运动。如果做一些较为激烈的运动,那么上述建议的运动时间可以减为1小时15分钟,这种运动包括打篮球、游泳和长跑。

workout 锻炼,练习,试验 appearance 外貌,外观,出现,露面 define 定义,使明确,规定 aerobic 需氧的,增氧健身法的 muscle 肌肉,力量 strengthen 加强 adult 成年人
advice 建议,忠告,劝告,通知
benefit 利益,好处,救济金
suggest 表明
session 会议,(法庭的)开庭,(议会等
的)开会,学期,讲习会



Invisible Guitar

Anyone can try to play the guitar. / But it takes a special talent to play an invisible guitar. /To play "air guitar" you move to the music as if you are playing an imaginary guitar, maybe like a famous rock musician. /

Last week, twenty-five of the top winners from cities across the country gathered for United States Air Guitar Championships./

Each performer had sixty seconds to perform his or her song./ Many of the performers wore funny clothing and wore their hair in unusual styles./ They made up names to go with their air guitar characters./

Three judges rated each performance based on technical skill, stage presence, and "airness". / Event organizers define "airness" as the ability of a performer to go beyond playing an imaginary guitar to create a new art form. / The United States Air Guitar Association organizes the event. / It says the aim is to bring air guitarists out of the house where they secretly perform and onto the world's stage. /



无形吉他

任何人都可以试着玩吉他。但是演奏一把无形吉他却需要特殊的才能。你要伴着音乐弹奏吉他,就像你正在弹奏一把虚拟的吉他,也许更像一个著名的摇滚音乐家。

上周,来自美国不同城市的前25名获胜者聚焦一起参加美国空气吉他锦标赛。

英语专业四级断力真题题源精选精练VDA(冲刺篇)》

每一个表演者有 60 秒钟的时间演奏他(她)的歌曲。很多表演者穿着有趣的衣服,设计了怪异的发型。他们编造了符合他们吉他特点的名字。

三位裁判根据技术技能,舞台表现和"空气度"进行打分。活动组织者把"空气度" 定义为表演者走出虚拟吉他的境界,创造出一个新艺术形式的能力。美国空气吉他协 会举办的此次活动。其目的是让空气吉他手走出房间,登上世界舞台,在屋子里他们总 是秘密地演奏。

invisible 无形的,看不见的,无形的, co 不显眼的 te championship 锦标赛,冠军称号,冠 军的地位 en character 性格,品质,特性,角色, gr 字符 ho performance 性能,绩效,表演,执行 ril secretly 秘密地,背地里 sy

competitor 竞争者,对手 technical 工艺的,科技的,技术上的, 专门的 embodiment 体现,化身,具体化 grab 将……常常吸引 hook 钩住,弯成钩状 rib 肋骨,排骨,肋状物 synching (演员)对口型

TEST 3

Poetry Month in the United States

April is National Poetry Month in the United States. / This year is the fifteenth celebration of the event. /

Poets, schools, publishers, booksellers and libraries will hold readings, competitions, book displays, educational events and other activities in honor of National Poetry Month. / They will celebrate poetry and its important place in American culture. /

The Academy of American Poets created National Poetry Month based on the success of Black History Month. / The Academy's goals are to bring attention to the great work of poets in the past and today. / The Academy also wants Americans to know the pleasure of reading poetry. And it wants poetry to be a more important part of school educational programs. / It also hopes to persuade the public to buy more poetry books and donors to help support poetry organizations. /

The United States Library of Congress appoints an official poet,/ called the Poet Laureate, every one to two years. / Many of them have created new ways to celebrate National Poetry Month. /



美国诗歌月

四月是美国的诗歌月。今年是诗歌月的第十四个生日。

为了庆祝全国诗歌月,诗人、学校、出版商、书商、图书馆将会举行阅读、竞赛、书展、 教育活动和其他一些活动。他们会赞美诗歌及其在在美国文化中的重要性。

全国诗歌月是由美国诗歌研究院基于对黑人历史月的继承开创的。目的是为了让人们能够关注那些过去和现在的好的诗歌作品。该研究院也想让美国人民认识到阅读诗歌的乐趣。他们想让诗歌能够成为学校教育规划中更重要的一部分。也希望说服公众去买更多的诗书同时希望捐赠者支持诗歌组织。

美国国会图书馆会每一到两年指定一个官方诗人作为桂冠诗人。他们中的大多数 人会创造新方式来庆祝全国诗歌月。

celebration 典礼,庆祝会 publisher 出版者,发行人 competition 比赛,竞争 display 显示,陈列 success 继承 persuade 说服 donor 捐赠人 appoint 任命,指定 Poet Laureate 桂冠诗人 launch 发起,开始



A Clean Burning Cook Stove

Breathing smoke from cooking stoves or open fires is a common cause of lung infections in developing countries. / Indoor air pollution is blamed for an estimated four thousand deaths every day, mostly women and children. /

A nonprofit group based in the American State of Colorado is working to save lives. / Researchers at Environmental Federation have developed a clean burning cook stove that uses less fuel and reduces smoke. /

They say it cuts the smoke and dangerous gases by up to eighty percent compared to open fires or simple traditional stoves. / The cook stove was designed to produce the greatest amount of heat in the shortest amount of time and with the least amount of fuel. / It can burn wood, animal waste or crop waste. /

The Shell Foundation has formed a partnership with Environmental Federation to market the cook stoves./

英语专业四级断力真题题源精选精练VOA(冲刺篇)



清洁燃烧炉灶

在发展中国家,吸入炉灶或明火产生的烟是引起肺部感染最常见的原因之一。室 内空气污染,造成了每天约4000人的死亡,死者绝大多数是妇女和儿童。

总部设在美国科罗拉多州的一个非盈利组织正在尽最大可能拯救生命。国际环境 组织的研究人员已经开发出了一种燃烧方式更清洁的炉灶。这种炉灶将使用更少的燃 料,同时还可以减少烟尘的排放量。

研究人员表示,相比明火和简单的传统炉灶,这种炉灶能减少高达80%的烟尘和危 险气体排放量。这种炉灶的设计使它能在最短的时间内,用最少的燃料,产生最大的热 量。这种炉灶的燃料可以是木材、动物粪便,也可以是农作物的废弃物。

壳牌基金会已与国际环境组织建立了合作关系,致力于这种炉灶的市场推广。

lung 肺,肺脏 pollution 污染,污染物 air pollution 空气污染 blame 谴责 nonprofit 非赢利的 stove 炉子,(供烹饪用的)火炉,煤炉, pilot 试验性的,试点的 电炉

dangerous 危险的,不安全的 shell 框架,壳 foundation 基金会 partnership 合伙,合股 charity 慈善团体,慈善事业 pilot project 试验计划



Jamie Kristine Seerman

Jaymay might sound like the name of a hip-hop performer. / In fact, Jaymay is the professional name of twenty-six-year-old singer Jamie Kristine Seerman. / This musician from Long Island, New York, writes and sings expressive folk-influenced songs. / Critics are praising her clear, / sweet voice and lovely music. /

As a child, / Jaymay played the piano and violin. But she did not always want to play music professionally. / Jaymay wanted to work in the publishing industry because of her deep love of books. / But when she did not find the job she wanted in this business, she started singing at "open mic" events in New York City. / An open mic event is a live show where anyone can perform at the microphone.

These events helped Jaymay realize that she wanted to be a performer. / She soon became a popular singer in New York. /