

体育系通用教材

基础英语



下 册

体育院、系教材编审委员会
《基础英语》编写组编

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Is there anyone in your class whose father is a worker?

We are discussing the problem, which is very important to all of us.

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He indicated that the meeting was over.

I think you're mistaken about that.

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It is the people that make history.

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Patterns:

The students are taught by Mr. Brown.

The students were taught by Mr. Brown.

The students are being taught by Mr. Brown.

This idea has been put forward by Lao Li.

The room must be cleaned.

Pattern Drills

Drill A

The students are taught by Mr. Brown.

(Mr. Brown teaches the students.)

This book is used in our institute.

Muscles of the heart are strengthened by exercises.

The body is swung slightly from one side to the other.

The walker's hips are partially rotated.

Drill B

The students were taught by Mr. Brown.

(Mr. Brown taught the students.)

She was asked a very difficult question in class.

The new method was used in their training.

The building will be completed soon.

If you come home late you will be locked out.

Drill C

The students are being taught by Mr. Brown.

(Mr. Brown is teaching the students.)

The car is being washed.

High buildings are being built on both sides of the street.

Questions were being asked.

(Someone was asking questions.)

That English film is going to be shown again.

Drill D

This idea has been put forward by Lao Li.

(Lao Li has put forward this idea.)

It has been much talked about recently.

She had never been asked to go mountain climbing.

It has never been thought of before.

The ball had been found on the sports ground before I got there.

Drill E

The room must be cleaned.

(Someone must clean the room.)

The work mustn't be done in such a hurry.

Speed walking can be practised this way.

I told you it could be done.

My pen must have been lost.

Text

Speed Walking

If you are at the sports ground, you may see someone walking quickly along the track in a peculiar way. It is not an ordinary walk but speed walking.

In speed walking, the movement of the arms and the position of the body have a lot to do with speed. The walker's arms which bend at the elbows move vigorously while he is walking. His body is swung slightly from one side to the other and his hips are partially rotated. His two feet must not leave the surface of the ground at the same time. For example, his left foot must not leave the ground until the heel of the right foot is coming in contact with the surface of the ground to complete the stride. And the leg should be straightened with the knee locked.

Although this method of walking may look somewhat ridiculous, it has more advantages than ordinary walking. The walker's stride is wider and his speed is greater.

A person who has not been trained for speed walking finds himself difficult in walking by this method, even if it is a short distance.

Properly done, speed walking brings into play nearly every muscle of the body. Speed walking streng-

thens the heart, lungs and other vital organs. A period of daily walk will put one into first class shape for more intensive training, whether for track and field athletics, football or basketball.

New Words and Expressions

- | | |
|--|---|
| <p>1. Mr. ['mistə] n.
(Mister之缩写) 先生</p> <p>2. swing [swiŋ] v.
swung [swʌŋ] 摆动,
摇摆</p> <p>3. slightly ['slaitli] adv.
轻微地, 稍微地</p> <p>4. walker ['wɔ:kə] n.
竞走运动员, 步行者</p> <p>5. hip [hip] n. 臀部, 髋</p> <p>6. partially ['pɑ:ʃəli] adv.
部分地</p> <p>7. rotate [rəu'teit] v.
旋转, 转动</p> <p>8. difficult ['difikəlt] adj.
难的, 困难的</p> <p>9. method ['meθəd] n.
方法, 办法</p> <p>10. complete [kəm'pli:t] v.
完成, 结束</p> | <p>adj. 完整的, 完全的</p> <p>11. late [leit] adj. adv.
迟, 最近</p> <p>12. lock [lɒk] v. 锁住, 闭
lock out 把……关在外面</p> <p>13. build [bild] v.
built [bilt] 建筑, 造;
建设, 建立</p> <p>14. someone ['sʌmwʌn]
pron. 某人, 有人</p> <p>15. put [put] v. put
放, 置
put forward 提出</p> <p>16. track [træk] n. 跑道
track and field
田径运动</p> <p>17. peculiar [pi'kju:liə]
adj. 奇怪的, 特别的
in a peculiar way</p> |
|--|---|

- 奇怪地
18. ordinary ['ɔ:dinəri]
adj. 平常的
19. movement ['mu:vmənt]
n. 运动, 动作
20. position [pə'zɪʃən] n.
姿势, 位置
21. elbow ['elbəu] n. 肘
22. vigorously ['vɪgərəsli]
adv. 有力地, 精力充沛地
23. while [waɪl] conj.
当……的时候, 和……同时; 而; 虽然, 尽管
n. 一会儿
24. surface ['sə:fɪs] n. 表面
25. example [ɪg'zɑ:mpəl] n.
例子
for example 例如
26. heel [hi:l] n. 脚后跟, 脚踵
27. contact ['kɒntækt] n.
接触 v. 与……接触, 与……联系
come in contact with
和……接触
28. stride [straɪd] n.
跨步, 大步
29. straighten ['streɪtn] v.
伸直
30. knee [ni:] n. 膝盖
31. somewhat ['sʌmwɒt]
adv. 有点, 稍微
32. ridiculous [rɪ'dɪkjʊləs]
adj. 可笑的, 滑稽的
33. advantage [əd'vɑ:ntɪdʒ]
n. 利益, 优势
34. wide [waɪd] adj. 宽的
35. bring [brɪŋ] v.
brought [brɔ:t]
带, 带来
bring into play
使活动, 发挥, 调动
36. vital ['vaɪtl] adj.
要害的, 生命的, 充满活力的
vital organ 要害器官
37. period ['piəriəd] n.
时期, 一段时期
38. daily ['deɪli] adj.
每日的, 日常的
39. shape [ʃeɪp] n. 形状,

身体状况 40. intensive [in'tensiv] adj. 强度大的, 剧烈地	41. athletics [æθ'letiks] n. (用作单数) 田径运动, 体育运动, 竞技
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Notes

1. Mr. Brown [braun] 布朗先生
2. think of 考虑, 关心, 想起
3. Speed walking can be practised this way. 竞走能这样练习。
4. have a lot to do with 和……有很大关系
5. And the leg should be straightened with the knee locked. 腿必须伸直, 膝关节固定。
 locked 是过去分词, with the knee locked 是 with 加分词的独立结构, 作状语, 表示伴随情况。
6. even if (conj.) 即使, 纵然
7. Properly done, speed walking brings into play nearly every muscle of the body.
 如果做得恰当, 竞走能使人体几乎每一块肌肉都活动。
 properly done 是状语, done 是过去分词。
8. A period of daily walk will put one into first class shape for more intensive training, ...
 每天竞走, 经过一段时间, 能使人有极好的身体状况去进行强度较大的训练,
 first class 头等, 第一等; 优秀, 优良

Grammar

动词的被动语态 (The Passive Voice)

语态是动词的一种形式，用来说明主语和谓语动词之间的关系。英语有两种语态：主动语态和被动语态。主动语态表示主语是动作的执行者，被动语态表示主语是动作的承受者。例如：

Mr. Brown teaches the students. (主动语态)

The students are taught by Mr. Brown. (被动语态)

一般说来，只有需要动作对象的及物动词才有被动语态，汉语往往用“被”、“受”、“给”等词来表示被动意义。

1. 被动语态的构成：

1) 被动语态由助动词 be+及物动词的过去分词构成。be 作为助动词时，其时态、人称和数的变化与 be 作为连系动词时完全一样。

动词 tell 一般现在时被动语态的肯定式、否定式及疑问式，列表如下：

肯定式	否定式	疑问式
I'm	I'm	Am I
You're	You're	Are you
He's	He's	Is { he
She's } told...	She's } not	{ she } told...?
We're	We're told...	Are { we
You're	You're	{ you
They're	They're	{ they }