

A

Fast-Track

应急英语

口语

15天快训

Oral English in 15 Days—Sports and Entertainment

史小妹 编著

休闲篇



西安交通大学出版社
XI'AN JIAOTONG UNIVERSITY PRESS

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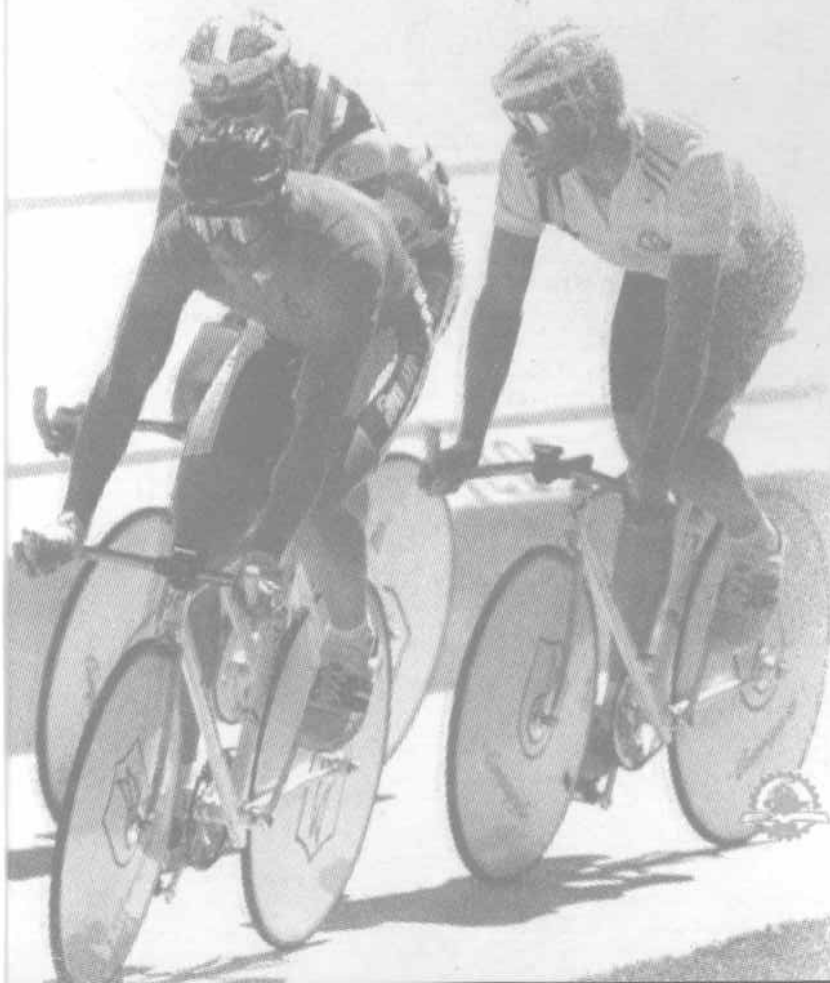
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前言

在全球化浪潮的推动下,英语已成为一门国际交流中最为重要的世界语言。说一口流利的英语是众多国人梦寐以求的技能,更是每个英语学习者共同追求的目标。然而,学业辛苦,工作繁忙,每个学习者都觉得学英语的时间有限,练口语更缺乏语境。那么,如何解决这些问题呢?

“应急英语口语15天快训”系列丛书正是为了解决英语学习者的这些困难而编写的。本册为该系列的“体育休闲篇”,涉及生活中有关体育和休闲活动的各个方面,包括健身、球类、田径、俱乐部、网络生活、棋牌游戏、音乐影视、游乐度假、远足露营等方面,是一本非常实用的口语训练书。

为了方便读者学习,本书以15天快训的方式编写,每天围绕一个主题进行专项训练。训练设计符合语言习得理论:首先从听实用对话入手,进行必要的信息输入;然后通过难点解析帮助读者理解、内化所听内容,掌握必要的词汇和句型;接下来是重点句型操练和词汇扩充,从而逐步积累相关表达和句式;最后借助高频词汇升华所学,达到脱口而出的效果。

本书对话新颖别致,趣味横生,且极具实用性。清晰标准的录音效果和便捷的MP3格式为读者模仿提供了极大的便利。难点注释详略得当,并配有详实的例句。高频句型经过精心提炼,例句生动,便于读者记忆。热点词汇涵盖面广,并注有音标,方便读者正确咏读,脱口而出。

本书适用于有一定基础的英语学习者自学使用,也可作为短训班或口语课教材。

编 者

2008年2月

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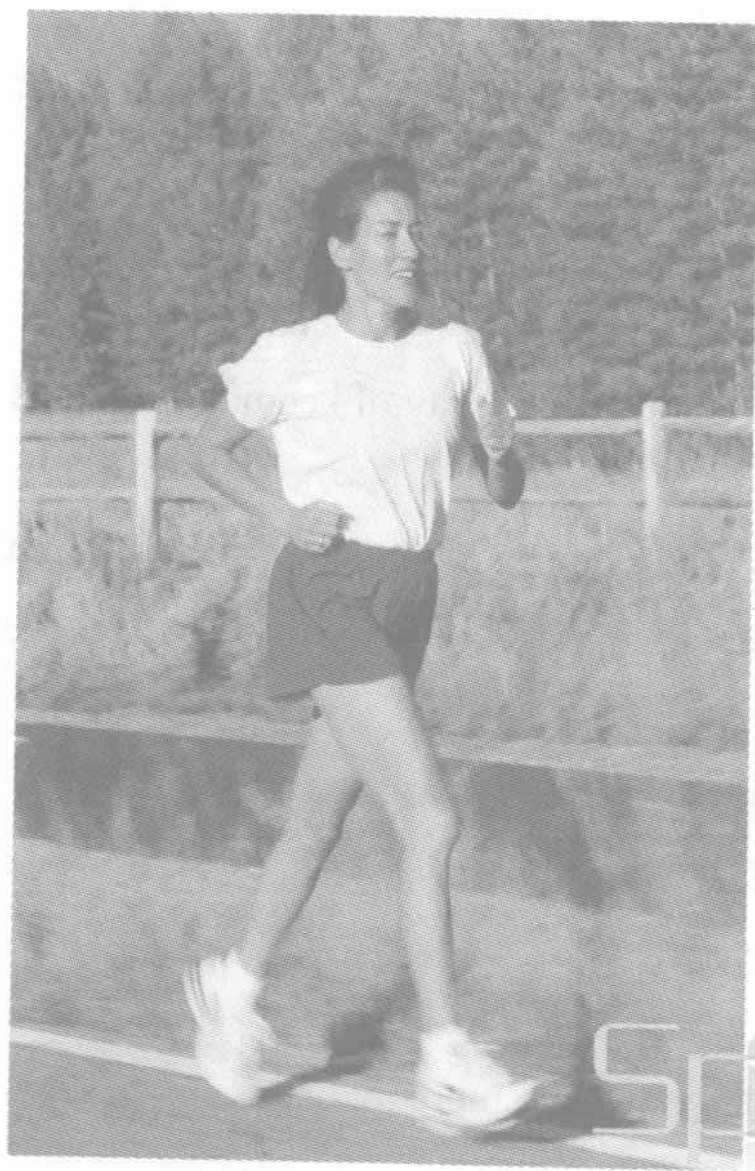
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体育篇



Sports

Day 1

健身
Fitness



实用对话

Dialogues



(Lily and Vincent are twins. One Friday evening, Lily is back home, wet all over.)

V: Why? Lily, you are sweating heavily. Where have you been?

L: I've just been to the centre to learn hip-hop.

V: What is hip-hop?

L: Hip-hop is a newly emerged way of keeping fit. It was introduced into China in 1999.

V: As I know, there are different kinds of aerobics, Latin dance, folk dance, and so on. Why do you choose hip-hop?

L: Of all the kinds of body-shaping exercises I tried, I found this class the most interesting. I've enjoyed it a lot in the Gym.

V: Would you please tell me more about it?



- L: Sure. Hip-hop is using its music, its basic movements, and also its freedom for self-expression.
- V: It sounds like an aerobics class.
- L: Not exactly. The participants and the instructor are dressed in their ordinary casual wear. Moreover, the music they use is not the dancing music that an aerobics class usually uses.
- V: Is that the main difference from normal aerobics?
- L: No. Hip-hop is a lot more tiring. Even though I'm exhausted, I enjoyed it.
- V: Does it mean you feel like being tired out?
- L: Ha, no. I think it is a good way to relax. And it is too challenging for me to follow the instructor, but I will continue to learn it.
- V: Is there any age or skill level limit for entering?
- L: No. In our class, the youngest student is 15 and the oldest is 50. And everyone can choose whatever difficult level he or she wants to.
- V: Sounds interesting. I'll go there with you next time.
- L: OK. But one thing you should remember is to dress comfortably. For the physical parts, drink as much water as you can.
- V: I'll do.



难点注释

Notes

1. Why? Lily, you are sweating heavily. Where have you been? 哎呀, 莉莉, 你咋出这么多汗呀? 去哪儿了?
(why 在这里是感叹词, 表示惊奇, 还可表示: 怀疑, 异议, 承认, 发现, 停顿, 思考等。)

► 例如

- Why, it's nearly nine o'clock. 啊, 快 9 点了。
- Why, even a child knows that!
哎呀, 这连小孩都知道!

2. hip-hop 街舞(是 hip-hop dance 的缩略形式, 还可用 street funk。)街舞是爵士舞发展到 90 年代的产物。进入健身房的街舞作为一种变化了的健身形式, 一改原汁原味的街舞的那种颓废的风格, 取其潇洒、帅气的特点, 不求发泄情绪, 只为拥有健康的体魄、愉悦的感觉和心境。

3. Hip-hop is a newly emerged way of keeping fit. It was introduced into China in 1999. 街舞是最近出现的一种健身方法, 是 1999 年引入中国的。

(keep fit 指“保持健康”。fit 和 healthy 均表示人身体强健, 很少生病。但 healthy 也指有益于健康的条件, 或健康人的外部特征, 而 fit 指人的身体状况良

好,尤指因经常锻炼所致。)

► 例如

—How do you stay so fit?

你是怎样保持健康的?

—I go to keep-fit classes. 我上体操课。

• He keeps himself fit by running 5 miles every day.

他每天跑 5 英里以保持身体健康。

• They have very healthy children.

他们的孩子都很健康。

• This damp climate isn't very healthy.

这种潮湿的气候对健康不太有利。

• She has a healthy appetite. 她胃口很好。

4. aerobics [eə'rəubiks] *n.* 健美操, 健身操; 有氧运动法

(指旨在增强循环和呼吸功效的生理调节体系, 从而提高肌体对氧气的利用的运动, 包括有力的、持久的锻炼, 如慢跑、游泳、骑自行车、跳拉丁舞等。)

► 例如

I'd like to join an aerobics class to improve my fitness.

我想参加健美班使自己更健美。

5. Of all the kinds of body-shaping exercises I tried, I found this class the most interesting. 在我尝试过的所有塑身训练中, 我觉得这个健美班最有意思。

(body-shaping 指“塑身,美体”)

► 例如

- Body Shaping Cream 瘦身美体霜
- belly dance for body shaping 性感瘦身舞

6. It sounds like an aerobics class. 听起来像健美班。

(sound, taste, smell, look 等感官动词相当于一个系动词,常与形容词或介词 of/like 连用,表示“听/吃(尝)/闻/看起来(像)……”)

► 例如

- The stew tastes salty. 炖肉味道很咸。
- The house smells of paint. 这房屋有油漆的气味。

7. Not exactly. The participants and the instructor are dressed in their ordinary casual wear. Moreover, the music they use is not the dancing music that an aerobics class usually uses. 不完全相同。参与者和老师都穿着普通的便装,而且他们用的音乐也与健美班常用的舞曲不同。

(casual wear 指“便装”,underwear 指“内衣裤”,正装或礼服是 formal dress; moreover 是副词,意为“而且”。)

► 例如

I don't like skating. Moreover, the ice is too thin.

我不喜欢滑冰,而且冰又太薄。

8. Hip-hop is a lot more tiring. Even though I'm exhausted, I enjoyed it. 街舞更累人些,不过即便筋疲力尽,我还是喜欢街舞。

(tiring 指“累人的”, exhausted 指“耗尽的,疲惫的”,同义词还有: dog-tired, fagged, fatigued, played out, spent, washed-out, worn-out 等。)

► 例如

Travelling is tiring. 旅游挺累人的。

9. I think it is a good way to relax. And it is too challenging for me to follow the instructor, but I will continue to learn it. 我觉得街舞是种不错的放松方法,虽然老师教的动作我跟着挺费劲,但我会坚持下去的。

(challenging 指“挑战性的”,这里指“困难但振奋人心的”。)

► 例如

I'm ready to do all those things which are more challenging. 我已准备好去做更富挑战性的工作。

10. Is there any age or skill level limit for entering? 参加街舞班有没有年龄和舞技的限制?

11. But one thing you should remember is to dress comfortably. For the physical parts, drink as much water as you can. 不过要记住穿得舒服些,为了身体能吃得消,尽量多喝些水。

(as...as one can 等于 as...as possible, 译作“尽量,尽可能”。)

► 例如

Take with you as much water as you can when you cross the desert. 穿过沙漠时尽量多带些水。



高频句型

Frequently-used Sentences

1. I really need to lose some weight.

我真的需要减肥了。

① You really need to have some workouts.

你的确需要锻炼了。

② He really needs to do some exercises to get in shape.

他着实需要锻炼塑身了。

③ You really need to stop smoking.

你真的需要戒烟了。

④ I really need to deal with this waistline.

我真的要减减这腰围了。

2. Why don't you attend an aerobics class?

你为啥不参加有氧健身班呢?

① Why don't you do some jogging on the treadmill?

你为啥不在慢跑机上锻炼一下呢?

② Why don't you join a fitness centre?

你为啥不参加个健身中心呢?

③ Why don't you do some crunches?

你为啥不做做仰卧起坐?

④ Why don't you do some work with the dumbbells?

你为啥不练练哑铃?

3. It might be a good idea to go bowling tonight.

今晚可以去打保龄球。

① It might be a good idea to combine diet with exercise. 你可以把节食和锻炼结合起来。

② It might be a good idea to walk up and down the stairs every morning. 你可以每天早上爬楼梯锻炼。

③ It might be a good idea to dance street funk at weekends. 周末你可以跳跳街舞。

④ It might be a good idea to go to the gym regularly. 你可以定期去健身房锻炼。

4. I think a little exercise would do you good.

我觉得做点运动对你有好处。

① I think a little sleep would do you good.

我觉得睡上一觉对你有好处。

② I think having some wine would do you good.

我觉得喝点儿葡萄酒对你有好处。

③ I think finding a partner would do you good.

我觉得找个伴儿对你有好处。

④ I think some fruit after dinner would do you good.

我觉得饭后吃些水果对你有好处。



热点词汇



Useful Words

abroller [æb'rəulə] *n.* 健腹器

abdominal [æb'dɒminl] crunch [krʌntʃ] 腹肌练习

abdominal curl [æb'dɒminl kɜ:l] 收腹

abdominal machine [mə'ʃi:n] 腹肌训练机

aerobics [eə'rəubiks] *n.* 有氧运动

barbell ['bɑ:bel] *n.* 杠铃

bend [bend] *v.* 弯腰

build up muscles ['bɪldʌp'mʌslz] 锻炼肌肉

crouch [krautʃ] *v.* 蹲伏

dumbbell ['dʌmbel] *n.* 哑铃

ease [i:z] *v.* 放松

fatigue [fə'ti:g] *n.* 疲劳

go on a diet ['daɪət] 节食

gym [dʒɪm] *n.* 体育馆

hand dynamometer ['hænd,daɪnə'mɒmɪtə] 握力计

hop [hɒp] *v.* 单脚跳

horizontal bar(s) [ˌhɒrɪ'zɒntl'ba:] 单(双)杠

jog [dʒɒg] *v.* 慢跑