



# Listen

(Teacher's Book)

## This Way

# 5

# 英语听力教程

(教师用书)

主 编 张民伦

副主编 邓昱平

高等教育出版社

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*Teacher's Book*

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## 内 容 提 要

本书是与《英语听力教程 5》(Listen This Way 5) 相配套的教师参考书。主要包括学生用书中全部练习答案以及录音带的所有文字材料。

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## 前 言

听是语言交际的重要方面。在对外交往中,听力水平的高低直接影响着人们的相互理解和工作效率。随着国际交流的日渐频繁和电讯技术的迅猛发展,提高英语听的能力显得尤为重要。本教材正是为了适应时代的发展和英语教学的需要而编写的。在编写中,我们努力借鉴国内外近年来英语听力教学的研究成果,在总结几十年教学经验的基础上,遵循本课程的教学理论和原则,针对中国学生英语听力学习的特点,进行了新的尝试。本教材可供高等学校英语专业高年级的学生使用,同时适合师专、教育学院、广播电视大学、成人高校英语专业的学生及社会上广大英语自学者使用。

本教材在编写中努力体现以下两点:

1. 以培养听力技能为主线。通过系统的听力专门技能的单项训练及综合训练,培养学生的快速反应、准确辨别、分析推理、归纳总结、信息处理及记录和记忆等能力;
2. 力求听力材料的语言真实性、典型性和实际应用性。由于听力理解与学习者的知识水平,特别是与他们的语言和社会文化知识的水平密切相关,因此本教材注重在不同阶段选择既与技能训练匹配又与学生求知兴趣相称的素材。

全套教材共分6册。每册配有教师用书和6盒录音带。前4册以单项技能训练为主,配有一定量的综合训练,题材接近生活和工作实际,由近及远,涉及的面较宽;后两册以综合技能训练为主,同时针对中国学生在英语听力学习中的难点、重点进行反复训练,题材以反映社会、科技领域的新发展为主。教师用书的内容包括教学提示、练习答案和全部录音带内容的材料。

“标”、“本”兼治,以“标”求“本”是本教材的努力方向和目标。这里的“标”指的是教材及磁带中的全部教学内容与练习;这里的“本”指的是完成全部教学内容与练习之后留存于学生的那种内在聪慧与能力。

本书为第五册,共包括12个单元,内容主要为当今科技发展的一些侧面,希望教师在教学过程中注重帮助学生扩展知识视野,对一些科技性的术语和词汇予以灵活处理。听能训练重点为强化前四册中出现过的诸项单项听力技能,特别是关键词选择、提纲拟列、大意归纳和对数字和数词的快速反应。希望学生通过第五册的训练,增强独立思考和独立学习的能力。每单元由6个部分组成:

第一部分为准备性练习,列出了每个单元中生词较多的典型语句,以帮助学生在语境中猜测词义和听力材料的内容,从而使学生进入积极思维和听的状态;

第二和第三部分为每个单元的重点部分,贯穿某项技能和微技能的训练。为了降低学习难度,这两个部分的听力内容有时采用两种语速,目的是试图在半真实与较真实的语言材料之间架设学习和过渡的桥梁。同时,也为教师因材施教提供一些条件;

第四部分听力材料多为相关领域的一些话题或科技新发展介绍,内容新,生词量大,学习者可以将听与阅读结合起来,以增加语言输入量,扩大知识面;

第五部分将培养学生独立学习的习惯作为主要目标，所设计的听力练习一般只给予引导性和框架性的指导。

第六部分对本单元的生词和词组进行归纳，以帮助学生复习巩固，克服听力教学中由于强调瞬时记忆而忽视词汇积累和语言应用的倾向。教师可围绕本部分内容适当进行一些读、讲、听、说的综合练习。

本教材主要供课内精听使用，每单元约需3学时左右。但是提高听力仅靠精听是远远不够的。希望教师针对各个学生的实际情况，有计划地指导并组织好课外泛听及其它相关的学习活动。只有精与泛、质与量的科学结合才可望实现英语听力水平的飞跃。

本教材的编写得到了教育部有关司处及许多兄弟院校的热情关心和指导。华东师大外语学院和英语系给予了经常性的支持和帮助。黄源深教授和虞苏美教授就本教材的编写提出了宝贵意见。英国籍教师Frank Tonge审阅了第五册全部书稿。参加录音的朋友有Frank Tonge、Rob Mackie、Ron Reive、Cecilia Kallenborn、Paul W. Kinnis、Belinda Ketley、Carol Laderoute、Michael Sawyer、Henning Kristoffersen等。录音合成赵金土、刘申。徐卫列老师为第五册的编写做了大量工作。在编写过程中，我们还参阅过国内外一些有关书籍和教材，参阅书目详见Acknowledgments。

编者谨向一切关心和帮助过本教材编写的同事和朋友致以衷心的感谢，并感谢高等教育出版社在整套教材的编写、插图、版式设计等方面所提出的宝贵意见和所做的大量工作。

由于水平有限，时间匆促，疏漏和不妥之处，敬请指正。

编 者

2000年5月



**其他教学参考书:**

《英汉对比研究》连淑能 著

《现代美国社会与文化》(上、下) 邓炎昌 主编

《外语教学与学习——理论与实践》刘润清 编著

《英汉科技表达词典》周森冬 主编

《汉英实用表达词典》程恩洪 张义斌 主编

**英语专业第二外语方面的教材:**

《大学日语简明教程》(配录音带4盒) 王诗荣 林璋 编

《日本语常用词汇分级精解》郑玉和 主编

《精选日汉学习辞典》顾明耀 主编

《大学法语》(1~4) 李志清 主编

《大学法语听力教程》(配录音带8盒) 倪瑞英等 编

《大学德语简明教程》(配录音带4盒) 汪兴传 朱建华 尚祥华 编

《大学俄语简明教程》张宝铃 钱晓蕙 编

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# 1

## New Concepts of Health

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### Part I Getting ready (Omit)

### Part II Preventative medicine

- 4 In this part you are going to hear a lecture in which Dr. Pat Parker talks about preventative medicine, especially about how we young people should take care of ourselves. While listening, focus on the major points and do not forget to take notes. Then complete the following outline.

#### Outline

##### **I. Factors affecting our health**

###### A. self-destructive things

1. drinking too much alcohol
2. smoking heavily
3. having diets heavy in saturated fats
4. not enough exercise

###### B. environmental factors

1. air pollution
2. water pollution
3. too much sunlight

##### **II. Ways to improve our fitness**

###### A. healthy lifestyle choices: making it fun to keep fit

###### B. reducing sports injuries

1. two kinds of sports injuries
  - a. accidental injuries

- b. repetitive strain injuries
2. ways to reduce them
  - a. warming up adequately
  - b. borrowing training techniques from other sports

13 Now listen to the lecture again and answer the following questions.

1. Which group in the survey is at higher risk of early death?  
Young men, especially working class young men.
2. According to the Surgeon-General of the US, how much of our illness could be avoided?  
53%.
3. What's the purpose of doing stretching exercise?  
To increase the flexibility.
4. Is it true that warm-up exercises are only needed on cool days?  
No, they are needed both on cool days and on hot days.
5. What cross training techniques do different sportsmen use? Complete the following chart.

Sportsmen	Cross training techniques	Purpose
boxers	doing <u>road work</u> and <u>weight training</u>	building up <u>stamina</u>
table tennis players	<u>running and jogging</u>	<u>improving performance</u>
footballers	doing <u>flexibility</u> exercises	helping <u>control the ball</u> better

Good morning. I'm Dr. Pat Parker, and I'm here to talk to you about preventative medicine in its widest and most personal aspects. In other words, I'm here to tell you how the patient should wrest control of their health away from the practitioners of medicine and take charge of their own medical destiny. I want to talk about staying out of the hands of the doctor.

When the patient takes responsibility for her or his own health — and let's decide the patient is male for now — men are in fact more at risk than women anyway — when the patient takes over his own health regime, he must decide what he wants to do. Our department has recently completed a survey of men's health. We looked at men in different age groups and occupations, and we came up with a disturbing insight. Young men, particularly working class men, are at considerable risk of premature death because of their lifestyle. As a group, they have high risk factors: they drink too much alcohol, they *smoke more heavily* than any other group, their diet is frequently heavy in saturated fats, and they

don't get enough exercise.

We then did a smaller survey in which we looked at environmental factors which affect health. I had privately expected to find air or water pollution to be the biggest hazards, and they must not be ignored. However, the effects of the sun emerged as a threat which people simply do not take sufficiently seriously. Please remember that too much sunlight can cause permanent damage.

Given this information, and the self-destructive things which people, particularly young men are doing to themselves, one could be excused for feeling very depressed. However, I'm an optimist. I see things improving, but only if we work very hard. In the second part of the talk I want to consider different things that you as students can do to improve your fitness.

In the late 80's the Surgeon-General of the United States said that 53 percent of our illnesses could be avoided by healthy lifestyle choices. I now want to discuss these choices with you.

You should try to make keeping fit fun! It's very hard to go out and do exercises by yourself, so it's wise to find a sport that you like and play it with other people. If you swim, you can consider scuba diving or snorkeling. If you jog, try to find a friend to go with. If you walk, choose pretty places to walk or have a reason for walking. Your exercise regime should be a pleasure, not a penance.

The university is an excellent place to find other people who share sporting interests with you, and there are many sports teams you can join. This, unfortunately, raises the issue of sports injuries, and different sports have characteristic injuries. As well as accidental injuries, we find repetitive strain injuries occurring in sports where the same motion is frequently performed, like rowing and squash. The parallel in working life is repetitive strain injury which may be suffered by typists or other people who perform the same action hour after hour, day after day.

In this context, therefore, the most important thing to remember before any sport is to warm up adequately. Do stretching exercises, and aim at all times to increase your flexibility. Be gentle with yourself, and allow time to prepare for the game you have chosen to play. Don't be fooled by the term "warm up", by the way. It's every bit as important to do your warm-up exercises on a hot day as on a cool one.

I think one of the most sensible and exciting developments in the reduction of injury is the recognition that all sports can borrow from each other. Many sports programs are now encouraging players to use cross training techniques, that is, to borrow training techniques from other sports. Boxers have been using cross training for years: building up stamina by doing road work and weight training, while honing their skills and reflexes. Other sports which require a high level of eye-hand coordination are following this trend, so you see table tennis players

running and jogging to improve their performance, and footballers doing flexibility exercises which can help them control the ball better. All of these results are good, but the general sense of well-being is best, and is accessible to us all, from trained athletes to people who will never run a 100 meters in less than 15 seconds. Good health is not only for those who will achieve athletic greatness!

### Part III Subhealth

- 4 The following passage you are going to hear is a talk on subhealth. While listening, focus on the major points and do not forget to take notes. After that, complete the following chart.

People most likely to be subhealthy	Subhealth symptoms	The key to preventing and recovering from subhealth
1. <u>middle aged</u> people 2. <u>elderly</u> people 3. people in <u>manage-ment</u> position 4. students at <u>exam</u> time	1. lack of <u>energy</u> 2. depression 3. slow <u>reactions</u> 4. <u>insomnia</u> 5. agitation 6. poor <u>memory</u> 7. shortness of <u>breath</u> 8. <u>sweating</u> 9. <u>aching</u> in waist and legs 10. cardiovascular diseases	1. forming good <u>living habits</u> 2. alternating work with <u>rest</u> 3. exercising <u>regularly</u> 4. taking part in <u>open air</u> activities 5. having a <u>balanced</u> diet

- 5 Now listen to the talk again and fill in the blanks with proper words.
- Synonyms of subhealth:** a. third state  
b. gray state
  - Definition of subhealth:** a borderline state between health and disease
  - Clinical names of subhealth:** fatigue syndrome, endocrinopathy, neurasthenia, climacteric syndrome
  - Food rich in nutritional elements:** fresh vegetables, fruits, fish and aquatic products

Feeling stressed out lately? Has the doctor said he cannot find anything wrong with you? Perhaps he sent you to a hospital, but *all the fancy equipment there show that there is nothing wrong.* Then consider this, you might be in a state of subhealth. Subhealth, also called the third state or gray



state, is defined as a borderline state between health and disease. According to an investigation by the National Health Organization, over 45 per cent of subhealthy people are middle aged or elderly. The percentage is even higher among people who work in management positions as well as students around exam-time, due to their heightened exposure to stress. Subhealth comes under several clinical names, including fatigue syndrome, endocrinopathy, neurasthenia, and climacteric syndrome. Symptoms include a lack of energy, depression, slow reactions, insomnia, agitation, and poor memory. Other symptoms include shortness of breath, sweating and aching in the waist and legs. In addition, cardiovascular diseases such as palpitations and arrhythmia may appear. The key to preventing and recovering from subhealth, according to some medical experts is to form good living habits, alternate work with rest, exercise regularly, and take part in open air activities. As for meals, people are advised to eat less salt and sugar. They should also eat more fresh vegetables, fruits, fish and aquatic products because they are rich in nutritional elements — vitamins and trace elements — that are indispensable to the body. Nutrition experts point out that it is not good to eat too much at one meal because it may cause unhealthy changes in the digestive tract. They also say that a balanced diet is very helpful in avoiding subhealth.

## Part IV More about the topic: Touch Therapy

- A** In this section you are going to hear a passage about touch therapy. Before listening, think about the pre-listening questions below. While listening, focus on the major points and do not forget to take notes. Then fill in the gaps in the summary.

### Pre-listening questions:

1. Have you ever been given a massage?
2. If you have been given a massage, how did you feel?
3. What good do you think massages will do to one's health?

### Summary

In western countries, people depend on drugs and sometimes surgery to recover from illness, whereas human touch has been considered to be a matter of religious belief or superstition. However, recent studies show that at least three kinds of people benefit from touch therapy.

First, premature babies. Experts have noticed that babies regularly massaged grow faster than those who are not, in spite of the fact that they have the same diet. Second, adult men infected with HIV. A research study by the University of Miami shows that touch therapy not only helps HIV carriers reduce