



大学英语视听进阶 3

College English View and Listen

学生用书 Student's Book

主编 Nancy Douglas (美方) 刘爱军(中方)



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前言

《大学英语视听进阶》系列教材由上海外语教育出版社、美国国家地理和圣智学习出版公司联合开发出版。本教材以教育部颁布的《大学英语课程教学要求》为指导，在整体设计、内容编排及练习形式等方面充分体现大学英语教学中视听说技能培养的优先地位，同时又兼顾了其他技能的培养及训练。本教材中的视听素材均来自于美国国家地理，语料真实地道，内容涵盖广泛，涉及自然科学及人文科学的方方面面，为学生提供了原汁原味的英语学习素材，可极大地开阔学生的视野，是大学英语教学中不可多得的视听教材。

《大学英语视听进阶》为我国普通高校大学生设计和编写，共4册，每册12个单元。与同类教材相比，它具有如下显著特点：

1. 结构设计层次分明。本教材各单元均按主题编写，通过热身活动导入听力训练，分为听前、听中、听后三大模块，随后进入视频听力训练，同样分为视前、视中、视后三个模块，循序渐进，层层深入，最后以与素材主题相关的写作练习完成语言学习的输出过程。此外，每三个单元后设有一个复习板块，听力训练与阅读训练相结合，将所学的知识点巧妙梳理整合，便于学生复习掌握。

2. 精听与泛听相结合。本教材根据听力策略要求，将精听与泛听有机结合，训练学生的精听及泛听能力。每单元听力训练中的A篇为精听素材，分两部分进行，着重细节的理解；B篇为泛听素材，着重主题大意的理解；视频部分既包含了细节理解也包含了对主题思想的理解，最终完成对单元主题的全面了解。

3. 题材广泛，语料真实，内容丰富。本教材针对大学生的生活经历和知识结构，广泛选取了知识性、趣味性强视听素材，主要涉及天文地理、科技探索、自然风景、风土人情、音乐艺术、名人轶事、生态环境、动物保护、生物医药、社会生活等各个领域。题材的趣味性及多样性能激发学生的学习积极性，拓展学生的视野，扩充知识面，从而丰富他们的生活阅历；此外，教材所用素材真实，语音地道纯正，语言鲜活生动，画质优美清晰，能使学生从感官及心理上感受英语语言的魅力及异域文化的多样性，最终将英语学习变成一种享受与求知的过程。

4. 练习形式多样，涵盖各项技能。本教材练习设计体现了不同技能采用不同训练方式，遵循语言输入与输出兼顾的原则，练习整体框架基于建构主义的认知原理。在主题导入及视听热身阶段，练习形式包括讨论、配对、填空、判断对错、预测等。在视听理解环节上，除设计了传统的多项选择题外，还设计了听写及翻译、简答、分类、做笔记、总结填空、看图填空、排序等题型。在视听后续环节上，设计了以翻译

为主的练习，目的在于将听力文章中的主要词汇及用法加以复习巩固，由听力的输入过程转化为翻译的输出过程，达到学以致用效果；此外，还辅以讨论、总结、角色扮演、口译、模拟访谈、口头陈述等口语练习，使口语表达能力得到充分训练。在全书4个复习板块中，采用了听力与阅读相结合的方式设计练习，由字谜游戏引入，以激发学生思辨能力的思考题结束，形成了一个完整的复习过程。通过丰富多样的练习形式，学生的听、说、读、写、译技能得到了充分训练，其语言综合运用能力势必会进一步提高，大学英语教学效果得到体现。

5. 难易适中，梯度分明，层次递进。第1-4册听力选文长度分别约为300、400、700、1100词，各册教材视听内容所涵盖的中心词(headword)词汇量分别约为：1900、2200、2600、3000词。

6. 图文并茂，编排新颖。本教材的编排图文交错，新颖独特，有些练习形式以图为依据，图解文意，图片精美，在视觉上令人耳目一新。每册书均附有含视听素材的光盘，音视频素材质量高，音质清，画质好，使人陶醉。

此外，每册教材均配有教师手册，提供教学参考资料和指导。教师手册涵盖了音视频脚本及练习的参考答案，还提供了单元介绍、与主题相关的背景知识、教学重点注释及教学提示和建议等。

本套教材适用于我国普通高校本科生，原则上1-4册对应大学英语1-4级；由于语料选材广泛，部分主题有一定难度，特别是第3、4册的长度和难度有比较明显的增加，因此也可作为大学英语拓展课程的视听说教材使用。每单元内容较多，教师可根据学生实际情况自行选用。

由于编者水平有限，本套教材的不足之处在所难免，恳请各位专家、同仁及读者多提宝贵意见。

编者

2013年3月

Get ready to **Explore Your World!**

A soccer player from **Alabama** scored more goals for her country than any other player in the world. Who is she? **p. 4**

A plastic surgeon from **California** has created "the perfect face." What does it look like? **p. 15**

July 9, 2005, was an important day at the Smithsonian Zoo in **Washington, D.C.** Why? **p. 27**

People in the **Dominican Republic** help save rainforests by producing chocolate. How? **p. 89**



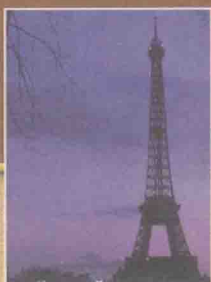
Mexico's Mt. Popocatepetl is one of the world's most dangerous volcanoes. Why is it so deadly? **p. 47**



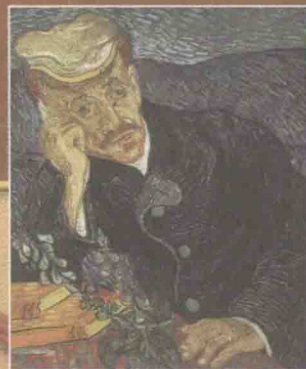
The novel *The Lost World* was published in 1912. Which mysterious landform in **Venezuela** was it based on? **p. 38**



In 1972, a plane went missing in the **Andes** mountains. What happened to it? **p. 110**



Gustave Eiffel designed the most famous landmark in **Paris**. What other famous landmark did he create? **p. 165**



The world's most expensive painting was bought by a businessman from **Japan** in 1990. Who painted it? **p. 144**

For centuries, only a few people were allowed to enter the imperial city in **Beijing**. Why was this? **p. 122**

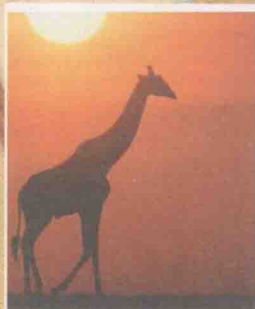
In 1433, a huge fleet of ships arrived at the coast near **Mecca**. Where had it come from? **p. 99**

One of the world's natural wonders is on the island of **Taiwan**. Why is it special? **p. 63**

According to researchers, a man from **Tibet** is "the happiest man in the world." Why? **p. 129**



On **Flores island**, researchers found a human skeleton unlike any other. Why is it so unusual? **p. 73**



Every year in **Tanzania**, one of the world's most amazing natural events occurs. What is it? **p. 80**

In 1994, a deadly disease broke out in a small town in **Australia**. What caused it? **p. 157**



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Unit

Warming Up

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Viewing

Writing

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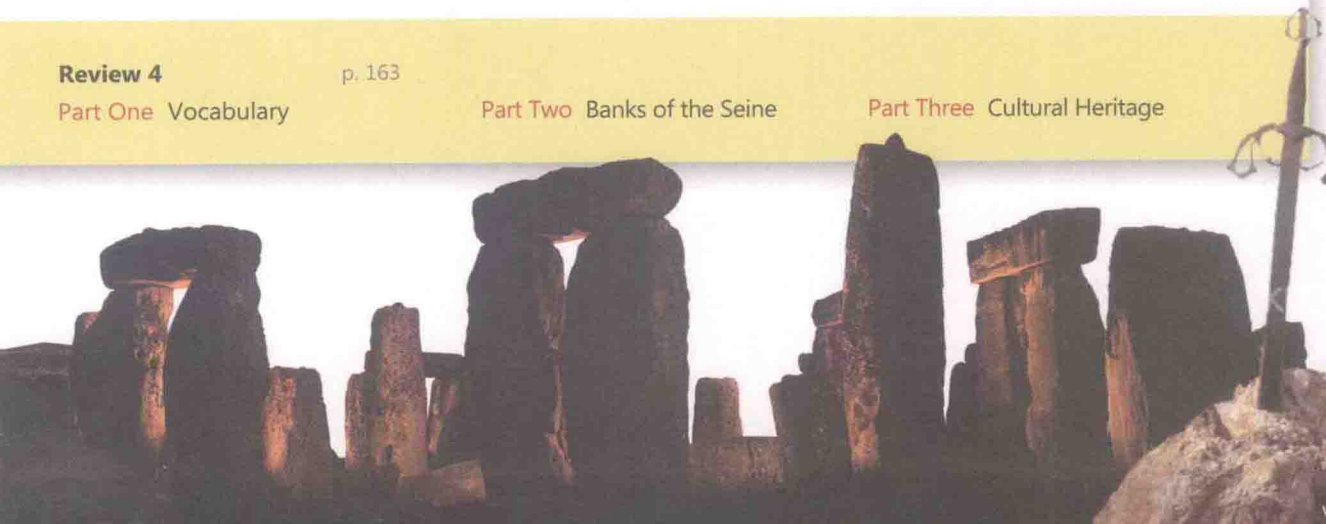
Paraguay Shaman

Review 4 Part One Vocabulary

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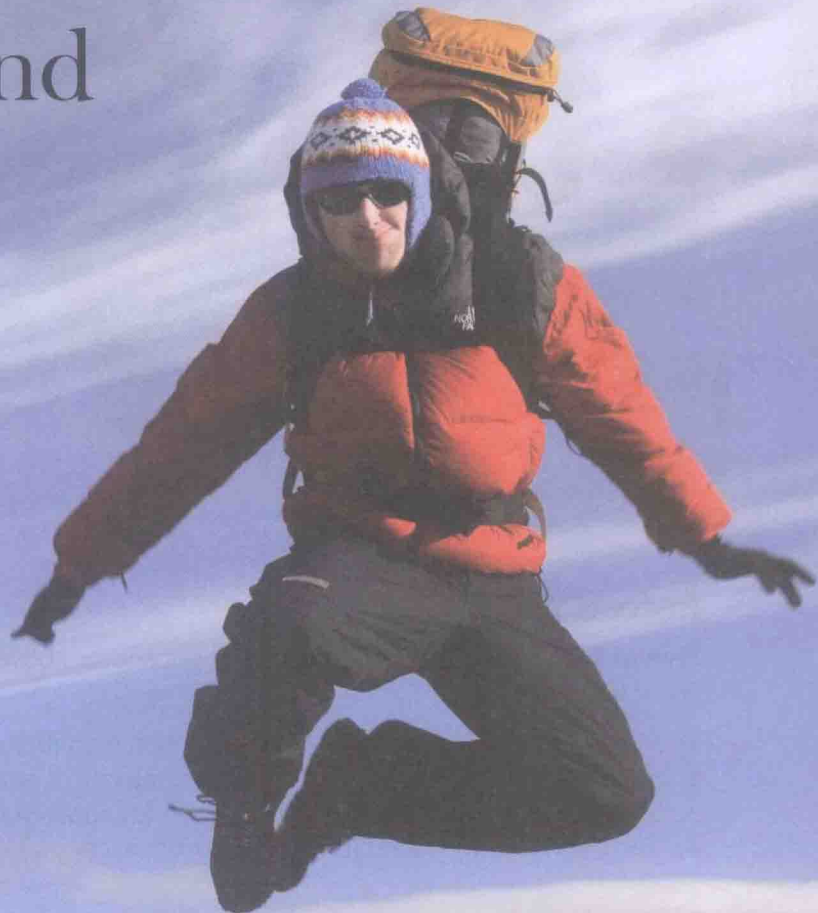
Part Two Banks of the Seine

Part Three Cultural Heritage



UNIT 1

Sport and Fitness



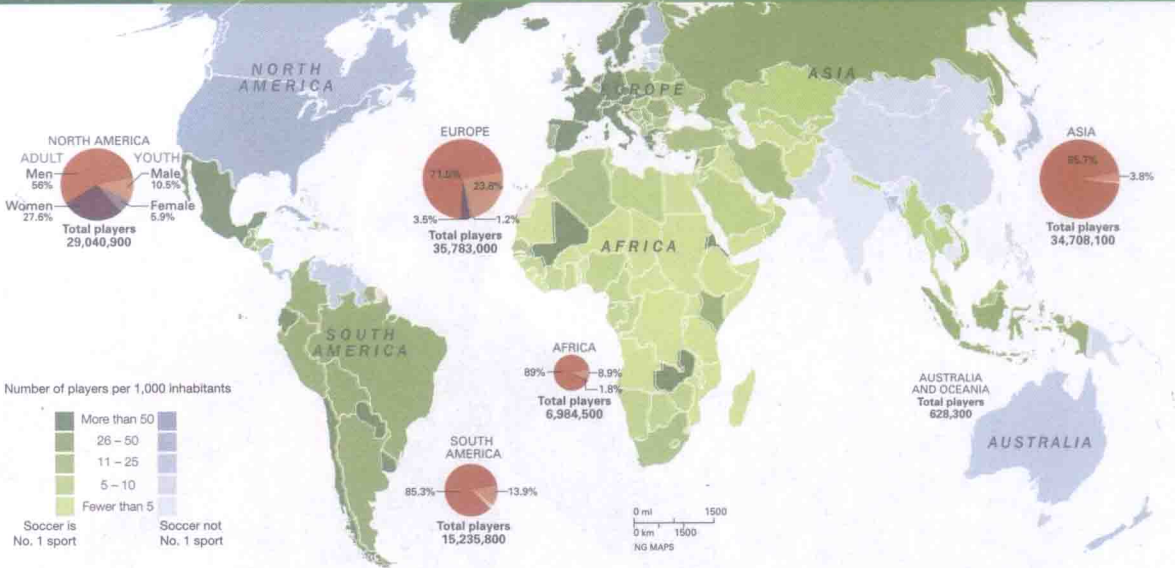
WARMING UP

Discussion. Discuss the following questions.

1. What sports are popular in your country?
2. Are any sports from your country popular in other countries?
3. Which types of athletes do you think are the most fit?
4. What benefits do you think people can derive from sports?

LISTENING

1A The World's Game



Before You Listen

True or False. Look at the information about soccer above. Are these statements true (T) or false (F)?

- | | |
|--|-----|
| 1. More women play soccer in North America than in South America. | T F |
| 2. Soccer is the most popular sport in the majority of European countries. | T F |
| 3. Soccer is the most popular sport in most countries of the world. | T F |
| 4. The continent with the largest number of soccer players is Europe. | T F |

Listening Comprehension

Glossary

- Tsu chu** the earliest form of football, dating back to ancient China 蹴鞠
- Real Madrid** 皇家马德里, 西班牙足球俱乐部, 全球名气最大的俱乐部之一
- Manchester United** 曼彻斯特联队 (简称曼联), 是一支拥有百年历史的超级球队, 1878年建队, 获得过无数辉煌, 20世纪90年代后成为英超的霸主
- the Balkans** the Balkan countries collectively 巴尔干半岛国家
- FIFA** 国际足球联盟, 全称是Fédération Internationale de Football Association (此为法语名, 英语为International Federation of Association Football)
- tournament** *n.* a sports competition in which players who win continue in the competition until just one person or team is left 锦标赛, 联赛; 比赛

Planet Football

Part One

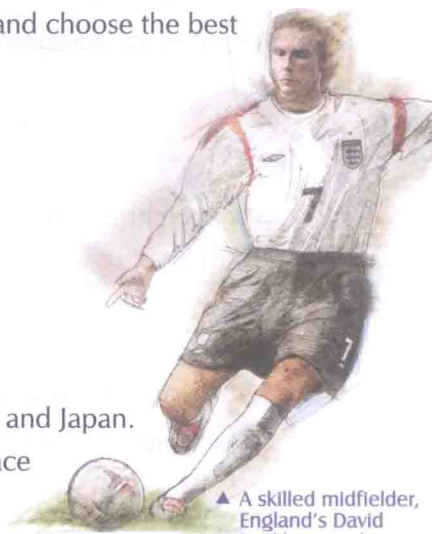
A. Multiple Choice. Listen to the first part of the passage and choose the best answer for each question.

1. a. 100 million.
c. 200 million.
2. a. England.
c. Germany.
3. a. Table tennis.
c. Badminton.
4. a. The 2002 World Cup, co-hosted by South Korea and Japan.
b. Youth soccer teams play a role in promoting peace in the Middle East.
c. Nowadays, table tennis is not as popular as soccer in China.
d. The Australian team's performance at the World Cup in 2006.
5. a. The history of soccer.
b. The popularity of soccer.
c. The increasing popularity in Europe.
d. Asia's passion for soccer.

- b. 120 million.
- d. 20 million.

- b. Brazil.
- d. China.

- b. Basketball.
- d. Soccer.



▲ A skilled midfielder, England's David Beckham is also a globally recognized "brand," known for his celebrity lifestyle.

B. Dictation and Translation. Listen to three sentences from this part and try to complete them below. Then translate the sentences into Chinese.

1. _____ in the U.S., began _____ with the Chinese game of tsu chu.

Translation: _____

2. Over the past two decades, _____ among Japan, China, and South Korea has helped to _____.
Translation: _____

3. _____, as immigrants from the Balkans and other countries _____.
Translation: _____

Part Two

Short Answer Questions. Listen to the second part of the passage. Then answer the following questions.

1. What issues does the continent of Africa have to face? Why?

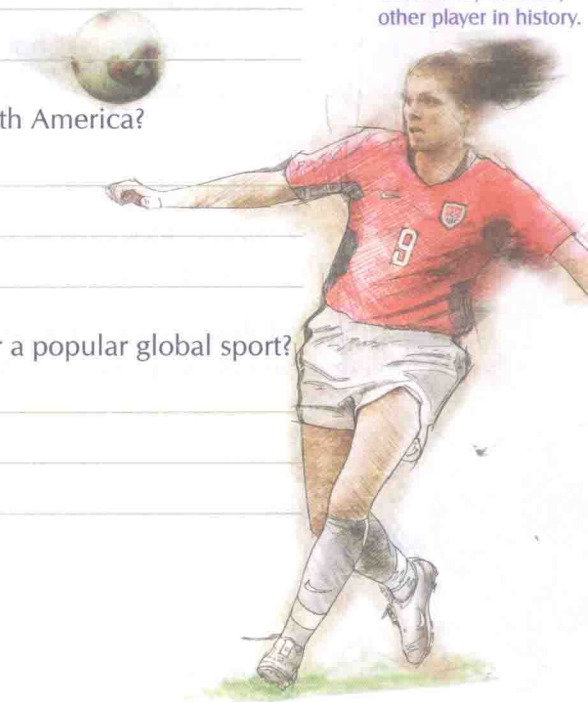
2. What contributions does South America make to the global soccer development?

3. What proportion of professional soccer players in North America are women?
Why is this number significant?

4. What is the state of men's soccer in North America?

5. What changes have helped make soccer a popular global sport?

▼ U.S. star Mia Hamm scored more goals for her country than any other player in history.



After You Listen

A. Translation. Complete the following sentences by translating the Chinese into English.

1. I love my job very much and _____
_____ (为此投入全部热情和精力).
2. Economic development is _____
_____ (一个劳动分工演化的过程).
3. Shenzhen is an important _____
_____ (电子工业的前沿地区).
4. What to do with all these reserves _____
_____ (已成为激烈争论的主题).
5. This will provide no comfort to anyone _____
_____ (面临失业的前景).

B. Classification. Match each sport (a–h) with the region in which it is most popular, according to the passage.

- a. American football
- b. Australian rules football
- c. baseball
- d. basketball
- e. cricket
- f. ice hockey
- g. rugby
- h. table tennis

Asia _____

Australia _____

North America _____

C. Discussion. Discuss the following questions.

1. How can the Chinese soccer team do better in international matches?
2. What can we do better to develop soccer in China?

1B Pushing the Limit



◀ Usain Bolt celebrates winning the final of the men's 200 meters at the 2008 Olympic Games in Beijing. He set a new world record for the race: 19.30 seconds.

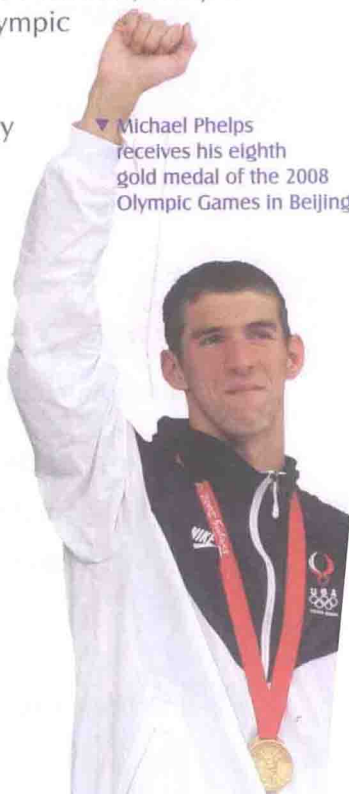
Before You Listen

Completion. Look at the pictures and read the information below. Then complete sentences 1–4 using the correct form of words in blue.

Many athletes made the news headlines during the 2008 Beijing Olympics. Some, like Michael Phelps, were already famous before the games. Phelps set an all-time world record for gold medals, receiving a total of eight in Beijing. Others, such as Usain Bolt, were less famous than Phelps before Beijing 2008. However, his years of training finally paid off, when he broke both world and Olympic records for the 100 m and 200 m races.

1. The world's biggest athletics competition — held once every four years — is the _____.
2. If you want to award someone for something they have done, you might give them a(n) _____.
3. Athletes need to _____ very intensively before a competition.
4. Michael Phelps is one of the world's most famous _____.

▼ Michael Phelps receives his eighth gold medal of the 2008 Olympic Games in Beijing.

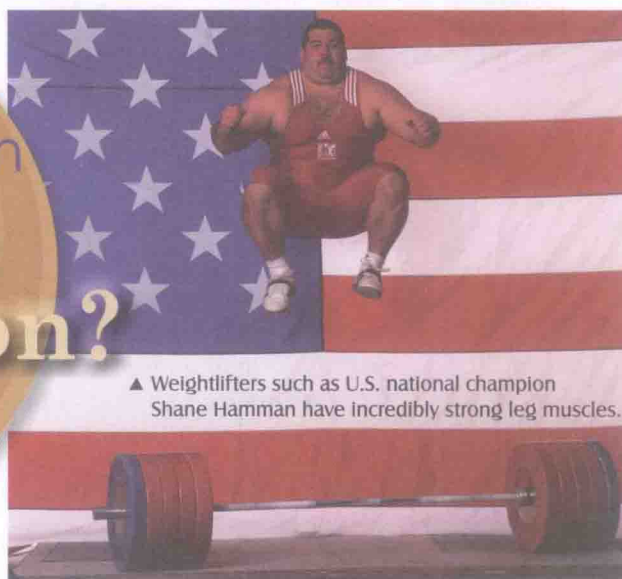


Listening Comprehension

Glossary

1. **psychological** *adj.* connected with a person's mind and the way in which it works 心理的; 精神上的
2. **elite** *n.* the most powerful, rich or talented people within a particular group 精英
3. **genetics** *n.* the scientific study of the ways qualities and characteristics are passed from one generation to another by means of genes 遗传学
4. **fiber** *n.* a thin, thread-like piece of flesh making up body muscles 纤维
5. **lactate** *n.* a substance produced by your muscles when you have been exercising a lot. 乳酸盐
6. **enhance** *v.* to improve the value, quality or attractiveness of sb/sth 增强, 提高

What Makes an Olympic Champion?



▲ Weightlifters such as U.S. national champion Shane Hamman have incredibly strong leg muscles.

- A. Multiple Choice.** Listen to the passage and choose the best answer for each question.
1. a. More fast-twitch muscle fibers.
b. More slow-twitch muscle fibers.
c. A large, muscular body.
d. A smaller size and body weight.
 2. a. Because he has a large number of slow-twitch fibers in the muscles.
b. Because he has a large number of fast-twitch fibers in the muscles.
c. Because it's common to experience discomfort after exercising long or hard.
d. Because he is unable to remove quickly enough the high amounts of lactate from his muscles.
 3. a. "I'd be punished if I was late."
b. "You have to repeat the dives hundreds, maybe thousands of times."
c. "Athletes have to be good at setting goals, generating energy and managing anxiety."
d. "She'd probably just compliment me on the beautiful splash."

4. a. Because they have to be able to control fatigue and keep moving for a long time.
b. Because they have no idea how to reach and maintain their goals.
c. Because they usually perfect their skills by repeating the same motions.
d. Because otherwise they couldn't handle the training loads put on them.
5. a. The different muscle types of a super athlete.
b. The making of a super athlete.
c. How to qualify for the olympics.
d. Important factors leading to success.

B. Note Taking. Listen to the passage and take notes. Then complete the outline.

Outline

Factors going into making an elite athlete:

The most important factor is 1. _____ :

- a) muscles
 - fast-twitch fibers
 - weightlifters have many more than the average person
 - 2. _____ is not the main requirement to do well in this sport
 - slow-twitch fibers
 - an elite marathon runner might have up to 3. _____ in his leg muscles, which generate energy and enable him to control fatigue
 - the average runner might start to feel discomfort halfway into a race
- b) 4. _____
 - male champion swimmers → 180 cm tall or taller
 - male and female gymnasts → a smaller size and body weight mean they can move with greater ease and are less likely to be hurt

5. _____ and 6. _____ factors:

- a) those raised at high altitudes have blood rich in hemoglobin, which carries oxygen around the body faster, enabling them to run faster
- b) Tegla Loroupe from northern Kenya attributes some of her success to her country's altitude and some to her 7. _____ factor

8. _____ and 9. _____ factors also needed to succeed:

- a) athletes:
 - marathon runners
 - weightlifters and gymnasts
 - divers
- b) a sport psychologist says athletes have to be good at setting goals, generating energy and managing anxiety;
- c) how to adjust to intense pressure: 10. _____

A crowd of 30,000 runners of all ages streams across a bridge during the New York City marathon. ▶

