

总主编 张隆胜

副总主编 杨虹

CELC: Learning at Your Own Pace

大学英语 自主听力教程

第一册

音调并举

Book One

Polishing Pronunciation and Intonation

本册主编 盛萍
编者 盛萍 徐娟 刘洋



国防工业出版社

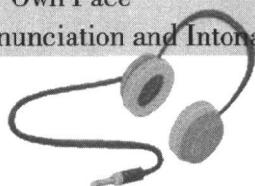
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前 言

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》。该教程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教学与学习的新需求。

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、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。

本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。由于该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。

本书是该教程的第一册,由盛萍、徐娟、刘洋编写。盛萍编写 Unit 1~Unit 5 及 Quiz 1;徐娟编写 Unit 6~Unit 10 及 Quiz 2;刘洋编写 Unit 11~Unit 16 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

English Phonemes

Correct pronunciation of the individual speech sounds is important in communication, for it is the first step in helping you understand and making yourself understood. Speech sounds are generally divided into vowels and consonants. It is generally believed that there are twenty vowel sounds and twenty-eight consonants in English. Vowels are sounds produced without obstruction of the air stream in the mouth. Vocal cords vibrate when vowels are produced. Consonants are sounds produced by some form of obstruction of the air passage and may be either voiced or voiceless. (正确读出音素的读音对于交际是十分重要的, 因为读音既是使你理解别人又是让别人理解你的第一步。音素通常分为元音和辅音。一般认为英语有 20 个元音和 28 个辅音。元音是气流在口腔中不受任何阻碍而发出的音。发元音时声带振动。辅音是气流受到某种阻碍时发出的音; 辅音有浊辅音和清辅音之分。)

Exercise 1

Getting familiar with English phonemes



Directions: Listen and repeat after the recording.

/i:/	sea /si:/	peach /pi:tʃ/	each /i:tʃ/
/i/	bit /bit/	slip /slip/	pretty /'priti/
/e/	bed /bed/	says /sez/	dress /dres/
/æ/	bag /bæg/	cats /kæts/	happy /'hæpi/
/ʌ/	love /lʌv/	but /bʌt/	supper /'sʌpə/
/ə:/	fur /fə:/	earth /ə:θ/	prefer /pri'fə:/
/ə/	alive /ə'laiv/	correct /kə'rekt/	water /'wɔ:tə/
/u:/	who /hu:/	rude /ru:d/	through /θru:/
/u/	look /luk/	wool /wul/	butcher /'bʊtʃə/
/ɔ:/	law /lɔ:/	walk /wɔ:k/	storm /stɔ:m/
/ɒ/	job /dʒɒb/	cost /kɒst/	doctor /'dɒktə/
/ɑ:/	car /kɑ:/	sharp /ʃɑ:p/	cigar /si'ga:/
/ei/	say /sei/	grey /grei/	away /ə'wei/
/ai/	eye /ai/	knife /naif/	lighter /'laitə/
/ɔi/	boy /bɔi/	choice /tʃɔis/	destroy /dis'trɔi/
/əu/	go /gəu/	throw /θrəu/	nose /nəuz/
/au/	how /hau/	mouth /mauθ/	allow /ə'lau/
/iə/	here /hiə/	beard /biəd/	idea /ai'diə/
/eə/	hair /heə/	there /ðeə/	various /'vɛəriəs/
/uə/	tour /tuə/	sure /'ʃuə/	curious /'kjʊəriəs/
/p/	pear /peə/	rope /rəup/	simple /'simpl/
/b/	bear /beə/	robe /rəub/	symbol /'simbl/
/t/	tie /tai/	seat /sit/	title /'taitl/
/d/	die /dai/	seed /si:d/	tidal /'taidl/
/k/	card /kɑ:d/	dock /dɒk/	ankle /'æŋkl/
/g/	guard /gɑ:d/	dog /dɒg/	angle /'æŋgl/
/f/	feel /fi:l/	safe /seif/	refuse /ri'fju:z/
/v/	veal /vi:l/	save /seiv/	reviews /ri'vjuz/
/θ/	thank /θæŋk/	tooth /tu:θ/	method /'meθəd/
/ð/	than /ðæn/	smooth /smu:ð/	leather /'leðə/

/s/	sink /sɪŋk/	bus /bʌs/	nicer /'naɪsə/
/z/	zinc /zɪŋk/	buzz /bʌz/	miser /'maɪzə/
/ʃ/	sheep /ʃi:p/	dish /dɪʃ/	precious /'preʃəs/
/ʒ/	rouge /ru:ʒ/	usual /'ju:ʒuəl/	treasure /'treʒə/
/h/	hot /hɒt/	home /həʊm/	behind /bi'haind/
/r/	read /ri:d/	road /rəʊd/	ready /'redi/
/tʃ/	church /tʃə:tʃ/	chin /tʃɪn/	picture /'pɪktʃə/
/dʒ/	page /peɪdʒ/	joke /dʒəʊk/	village /'vɪlɪdʒ/
/tr/	track /træk/	train /treɪn/	country /'kʌntri/
/dr/	drag /dræg/	drain /dreɪn/	driver /'draɪvə/
/ts/	carts /kɑ:ts/	mates /meɪts/	peasants /'pezənts/
/dz/	cards /kɑ:dz/	maids /meɪdz/	thousands /'θaʊzəndz/
/m/	me /mi:/	come /kʌm/	member /'membə/
/n/	neck /nek/	soon /su:n/	lesson /'lesn/
/ŋ/	ring /rɪŋ/	strong /strɒŋ/	finger /'fɪŋɡə/
/l/	last /lɑ:st/	meal /mi:l/	awful /'ɔ:fl/
/w/	we /wi:/	wood /wud/	reward /ri'wəd/
/j/	yet /jet/	suit /sju:t/	beyond /bi'jɒnd/

Exercise 2 English phonemes in words



Directions: Pronounce these very common words and write them as they are usually spelled in English. Then listen to the recording and check.

- | | |
|---------------------|-------------------|
| (1) /tæn/ _____ | (2) /sɪŋ/ _____ |
| (3) /'i:kwəl/ _____ | (4) /'mætə/ _____ |
| (5) /'pleʒə/ _____ | (6) /ðəʊ/ _____ |

- (7) /θɪŋk/ _____ (8) /'saɪlənt/ _____
 (9) /sku:l/ _____ (10) /və'reɪəti/ _____
 (11) /'peɪfənt/ _____ (12) /tʃeɪndʒ/ _____

Exercise 3 Homophones



Directions: Two words are homophones (同音异义词) if they have the same sound but different meanings. Listen carefully and write down the homophones.

Example: /si:/	see	sea
(1) /meɪl/	_____	_____
(2) /'weðə/	_____	_____
(3) /mɪt/	_____	_____
(4) /peə/	_____	_____
(5) /ðeə/	_____	_____
(6) /hiə/	_____	_____
(7) /seɪl/	_____	_____
(8) /raɪt/	_____	_____
(9) /pɪs/	_____	_____
(10) /weɪt/	_____	_____

Exercise 4 English phonemes in phrases



Directions: Read these phrases and write them down. Then listen to the recording and check.

- (1) inə'minit _____ (2) tuðə'mu:vi _____
 (3) ən'ɪŋɡlɪf'kla:s _____ (4) ætðə'drʌŋstə: _____
 (5) frəmðə'θi:tə _____ (6) nekst'wi:k _____
 (7) inðə'wintə _____ (8) tuðə'kɒnsət _____

Exercise 5 Relaxation



Directions: Read these riddles and write them down. Then listen to the recording and check. Pay attention to the question-and-answer intonation.

- (1) a. 'hwai dæzə'stɔ:k'stænd/ən'əuni'wʌn'leg?
 _____?
 b. bi'kɔ:ðə'wɔ:təz'kəuld?
 _____?
 a. bi'kɔ:z ifi:'liftɪd'bəuθ'legz/ hɪd fɔ:l'daun.
 _____.
- (2) a. 'hwai dɪd ðə'gə:l'kləuz hə'aɪz / wen fɪ:'lʌkt ɪn ðə'mɪrə?
 _____?
 b. fɪ:'dɪdnt'laɪk wɔt fɪ: 'sɔ:?
 _____?
 a. bi'kɔ:z fɪ:'wɒntɪd tu'sɪ:wɔt fɪ:'lʌkt 'laɪk / wen
 fɪ:wəz'sli:pɪŋ.
 _____.

Notes

1. A phoneme (音素) is the smallest unit of speech that can be used to make one word different from another word, such

as the /b/ and the /p/ in 'big' and 'pig'.

2. The English vowels are divided into two large groups: pure vowels and diphthongs (双元音). There are twelve pure vowels and eight diphthongs.

According to the position of the tongue, we have:

- (1) front vowels (前元音): /i:/, /i/, /e/, /æ/
- (2) back vowels (后元音): /ɑ:/, /ɔ/, /ɔ:/, /u/, /u:/
- (3) central vowels (中元音): /ʌ/, /ə/, /ə:/

A diphthong is a glide from one vowel to another and the whole glide acts like a long, pure vowel. The diphthongs of English fall into three groups: **group 1** ending in /i/, /ei/, /ai/, /ɔi/; **group 2** ending in /u/, /əu/, /au/; and **group 3** ending in /ə/, /iə/, /eə/, /uə/.

3. The English consonants may be classified according to the following:

- (1) place of articulation (发音部位)
- (2) manner of articulation (发音方式)
- (3) voicing, i. e. voiced or voiceless

According to the manner of articulation, we have:

- (1) plosives (爆破音): /p/, /b/, /t/, /d/, /k/, /g/
- (2) fricatives (摩擦音): /f/, /v/, /θ/, /ð/, /s/, /z/, /ʃ/, /ʒ/, /h/, /r/
- (3) affricates (破擦音): /tʃ/, /dʒ/, /tr/, /dr/, /ts/, /dz/
- (4) nasals (鼻音): /m/, /n/, /ŋ/
- (5) lateral (舌边音): /l/
- (6) semi-vowels: /w/, /j/