



“十二五”普通高等教育本科国家级规划教材
新世纪大学英语系列教材(第二版)

听力训练 4

主 编 王敏华



NEW CENTURY COLLEGE ENGLISH
Upgrading Your Listening



 上海外语教育出版社
外教社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS
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编者的话

《大学英语课程教学要求》中明确提出：大学英语的教学目标是培养学生的英语综合应用能力，特别是听说能力。听说能力在学生今后的学习、工作和社会交往中起着举足轻重的作用，关系着交际的成功与失败。但是，听说能力的提高，并非一蹴而就的事情。在十多年的听力教学中，我们了解了中国学生在英语听力方面存在的一些问题和困惑。带着这些问题和困惑，我们对英语听力教学方面的理论进行了探讨，然后在教学中去实践这些理论，以检验是否行之有效。实践告诉我们，遵循听力理解的规律，采用恰当的听力策略，形成良好的听力习惯(当然还要有一定的英语语言基础)，听力理解的效果会迥然不同。在此基础上，我们开始着手编写本套《听力训练》。在编写本套丛书前，我们也浏览了一些国外的听力教材，借鉴了它们编排中的优点。我们希望本套丛书能对广大读者在提高听力理解能力、顺利通过听力考试、流畅地进行交际等方面有所裨益。

在此次修订前，我们听取了一些使用本套丛书的学生的意见，他们对本套丛书持非常肯定的态度，认为在提高听力理解能力方面，本套丛书起了很关键的作用。我们根据这些学生的意见以及我们在使用过程中的感受，删掉了一些单元。另外，为了配合大学英语四级、六级考试的新题型，我们把原来的复合听写练习和测试改成了听写填空。

《听力训练》共六册，下面就选材、编排等方面来介绍一下改编后的这套书的特点。

选材

就内容而言，我们以兴趣和知识性为主；就语言来说，我们尽可能做到循序渐进，从易到难。本套丛书涵盖的话题都是大家耳熟能详的，这在很大程度上便利了听力理解。

编排

《听力训练》每一册书有12单元和2套测验题。

1. 第一、二、三册

第一、二、三册编排相同，每一单元由以下几部分组成：

Before Listening

这一部分由Read and Answer、Your Opinion and Your Prediction和Vocabulary Study组成。Read and Answer的编排意图是激活听者相关的背景知识或者是介绍相关的背景知识。背景知识对于听力理解的成功是至关重要的。Your Opinion主要是通过提问把听者引到和所要听的材料的话题更接近、更相关的方向，这也是用另一种方法来激活听者的背景知识，为听力理解的成功做铺垫；而Your Prediction是让听者综合利用本单元Vocabulary Study和Listening Exercises提供的信息对要听的材料内容进行预测，预测的目的之一是让听者在听的时候更好地投入，增加听力理解成功的几率。诸多教学实践证明，激活背景知识和在听之前对内容作预测是行之有效的提高听力理解的方法。Vocabulary Study的目的在于尽可能地帮助听者扫除语言上的障碍，或者是帮助激活听者的语言知识。我们没有直接把词义告诉听者，而是编了一些练习，旨在让听者通过做练习

更好地记住这些词或词组。

Listening

这一部分由 Yes or No、Listening Exercises和 Listening Strategy 组成。Yes or No在于核实预测，如果预测和所听内容不相符合再进行调整。Listening Exercises旨在通过形式各异的练习帮助听者听懂听力材料的内容，并潜移默化地掌握各种听力技能。Listening Strategy就每一单元听力材料中的某一点展开，这样使得每一策略切合实际、更可信。在每一个听力策略简要讲解以后，有让听者进行实践的机会。值得指出的是，有些听力策略在六册书中反复出现，这是因为我们觉得类似的策略尤为重要，或者它能帮助听者克服某一个弱点。

After Listening

这一部分由Text-Related Activity、Vocabulary Review 和Oral Practice组成。Text-Related Activity旨在让听者在听懂课文内容的基础上，口头表达相关的课文内容，并且就课文内容发表自己的观点和意见，或者讲述自身的经历等。有研究表明，听后就所听内容展开谈论可以进一步理解、消化所听内容。Vocabulary Review旨在帮助听者尽可能地记住并且运用已经听到过的生词和词组。Oral Practice旨在让听者在输入的基础上进行输出，说的内容有的和听力材料的某些语言功能相关，有的则和听力材料的话题相关。

综上所述，Before Listening 是为Listening作铺垫，而Listening在训练了听力理解的基础上，为 After Listening提供了输入的内容和量，以便After Listening的输出有源可寻，有依有据。所以每一个单元的各个部分之间有着有机的联系，是一个完整的体系。

两套测验题

第一、二册每六单元后有一套测验题，测验题的编排以综合运用前六个单元中的听力策略为宗旨，也就是说，两套测验题的设计依据是十二个单元中涉及的听力策略。

第三册每六单元后有两类测验题，共四类，即：短对话、长对话、短文和听写填空。有了前面两本书的基础，在第三本书的测验中，希望读者综合运用各种策略，顺利通过四级考试。当然考试只是一种手段，最终的目的是为了应用。第一类测验题为短对话，通过解析四级真题，了解短对话的考点，建议相应的技巧，然后提供习题操练。第二类测验题为长对话，通过真题分析，了解长对话的考点，建议相应的技巧，然后提供习题操练。第三类测验题为短文，通过真题分析，了解短文的体裁类型和考点，以及应对策略，并且有针对性地提供操练的习题。第四类测验题为听写填空，针对真题，指出做听写填空题必须注意的事项，并且提供习题操练。

2. 第四、五、六册

第四、五、六册编排相同，每一单元由以下几部分组成：

Before Listening

这一部分由Your Opinion and Your Prediction和Vocabulary Study组成，设计目的与第一、二、三册对应部分相同。

Listening

这一部分由 Yes or No、Listening Exercises和 Listening Strategy 组成，设计目的与第一、二、三册对应部分相同。

After Listening

这一部分由 Dictation和 Writing组成。听写目的之一是为后面的写作提供帮助；写以听为基础。

综上所述，Before Listening 是为Listening作铺垫，而Listening在训练了听力理解的基础上，为 After Listening提供了输入的内容和量，以便After Listening的输出(写作)有源可寻，有依有据。所以每一个单元间的各个部分之间有着有机的联系，是一个完整的体系。

两套测验题

第五册每六单元后有两类测验题，共四类。测验题的编排以综合运用各项听力策略为宗旨，该册书的四类题目为历届大学英语六级考试真题的听力部分，按六级考试的题型进行了归类：短对话、长对话、短文和听写填空。在每一类习题前指出该类题型在真题中的考点以及应对方法。

第四、六册每六单元后有一套测验题，测验题的编排以综合运用各项听力策略为宗旨，这两册书的各两套题目为历届四、六级真题，只是在听写部分做了相应的修改，将复合听写改为听写填空。

使用

1. 按每一单元的顺序和各个练习的指令做完整个单元。如果是独自做练习，那么最后练习口语部分也是有用的。有研究表明，独自一人对着墙练习，口语也会有进步，只要有讲的内容即可。
2. 如果时间比较紧，来不及做完整个单元的练习，那么可以忽略Before Listening下面的阅读部分，从Your Opinion and Your Prediction开始，到Listening Strategy下面的练习为止，坚持不懈，同样受益。
3. 自学时，视个人的听力水平来决定同一篇材料听几遍。如果有的练习听一遍就能解答，就没必要如指令所要求的听两遍；反之，如果听两遍还没完成练习，则可以继续听第三遍。

本套书可用作各高校现有听说课程的补充资源，亦可作为课外提高听力能力的自学教材。本套书必将为学生提高英语听力理解能力、从而提高交际能力提供有力的帮助。

读者在使用本套丛书过程中若发现不妥或错误之处，欢迎批评、指正。

编者

2014年4月

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1

MAINTAINING BODY FITNESS

BEFORE LISTENING

A Your Opinion and Your Prediction

Think and answer

1. Do you often work out in the gym to keep fit? What exercise do you do there? Is it interesting and rewarding? Why or why not?
2. Have you ever thought of running a marathon? Do you know what preparation one needs to have in order to finish a marathon?
3. You will listen to a passage and an interview about some tips on physical exercise and fitness. Browse all the information available in **Vocabulary Study** and **Listening Exercises** and predict what kind of tips will be given to help one keep fit and to enable one to run a marathon respectively.

B Vocabulary Study

Before you listen to the passage and the interview, read the following passage carefully and choose from the following box the appropriate words or phrases to fill in the blanks. Change the form if necessary.

- | | |
|-----------------------------|---|
| a. respiratory 呼吸的 | i. cardiovascular /kɑːdɪəʊ'væskjələ/ 心血管的 |
| b. rewarding 有益的, 值得的 | j. veteran 经验丰富的人 |
| c. colon cancer 结肠癌 | k. whole grain 全麦 |
| d. prowess 杰出的才能, 高超的本领 | l. wear and tear 磨损 |
| e. couch 长沙发 | m. biomechanical 生物力学的 |
| f. work out 锻炼, 训练 | n. press-up 俯卧撑 |
| g. pro (=professional) 专业人员 | o. strenuous 费劲的, 费力的 |
| h. novice 初学者, 新手 | |

Mark is very keen on keeping fit. He goes jogging every morning and does 1) _____ every afternoon. He eats a lot of fresh fruits, green vegetables, and 2) _____ bread, as he believes that eating healthy can reduce the chance of having serious digestion problems, especially 3) _____.

Mark has an ambition, that is, to take part in the national marathon next year. Being a 4) _____, he seeks some advice from some 5) _____. They told him that running a marathon takes not only physical 6) _____ but also strong willpower. He also learned that preparing for the marathon demands extra 7) _____ on the bones, so much so that some 8) _____ who have run marathon for years can develop 9) _____ problems, that is, not being able to move their limbs as well as a normal person. In spite of all the challenges and price one has to pay, Mark is still determined to give it a try, as he is fully aware of the benefit — preparing for a marathon can greatly reduce the risk of having 10) _____ problems such as heart attack, and 11) _____ problems, especially problems with the lung.

LISTENING

A Yes or No

Listen to the passage and the conversation and find out if what you have predicted has been mentioned in them. Please put a tick (√) in the box either beside **Yes** or **No**.

Yes **No**

B Listening Exercises

Passage

- Listen to the passage and decide whether the following statements are true (T) or false (F).
 - The passage is mainly about how to keep fit by doing all kinds of exercises and eating various healthy food. ()
 - The passage is probably targeted especially at students. ()
 - Morning exercises are the most important way to help one keep fit. ()
 - Drinking lots of water can also contribute to a healthy lifestyle. ()
 - Some people are tired of working out in the gym because it demands lots of work. ()

- II. Listen to the passage again and complete the chart below with the information you have learned from the passage.

Body fitness tips	Examples	Benefits
Morning exercises	Jogging, 1) _____, stretching, walking to school.	It makes one active and lowers the risks of 2) _____.
Eating healthy and taking plenty of 3) _____	Fruits, 4) _____ and cereals.	It helps to reduce the chances of getting 5) _____ and colon cancer.
6) _____ exercises	Indoor games like chess, cards and poker.	
Enjoyable workout	7) _____.	It's an enjoyable way to help one keep fit and healthy.

Conversation

- I. Listen to the conversation and choose the best answer to each question you hear.
- To be the champion.
 - To be the fastest runner.
 - To finish the race.
 - To break the record.
 - Between 6 and 12 months.
 - Almost a year.
 - 12 to 16 months.
 - 12 to 16 weeks.
 - Running a marathon is good to your bones.
 - Running a marathon can do harm to your bones.
 - Running a marathon can let you grow taller.
 - Running a marathon will help you to be more mature.
- II. Listen to the conversation again and complete the answers to the following questions according to what you have learned from the conversation.
- What does it take to finish a marathon?
Finishing a marathon takes more than _____. It also takes willpower, lots of it.
 - What are the three stages that Mr. Benson suggests novice runners should take into consideration to complete a long-distance running?
A beginner should spend almost a year to go through three stages, becoming _____, becoming _____, and then finally becoming _____.
 - What is the negative side of endurance-driven sports like marathon?
It's a real good way to age your legs prematurely. Running marathons frequently, running three or four of them a year, running them for years and years and years is going to take a lot of _____, your joints, and you'll be probably slowing down, maybe even quitting running because of bio-mechanical problems.

Listening Strategy

建议类短文和对话的叙述要点

本单元的短文和对话是关于如何健身和长跑的实用性建议。诸多建议其实可以归结为两个方面的内容：1) 为什么(健身、长跑)；2) 怎样(健身、长跑)。有时文章会一条建议一条建议地讲，每条建议都提及它的好处(为什么)和如何操作(怎样做)，我们听的短文基本上就是这样的结构。有时文章会总体讲讲好处之后，再一点一点谈怎样做，要注意什么，我们听的对话基本上是这种结构。所以我们在听关于建议的文章或对话时，只要带着这两个问题(为什么和怎样做)去听，就不难把握文章和对话的脉络、听懂文章和对话的要点了。

Practice

I. Listen to a passage and decide whether the following statements are true (T) or false (F).

1. The passage is mainly about how to do intense physical exercise to keep fit. ()
2. Walking is one of the safest ways to exercise according to experts. ()
3. There are shoes that are specially designed for walking. ()
4. You don't need to do any warm-up exercise before you start walking exercises. ()
5. You should try to walk the fastest you can to gain the most out of the exercise. ()

II. Listen again and fill in the blanks with the missing information.

A. Benefits of walking exercises:

1. Walking several times a week can _____ such as heart disease, stroke, diabetes, bone loss, arthritis and depression.
2. Walking can also help you lose weight. Walking several times a week is a good way to _____ and lose extra body fat.
3. Fast walking is good for the heart. It lowers the blood pressure. Researchers say walking can sharply _____.
4. It can also help _____ of depression.
5. Walking is one of the safest ways to exercise. There is a _____. So it is good for people who are starting an exercise program for the first time and for older people.

B. Tips of walking exercises:

1. You should wear _____.

2. You should _____ in your legs, arms and back before and after you walk.
3. You should walk fast enough to cause you to _____. Yet you should still be able to talk. Let your arms move freely while you walk.
4. You can gain the most from a walking program if you walk at about _____. You should do this about five times a week.

AFTER LISTENING

A Spot Dictation

Listen to a passage and you will hear it three times. When it is read for the first time, you should listen carefully for its general idea. When it is read for the second time, fill in the blanks with the exact words you have just heard. Finally, when the passage is read for the third time, check what you have written.

Have you ever tried to hold your breath for a long time and then let it out slowly? This is one of the 1) _____ of an ancient Indian discipline known as Yoga. The word Yoga itself comes from an 2) _____ sanskrit word meaning “union”. What kind of union do you think the word 3) _____? Why would people want to have this kind of 4) _____? For thousands of years, people have used Yoga to help search for happiness and 5) _____.

Students of Yoga often study for as long as 20 years before becoming masters, or Yogis. They learn many different physical exercises. These exercises are 6) _____ to put the students in good physical condition. Then they can 7) _____ on deep religious thoughts without worrying about physical discomforts.

Many Yoga exercises involve putting the body into difficult positions. Some of them are very hard to learn. Have you ever tried to fold your legs over one another? This is one of the basic Yoga positions. It is called the 8) _____. Most people find it difficult to stay in that position for even a few minutes. But Yogis train themselves to remain in the lotus position for hours or even days. 10) They are taught to overcome the physical discomforts of holding these positions.

Other exercises and rules teach concentration — Yogis feel this is the key to finding 9) _____. This kind of concentration is called meditation. Yogis and many other people practice meditation. They claim that it makes them feel 10) _____ and peaceful. Some people say that it makes them feel better — just as good exercise does.

B**Writing**

Write a short composition on the topic "Jog to Lose Weight". You are required to write at least 120 words, and base your composition on what you have learned from this unit. You can start with the benefits of jogging, and go on to talk about how to jog to lose weight.

2

THE POWER OF COLOR

BEFORE LISTENING

A Your Opinion and Your Prediction

Think and answer

1. What is your favorite color? And why do you like it?
2. Do you think colors can affect your emotions?
3. What's the use of colors in our daily life?
4. You will listen to a passage about the power of color, which is divided into two parts. Browse all the information available in **Vocabulary Study** and **Listening Exercises** and predict what specific colors might be talked about in the two parts respectively.

B Vocabulary Study

Before you listen to the passage, read carefully each of the following sentences and match these underlined words or phrases from the two listening parts with the Chinese meanings given in the following box.

- | | |
|---------------|---------------|
| a. (色彩的)浓淡深浅 | k. 人类学家 |
| b. 象征 | l. 优势, 统治 |
| c. 提取 | m. 加速 |
| d. 原始的 | n. 看得见的 |
| e. 标志着, 成为…征兆 | o. 警告 |
| f. 攻击性 | p. 激励物; 影响力 |
| g. 由…联想到 | q. 稳定 |
| h. 人工合成的 | r. 应得, 值得 |
| i. (动植物的)物种 | s. 抑制 |
| j. 强烈, 剧烈 | t. 开胃的, 增进食欲的 |

1. I like all shades of purple. ()
2. An appetizing smell of baked apples filled the house. ()
3. The lengthening days signal the end of winter. ()
4. Oils are extracted from the plants. ()
5. The intensity of the hurricane was frightening. ()
6. An anthropologist does the scientific study of people, their societies, their cultures and so on. ()
7. In Europe, the color white symbolizes purity but in Asia it is often the symbol of deep mourning. ()
8. Hope is a stimulant. ()
9. The bullet holes are still clearly visible in the walls. ()
10. I associate summer with holidays. ()
11. His paintings command a high price these days. ()
12. The rug is made from a mixture of wool and synthetic fibers. ()
13. This rare bird has become an endangered species. ()
14. An unhappy family life may inhibit children's learning. ()
15. How did primitive life-forms first appear on Earth? ()
16. After the financial crisis, many people feel that the economic and political dominance of Western countries has weakened. ()
17. Our relationship provided the stability and comfort we both needed. ()
18. She was cautioned for speeding. ()
19. Television violence can encourage aggression in children. ()
20. The Ferrari can accelerate from 0 to 60 mph in 6.3 seconds. ()

LISTENING

A Yes or No

Listen to the two parts and find out if what you have predicted has been mentioned in the passages. Please put a tick (√) in the box either beside **Yes** or **No**.

Yes **No**

B Listening Exercises

Part One

- I. Listen to Part One and choose the best answer to each question you hear.
 1. a. They thought color made the world beautiful.

- b. They thought color could express a person's feeling.
 - c. They thought color could stand for power.
 - d. All of the above.
2. a. For making their surroundings more beautiful.
 - b. For signaling aggression toward an enemy or attracting a mate.
 - c. For painting their bodies to look more attractive.
 - d. For attracting their friends.
3. a. Intensity and anger.
 - b. Intensity, fire, love, and anger.
 - c. Luck, wealth, and success.
 - d. Luck, wealth, success, intensity and love.
4. a. In this way, the product looks as if it is advertising toward a shopper.
 - b. Because Americans like the color red.
 - c. Because American advertisers believe that red can make the product more attractive.
 - d. In this way, the product can make a shopper feel pleased at first sight.
- II. Listen to Part One again and try to find out the messages sent by the color red and its use in daily life and fill in the following blanks with the missing information:

The color red:

- When people redden, they are 1) _____ or 2) _____.
- In a game, the team 3) _____ in red is more likely to 4) _____ because the color signals 5) _____.
- It is reported that men in prisons are more 6) _____ when the walls are painted a specific shade of 7) _____.

Part Two

- I. Listen to Part Two and decide if the following statements are true (T) or false (F).
1. Yellow is one of the easiest colors to be noticed. ()
 2. The color yellow is widely used around us, especially when we need to emphasize something important. ()
 3. The color yellow can also help students to focus on their studies. ()
 4. Blue has always been associated in many cultures with water, religious objects, and protection against fire. ()
 5. If you try to tell others, "I am in control" or "You can trust me", you'd better dress in light blue. ()
 6. Both pink and blue have a neutral, calming effect on people. ()
 7. People tend to think that blue food is unhealthy. ()
 8. Blueberries are no exception. ()