



# 大学英语四级考试专用课本

# 精读一本通

王长喜 孙凤兰 主编

## 特色介绍:

- 边读边记, 真题演练, 熟记核心词汇1200
- 结构解剖, 语境分析, 破解长难600句
- 熟悉题型, 掌握对策, 巧夺阅读理解大丰收
- 把握主线, 顺藤摸瓜, 轻松应对完形填空
- 抓住要点, 找准难点, 攻破简答题顽固壁垒
- 切准主题, 模式套用, 走出短文写作困境
- 吃透技巧, 锁定句型, 跨越汉英翻译难关



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COLLEGE ENGLISH

大学英语四级考试专用课本

# 精读一本通

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王长喜：著名大学英语考试辅导专家，曾先后就读于北京外国语大学、北京师范大学，执教于中国人民大学外语学院，任中国人民大学外语教学研究所所长。长期从事英语语言学、英语测试学研究。现已出版编、著、译作品90余部，逾千万字，因其教学经验丰富、命题切中率高、对大纲把握准确，被考生普遍爱戴，其作品久负盛名，畅销不衰。曾多次在中央人民广播电台主持考研英语讲座、大学英语四、六级讲座、公共英语讲座；2000年在河北电视台、江西电视台讲授职称英语；2003年在中国教育电视台讲授英语四、六级。多次在《中国青年报》上发表英语考试辅导文章。“学英语，找长喜”已被同学们广为传颂。

# 而今迈步从头越

## Preface

对于许多考生来说,四、六级考试这道必须闯过的难关如同那苍凉悲壮的娄山关,冷峻而沉重,实在难以逾越。但为什么有些考生就能驾轻就熟,“乌蒙磅礴走泥丸”呢?因为他们有着扎实的基础和深厚的功底;他们一旦掌握了一些应试的技巧,便可以如鱼得水,如虎添翼,倚天抽剑,直缚苍龙。由此便不难悟出:考试轻松过关的秘诀就是“功底+技巧”。功底是你鼓足的气力,技巧则是那屠龙的宝剑;二者兼得,就不愁劈荆斩棘,游刃有余。这些直白、浅显的道理正是我们编写此套四、六考试专用课本——《精读一本通》的依据和理论基础。

那么,本书“精”到什么程度?如何做到“精”?又是怎样实现“一本通”的?我们借助下面的图画来解释这几个问题:

技巧



C 技巧 完形填空 写作 C  
长难句解析 阅读理解 简答  
E 翻译 词汇学习 真题演练 答案解析 E  
T 文章阅读 文章大意 结构分析 全文翻译 T

分析以上图示,我们可以总结出本书编写体例上的几个特点:

### 一、真题引领,恒定标准,集中突破

全书分为 20 个单元;每个单元按照阅读理解套题的完整结构编排 4 篇文章,其中至少有一篇是历年真题,并安排在开头作为整个单元的中心和参照标准。其余各篇均按照相同的题材、体裁和难度标准选编,以便考生在复习时把握同类文章的风格、结构和内容,集中突破同一话题的相关词汇和表达方式,全面、系统地将每一题材的文章所涉及到的疑难和障碍各个击破,步步为营。

## 二、篇章为纲,词句过关,打造功底

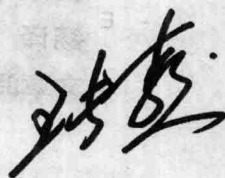
阅读是整个四、六级考试的基本层面,大部分考题都与阅读有着密切的联系;阅读也是语言知识学习的主要环境,为语言知识的训练和语言功能的发挥提供了必要的条件。阅读又离不开词、句;词、句不仅是阅读的基础,也往往是阅读理解的主要障碍。把词汇、句型的掌握与阅读理解能力的提高有机地联系起来,做到词、句、篇三者的统一,无疑是语言能力提高的最佳手段。本书的编写始终站到语篇的层面高度,首先引导学生理解文章的主旨大意和篇章结构,让学生对文章有了宏观控制之后,才深入到文章中去,通过词汇学习、长难句解析和全文翻译对文章进行系统的学习;这样,学生在学习的过程中就不会“只见树木不见森林”。最后由试题引导,深入浅出地再回到语篇层面上来,帮助学生深入领会四、六级考试的核心内容,牢牢把握应试复习的方向,充分提高复习的效率。

## 三、题型串联,渗透技巧,全面提高

本书的编写目的就在于通过文章的学习全面解决四、六级考试的各种题型,该宗旨贯穿全书始终。书中首先突出了占分值比例最大的阅读理解题型,让考生通过对长难句语法结构和上下文句际关系的理解,准确把握考点出处和设题规律,并通过答案解析灵活掌握答题技巧。在每一单元的第三和第四课中,穿插了完形填空、简答、翻译或改错等题型,同样对每一篇文章的词、句、篇作了详尽的剖析。最后,在每一单元的末尾,结合本单元阅读材料的体裁和题材,加设短文写作题一道,以便考生在掌握大量信息的基础上模仿习作。至于词汇题,作为最基础的题型,则是在每一课词汇学习之后,趁热打铁,及时演练,以巩固记忆;其中大部分习题选自历年词汇真题,应试目的非常鲜明。

本书词、句、篇密切结合,各种题型有机整合,应试技巧巧妙贯穿,内容纵横交错,称得上是四、六级应试复习与功底锤炼的一本十分有价值的教材。

雄关漫道真如铁,而今迈步从头越。



2003年8月北京

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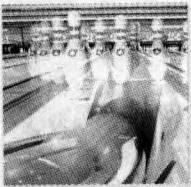
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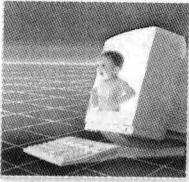


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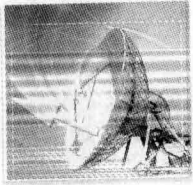
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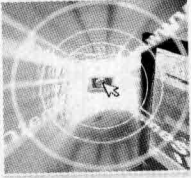
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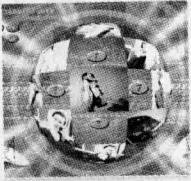
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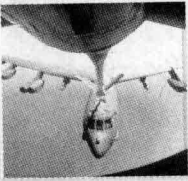
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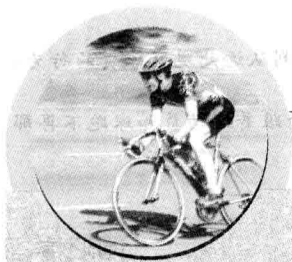
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## Sports and Leisure-time Activities

## 体育运动与健身

## Unit 1

## Text 1

Long after the 1998 World Cup was won, disappointed fans were still cursing the disputed refereeing decisions that denied victory to their team.<sup>1</sup> A researcher was appointed to study the performance of some top referees.<sup>2</sup>

The researcher organized an experimental tournament (锦标赛) involving four youth teams. Each match lasted an hour, divided into three periods of 20 minutes during which different referees were in charge.

Observers noted down the referees' errors, of which there were 61 over the tournament. Converted to a standard match of 90 minutes, each referee made almost 23 mistakes, a remarkably high number.<sup>3</sup>

The researcher then studied the videotapes to analyze the matches in detail. Surprisingly, he found that errors were more likely when the referee were close to the incident.<sup>4</sup> When the officials got it right, they were, on average, 17 meters away from the action. The average dis-

tance in the case of errors was 12 meters. The research shows the optimum (最佳的) distance is about 20 meters.

There also seemed to be an optimum speed. Correct decisions came when the referees were moving at a speed of about 2 meters per second. The average speed for errors was 4 meters per second.

If FIFA, football's international ruling body, wants to improve the standard of refereeing at the next World Cup, it should encourage referees to keep their eyes on the action from a distance, rather than rushing to keep up with the ball, the researcher argues.

He also says that FIFA's insistence that referees should retire at age 45 may be misguided. If keeping up with the action is not so important, their physical condition is less critical.<sup>5</sup>

(277 words, 4006)

## 词、句、篇精解

## I. Structure Analysis

## 结构分析

这是一篇说明文,介绍了研究人员对世界杯裁判的行为进行调查及研究的结果。第一段说明研究的目的;第二、三段讲述研究的情况;第四、五段介绍研究的结果;第六、七段提出建议。

## II. Translation

## 全文翻译

1998年世界杯后的很长时间里,失望的球迷们仍在责骂那些有争议的裁决,因为这些裁决使他们所支持的球队失去了获胜的机会。为此,国际足联专门派人对一些顶级裁判员的裁决情况进行分析研究。

研究人员组织了一次试验性的锦标赛,由四个青年队组成,每场比赛进行一小时,每二十分钟为一个时间段,负责每个时间段的裁判都不相同。

观察员记录下了裁判的失误情况。在整个锦标赛过程中,裁判员共计失误61次,如果换算成正常的90分钟的标准锦标赛,那么每位裁判员失误差不多达到23次,这是一个高得惊人的数字。

接着,这位研究员又研究了录像带,仔细分析了每场比赛的细节。令人惊讶的是,他发现当裁判离现场越近时,裁判员越容易判错,而当裁判员距离现场在平均17米以外的地方时,他们则可以做出正确的仲裁。研究表明,裁判员出现失误的平均距离是12米远,最佳距离大约是20米。

似乎还存在一个最佳速度的问题。当裁判员以每秒2米的速度跑动时,会做出正确的判断,而作出错误判

断时的平均速度则是每秒4米。

研究者提出,如果国际足联要提高下一届世界杯裁判员的仲裁水平,就应该鼓励裁判从远处观察球员的行为,而不是紧跟着球跑。

研究人员还说,国际足联坚持裁判45岁退休的规定容易让人误入歧途。因为如果紧跟着运动员和球跑不再那么重要的话,裁判的身体条件也就不是关键问题了。

### III. Vocabulary

词汇学习

#### 1. Learn and remember these words 核心词汇学与记

- 1) **disappoint** /ˌdɪsə'pɔɪnt/ *v.* 失望,失信于;(希望等)破灭,挫败(计划等)  
[搭配] be disappointed with the result of the exam 对考试结过失望  
be disappointed in/with sb./sth. 对某人/某事失望  
be disappointed about (at) sth./doing sth. 对某事感到失望  
be disappointed of 因得不到……而感到失望  
[链接] disappointment /ˌdɪsə'pɔɪntmənt/ *n.* 失望  
to sb's disappointment 令某人大为失望的是……
- 2) **curse** /kɜ:s/ *v.* 咒骂,诅咒 *n.* 诅咒,咒语;祸害,祸根  
[范例] She cursed him for running her life. 她诅咒他,说他毁了她的一生。  
[搭配] be cursed with 因……而受苦  
put a curse on sb. 诅咒某人  
a curse to sb. 对……的祸根
- 3) **dispute** /dɪs'pjʊ:t/ *v.* 对…表示异议,争论 // *n.* 争吵  
[范例] I dispute the minister's figures — the true cost of the project is much higher. 我对部长提供的数字表示怀疑,因为工程的实际费用要比这高得多。  
[搭配] dispute the election result 对选举结果表示怀疑  
a pay dispute 工资纠纷  
[短语] (the question) in dispute 争论中的(问题)  
[辨析] dispute 与 debate 意思上相似,前者强调“(生气地、长时间地)争论、争吵”,而后者则强调“(为取得一致意见而)辩论、争论”;argue 与 quarrel 在用作不及物动词时相似,其含义重在“争论、争吵”。
- 4) **deny** /dɪ'naɪ/ *v.* 拒绝给予;(坚定地)否认(事实等)  
[范例] A fair chance in life is denied to many women. 很多妇女在生活中没有得到公正的机会。  
[搭配] deny sb. the right 拒绝给予某人权力  
deny sb's admission 拒绝某人入场  
deny doing (esp. having done) sth. 否认做过某事  
[链接] denial /dɪ'naɪəl/ *n.* 否认;拒绝,拒绝给予  
the denial of a diploma 拒绝发给毕业证
- 5) **appoint** /ə'pɔɪnt/ *v.* 任命,委派;指定(时间、地点)  
[搭配] be appointed chairman of the committee 被任命为委员会主席  
appoint a time for the meeting 指定开会时间  
[链接] appointment /ə'pɔɪntmənt/ *n.* 任命,委派
- 6) **be in charge** (of) 负责,管理  
[范例] The baby was put in Mary's charge. 这个婴儿是由玛丽负责照料的。/Mary was in charge of the baby. 玛丽负责照料这个孩子。  
[搭配] be in charge of the company 负责管理公司
- 7) **convert** /kən'veɪt/ *v.* (使)转变,转化;(使)改变信仰(或态度等)  
[搭配] convert securities to cash 把证券兑换成现款  
convert defeat into victory 转败为胜
- 8) **error** /'erə(r)/ *n.* 错误,差错  
[搭配] an error of judgment 判断失误  
errors in the calculations 计算错误
- 9) **official** /ə'fɪʃəl/ *n.* 裁判,官员 // *a.* 官方的,正式的  
[搭配] a government official 政府官员  
an official position/duty 正式职位/公务  
get official permission to do sth. 得到官方批准做某事
- 10) **ruling body** 管理机构,统治集团
- 11) **encourage** /ɪn'kʌrɪdʒ/ *v.* 鼓励,激励;促进,助长  
[搭配] encourage sb. to go to school 鼓励某人上学  
encourage laziness 助长懒惰  
[链接] encouraging /ɪn'kʌrɪdʒɪŋ/ *a.* 令人鼓舞的  
encouragement /ɪn'kʌrɪdʒmənt/ *n.* 鼓励,鼓舞
- 12) **critical** /'krɪtɪkəl/ *a.* 决定性的,关键性的;批判的  
[搭配] be critical of sth. 对某事挑剔  
critical time for everybody 每个人的重要时期  
a critical decision 关键性的决定  
critical moment 紧要关头,关键时刻
- 13) **keep up with** 跟上,赶上  
[搭配] keep up with the rest of the class 跟上/赶上班里其他人

#### 2. Multiple Choice 词汇突破

- 1) I have had great deal of trouble \_\_\_\_\_ the rest of the class. (4951,46)  
[A] coming up against [B] making up for [C] keeping up with [D] living up to
- 2) The shop assistant was dismissed as she was \_\_\_\_\_ of cheating customers. (4031,32)

- [A] cursed [B] charged [C] accused [D] scolded
- 3) Owing to \_\_\_\_\_ competition among the airlines, travel expenses have been reduced constantly. (4031,50)
- [A] eager [B] critical [C] strained [D] fierce
- 4) Remember that customers don't \_\_\_\_\_ about prices in that city. (4991,53)
- [A] debate [B] consult [C] dispute [D] bargain
- 5) His wife is constantly finding \_\_\_\_\_ with him, which makes him very angry. (4031,40)
- [A] errors [B] shortcomings [C] fault [D] flaw

### 答案与解析

- 1) 答案[C]。短语辨义题。keep up with“跟上,赶上”,符合题意。come up against“遭遇到,被反对”;make up for“补偿,弥补”;live up to“不辜负,与……相当”。
- 2) 答案[C]。惯用搭配题。选项[C]与介词of搭配使用,构成固定搭配accuse (sb.) (of sth.)“控诉……,告发……”;charge应与with搭配,表示“指控……”;curse“咒骂,诅咒”,常用curse sb. for sth./doing sth.结构;scold (sb.) (for sth.)“骂,斥责,责备”。
- 3) 答案[D]。逻辑关系题。在表示“强烈的、激烈的”竞争之意时,用fierce一词,往往与competition在同一语境中出现。eager“渴望的,热切的”;critical“关键的”;strained“紧张的,勉强的”,均不合题意。
- 4) 答案[D]。逻辑关系题。根据题干中出现的customers及prices,可先排除[A]和[C]两项,因为价格是不需要顾客争论或辩论的;consult虽在意思上具有一定的干扰性,但搭配不符,一般用consult with sb. (和某人商议某事);bargain (讨价还价)与customer及prices构成同现关系。
- 5) 答案[C]。惯用搭配题。find fault with sb. (对……挑剔,找……的岔子)为惯用搭配。其他三选项在意思上起到干扰作用,但均不符合搭配要求。

## IV. No More Difficulties

难句不再难

1. Long after the 1998 World Cup was won, disappointed fans were still cursing the disputed refereeing decisions that denied victory to their team.
- [解析] 复合句。句子主干为:disappointed fans were... refereeing decisions。after... was won为时间状语从句;在连词after之前用了一个副词long,同much;that引导的是定语从句,修饰decisions;运用拆句法和增补法,将定语从句单独译出,补出“因为”,表述隐藏的因果关系。
- [译文] 1998年世界杯被捧后很长时间内,失望的球迷仍在诅咒那些有争议的判罚,因为这些判罚剥夺了他们支持的球队获胜的机会。
2. A researcher was appointed to study the performance of some top referees.
- [解析] 简单句。本句为文章主题句,不定式短语to study the performance of some top referees为调查的目的。
- [译文] 国际足联派专门人员对一些顶级裁判员的裁决情况进行分析研究。
3. Converted to a standard match of 90 minutes, each referee made almost 23 mistakes, a remarkably high number.
- [解析] 简单句。each referee made almost 23 mistakes为句子的主干;a remarkably high number为23的同位语;converted to... 90 minutes为过去分词短语,相当于if引导的状语从句,修饰主句;convert... to... ,“把……换算成……”。
- [译文] 如果换算成90分钟的标准赛,每位裁判员失误差不多达到23次,这是个高得惊人的数字。
4. Surprisingly, he found that errors were more likely when the referee were close to the incident.
- [解析] 复合句。that引导宾语从句,when引导时间状语从句。close to the incident意为“靠近现场”。
- [译文] 令人惊讶的是,他发现当裁判离(球)现场越近时,裁判员更容易判错。
5. If keeping up with the action is not so important, their physical condition is less critical.
- [解析] 复合句。if引导状语从句;keep up with the action意为“跟着球员和球跑”。
- [译文] 如果紧跟着运动员和球跑不再那么重要的话,那么裁判的身体条件也就不是关键问题了。

## V. Now Try It

实战演习

- The experiment conducted by the researcher was meant to \_\_\_\_\_.  
 [A] review the decisions of referees at the 1998 World Cup  
 [B] analyze the causes of errors made by football referees  
 [C] set a standard for football refereeing  
 [D] reexamine the rules for football refereeing
- The number of refereeing errors in the experimental matches was \_\_\_\_\_.  
 [A] slightly above average  
 [B] quite unexpected  
 [C] higher than in the 1998 World Cup  
 [D] as high as in a standard match
- The findings of the experiment show that \_\_\_\_\_.  
 [A] errors are more likely when a referee keeps close to the ball  
 [B] the farther the referee is from the incident, the fewer the errors  
 [C] the more slowly the referee runs, the more likely will errors occur  
 [D] errors are less likely when a referee stays in one spot
- The word "officials" (line 4, Para. 4) most probably refers to \_\_\_\_\_.  
 [A] the researchers involved in the experiment  
 [B] the inspectors of the football tournament  
 [C] the referees of the football tournament  
 [D] the observers at the site of the experiment
- What is one of the possible conclusions of the experiment?  
 [A] The ideal retirement age for an experienced football referee is 45.  
 [B] Age should not be the chief consideration in choosing a football referee.  
 [C] A football referee should be as young and energetic as possible.  
 [D] An experienced football referee can do well even when in poor physical condition.

## VI. Find Your Problems

答案与解析

- 选[B]。事实细节题。依据为第一段末句, study 对应选项中的 analyze, performance 对应选项中的 causes of errors, 故[B]为正确选项。由倒数第二段首句可知, [C]项内容是 FIFA 的事情, 与本次研究目的无关; 由末段知, 研究者认为 FIFA 的足球裁判规则需要重新审视, 但这不是该研究实验的目的, 故[D]也不对; 由第二段首句知, 研究者组织了试验性锦标赛来研究, 而不是回顾(review 98)年世界杯赛, 故[A]错。
- 选[B]。事实细节题。依据为第三段末句, 其中 remarkably high 对应[B] quite unexpected, 故[B]为正确答案。[A]略高于平均, 与原文不符; [C]高于 1998 年世足赛上出现的误判次数, 故[C]错; 原文提到的计算结果表明错误数目非常大, 故[D]一样多是错误的。
- 选[A]。事实细节题。依据为第四段第二句, 其中 were close to the incident 对应[A]中 keeps close to the ball, 为正确答案。第四段末句点明, 最佳距离约为 20 米, 而不是越远错误越少, 故[B]错; 第五段第一、二句点明, 最佳速度为每秒 2 米, 而非越慢越易出错, 故[C]错; [D]裁判呆在一个固定点时错误少些, 与原文明显不符。
- 选[C]。语义理解题。此处的 officials 回指前句中的 referees, 且第一段末句明确表明被研究的对象是 referees, 故选[C]。[A]是研究人员, [B]是球赛的检察员, [D]是在场的观察员, 都不是被研究的对象。
- 选[B]。主旨大意题。依据为最后一段, 既然 FIFA 关于裁判年龄的限制是 misguided(误导性的), 比赛中紧追足球的体力要求也不再重要, 因而年龄就不应该成为选拔裁判时的主要标准。[A]是 FIFA 的老规定, 研究者认为这不对, 故[A]错; 末段明言, 45 岁的限制不合理, 而体力也不那么重要, 故[C]错; [D]是末段过度推理的结果, 错误。

## Text 2

Sport is not only physically challenging, but it can also be mentally challenging. Criticism from coaches, parents, and other teammates, as well as pressure to win can create an excessive amount of anxiety or stress for young athletes(运动员).<sup>1</sup> Stress can be physical, emotional, or psychological, and research has indicated that it can lead

to burnout.<sup>2</sup> Burnout has been described as dropping or quitting of an activity that was at one time enjoyable.<sup>3</sup>

The early years of development are critical years for learning about oneself. The sport setting is one where valuable experiences can take place. Young athletes can, for example, learn how to cooperate with others, make

friends, and gain other social skills that will be used throughout their lives. Coaches and parents should be aware, at all times, that their feedback to youngsters can greatly affect their children. Youngsters may take their parents' and coaches' criticisms to heart and find a flaw in themselves.

Coaches and parents should also be cautious that youth sport participation does not become work for children. The outcome of the game should not be more important than the process of learning the sport and other life lessons. In today's youth sport setting, young athletes

may be worrying more about who will win instead of enjoying themselves and the sport. Following a game, many parents and coaches focus on the outcome and find fault with youngsters' performances. Positive reinforcement should be provided regardless of the outcome. Research indicates that positive reinforcement motivates and has a greater effect on learning than criticism.<sup>4</sup> Again, criticism can create high levels of stress, which can lead to burn-out.

(269 words, 4016)

## 词、句、篇精解

### I. Structure Analysis

结构分析

这是一篇论说文,文章指出体育运动不仅使运动员身体疲劳,而且使他们倍感精神压力。第一段中作者首先论述了父母、教练的批评对年轻的运动员所产生的压力;第二、三段阐述了心理压力将会导致运动员们精疲力竭,教练和父母不应该过分批评和指责,不应过分注重胜负,要给予孩子积极的鼓励,同时还指出年轻的运动员应该在体育运动中享受乐趣,学到有用的人生经验。

### II. Translation

全文翻译

体育运动不仅是对运动员体能的挑战,而且也是对运动员精神与意志的考验。获胜的压力,以及教练、家长和其他队员的批评都可能会引起年轻的运动员过分忧虑和紧张。这种紧张可能是生理上的、情感上的或心理上的。研究表明,紧张可能会导致精疲力竭,使运动员不得不放弃一项曾一度很感兴趣的活动。

早期的成长是自我了解的关键时期。体育运动环境是获得宝贵经验的场所。例如,年轻运动员能学会如何与别人合作,交友以及其他受用一生的社交技巧。教练员和家长应该意识到自己的反馈意见会在很大程度上影响孩子。他们会认真考虑家长和教练的批评,并在自己身上找不足。

教练和家长也应该意识到参与体育活动不应该成为孩子们的工作。对孩子们来说,更为重要的应该是了解这项运动和其他人生经验的过程,而不是比赛结果。在今天年轻人的运动环境中,年轻运动员关心的更可能是胜负而不是享受运动的乐趣,娱乐自己。比赛结束后,许多家长和教练关注的是结果和对运动员表现的挑剔。事实上,不管比赛的结果如何,都有必要给予积极的肯定。调查研究表明,正面的肯定能够激发孩子的学习积极性,比批评更有效。而且,批评容易造成高度紧张,从而导致精疲力竭。

### III. Vocabulary

词汇学习

#### 1. Learn and remember these words 核心词汇学与记

- 1) **physically** /'fɪzɪkəl/ *ad.* 身体上;实际上  
[链接] **physical** /'fɪzɪkəl/ *a.* 身体的,肉体的  
**physical education (P. E.)** 体育
- 2) **mentally** /'mentəl/ *ad.* 心理上,精神上,智力上  
[链接] **mental** /'mentl/ *a.* 心理的,心智的,智力的  
**mentality** /men'tælɪti/ *n.* 心理状态,性格  
**mental deficiency** 心理缺陷  
**mental patients** 精神病人  
**mental home/hospital** 精神病院
- 3) **challenge** /'tʃælɪndʒ/ *v./n.* 挑战;邀请比赛  
[搭配] **challenge sb. to fight** 向某人挑战

- challenge sb's right to do sth.** 对某人做某事的权利提出异议  
[链接] **challenging a.** 挑战性的,引起兴趣的
- 4) **teammate** /'ti:mmeɪt/ *n.* 队员  
[链接] **roommate** 室友; **classmate** 同班同学; **workmate** 工友,同事
  - 5) **quit** /kwɪt/ *v.* 离开,辞去;停止  
[范例] **He quitted Cambridge to Paris.** 他离开剑桥去了巴黎。/ **It hasn't quitted raining yet.** 雨还没有停。  
[搭配] **quit one's job** 辞职  
[链接] (同) **go away from/leave/stop**

6) learn about 了解,学到;听说

[链接] learn by heart 记住

learn from 向……学习,从……中吸取教训

learn of 听说,获悉,了解

7) cooperate /kəʊ'pɒreɪt/ v. 合作,协力,相助,相配合  
cooperate on 合作(干某事,如制定计划等)

[范例] Everything cooperated to make our holiday a success. 一切凑合起来使我的假期圆满过去。

I should like you to cooperate on the writing of the book. 我想请你合作写这本书。

[搭配] cooperate with sb. in doing/to do sth. 与……合作

8) take sth. to heart 认真考虑

[链接] (同) think about sth. carefully/think over

9) flaw /flɔ:/ n. 缺点,瑕疵;缺陷;裂纹,裂缝

[搭配] flaws in a person's character 在人格上的瑕疵

10) outcome /'aʊtkʌm/ n. 结果,成果,结局

[链接] (同) effect/result

11) focus on 集中

[范例] Today we are going to focus on the problem of homeless people in the Iraq War. 今天我们来关注伊拉克战争中那些无家可归的人。

[链接] (同) concentrate/center on/pay attention to

## 2. Multiple Choice 词汇突破

- His wife is constantly finding \_\_\_\_\_ with him, which makes him very angry. (40212,38)  
[A] fault [B] errors [C] flaw [D] shortcomings
- \_\_\_\_\_ the help of their group, we would not have succeeded in the investigation. (40212,44)  
[A] But for [B] Besides [C] Despite [D] Regardless of
- By law, when one makes a large purchase, he should have \_\_\_\_\_ opportunity to change his mind. (4006,29)  
[A] accurate [B] adequate [C] urgent [D] excessive
- Generous public funding of basic science would \_\_\_\_\_ considerable benefits for the country's health, wealth and security. (4991,43)  
[A] lead to [B] result from [C] lie in [D] settle down
- It is through learning that the individual \_\_\_\_\_ many habitual ways of reacting to situations. (6986,52)  
[A] retains [B] gains [C] achieves [D] acquires

## 答案与解析

- 答案[A]。惯用搭配题。本题主要考查词组 find fault with“挑毛病、挑剔”的运用。error“差错,错误”; flaw“瑕疵;缺点”; shortcomings“缺点,短处”。
- 答案[A]。逻辑关系题。but for“要不是……”,常隐含虚拟语气,也可以换成 If it were not/hadn't been for; besides 作介词用时,意思为“除……之外,(还有……)”; despite“不顾,虽然”; regardless of“不顾,不注意”。
- 答案[B]。逻辑关系题。accurate“准确的,精确的”; adequate“适当的,足够的”; urgent“紧急的,急迫的”; excessive“过多的,过分的,极度的”。
- 答案[A]。短语辨义题。题中四个选项分别为:lead to“导致”; result from“是由……引起的”; lie in“(问题、事情)在于”; settle down“定居;从事固定职业;平静下来”。经分析句子结构可知空格前后两部分的关系应该是因果关系,前半部分是原因,后半部分是结果。
- 答案[D]。逻辑关系题。retain“保留,保持,保存”; gain“获得,赢得(需要的东西)”; achieve“完成;达到”,强调通过极大努力,克服困难后达到既定目标,还意为着通过预定的程序,制定出一套办法,而获得成功,常与一些抽象名词连用; acquire 意为“(靠自己的能力、努力或行为)获得(能力、技能、语言等)”。

## IV. No More Difficulties

难句不再难

- Criticism from coaches, parents, and other teammates, as well as pressure to win can create an excessive amount of anxiety or stress for young athletes.

[解析] 本句为简单句。介词短语 from coaches, parents, and other teammates 作定语修饰名词 criticism。criticism 和 as well as 后的 pressure 都是该句子的主语。as well as 作为并列连词时,连接平等的成分,都作主语或都作宾语。相当于 not only... but also... 或 no less... than...; 但 not only... but also... 侧重后项,as well as 和 no less than 侧重前项。例如:他不仅是一位学者,而且还是一位政治家:He is a statesman as well as a scholar. /He is

no less a statesman than a scholar. /He is not only a scholar but also a statesman.

[译文] 不仅获胜的压力,而且还有来自教练、家长和其他队员的批评都可能会使年轻的运动员过分忧虑和紧张。

2. Stress can be physical, emotional, or psychological, and research has indicated that it can lead to burnout.

[解析] and 前后连接的是两个并列的独立分句。第二个独立分句又是一个主从复合句。动词 indicated(表明)后面跟了一个 that 引导的宾语从句。

[译文] 紧张可能是生理上的、情感上的或心理上的。研究表明,紧张会导致精疲力竭。

3. Burnout has been described as dropping or quitting of an activity that was at one time enjoyable. [解析] 主句的谓语动词用的是被动语态,因 Burnout 被说“是…是…;describe as 意思是“称…为…;说…是…;把…说成…”,其中 as 为介词,因此 describe as 作为动介结构的短语,后要跟动名词、名词或代词。dropping or quit of an activity 意思是“放弃一项活动”,介词短语 at one time 意为“曾经”,that was at one time enjoy-able 是定语从句,修饰 activity。

[译文] 致精疲力竭可以被描述为放弃一项曾一度很感兴趣的活动的。

4. Research indicates that positive reinforcement motivates and has a greater effect on learning than criticism.

[解析] 宾语从句中的主语后面跟了两个谓语动词 motivate 和 has。motivate 的意思是“激励,激发,作为……的动机”;has a greater effect on learning “对学习有更大影响”。介词 on 和 motivate 的宾语都是 learning。

[译文] 研究表明,积极的肯定对学习有促进作用,比批评更有效。

## V. Now Try It

实战演习

- An effective way to prevent the burnout of young athletes is \_\_\_\_\_.
  - [A] to make sports less competitive
  - [B] to make sports more challenging
  - [C] to reduce their mental stress
  - [D] to increase their sense of success
- According to the passage sport is positive for young people in that \_\_\_\_\_.
  - [A] it can help them learn more about society
  - [B] it teaches them how to set realistic goals for themselves
  - [C] it enables them to find flaws in themselves
  - [D] it can provide them with valuable experiences
- Many coaches and parents are in the habit of criticizing young athletes \_\_\_\_\_.
  - [A] without realizing criticism may destroy their self-confidence
  - [B] in order to make them remember life lessons
  - [C] believing that criticism is beneficial for their early development
  - [D] so as to put more pressure on them
- According to the passage parents and coaches should \_\_\_\_\_.
  - [A] help children to win every game
  - [B] pay more attention to letting children enjoy sports
  - [C] enable children to understand the positive aspect of sports
  - [D] train children to cope with stress
- The author's purpose in writing the passage is \_\_\_\_\_.
  - [A] to persuade young children not to worry about criticism
  - [B] to stress the importance of positive reinforcement to children
  - [C] to discuss the skill of combining criticism with encouragement
  - [D] to teach young athletes how to avoid burnout

## VI. Find Your Problems

答案与解析

- 选[C]。事实细节题。从文章第一段第三句“Stress can be physical, emotional or psychological, and research has indicated that it can lead to burnout.”可以看出, stress 将会导致 burnout, 那么防止 burnout 的有效方法应该是减少 stress, 故 C 项正确。sports 本身具有竞争性、挑战性, 不在于多或少, 问题是怎样看胜负, 所以 A、B 两项应排除。D 项“提高他们获得成功的意识”正是作者不赞成的, 也不对。
- 选[D]。事实细节题。依据第二段第二、三句句中作者列举的“学习如何和他人合作、如何交友、如何获取社会技



能”都是有价值的人生经验,可知 A 项的内容太泛了,B 项文章未提及,C 项中的 find flaws in themselves,文章虽提到了,但不是 sports 引起的,而应该是家长的批评导致的。故本题答案只有 D 合适。

3. 选[A]。事实细节题。由第二段第四、五“... that their feedback to youngsters can greatly affect their children. Youngsters may take their parents' and coaches' criticisms to heart and find a flaw in themselves;”可知,孩子们将会把那些批评放在心里,寻找自身的缺陷。这样将必然会导致自信心不足,而 B 项的内容恰巧是许多教练和家长没有注意到的,因为他们只要结果。C 项具有一定的干扰度,但从文章语篇总体分析,也应排除。至于 D 项内容,客观上会给孩子造成压力,但并不是教练、家长们的主观愿望。
4. 选[C]。判断推理题。根据第三段第二句可知,比赛的结果不如从体育中学到东西及其他生活经验,故选排除[A];由该段第三句可知,在当年轻年人体育比赛中年轻人最担心的不是使自己开心和从体育中得乐趣,故排除[B];文中虽提到家长和教练对年轻的运动员施加压力,这正是作者,即文章所不提倡的,也没有提及如何应付压力;根据第二、三句及第三段五、六句可知,[C]为本题答案。
5. 选[B]。主旨大意题。最主要的提示出现在文章倒数第二句“Research indicates that positive reinforcement motivates and has a greater effect on learning than criticism.”;A 项意思为“劝说孩子不要担心批评”,跟文章不沾边。文中既没有提及“批评与鼓励的结合”,也没有探讨两者结合的技巧,故 C 项错误。文章也没有教孩子怎样避免“burnout”,所以 D 项也应排除。

## Text 3

The fitness movement that began in the late 1960's and early 1970's centered around aerobic exercise (有氧体操).<sup>1</sup> Millions of individuals became engaged in a variety of aerobic activities, and literally thousands of health spas developed around the country to capitalize (获利) on this emerging interest in fitness, particularly aerobic dancing for females.<sup>2</sup> A number of fitness spas existed prior to this aerobic fitness movement, even a national chain with spas in most major cities. However, their focus was not on aerobics, but rather on weight-training programs designed to develop muscular mass, strength, and endurance in their primarily male enthusiasts.<sup>3</sup> These fitness spas did not seem to benefit financially from the aerobic fitness movement to better health, since medical opinion suggested that weight-training programs offered few, if any, health benefits.<sup>4</sup> In recent years, however, weight training has again become increasingly popular for males and for females.

Many current programs focus not only on developing muscular strength and endurance but on aerobic fitness as well.

Historically, most physical-fitness tests have usually included measures of muscular strength and endurance, not for health-related reasons, but primarily because such fitness components have been related to performance in athletics. However, in recent years, evidence has shown that training programs designed primarily to improve muscular strength and endurance might also offer some health benefits as well.<sup>5</sup> The American College of Sports Medicine now recommends that weight training be part of a total fitness program for healthy Americans. Increased participation in such training is one of the specific physical activity and fitness objectives of Healthy People 2000: National Health Promotion and Disease Prevention Objectives. (264 words, 40264)

### 词、句、篇精解

## I. Structure Analysis

结构分析

这是一篇关于体育健身的说明文,介绍了主要健身项目有氧操和负重训练以及提供此类健身项目的娱乐中心的发展状况。第一段指出有氧操给健身业带来的影响;第二段说明目前的健身趋势:有氧操和负重训练相结合。

## II. Translation

全文翻译

始于 20 世纪 60 年代末,70 年代初的健身运动以有氧操为主。数以百万计的人参加了各种各样的有氧运动。实际上,由于健身运动的兴起,特别女子有氧健身舞,全国建立了上万座从中获利的健身中心。在有氧健身运动之前,全国也有许多健身中心,甚至在大多数城市里有连锁机构。但是,当时的重点不在有氧运动上,而是主要针对男性运动爱好者的举重训练上,旨在改善男性的肌肉群,增强力量和耐力。这些健身中心看起来似乎并没有从这场改