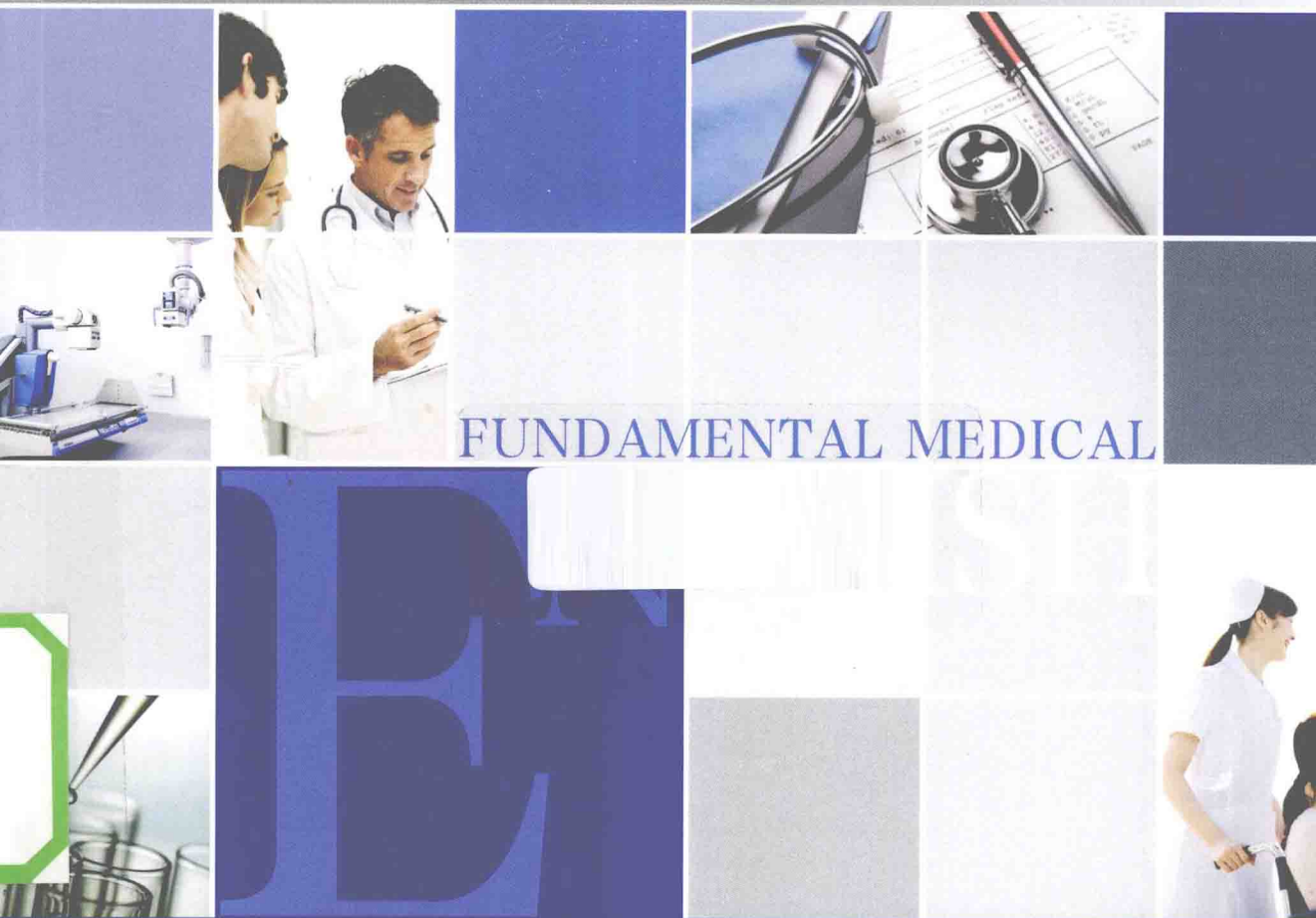


高职高专行业英语

ESP

# 医护基础英语

主编 江晓东 贾雪宁



重庆大学出版社  
<http://www.cqup.com.cn>

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重庆大学出版社

## 内 容 提 要

本书共 10 单元,以实际医护工作经历为背景,先以图片引入单元主题学习,然后以护理服务流程中常见情景为题材,涉及医院介绍、接待病人、采集病史等主题。课文为必学的精读性内容,除第一单元简要介绍解剖和生理外,其他单元以常见疾病为主题,介绍相关疾病的概念、症状、检查、治疗等。课后练习除了相关词汇练习及课文阅读理解之外,另外根据工作场景设计相关的会话、翻译、写作等任务型练习。为增强本书实用性和满足学生自学需要,全书附录有常见医学词汇的词干、前缀和后缀,医用缩略语,练习答案和课文参考译文等。

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## 前 言

本书根据教育部、卫生部制定的护理专业领域技能型紧缺人才培养培训指导方案精神,按照教育部高教司颁布的《高职高专教育英语教学基本要求》的相关内容,参考全国医护英语水平考试(METS)大纲的部分要求,针对职业院校护理学生的具体情况进行编写。供普通专科、高职专科(包括3+2学制)、成人专科护理专业学生学习,亦可供中等职业学校涉外护理专业学生和有初步英语基础的在职护士使用。其目的是通过情景会话、专业阅读训练,培养学生在实际护理工作中综合应用英语的能力。

本书编写针对职业院校护理专业学生的英语基础和学习心理特点,以专门用途英语的相关理论为指导,把英语教学的新模式与护理科学的新知识、新进展、新观念有机整合,内容新颖、充实,注重实用性和时代性,强化以学生发展为本的理念,适应课堂任务型教学和注重学生自主学习能力培养。教材内容参照职业教育与培训新模式,力争与用人单位实际需要接轨。

本书共10单元。以实际医护工作经历为背景,先以与医药相关图片引入,然后以护理服务流程中常见情景为题材,句子实用易学,学习者可以根据这些对话,学会用英语准确流利地与患者沟通。课文主要以常见疾病为主题,介绍有关疾病的概念、症状、检查、治疗等。课后练习除了相关词汇练习及课文阅读理解之外,另外根据工作场景设计相关的会话、翻译、写作等任务型练习。为扩展知识面,每单元提供内容新颖的补充阅读材料,学习者可以了解相关护理教育观念和海外护理行业发展趋势,在本土意识基础上拓宽视野。全书附录有常见医学词汇的词干、前缀和后缀、医用缩略语、医护英语水平测试(METS)样题等。

本教材第1单元由郑雪茜(重庆三峡医药高等专科学校)编写,第2单元由黄子好(重庆三峡医药高等专科学校)编写,第3单元由贾雪宁(重庆三峡医药高等专科学校)编写,第4单元由周德纯(重庆三峡医药高等专科学校)编写,第5单元和附录4部分由盛建萍(重庆三峡医药高等专科学校)编写,第6—9单元由江晓东(重庆三峡医药高等专科学校)编写,第10单元由周密(重庆三峡医药高等专科学校)编写,附录部分由王炎峰(重庆医药高等专科学校)、陈琰晗(重庆医科大学护理学院)编写、冉凌云(昆明医科大学护理学院)负责整理并编写。

在本书编写过程中,我们参阅了大量网上资料,对这些资料的作者和提供者表示诚挚的谢意。同时感谢编者所在单位和重庆大学出版社给予的大力支持和帮助。澳大利亚籍英语教师 Jason Shane Cahill、Cory James Peatey 先生对每单元对话部分进行了审慎地校正,重庆三峡医药高等专科学校英语教师邬文婷、晏柳

清、护理系学生唐赞、伍满群对本书编写亦有贡献,在此一并表示感谢。

由于时间紧迫和编者能力有限,书中可能还存在错漏之处,敬请本教材使用者批评指正。

特别提示:本教材所提供信息不能替代专业医护咨询或诊治。缩略语仅供阅读英文专业材料时参考,非临床使用标准。

编 者

2014 年 3 月

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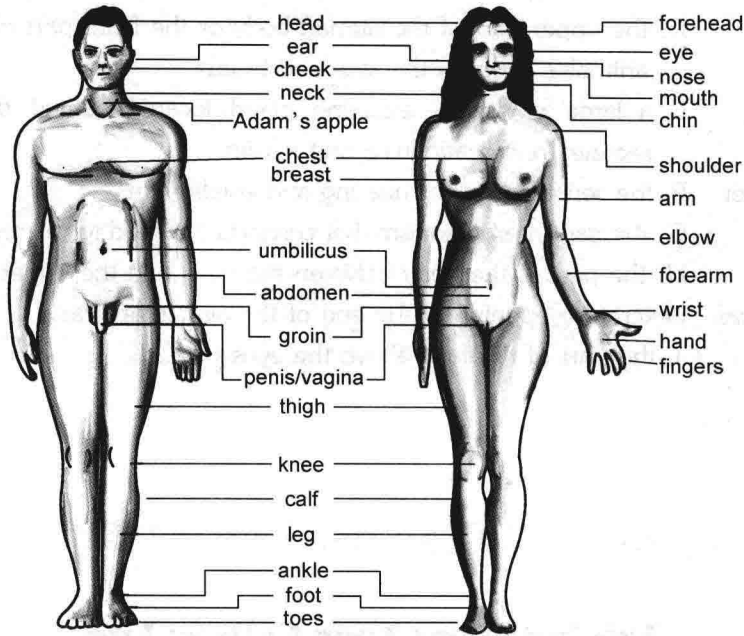
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# UNIT 1

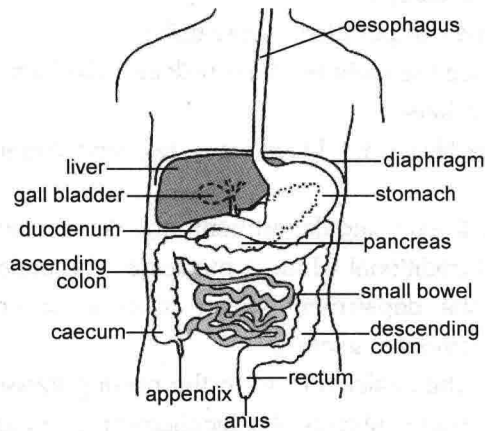


## Part 1 Pictures and Charts

1. Warming-up: Read, think and talk about the following pictures.



Picture 1



GASTROINTESTINAL TRACT-GENERAL

Picture 2

2. *Talk with your partner in English about the location and function of some body parts in the picture.*

3. *Match each word on the left with its corresponding definition on the right.*

- |             |  |
|-------------|--|
| 1) forehead | A. forepart of a hoof  |
| 2) toes     | B. a vestigial process that extends from the lower end of the cecum and that resembles a small pouch       |
| 3) appendix | C. the front part of the trunk from the neck to the abdomen  |
| 4) arm      | D. the upper part of the human body or the front part of the body in animals; contains the face and brains |
| 5) neck     | E. a large elongated exocrine gland located behind the stomach; secretes pancreatic juice and insulin      |
| 6) shoulder | F. the sense organ for hearing and equilibrium   |
| 7) head     | G. the part of an organism that connects the head to the rest or the body                                  |
| 8) ear      | H. the part of the body between the neck and the upper arm   |
| 9) pancreas | I. excretory opening at the end of the alimentary canal  |
| 10) anus    | J. the part of the face above the eyes   |



## Part 2 Hospital Situation Dialogue

### Talking about Your College Life

(Li Mei, a student majoring in nursing, is introducing the medical college to her friend.)

Li Mei: Welcome to our college!

Wang Lan: What a beautiful campus! Is it newly built?

Li Mei: Yes. You can see the main teaching building, the labs, the imitation hospital and the library from here.

Wang Lan: How large the library is! How many teaching departments are there in your college?

Li Mei: Five. They are the nursing department, the department of clinical medicine, the department of traditional Chinese medicine, the department of pharmaceutical sciences and the department which offers basic courses such as Chinese, English, and computer science.

Wang Lan: I see. What do the students learn in the nursing department?

Li Mei: The freshmen study subjects like biochemistry, anatomy and physiology. The sophomores study various nursing subjects, for example, fundamentals of nursing, medical nursing, surgical nursing...

Wang Lan: So is the study of these subjects enough for them to be a qualified nurse?

Li Mei: Absolutely not! Practice is also very important for them.

Wang Lan: Where do they practice?

Li Mei: The college provides many facilities for them to practice. They can practice making beds, turning patients, performing sterilization procedures and other nursing skills in the imitation wards. What's more, before graduation, they have to work as student nurses in various departments of a general hospital.

Wang Lan: How long does it take them to do that?

Li Mei: At least ten months.

Wang Lan: That sounds interesting! They must be skillful nurses after they leave the college.

Li Mei: Actually they have a long way to go before they become experienced nurses.

Wang Lan: Where can the students find jobs after they graduate?

Li Mei: Most of them will work in hospitals, first-aid centers, and other health care institutions.

Wang Lan: So you have a promising future! What you are going to do is valuable and meaningful.

Li Mei: Thank you! I hope so!

(336 words)

### ◆ New Words ◆

fundamental	[ˌfʌndə'mentl]	adj. 基础的; n. 基本原则, 基本原理
institution	[ˌɪnstɪ'tjuːʃən]	n. 公共机构, 制度
pharmaceutical	[ˌfɑːmə'sjuːtɪkəl]	n. 药物; adj. 制药(学)上的
physiology	[ˌfɪzi'ɒlədʒi]	n. 生理学
sophomore	[ˈsɒfəmoː]	n. 大学二年级生
surgical	[ˈsɜːdʒɪkəl]	adj. 外科的, 手术上的; n. 外科手术
sterilization	[sterɪlaɪ'zeɪʃən]	n. 杀菌; 绝育(手术)



## Part 3 Reading Comprehension

### Text A Chemistry Is Life

Are you aware of the fact that every living thing is dependent upon chemistry for life? This fact will be more clearly understood when you become aware that all the materials of plant and animal life and all the changes that occur in plants and animals are chemical in nature. In fact, chemistry is the science which deals with the composition of all materials

and the changes which those materials undergo.

The human body is a chemical manufacturing plant. The food that is so essential to supplying energy and to building tissue in our bodies must be made soluble through the chemical processes of digestion. The food made soluble by digestion can supply energy and build tissue only through chemical processes which are carried on within the body cells. The glands of your body manufacture substances which are distributed to all parts of the body. These substances may determine such important characteristics as whether you are normal or subnormal in intelligence and whether you are fat or thin. Moreover, your nervous system, which makes it possible for you to distinguish between hot and cold, provides you with a sense of smell and makes it possible for you to use, feel and think, is dependent upon chemical reactions.

The close relationship between chemistry and plant life may easily be shown. Plants could not exist unless certain chemical changes occurred. Chemical changes within the plant make possible the absorption of carbon dioxide from the air and the use of it in the manufacture of food and of other plant cell. As this process is being carried on, oxygen, which is essential to all animal life, is related to the air. Through these chemical changes man and all animal life are assured food and oxygen. Thus, plants make life possible.

All common products used every day for the preservation and protection of life are chemical products. The drugs which doctors prescribe for curing diseases, the antiseptics you use to prevent or hinder infection, the tooth paste you use to keep your teeth clean, the soap which assures body cleanliness, are the products of chemical laboratories.

Industries, through the knowledge and use of chemistry, have provided many products which make life more pleasant and convenient. Among these products are nylon, metallic alloys and plastics, to name but a few.

(385 Words)

### ◆ New Words ◆

tissue	[ 'tɪʃuː ]	n.	(生)组织
soluble	[ 'sɒljubl ]	adj.	可溶的
gland	[ glænd ]	n.	腺体
dioxide	[ daɪ'ɒksaɪd ]	n.	二氧化物
prescribe	[ prɪs'kraɪb ]	v.	开处方
antiseptic	[ æntɪ'septɪk ]	n.	防腐剂, 消毒剂; adj. 防腐的, 消过毒的
hinder	[ 'hɪndə ]	v.	妨碍, 阻止
nylon	[ 'naɪlən ]	n.	尼龙
metallic	[ mɪ'tælɪk ]	adj.	金属的
alloy	[ 'ælɔɪ ]	n.	合金

## Text B Body Structure and Function

Anatomy deals with the structure and function of the human body. The study of anatomy makes you understand the basic concepts and principles of each organ system and how it contributes to maintaining homeostasis in the body.

Human beings are the most complicated organisms in this world. Imagine billions of microscopic parts, each with its own identity, working together in an organized manner for the existence of the total being. The human body is made up of billions of smaller structures of four major kinds:

Cell is defined as the simplest units of living matter that can maintain life and reproduce themselves. The human body, which consists of numerous cells, begins as a single, newly fertilized cell. Various cells exist in the human body, such as white blood cell, red blood cell, and platelet.

Tissues are somewhat more complex units than cells. By definition, a tissue is an organization of a great many similar cells with varying amounts and kinds of nonliving, intercellular substance between them.

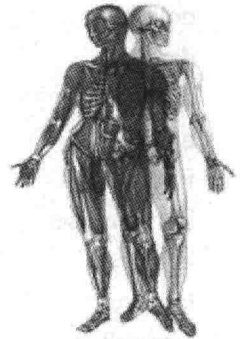
An organ refers to an organization of several different kinds of tissues so arranged that together they can perform a special function. For example, the stomach is an organization of muscle, connective, epithelial, and nervous tissues. Muscle and connective tissues form its wall, epithelial and connective tissues form its lining, and nervous tissue extends throughout both its wall and its lining.

Systems are the most complex of the component units of the human body. A system is an organization of varying numbers and kinds of organs so arranged that together they can perform complex functions for the body. Ten major systems compose the human body, namely, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, reproductive.

Body functions are the physiological or psychological functions of body systems. Survival is the body's most important business. Survival depends on the body's maintaining or restoring homeostasis, a state of relative constancy, of its internal environment.

Homeostasis depends on the body's ceaselessly carrying on many activities. Its major activities or functions are responding to changes in the body's environment, exchanging materials between the environment and cells, metabolizing foods, and integrating all of the body's diverse activities.

The body's ability to perform many of its functions changes gradually over the years. In general, the body performs its functions least well at both ends of life — in infancy and in old age. During childhood, body functions gradually become more and more efficient and effective. During late maturity and old age the opposite is true. During young adulthood, they normally operate with maximum efficiency and effectiveness.



(430 words)

◆ New Words ◆

adulthood	[ 'ædʌlt,hud ]	n.	成人期
anatomy	[ ə 'nætəmi ]	n.	解剖学
cardiovascular	[ ,kɑ:diəu 'væskjulə ]	adj.	心脏血管的
complicated	[ 'kɒmplikeitid ]	adj.	复杂的, 难解的
constancy	[ 'kɒnstənsi ]	n.	恒久不变的状态或性质
definition	[ ,defi 'niʃən ]	n.	定义, 解说
digestive	[ dai 'dʒestiv ]	adj.	消化的, 有助消化的
endocrine	[ 'endəukrain ]	n.	内分泌
epithelial	[ ,epi 'θi:ljəl ]	adj.	上皮的
fertilize	[ 'fə:tilaiz ]	vt.	使受精; 使肥沃; 使多产
homeostasis	[ ,həʊmiəu 'steisis ]	n.	动态静止, 动态平衡
identity	[ ai 'denti:ti ]	n.	同一性, 特性
infancy	[ 'infənsi ]	n.	幼年
intercellular	[ ,intə ( : ) 'seljulə ]	adj.	在细胞间的
lining	[ 'lainiŋ ]	n.	内层, 衬套
lymphatic	[ lim 'fætik ]	adj.	含淋巴的, 淋巴腺的
maturity	[ mə 'tjuəri:ti ]	n.	成熟, 完备
metabolize	[ mə 'tæbəlaiz ]	v.	产生代谢变化
microscopic	[ maikrə 'skɒpik ]	adj.	用显微镜可见的, 精微的
muscular	[ 'mʌskjulə ]	adj.	肌肉的, 强健的
physiological	[ ,fiziə 'lɒdʒikəl ]	adj.	生理学的, 生理学上的
psychological	[ ,saikə 'lɒdʒikəl ]	adj.	心理(上)的
respiratory	[ ris 'paiəɾətəri ]	adj.	呼吸的
reproductive	[ ,ri:prə 'dʌktiv ]	adj.	生殖的; 再生的; 复制的
skeletal	[ 'skelitl ]	adj.	骨骼的, 骸骨的
survival	[ sə 'vaivəl ]	n.	生存, 幸存
urinary	[ 'juərinəri ]	adj.	尿的; 泌尿器的

## Text C Life Process

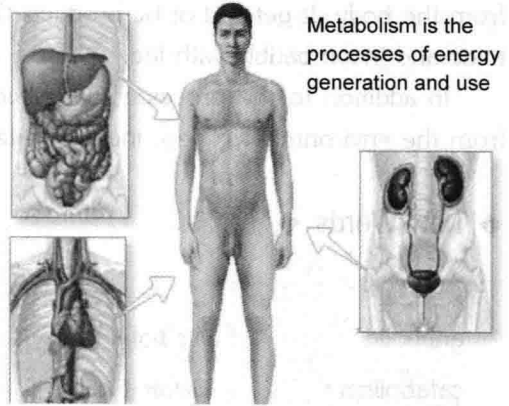
The basic processes of life include organization, metabolism, responsiveness, movements, and reproduction. In humans, there are additional requirements such as growth, differentiation, respiration, digestion, and excretion. All of these processes are interrelated and function together to maintain individual life. Disease and death represent a disruption of the balance in these processes. The following is a brief description of the life process:

## Organization

At all levels of the organizational scheme, there is a division of labor. Each component has its own job to perform in cooperation with others. Even a single cell, if it loses its integrity or organization, will die.

## Metabolism

Metabolism includes all the chemical reactions that occur in the body. One phase of metabolism is catabolism in which complex substances are broken down into simpler building blocks and energy is released.



## Responsiveness

Responsiveness or irritability is concerned with detecting changes in the internal or external environments and reacting to that change. It is the act of sensing a stimulus and responding to it.

## Movement

There are many types of movement within the body. On the cellular level, molecules move from one place to another. Blood moves from one part of the body to another. The diaphragm moves with every breath.

## Reproduction

Life is transmitted from one generation to the next through reproduction of the organism. In a broader sense, reproduction also refers to the formation of new cells for the replacement and repair of old cells as well as for growth.

## Growth

Growth refers to an increase in size either through an increase in the number of cells or through an increase in the size of each individual cell. In order for growth to occur, anabolic processes must occur at a faster rate than catabolic processes.

## Differentiation

Differentiation is a developmental process by which unspecialized cells change into specialized cells with distinctive structural and functional characteristics. Through differentiation, cells develop into tissues and organs.

## Respiration

Respiration refers to all the processes involved in the exchange of oxygen and carbon dioxide between the cells and the external environment.

## Digestion

Digestion is the process of breaking down complex ingested foods into simple molecules that can be absorbed into the blood and utilized by the body.

## Excretion

Excretion is the process that removes the waste products of digestion and metabolism

from the body. It gets rid of by-products that the body is unable to use, many of which are toxic and incompatible with life.

In addition to the processes described above, life depends on certain physical factors from the environment. These include water, oxygen, nutrients, heat, and pressure.

(429 words)

# ◆ New Words ◆

anabolic	[ænə'bolik]	adj.	[生化]合成代谢的
catabolism	['kætəbəlɪzəm]	n.	[生物]异化作用, 分解代谢
cellular	['seljʊlə]	adj.	细胞的
component	[kəm'pəʊnənt]	n.	成分; adj. 组成的, 构成的
diaphragm	['daɪəfræm]	n.	横隔膜
differentiation	[ˌdɪfə'renʃi'eɪʃən]	n.	区别
digestion	[dɪ'dʒestʃən, daɪ'dʒestʃən]	n.	消化力; 领悟
disruption	[dɪs'rʌpʃən]	n.	中断, 分裂, 瓦解, 破坏
distinctive	[dɪs'tɪŋktɪv]	adj.	与众不同的, 有特色的
excretion	[eks'kri:ʃən]	n.	(动植物的)排泄, 排泄物
incompatible	[ˌɪnkəm'pætəbl]	adj.	性质相反的, 矛盾的, 不调和的
interrelated	[ɪntə'rɪleɪtɪd]	adj.	相关的
integrity	[ɪn'tegriti]	n.	正直, 诚实, 完整性
irritability	[ˌɪrɪtə'bɪləti]	n.	过敏性, 兴奋性, 易怒
metabolism	[me'tæbəlɪzəm]	n.	新陈代谢
molecule	['mɒlɪkjʊ:l, 'məʊ-]	n.	[化]分子
replacement	[rɪ'pleɪsmənt]	n.	归还, 复位, 置换, 移
respiration	[ˌrespə'reɪʃən]	n.	呼吸, 呼吸作用
responsive	[rɪs'pɒnsɪv]	adj.	响应的, 做出响应的
toxic	['tɒksɪk]	adj.	有毒的, 中毒的
scheme	[ski:m]	n.	安排, 配置, 计划; v. 计划, 设计
stimulus	['stɪmjʊləs]	n.	刺激物; 刺激



## Exercises

### ◆ Task 1 Oral Practice ◆

Introduce one medical subject you have studied or are studying to your partner in English. You can use the following information as reference.

Course Name: Physiology

Theory Hours: 26

Lab Hours: 10

Objectives:

1. According to Chinese Educational Guideline, the course deals with basic principles of human physiology.
2. The subject matter covered includes presentation on the anatomical organization and physiological functions of central and peripheral nervous systems; skeletal and smooth muscle; cardiovascular, respiratory, and renal systems; and endocrine and reproductive systems.
3. The course is studied before clinical courses.

Major Topics: Introduction; Foundation of Cells; Blood; Blood Circulation; Respiration; Digestion and Absorption; Energy Metabolism & Temperature; Elimination; Endocrine System and Reproductive System; Neurological System; Sensory System...

### ◆ Task 2 Vocabulary Exercises ◆

Match each word on the left with its corresponding definition on the right.

excrete

component

toxic

malnutrition

fertilize

cellular

respiration

digest

irritable

mature

1. Food is \_\_\_\_\_ in the stomach and bowels so that it can be used in the body.
2. Waste matter and sweat are \_\_\_\_\_ from human body.
3. The insecticide should be kept beyond children's reach because it is \_\_\_\_\_.
4. Many children in Africa are suffering from starvation because of \_\_\_\_\_.
5. \_\_\_\_\_ phone is also called mobile phone, or hand phone.
6. His body and character \_\_\_\_\_ during these years.
7. They failed to find the \_\_\_\_\_ sperm in the patient's body.
8. Artificial \_\_\_\_\_ is very crucial in first-aid.
9. Each \_\_\_\_\_ of human body has its own job to perform.
10. Some patients with mental illness tend to be \_\_\_\_\_.

### ◆ Task 3 Reading Comprehension ◆

Choose the best answers according to the content of Texts.

1. \_\_\_\_\_ do not belong to the four basic human body structure units.

A. Cells

B. Differentiations

C. Tissues

D. Systems