 大学英语立体化网络化创新系列教材

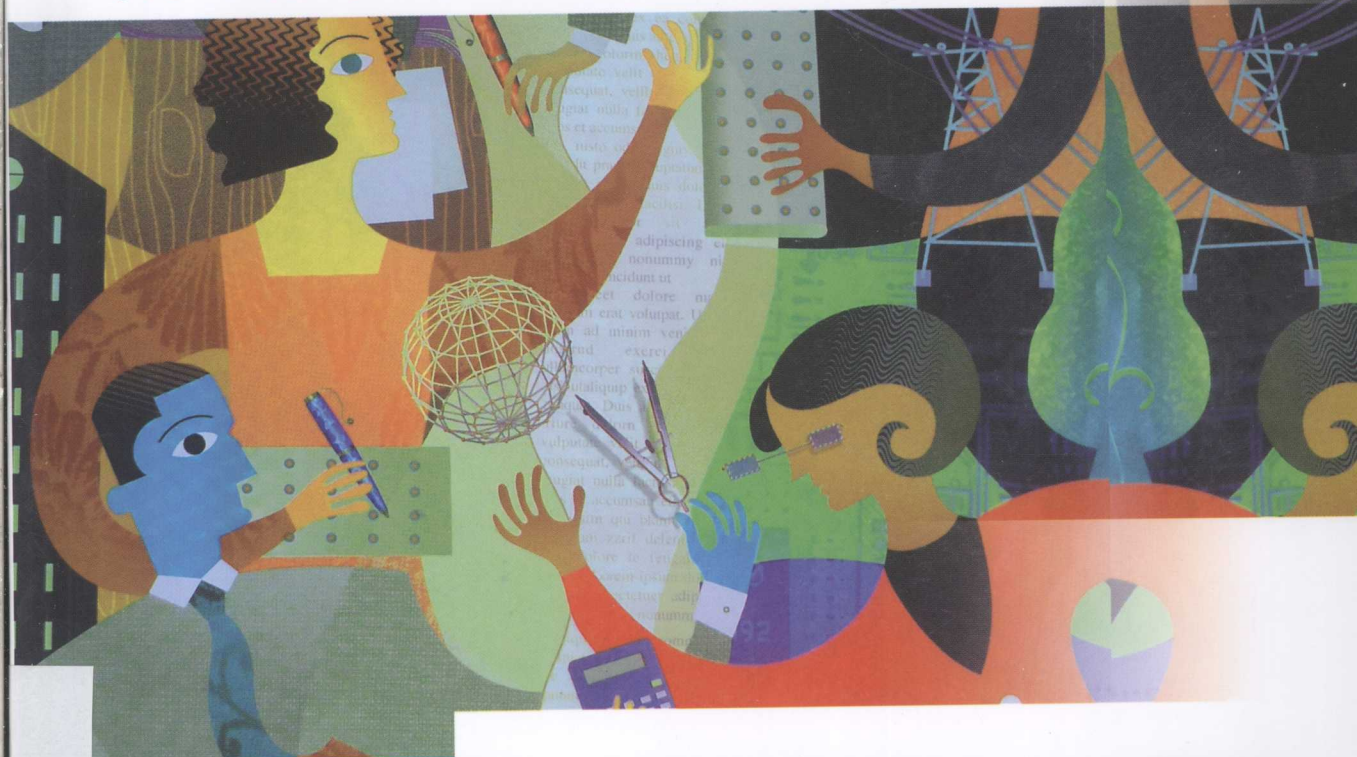
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大学基础英语教程

(第二版) 第4册

学生用书



蒋学清 ©主编

Essential College English



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(第二版)

第 4 册

学生用书



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第二版前言

《大学基础英语教程》自2008年5月面世以来,得到了广大师生的厚爱,在激烈的竞争中,不仅站住了脚跟,且稳步发展。五年来,我国大学英语教学发生了很大的变化,更加强调分类指导、因材施教,更加注重能力发展和大学英语教学的人文性、教育性功能的发挥。五年来,我们也陆续收到不少反馈。这些反馈林林总总,既有表扬和肯定,也有意见和建议。因应所有这些变化,为了更好地满足广大师生教与学的需求,更好地体现我国大学英语教学分类指导、因材施教的原则,北京大学出版社外语编辑部和教材总主编协商,决定对《大学基础英语教程》进行全面修订,并于2013年7月召开了教材修订会。会上,出版社领导、分册主编和责任编辑对教材修订的相关事宜进行了热烈讨论,确定了教材修订的原则、内容、体例、要求、分工和进度。

本次修订沿袭了教材第一版适用、实用、简约、励志的编写理念,保持了唯实性、简约性、实用性和教育性的教材特色,针对我国大学英语教学的新形势和新要求,结合反馈,对教材的课文内容、练习形式、录音制作、学习课件、版式设计、装帧美观等多个方面做了全新改版,以更好地满足广大师生,特别是音体美院校和民族地区院校师生英语教与学的需求。

本次修订主要涉及以下具体内容:

1. 精简了单元主题及内容

进一步贴近教学安排,将第一版中每册书12个单元、3套自测题精简为8个单元、两套自测题。与之相应,各分册的重点技能训练也进一步精炼与整合,分布在8个单元内完成,从而使本教材内容更充实、更精致。

2. 调整了部分课文选文及练习设计

更换了部分内容过时的课文选文,新增了一些时代性、趣味性与可读性兼备的文章,严格避免分册内部单元主题的重合及选文内容的偏僻,使教程第二版更加符合学习者水平,更具适用性、可教性、可学性。注重学以致用,依照使用频率,将常用的英语口语交际功能句型编排在四个分册,并增加了相应的练习,各分册既有侧重,又有机互联,构成一个完整的口语交际能力体系。调整了部分课后练习的题型与题量,更换了原有的课文内容综述练习,改为与课文主题内容密切相关的语言综合运用题型,以提升学生语篇层面的语言使用能力。扩充了课文后的阅读理解、词汇练习、英汉互译的数量,使之更加符合不同学习阶段学生的英语学习实际和需求,进一步夯实学生的语言基础。

3. 更加科学地控制分册内部及分册间的梯度与难度

梯度与难度控制通过主题熟悉度、选文长度、生词量、练习题型及重点技能难易度来实现。各分册编写体例总体保持一致,旨在夯实学生的语言基础,强化英语综合应用能力。因学习目的和学习者水平不同,一、二册和三、四册编写体例有一定的差异,练习题型一、二册原则上为控制题型,三、四册为半开放题型,各册的课文内容和练习设计呈更好的梯形分布,使学生的英语学习和技能发展更加循序渐进,逐步提高。

4. 更加注重学习者友好

除课文、练习、难度等更加贴近学习者的实际需求外,重新制作了课文及课后生词录音,语速适中,优美悦耳,便于学习和模仿。重新编写了教师用书和学习课件。版式设计更加新颖时尚,美观大方。

为了给师生呈现一部内容更好、质量更高的教材,本次修订还调整和充实了编者队伍。《大学基础英语教程》(第二版)第一册由北京科技大学何伟教授主编;第二册由西安交通大学王芳教授主编;第三册由华中科技大学许明武教授主编;第四册由北京交通大学蒋学清教授主编。每册书均有一名资深外籍专家审定,以确保教材内容及语言更规范、更严谨、更自然、更地道。

《大学基础英语教程》(第二版)凝聚着编者、出版社以及广大师生的共同智慧和劳动。我们十分感谢老师们提出的宝贵意见和建议。北京大学出版社外语编辑部张冰主任、责任编辑郝妮娜、李娜和刘文静女士在本书修订和出版过程中付出了辛勤的劳动,谨此致谢!我们期待着经过全新改版和修订的这套大学英语教材更加适用实用、新颖活泼,能更好为师生服务,为我国大学英语教学服务!

限于作者水平,疏漏与错讹之处在所难免,敬请读者批评指正。

编者

二〇一三年十二月

第一版前言

教育部《大学英语课程教学要求》(以下简称《教学要求》)明确指出:“我国幅员辽阔,各地区、各高校之间情况差异较大,大学英语教学应按照分类指导、因材施教的原则,以适应个性化教学的实际需要。”

《大学基础英语教程》即是依据《教学要求》编写的一套大学英语教材,主要适用于全国各高等院校艺术、体育类学生,民族地区的非英语专业大学生,旨在使学生通过本教材的系统学习,在英语语言知识、应用技能、学习策略和跨文化交际方面能够达到《教学要求》中规定的高等学校非英语专业本科毕业生应达到的基本要求。

一、编写原则

《大学基础英语教程》在编写过程中力图体现以下编写原则:

1. 以《教学要求》为依据,重点培养学生英语综合应用能力。
2. 以人为本,因人制宜,始终考虑适用对象的现有英语水平和实际学习需求。
3. 旨在使学生通过本教材的学习,做到学有所用、学以致用、以用促学、学用统一。力争使语言知识的传授与语言运用能力的提高做到相辅相成、有机互补,既不片面强调语言知识的传授,也不片面强调没有坚实基础的语言能力的提高。

二、教材特色

本教程的特色主要体现为“唯实”、“简约”、“实用”、“教育”四个方面。洞察适用对象外语水平和学习需求之实并以之为本,教材编著与设计力求因应适用对象之求并扼之以要,高度重视学生综合文化素养的培养以及所学外语知识和技能的实际应用,寓人文素养与道德教育于外语学习的潜移默化之中。具体体现如下:

1. 唯实性

本教材专门为全国各高校艺术、体育类学生,民族地区的非英语专业学生所编写,编写体例、课文选材、练习设计等均体现了较强的针对性,以提高学生综合运用语言的能力为出发点和最终归宿,针对学生的薄弱环节和实际需要,做到因应需求、有的放矢。

2. 简约性

本教材依据目标学生实际情况,不求教材大而全,突出其简约而实用的特点。同时,本教材编写融听、说、读、写、译多种语言技能培养为一体,各册既各有侧重,又有机相连,从而达到全面培养学生综合运用英语能力的目标。

3. 实用性

本教材选材力求语言规范、严谨,选文力求与适用对象的专业和兴趣相关,同时知识性与趣味性兼备。选文富于思想内涵,融语言、文化、技能为一体,有助于学生运用所学外语知识就课文涉及的相关问题阐述自己的观点和看法。这不仅能训练学生的语言技能,同时也能培养学生的综合素养。重点语言知识及技能讲解以及练习的编配侧重使学生学以致用,在知识运用中检验知识,弥补不足。

4. 教育性

外语学习不仅事关学生综合运用英语的能力和学生的国际视野,更是人才培养的有机组成部分。本教材选文不仅注重激发学生的学习兴趣,培养学生的外语技能,更加注重学生综合人文素养的提升和积极人生观与正确价值观的培养,使之在潜移默化之中,启迪学生的思想,陶冶学生的情操。

三、内容结构

《大学基础英语教程》供高等院校非英语专业本科生两学年4个学期使用,重点培养学生综合运用所学英语知识和技能,有效进行口语及书面交际的能力,提高其综合外语文化素养。全教程共4册,每册供一个学期使用。每册教材含12单元课文和3套单元自测题。每一单元含相同或相关主题主、副课文各一篇。主课文前有本单元内容简介(Preview)、听力活动(Lead-in Listening)、口语活动(Communicative Activity)。主课文由读前问题(Pre-reading Questions)、课文(Text)、生词(New Words)、词组(Phrases and Expressions)、专有名词(Proper Names)、注释(Notes)、练习(Exercises)几个部分组成。每篇主课文后均配有课文理解(Getting the Message)、词汇学习(Developing Your Vocabulary)、要点综述(Recognizing Main Ideas)、英汉互译(Trying the Translation)、语篇构建(Organizing Your Ideas)和话题讨论(Beyond the Reading)6项练习。副课文后同样附有生词、词组和注释,配有课文理解(题型与大学英语四级考试速读部分相同)和要点综述两项练习。每单元还配有重点知识或技能(Skill in Focus)及相关练习(Exercises)。

每册书含3个单元自测题,分别插入第4、第8、第12单元之后,自测题内容是对相关单元重点知识与内容的复习与检测,以相关单元内容检测为主,辅之以其他能力测试题。题型与大学英语四级考试新题型以及全国公共英语等级考试(PETS)相近或相同。

每单元可安排4学时,教师可视课文的长度、难度及各校学生的具体情况适度调节。

教师参考书中配有每篇课文的参考译文、背景知识、难点分析与练习答案,重点练习部分附有练习答案详解,供教师备课时参考使用。

四册教材由几所学校合作完成,各册既各有侧重,自成一体,又有机相连。专项知识和技能部分重在技能训练,四册教材分别侧重关键语法、阅读技能、翻译技巧、写作训练。

《大学基础英语教程》第一册由北京科技大学彭漪教授、何伟博士/博士后主编;第二册由山西长治学院晋胜利教授、北京服装学院郭平建教授主编;第三册由华中科技大学许明武教授、山东济宁学院李伯芳教授主编;第四册由北京交通大学蒋学清教授主编。每册书均由一名资深外籍专家审定,以确保教材内容及语言的规范性、严谨性、自然性与真实性。

限于编者水平,疏漏与错讹之处在所难免,敬请专家、读者批评指正。

编者

2008年5月

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Unit One

Spirits of Sports

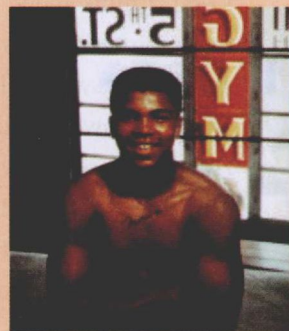
A Famous Quote

Champions aren't made in the gyms. Champions are made from something they have deep inside them — a desire, a dream, a vision.

— Muhammad Ali

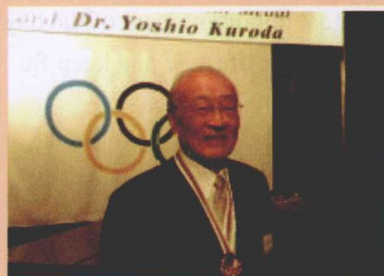
冠军不是诞生于健身房，而是诞生于他们内在的东西——一种欲望，一种梦想，一种远见。

——穆罕默德·阿里



Muhammad Ali (1942—),
American boxer.

The most important thing in the Olympic



Pierre de Coubertin (1863—
1937), Father of modern
Olympics.

*Games is not winning but taking part;
the essential thing in life is not conquer-
ing but fighting well.*

— Pierre de Coubertin

奥运精神不在取胜，而在参与；
人生真谛不在输赢，而是全力
以赴。

——皮埃尔·德·顾拜旦

Speaking Activity (Talking about health)

Starting a conversation

Sample dialogue

Directions: Read the following conversation among classmates. They are talking about health and healthy lifestyle. Pay attention to the useful expressions about health and healthy lifestyle.

Student A: I went swimming last Saturday, and my arms are still hurting.

Student B: If only you took a little exercise often. Look at me, my arms never hurt.

Student C: I agree entirely. It will be much better if you get up half an hour earlier and jog for a while.

Student A: I don't like jogging. It bores me.

Student B: I don't think much of jogging, either. Though I used to jog, I soon stopped and took up other sports. For several years I go to the pool about four times a week, and I try to swim at least 1000 meters every time.

Student C: Wow, you swim 4 kilometers a week? No wonder you are in such fantastic shape.

Student B: How about going swimming with me this weekend?

Student A: This weekend? No. I'm worrying about the coming maths exam next Monday and I'll be very busy until it's finished.

Student B: Do you mean you're going to burn the midnight oil again for several days?

Student A: I'm afraid so. There are thousands of maths problems for me.

Student B: You must be kidding. Enough sleep is essential for keeping fit. You can't do well if you are always in lack of sleep.

Student C: Yes, I agree. I find you have the bad habit of staying up very late and then sleep late in the morning. Sometimes, you get up too late and skip breakfast.

Student A: That's true. Sometimes I have to skip breakfast and rush to the classroom right after I get up.

Student C: That's terrible. Do you know breakfast is the most important meal of the day?

Student B: I think the most urgent thing for you is to change your lifestyle and keep fit.

Student A: Thank you for your advice. I'll try.

Guided practice

Directions: You' re making a survey on health and healthy lifestyle. Ask your partner the questions on the questionnaire and fill in the form for him/her. Then add up the points for your partner and see whether he/she is in good health and has a healthy lifestyle. Then you change roles.

A questionnaire for health and healthy lifestyle

1. Do you think physical fitness is important?
☐ 5 very important ☐ 3 important ☐ 1 not important
2. Would you describe yourself as:
☐ 5 very fit ☐ 4 quite fit ☐ 3 average ☐ 2 below average ☐ 1 unfit
3. How often do you exercise?
☐ 5 everyday ☐ 4 every other day ☐ 3 twice a week ☐ 2 once a week ☐ 1 rare
4. Do you ever get out of breath?
☐ 5 never ☐ 3 sometimes ☐ 1 often
5. Can you touch your toes without bending your knees?
☐ 5 yes ☐ 1 no
6. Can you hang from a bar, supporting your own weight for 20 seconds?
☐ 5 yes ☐ 1 no
7. How far can you run?
☐ 5 3 kilometers ☐ 4 2 kilometers ☐ 3 1 kilometer ☐ 2 500 meters ☐ 1 200 meters
8. Do you possess any sports equipment?
☐ 5 yes ☐ 1 no
9. Do/Did you have P. E. (Physical Education) class at school?
☐ 5 yes ☐ 1 no
10. Do you think sports or P. E. should be a compulsory part of the school curriculum?
☐ 5 yes ☐ 1 no
11. Do you ever stay up late and do not go to bed until after the midnight?
☐ 5 never ☐ 4 once in a while ☐ 3 often ☐ 2 very often ☐ 1 always
12. Do you often sleep late and do not get up until after 11 a.m.?
☐ 5 never ☐ 4 once in a while ☐ 3 often ☐ 2 very often ☐ 1 always
13. Do you smoke?
☐ 5 never ☐ 4 once in a while ☐ 3 often ☐ 2 very often ☐ 1 everyday
14. Do you drink alcohol, especially spirits?
☐ 5 never ☐ 4 once in a while ☐ 3 often ☐ 2 very often ☐ 1 everyday
15. Do you ever skip breakfast?
☐ 5 never ☐ 4 once in a while ☐ 3 often ☐ 2 very often ☐ 1 always

16. Do you ever feel tired?

- ⑤ never ④ once in a while ③ often ② very often ① always

17. Do you sleep well?

- ⑤ yes ③ not always ① no

18. Do you ever feel under pressure?

- ⑤ not very often ③ often ① always

19. Do you ever catch cold?

- ⑤ never ④ once in a long while ③ once in a while ② often ① very often

20. Can you get along well with your classmates/roommates/people around you?

- ⑤ yes, very well ③ yes, it's okay ① no, not well

Now, you can add up the points for your partner.

Over 85 = He/She is very healthy and has a very healthy lifestyle.

71-85 = He/She is healthy and has a healthy lifestyle.

50-70 = He/She is not in good health and his/her lifestyle needs to be improved.

Below 50 = He/She should be on guard against disease and his/her lifestyle needs to be improved immediately.

Text A

An Olympic Moment is a performance of an athlete in Olympic Games or an incident that takes place during Olympic Games. An Olympic Moment is usually very memorable and will forever stick in people's minds. Do you watch Olympic Games? Do you have your favorite Olympic stars and your Olympic Moment? For the writer of this article, his Olympic Moment was watching British athlete Daley Thompson winning the gold medal for the decathlon.

Pre-reading questions

1. Who is your favorite Olympic athlete? And why?
2. Please describe your favorite Olympic Moment. Why are you deeply impressed by it?
3. Do you know anything about the event of "the decathlon"?

Great Olympic Moments: Daley Thompson and the Decathlon

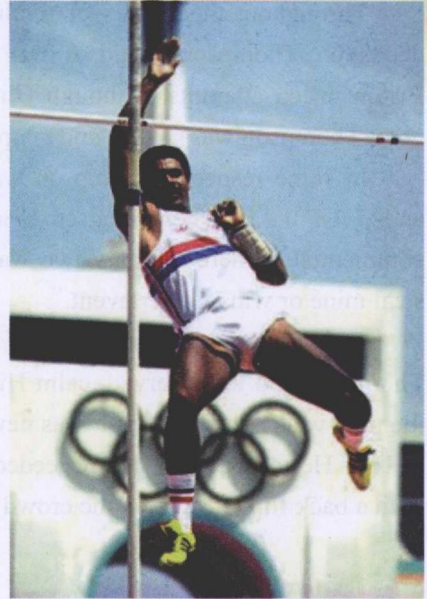
My Olympic Moment was watching British athlete Daley Thompson¹ winning the gold medal for the decathlon.

You may not be familiar with the decathlon. For sure, all Olympic events are admirable. The pole vault takes bravery, technique and a touch of madness. The marathon requires years of

dedication, dieting and training, and it looks exhausting. But if just remembering or listing the ten events that make up the decathlon is a tiring challenge, imagine having to practise from an early age to become world-class at ten sports, train all year round to perfect each skill, and then compete in these ten disciplines over two demanding and **grueling** days.

Competing in the decathlon is the ultimate test in sport. It requires determination, **stamina**, perseverance, and **guts**. As Thompson once joked, “Being a decathlete is like having ten girlfriends. You have to love them all, and you can’t afford to lose one.”

He won two Olympic gold medals for the decathlon in 1980 and 1984, yet Daley Thompson is not just Britain’s greatest ever sportsman purely because of ability and success.



What Makes a Great Athlete?

Great athletes need to have **genuine charisma** and a personality that **captivates spectators**. More significantly, the style in which they conduct themselves and the way in which they compete should reflect their character. Daley Thompson had both qualities.

And to be truly great, a sportsperson needs an equally talented **opponent** with a contrasting character or style. The wit, charm, skill, and bravery of boxer Muhammad Ali² are forever memorable because of his fight with the silent, threatening, and brutally dangerous George Foreman³ in 1974. The fiery perfectionism and **startling** ground shots⁴ of John McEnroe⁵ were brought out in his **epic** tennis matches against the measured play of the calm, **considered** Bjorn Borg⁶ in the early 1980s. Competitive **rivalry** creates drama. Having an equal adversary pushes great athletes to perform to their highest abilities, and sport becomes what it should be, which is a test and expression of human qualities.

For Daley Thompson, this rivalry was with Jurgen Hingsen⁷.

Daley Thompson vs. Jurgen Hingsen

Both were equals in determination, preparation and skill but opposites in character and performance, and this contrast made **compulsive** viewing. Hingsen was thoughtful and focused on the track. Nicknamed the “German Hercules” because of his strength and height, his technique and movements were well studied and methodical. In contrast, Thompson was shorter, colorfully skillful and would adapt or change his techniques when necessary. He would cheekily joke to the cameras and show genuine emotional reactions to setbacks and **infectious** delight when he succeeded.

Throughout their years of rivalry, each time Hingsen claimed a new world record in the decathlon, Thompson would **shatter** it in the next tournament, and Hingsen never defeated the Briton in ten attempts. Although Hingsen was an excellent athlete and came close to winning gold, Thompson was **stoical** and simply refused to give in.

In some respects, Thompson was **atypically** British. He was supremely confident, **cocky** and **outspoken**. When Hingsen **bragged** that he would win the decathlon gold, Thompson commented, "There are only two ways he is going to bring a gold medal home: he'll have to steal mine or win another event."

The decathlon in the summer of 1984 quickly became a personal battle between the boastful Thompson and the reserved, calm Hingsen. Only 32 points separated them as they competed in the pole vault. The pole vault was never his favorite sport, and Thompson needed to clear the bar at 16ft. He took a risk and succeeded, moving into an unmatchable lead. His joy in celebrating with a back flip⁹ electrified the crowd and was one of the defining images of the 1984 Olympics.

Truly Great

In the 21st century, many so-called **iconic** professional sportsmen with nothing interesting or **insightful** to say value making money over the thrill of competition and try to fake charisma with a shocking hairstyle or unusual **tattoo**. The determination, self-sacrifice, genuine charisma and enjoyment of pure competition of athletes such as Daley Thompson, Muhammad Ali and McEnroe remind us of how we should judge what a legendary sportsperson is.

Great Olympic Moments

An Olympic Moment can be memorable because of its **poignancy**, such as when Ali lit the Olympic flame in Atlanta in 1996.

The moment can be socially significant, like when **aboriginal** athlete Cathy Freeman won a gold medal in the Sydney Olympics.

Or it can be something unexpected. When Daley Thompson received the gold medal in 1984 he didn't react with false modesty, fake tears or ugly patriotism as the British national anthem played. He simply whistled along, relaxed in the knowledge he had done what every truly great athlete does, which is to both challenge and express yourself successfully in your chosen sport. And that, right there, became my Olympic Moment.

(802 words)

Notes

1. **Daley Thompson** 戴利·汤普森(1958年7月30日—),英国田径运动员,奥运会十项全能双冠。
2. **Muhammad Ali** 穆罕默德·阿里(1942年1月17日—),美国拳击手,22项世界重量级拳王头衔,世界名人之一。他以伟大拳击职业生涯和激进的政治主张而名满全球。1999年,被《体

育画报》杂志评为世纪最佳运动员;同时也被认为是20世纪最伟大的运动员之一。

3. **George Foreman** 乔治·福尔曼,美国拳王。1973年获得了第一个重量级冠军头衔,1994年,又成功击败了米切尔·穆勒,成为最高龄的拳王。
4. **ground shots** (网球)触地击球
5. **John McEnroe** 约翰·麦肯罗(1959年2月16日—),美国职业网球运动员,曾是ATP单打和双打世界排名第一。1999年,他被引荐进入国际网球名人堂(International Tennis Hall of Fame);2005年被美国TENNIS杂志评为最伟大的40位球员中的第11位。
6. **Bjorn Borg** 比约·博格(1956年6月6日—),瑞典网球运动员,曾世界排名第一。
7. **Jurgen Hingsen** 尤尔金·欣格森(1958年1月25日—),德国田径运动员,1984年奥运会上获得十项全能亚军。
8. **Hercules** 海格力斯,希腊神话中最伟大的英雄,宙斯神的儿子,号称大力士。
9. **back flip** (体操)后空翻

New Words

grueling	/'gru:əlɪŋ/	adj.	very difficult or tiring 艰难的,使人筋疲力尽的
stamina	/'stæmɪnə/	n.	physical or mental strength that lets you continue doing something for a long time without getting tired 体力,耐力
gut	/gʌt/	n.	[pl.] the courage and determination you need to do something difficult or unpleasant 勇气,胆量
genuine	/'dʒenjuɪn/	adj.	real 真的,名副其实的
charisma	/kə'rizmə/	n.	a natural ability to attract and interest other people and make them admire you 超凡的个人魅力
captivate	/'kæptɪveɪt/	v.	to attract someone very much, and hold their attention by charm or other pleasing or irresistible features 迷住(某人)
spectator	/spek'teɪtə/	n.	someone who is watching an event or game [= audience] 观众
opponent	/ə'pəʊnənt/	n.	someone who you try to defeat in a competition, game, fight, or argument 对手,敌手
startling	/'stɑ:tlɪŋ/	adj.	very unusual or surprising 令人震惊的,惊人的
epic	/'epɪk/	adj.	an event continues for a long time and involves brave or exciting actions 漫长而艰难的
considered	/kən'sɪdəd/	adj.	thinking about an opinion, reply, judgment etc. carefully 深思熟虑的
rivalry	/'raɪv(ə)lɪ/	n.	a situation in which two or more people, teams, or companies are competing for something, esp. over a long period of time, and the feeling of