

THE WILD SIDE



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英语大千世界

—— 极限运动

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——极限运动

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体育运动在很多方面对于我们来说都很重要。无论是参加个人项目还是群体项目,体育运动对健康都是有利的。在团体体育中学到的合作精神会使你一生都受用不尽。甚至观众在看到那些代表他们的运动员时也会感到骄傲。但是极限体育,却是另一种不同的情况。一位极限体育运动员关心的不是改善自己的身体,而是挑战——挑战身体的极限。他们对于输赢并不感兴趣,而在于克服恐惧和做那些别人认为不可能的事情。极限运动员感受到的东西经常超出于普通大众的理解,而对于极限体育带有着的危险毫不在意。在极限运动中,你将会发现一个令人兴奋和充满挑战的世界,他们会给你留下深刻的印象,使你震惊。

本书另一亮点在于习题的设置,不仅形式新颖,而且几乎完全符合国内各个级别英语考试的测试重点和测试手段。

1. **主旨题:** 归纳文章主旨大意,考察学生整体把握文章的能力。

2. **细节题:** 考察学生对文章细节的把握,检验学生的阅读效果,符合阅读理解的最基本要求。

3. **推理题:** 则考察学生的推理判断能力,让学生根据阅读后所理解的信息,并结合个人的背景知识,来做进一步的推断。

4. **语义题:** 不单纯检验学生对单词意义的理解和掌握,而是采取模糊原理,要求学生划对划线单词进行相近或相反意义的判断。

5. **态度题:** 检验学生对作者态度的理解和把握。

6. **诠释题:** 考察学生诠释文章核心内容的能力或对其中某一句话理解程度。

它既授人以鱼,又授人以渔,不仅从知识的角度,更是从思维技能的角度出发,从根本上改善中国学习者的阅读方法和技巧,综合提高阅读能力。因此本书可以是快读,也可以是泛读,更可以是精读,关键在于读者及各级各类学校的选择。

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UNIT 1

LESSON I

Street Luge: Fast, Fun, ... Dangerous!



In street luge, riders lie on their backs on an extra-long skateboard, like this one, and speed feetfirst down city streets. Broken bones and scraped skin are an unavoidable part of this sport.

Going really fast is easy. Any top street luge racer can hit 60 miles per hour or more. The tricky part is slowing down. If you do it well, you can smile and race again. If not, that cracking sound you hear will be your bones!

Street luge racing is becoming more and more popular in the United States. It's a great test of speed and skill. But it's also very dangerous. The idea is to race down a hill while lying on a skateboard. The skateboard is extra long, but it has no padding. And believe it or not, it has no brakes.

To race, street lugers lie down on the skateboards. They lie on their backs with their feet in front. That puts them just a few inches off the road. They steer by leaning to the left or the right. They have to know exactly how to position their bodies when heading into a curve. Turning too much or too little will send a skateboard flying off the course. It's no wonder street lugers are sometimes called pilots!

Street luge is not done on a special track. Instead, racers use regular streets. Although they wait until these streets have been closed to traffic, many hazards remain. Sidewalks, street signs, and telephone poles all pose threats to the racers. And that's not all. Some race courses have 90-degree turns in the middle. Any racer who fails to make the turn is bound to crash into something hard.

Stopping without brakes can be a real challenge. Racers must use their feet as brakes. They drag them hard on the asphalt. Often they dig in with such force that they leave skid marks. They send smoke and the smell of burning rubber into the air.

Racers need some kind of protection for their bodies. They wear helmets, elbow pads, and leather clothing. Still, sooner or later anyone who races will get hurt. Bob Pereyra is a top street luger. He broke both ankles in one crash. In another accident, he broke three ribs. And in a bad practice run in 1995, he fractured a heel in three places. Roger Hickey is also a top racer. Over his career, he has broken more than 50 bones. He says he has also left enough skin on the road "to make a mannequin."

If the pros get this banged up, what happens to rookies? Darren Lott, author of *Street Luge Survival Guide*, writes about one young daredevil named Zac Bernstein. At the age of 21, Zac knew no fear. He took to street luge quickly. He wanted to go faster and faster on every run. On one steep hill, he took a turn a bit wide. He went bouncing into a field and hit a storm drain. He smashed right into the concrete wall on the far side of the drain.



The Wild Side

Without his helmet, Zac would have died. Even with it, he broke lots of bones and slit open his throat. Zac spent weeks in the hospital recovering. But just one month after the accident, he was back racing again. He had pins in his hip and leg and walked with a cane. But he was not ready to give up the sport he loved.

Street luge has been around for years. No one person "invented" it. Instead, the sport caught on in several places more or less at the same time. Darren Lott writes, "In the 1970s we were constantly running into little groups that thought they were the only ones in the world doing it." That has changed. Today street luge is getting lots of attention. It has even shown up on TV sports shows. Still, as long as there are people like Zac Bernstein around, street luge will remain a truly extreme sport.

Reading Time: Lesson 1

Minutes _____

Seconds _____

Comprehension

Check 阅读理解

(总分=100分 每题=25分)



主旨题

M= 符合中心思想 15 分 B= 涉及范围过广 10 分 N= 表达不全面 10 分

M=Main Idea B=Too Broad N=Too Narrow

1. Street luge often results in injury to the athletes who take part in it.

[This statement is too broad. It doesn't give a clear idea of the sport that the article is about.]

2. Street luge racers, who speed down streets lying on long skateboards without brakes, love the sport despite frequent injuries. [This statement is the main idea. It describes what happens in street luge and how lugers feel about the sport.]

3. Professional street luge racer Roger Hickey has broken more than 50 bones.

[This statement is true but too narrow. It tells about only one detail mentioned in the article.]



细节题(每小题=5分)

本文中的细节你记住了多少? 选出正确的答案。

- Street luge racers can hit speeds _____.
 - of 60 miles per hour or more.
 - between 40 and 50 miles per hour.
 - of about 100 miles per hour.
- Street luge racers steer their boards by _____.
 - dragging a foot on one side at a time.
 - mental telepathy.
 - shifting their bodies.
- Preparations for a street luge race include _____.
 - removing all street signs that can be moved.
 - closing the street to normal traffic.
 - installing rubber bumpers along curbs.
- Even pros like Roger Hickey _____.
 - replace their brakes after each race.

- b. avoid race courses with 90-degree turns.
 - c. face the possibility of breaking many bones.
5. One proof of street luge's popularity is that _____
- a. TV sports shows have begun to cover street luge events.
 - b. street luge has been around for years.
 - c. those who participate love the sport.



推理题(总分 =25 分 每小题 =5 分)

将个人意见与文中所提供的信息结合起来,判断下列句子是否正确。

(C= 正确推理 F= 错误推理)

C-Correct Inference F-Faulty Inference

- _____ 1. The way in which weight is arranged across a moving object affects the object's movement. [This is a correct inference. Paragraph 3 discusses how the racers position their bodies to steer their boards.]
- _____ 2. An early step in arranging a street luge race is notifying the local police department. [This is a correct inference. A street must be closed by local authorities before lugers may use it.]
- _____ 3. Street lugers do not spend much on gear. [This is a faulty inference. Lugers need their boards, leather clothing, helmets, special shoes, and additional padding.]
- _____ 4. Standard rules for street luge were decided on before the first races were held in the 1970s. [This is a faulty inference. At first many groups were doing street luge separately; rules were later standardized.]
- _____ 5. Street lugers will spend a great deal of time in hospitals and emergency rooms. [This is a correct inference.]



语义题(总分 =25 分, 正确表明 C=3 分, 正确表明 O=2 分)

选出与文中单词或短语意思相近或相反的一项。

(C= 意思相近 O= 意思相反或接近相反)

C-Closest O-Opposite or Nearly Opposite

1. They have to know exactly how to position their bodies when heading into a curve.
- _____ a. place _____ b. count _____ c. randomly move

2. Although they wait until these streets have been closed to traffic, many hazards remain.
 _____ a. items that contribute to safety _____ b. dangers
 _____ c. people
3. And in a bad practice run in 1995, he fractured a heel in three places.
 _____ a. covered _____ b. broke _____ c. mended
4. Darren Lott, author of *Street Luge Survival Guide*, writes about one young daredevil named Zac Bernstein.
 _____ a. a person who takes chances and acts recklessly
 _____ b. a person who plays sports for money
 _____ c. a person who is extremely careful
5. Street luge has been around for years. No one person "invented" it.
 _____ a. discovered _____ b. copied _____ c. interrupted



态度题(答对的问题数_____)

根据作者态度,选出正确答案。

1. The main purpose of the first paragraph is to _____
 a. describe exactly how street luge is done.
 b. stress how dangerous street luge can be.
 c. persuade athletes to try street luge.
2. Judging by statements from the article "Street Luge: Fast, Fun, . . . Dangerous!" you can conclude that the authors want the reader to think that _____
 a. experienced street lugers never get hurt.
 b. it is easy to street luge safely.
 c. street lugers take risks every time they ride.
3. Choose the statement below that is the weakest argument for participating in street luge races. _____
 a. Street luge racing is fun.
 b. Street luge racing takes a lot of practice.
 c. Street luge racing can cause serious injuries.
4. How is the authors' purpose for writing the article expressed in paragraph 2? _____
 a. The paragraph describes street luge racing and states that the sport is both dangerous and popular.

- b. The paragraph describes the street luger's skateboard.
- c. The paragraph states that street luge racing is a test of skill.



诠释题(答对的问题数_____)

选出下列文章内容,解释最合理的一项。

1. Look for the important ideas and events in paragraphs 7 and 8. Summarize those paragraphs in one or two sentences.

Zac Berntein, a rookie street luger, was badly hurt on a run. Even so, he returned to street luge just one month after his accident.

2. Below are summaries of the article. Choose the summary that says all the most important things about the article but in the fewest words. _____

- a. Even street lugers who wear protective gear—helmets, elbow pads, and leather clothing—have been injured in this fast-paced sport. [This summary mentions specific but unnecessary details and fails to tell what street luge is.]
- b. Street luge, a sport that requires balance, body control, and a love of speed, is becoming more popular. [This summary doesn't explain street luge or its dangers.]
- c. Street lugers lie down on skateboards and race down hills. Even though this sport has caused serious injuries, many athletes enjoy it so much that they continue to risk their lives by participating in it. [This summary says all the most important things about the article in the fewest words.]

3. Read the statement from the article below. Then read the paraphrase of that statement. Choose the reason that best tells why the paraphrase does not say the same thing as the statement. _____

Statement: Many race courses feature 90-degree turns that a skillful street luge racer must negotiate.

Paraphrase: Most race courses avoid right-angle turns that are difficult for racers to negotiate.

- a. Paraphrase says too much.
- b. Paraphrase doesn't say enough.
- c. Paraphrase doesn't agree with the statement. [This statement contradicts the first statement about 90-degree, or right-angle, turns.]



逻辑题(答对的问题数_____)

对于问题 1,3,4,请按照提示作答。其它问题选出正确答案。

1. For each statement below, write *O* if it expresses an opinion or write *F* if it expresses a fact.
 - _____ a. Zac Bernstein should have stopped street lugging after he had his terrible accident.
 - _____ b. Street lugging can be done on a city street.
 - _____ c. Turning too much or too little will send the skateboard off the track.
2. Considering Zac Bernstein's actions as described in this article, you can predict that if he ever gives up street lugging, he will probably _____.
 - a. find a safe sport to enjoy.
 - b. refuse to participate in any other sport.
 - c. take up another extreme sport.
3. Choose from the letters below to correctly complete the following statement. Write the letters on the lines. _____
On the positive side, _____, but on the negative side, _____.
 - a. street luge racing is dangerous
 - b. street luge racing is fun
 - c. street luge racing has been around for years
4. Read paragraph 8. Then choose from the letters below to correctly complete the following statement. Write the letters on the lines. _____
According to paragraph 8, _____ a _____ because _____ c _____.
 - a. Zac Bernstein survived
 - b. Zac Bernstein spent weeks in the hospital
 - c. Zac Bernstein was wearing a helmet when he crashed
5. What did you have to do to answer question 2? _____.
 - a. make a prediction (what might happen next)
 - b. find a cause (why something happened)
 - c. find a contrast (how things are different)

Self Assessment 自我评估

What new question do you have about this topic?

[After reading the article, you may have further questions about street luge and the athletes who participate in it. Write one of those questions on the lines.] _____

I'm proud of my answer to question _____ in the _____ section because _____

[Choose one answer from the exercises that you think you answered particularly well. Tell why you are proud of either your answer or the process by which you reached it.] _____
