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CELC: Learning at Your Own Pace

大学英语 自主听力教程

第二册

循序渐进

Book Two

Making Progress

本册主编 曹彬

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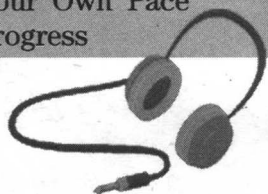


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前 言

教育部颁布的《大学英语课程教学要求》，作为大学英语改革的纲领性文件，明确提出要在大学英语的教学过程中培养学生的英语综合应用能力，特别是要加强听说能力的培养，为此我们组织编写了这套《大学英语自主听力教程》。该教材适应大学英语教学改革形势发展的需要，特别注重训练语言学习者的听力并讲授提高听力的方法，以满足广大教师和学生英语学习的新需求。

本套教程分为6册，每册重点明确，循序渐进，形成一个有机的整体，系统性强。

第一册《音调并举》的内容有：音素、元音辨识、辅音辨识、辅音连缀、重读与轻读、不完全爆破、同化与省音、连读、意群与停顿、词重音与句子重音、重音转移、节奏及语调。

第二册《循序渐进》含有体育、爱好、家庭、工作、童年、乡村、宠物、影视、大学生活、金钱、音乐、购物、情感、假期和代沟等15个主题内容。

第三册《持之以恒》含有青春时尚、旅游度假、广告、交通运输、成功与失败、神话传说、电脑、媒体报纸、住房、商业、友谊、身体语言、犯罪和暴力、风俗和休闲等主题内容。

第四册《快速提高》含有著名人士、出国留学、结婚及婚礼习俗、政府机构、科学与技术、暴力及犯罪、环境、演说、诚实、战争与和平、文化、社会问题、语言学习、经济、健康及医疗保险等主题内容。

第五册《跨越文化》涉及警句、谚语、习语搭配、幽默、哲理故事集锦、英文歌曲填词、谜语、智力游戏大挑战等。

第六册《媒体突破》主要取材于近年来美国之音(VOA)及英国广播公司(BBC)的英语广播节目,涉及的主题多样,与日常生活、社会经济、科技发展等人们普遍关注的问题紧密相关。语言正式、规范,发音清晰,语速由慢及快。

第一、五、六册由于训练目标不同,有所侧重,故自成体系;第二、三、四册体系相同,但训练要求逐步提高,体现在每册选材的难度及语速的阶梯式上升。第二、三、四册均由 Warm-up Exercises、Jogging Exercises、Running Exercises、Dashing Exercises 和 Relaxing Exercises 5 个部分组成,但选材的难度及语速形成了一个坡度。

教程以培养和提高学生实际应用语言能力为宗旨,立足于最大限度地调动学习者的积极性和主动性,将语言知识、文化知识和听力技巧有机地结合起来,并巧妙地将教师要讲授的内容纳入教材练习之中,使学习者能根据自己的实际情况有针对性地进行练习,做到有的放矢,有效地提高学习效率。选材注重思想性、时代性、科学性、趣味性和实用性相结合,内容涵盖广泛。背景知识配有简明、有助于理解的注释。每册都附有录音文字材料和练习参考答案并随书附赠录音资料光盘。学习者可根据自己的实际能力和水平,选择听力教程的内容,确定学习进度。修完前 4 册,相当于达到大学英语课程教学的一般要求。本套教程适合在校大学生和具有相当英语水平而又想提高听力的所有人员。由于教程充分考虑学习者的不同起点和学习进度,使学习者能更有效地利用学习时间,其效果比整齐划一上课要好。

本书是教程的第二册,由曹彬、左婵编写。曹彬编写 Unit 1~Unit 7 及 Quiz 1、Quiz 2;左婵编写 Unit 8~Unit 15 及 Quiz 3。

本套教程在立项、编写、录音制作的整个过程中得到了华中师范大学教务处的的大力支持与经费上的扶持,特在此表达我们的真诚谢意。

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Unit One

Sports

Part A Warm-up Exercises



Directions: You are going to hear the descriptions of eight sports events. Listen carefully and try to fill in the blanks in Column A with what you hear. Then match the descriptions with the corresponding sports names in Column B.

Column A

1. It is a sport of _____ origin. The match begins with a _____ to each other.
2. It is a game played on a _____, usually indoors. It is also called _____.
3. It is the national sport of _____. In the game a fighter tries to kill a wild _____ with a _____.
4. It is a game of hitting a small hard _____ into _____ using as few strokes as possible.

Column B

- a. Basketball
- b. Judo
- c. Soccer
- d. Bullfighting

5. It is the most _____ international team sport played with two teams of _____ each.
 6. It is a sport held on a _____ covered with _____.
 7. It is played outdoors on a _____ court with _____ on each side.
 8. It is a game in which players try to throw a _____ into a bottomless _____.
- e. Table tennis
 - f. Beach volleyball
 - g. Golf
 - h. Skiing

Part B Jogging Exercises

☆☆☆☆☆



Dialogue

In the Gym

Words and Phrases

get fit 健康

get in shape 使身体强健

aerobics /ˌeəˈrəʊbiks/ n. 有氧运动

weight-lifting /ˈweɪtˈlɪftɪŋ/ n. 举重

jogging /ˈdʒɒɡɪŋ/ n. 慢跑

work out 锻炼

start with 以...作为开始

sign up for 报名参加

gym /dʒɪm/ n. 健身房

schedule /ˈskedʒul/ n. 时刻表

get started 开始

Directions: Listen to the dialogue and choose the best answer to each of the questions you hear.

1. A. Her P. E. teacher.
B. Her brother.
C. Her classmate.
D. An aerobics class coach.
2. A. She wants to get fit.
B. She wants to lose weight.
C. She wants to find whether she is fit to be the coach.
D. She wants to attend the aerobics class.
3. A. Aerobics.
B. Weight-lifting.
C. Jogging.
D. None.
4. A. Aerobics.
B. Weight-lifting.
C. Jogging.
D. None.
5. A. Aerobics.
B. Weight-lifting.
C. Jogging.
D. None.
6. A. Once a week.
B. Twice a week.
C. Three times a week.
D. Four times a week.
7. A. A weight-lifting class followed by a little aerobics.
B. A jogging class followed by a little weight-lifting.
C. An aerobics class followed by a little weight-lifting.
D. An aerobics class followed by a little jogging.

8. A. First join the gym and then choose a class suitable for her timetable.
B. First choose a class suitable for her timetable and then join the gym.
C. Do some jogging before joining the aerobics class.
D. Get started right away.

Part C Running Exercises

☆☆☆☆



Passage One

Walk to the North Pole

Words and Phrases

Poland /'pəʊlənd/ n. 波兰
North Pole /'nɔ:θ'pəʊl/ 北极
Jan Mela /'dʒæn'melə/ 男子名
electrical /i'lektri:kəl/ adj. 电的
accident /'æksɪdənt/ n. 意外, 事故
with the help of 在...的帮助下
artificial /,ɑ:ti'fiʃəl/ adj. 人造的
explorer /iks'plɔ:rə/ n. 探险家
have been to some place 去过某地
South Pole /'sauθ'pəʊl/ 南极
disabled /dis'eɪbld/ adj. 残疾的

Exercise I

Directions: You are going to hear a passage. Listen carefully and choose the best answer to each of the questions you hear.

1. A. 2 years old.
B. 13 years old.
C. 15 years old.
D. 21 years old.
2. A. He walked to the North Pole with one leg and one arm.
B. He lost one leg in an accident.
C. He had one arm removed away in an operation.
D. He had an accident which took one arm and one leg away from him.
3. A. He hops with one leg.
B. He walks with the help of an artificial leg.
C. He walks with the help of his father.
D. He walks on crutches.
4. A. 3 days.
B. 4 days.
C. 21 days.
D. 2 years.
5. A. His father.
B. On his own.
C. A Polish explorer.
D. Another young person.

Exercise II

Directions: Listen to the passage again and write 'T' (true) or 'F' (false) for each of the following statements.

1. Mela felt sad for himself after the accident. ()
2. The Polish explorer Mela met had been to the South Pole, and he planned to go to the North Pole. ()
3. The explorer refused to take Mela to the North Pole. ()
4. The last 3 or 4 days on his journey were very difficult be-