

大学英语视听进阶

3

College English View and Listen

教师手册 Teacher's Manual

主编 Nancy Douglas Nancy Hubley (美方)
刘爱军 (中方)



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副主编 师庆刚 吕 敏
编 者 刘爱军 师庆刚 吕 敏 王健刚
田 华 陈真真

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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、趣味性强的视听素材，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

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UNIT 1

Sport and Fitness

UNIT INTRODUCTION

Unit 1 discusses the popularity of soccer throughout the world and describes the factors that produce Olympic champions.

Key Words for Internet Research: *football, high altitude training, hypoxia, Olympic Games, Paralympics, Pistorius, soccer, twitch muscle fibers, World Cup tournaments*

For More Information: http://www.olympic.org/uk/index_uk.asp and

http://en.wikipedia.org/wiki/Olympic_Games

WARMING UP

Answer Key

Answers will vary.

Teaching Notes

Ask students to look at the photo and read the caption. Ask them:

- **What is happening in the photograph?** A hiker wearing a backpack jumps with excitement.
- **Where is Alaska?** Alaska is the largest state of the United States, but it is not connected to the 48 states of the mainland. The only other state not connected is Hawaii in the Pacific Ocean.
- **What is Alaska like?** Alaska has a small population for a huge area, so it is sparsely settled. Because it is so far north, summer days are very long and winter days are very short. Average temperatures are milder by the sea and are more extreme inland.
- **What time of year was the photo taken?** Probably summer because some vegetation is growing, the land is not covered with snow, and it is sunny. The hiker is wearing a cap and gloves because he still needs warm clothes at high elevations in Alaska's mountains.

LISTENING

1A The World's Game

Lesson Overview

Target Vocabulary

award, data, decade, enormous, enthusiasm, evolve, frontier, intense, prospect, version

Listening Passage Summary

The passage describes the situation of soccer in each continent and its increasing importance as a global sport.

Answer Key

Before You Listen

1. T 2. T 3. F 4. T

Listening Comprehension

■ Part One

- A. 1. b 2. a 3. c 4. d 5. b

- B. 1. What the world now calls football, or soccer; as far back as 2500 B.C.

如今被世界称为“足球”、在美国叫做“英式足球”的这项运动始于公元前2500年中国人进行的一种叫做“蹴鞠”的比赛。

2. an intense soccer competition; increase enthusiasm for the sport across Asia

在过去的20年里，日本、中国和韩国之间的激烈的足球竞争增加了亚洲对于这项运动的热情。

3. But interest in soccer is growing; bring the sport and their enthusiasm for it to their new country

但是随着来自巴尔干半岛国家和其他国家的移民把这项运动及他们的热情带到他们的新国度里，人们对足球越来越感兴趣。

■ Part Two

1. Africa faces the prospect of losing many of its best players to the European clubs because this continent lacks strong domestic teams and they can earn big money and international recognition in European clubs.

2. a. South America produces some of the most exciting soccer and most admired players on Earth.

b. Brazil has won the most World Cup Finals ever and it is the only team to have participated in every World Cup to date.

c. Youth soccer is also an enormous business there.

3. Almost 28 percent; It is the largest number of women professional soccer players in the world.

4. Men's soccer is also gaining in popularity throughout North America, despite tough competition from other popular team sports, such as baseball, American football, and ice hockey.
5.
 - a. soccer's worldwide popularity;
 - b. the reach of satellite television;
 - c. players and coaches from abroad;
 - d. fans all over the world.

After You Listen

- A.
 1. devote all my enthusiasm and energy to it
 2. a process in the evolution of labor division
 3. frontier for the electronics industry
 4. has been the subject of intense debate
 5. facing the prospect of unemployment
- B.
 1. **Asia:** d and h.
 2. **Australia:** b, e, and g.
 3. **North America:** a, c, and f.
- C. Answers will vary.

Teaching Notes

Before You Listen

Have students look at the map and pie graphs before attempting the true/false questions. Draw attention to the map key that uses different colors depending on whether soccer is the number one sport in a country.

Get students to explain how the color coding works. (The more intense colors indicate a larger number of players per 1,000 people in the population.) Then ask students to explain the coloring of the pie graphs. (They are actually divided into four groups: male, female, youth, and adults. You can see this most clearly on the chart for North America.) Ask where they can find information about the total number of players in a continent (given under the pie graph) and note that Oceania includes New Zealand and the Pacific Islands along with Australia.

True or False. Students will need to use the information from both the map and the pie charts to answer the questions. Ask where they found the answers to the questions. Can students ask classmates similar questions based on these data sources? For example, where in Europe is another sport more popular than soccer? (Finland) In South America? (Venezuela and Guyana)

Listening Comprehension

Before students start the actual listening, ask them what they know about the people in the photographs and drawings.

■ Part One

- A. Multiple Choice.** Have students listen to part one of the passage carefully and choose the best answer for the questions. Check answers as a class, asking students to give evidence for their answers by repeating the sentences in the passage.
- B. Dictation and Translation.** Firstly have students listen to these sentences and complete them, and then check answers with a partner. Secondly they can discuss in a pair and try to put the sentences into Chinese, and then check as a class and select the best translations.

SCRIPT

Planet Football (Part One)

Throughout history, people have played some version of a kicking game. What the world now calls football, or soccer in the U.S., began as far back as 2500 B.C. with the Chinese game of tsu chu. The sport we're familiar with today originated in Britain; by the 1840s, England's Football Association had established a set of rules, and the modern game was born. Today, more than 120 million regular players from all over the globe participate in the game annually, truly making soccer the world's sport.

Europe: Home of the Rich and Famous

Europe has the largest number of soccer players on Earth and is also home to the world's richest and best-known professional teams. Europe's major clubs — such as Spain's Real Madrid and England's Manchester United — have evolved from local teams to global brands, with supporters all over the world. Some are owned by foreign businessmen, who invest large amounts of money in their clubs, hoping to earn significant returns on ticket sales, television, and advertising deals.

Asia: A Growing Passion

Over the past two decades, an intense soccer competition among Japan, China, and South Korea has helped to increase enthusiasm for the sport across Asia. In China, for example, recent data suggest that soccer is now more popular than traditional Chinese favorites, such as table tennis and basketball. This enthusiasm has also helped to bridge differences and bring people together. The 2002 World Cup, co-hosted by South Korea and Japan, was a victory for cooperation and friendship, and in the Middle East, youth soccer teams have also helped to promote peace.

Australia and Oceania: Soccer Down Under

For decades, Australian sports have been dominated by cricket, rugby,

and Australian rules football. Today, this region still has the fewest number of soccer players and teams. But interest in soccer is growing, as immigrants from the Balkans and other countries bring the sport and their enthusiasm for it to their new country. The result: in 2006, Australia's national team (nicknamed the "Socceroos") made its first appearance at the World Cup Finals in 32 years.

A. Multiple Choice.

- Question 1. Around how many regular soccer players all over the world are involved in the game annually?
- Question 2. Where does the sport of soccer we're familiar with today derive from?
- Question 3. Which game is NOT mentioned in the passage as a popular sport in China?
- Question 4. According to the passage, which of the following is NOT the example of growing passion for soccer in Asia?
- Question 5. What is the main idea of this part?

B. Dictation and Translation.

1. What the world now calls football, or soccer in the U.S., began as far back as 2500 B.C. with the Chinese game of tsu chu.
2. Over the past two decades, an intense soccer competition among Japan, China, and South Korea has helped to increase enthusiasm for the sport across Asia.
3. But interest in soccer is growing, as immigrants from the Balkans and other countries bring the sport and their enthusiasm for it to their new country.

■ Part Two

Short Answer Questions. Have students listen to this part twice and try to answer these questions by using the sentences from the listening passage or summarizing in their own words. And then have them check answers in pairs.

SCRIPT

Planet Football (Part Two)

Africa: Soccer's New Frontier

Africa has a number of talented players; however, the continent lacks strong domestic teams and faces the prospect of losing many of its best players to the

European clubs. Several national teams have powerful athletes, though, and Africa's more prominent role in the soccer world was established in 2004, when FIFA awarded the 2010 World Cup tournament to South Africa.

South America: Unbeatable Talent

South America produces some of the most exciting soccer on Earth, and many of the most admired players. Brazil has won the most World Cup Finals ever, and is the only team to have participated in every World Cup to date. Youth soccer is also an enormous business in South America (third after Europe and North America), but as with Africa and Asia, many of the best players join the wealthy European teams for the chance to earn big money and international recognition.

North America: A Sport for Everyone

In North America, almost 28 percent of the professional players are women — the largest number in the world. The women's World Cup finals are a hugely popular event; one match held in Los Angeles drew a crowd of over 90,000, one of the largest ever for a women's sport. Men's soccer is also gaining in popularity throughout North America, despite tough competition from other popular team sports, such as baseball, American football, and especially in Canada ice hockey.

Soccer: A Global Force

Thanks to its worldwide popularity and the reach of satellite television, soccer has experienced a major evolution in recent years. Today's major teams import both players and coaches from abroad, and clubs once supported only by their local communities now have fans all over the world. In the last quarter century, soccer has succeeded in cutting across national lines to become a global, interconnected sport — one that has the power to unite us all.

After You Listen

- A. Translation:** Have students complete the sentences by putting the Chinese in brackets into English, and then do peer-editing with partners.
- B. Classification:** Have students complete this activity, and then check answers as a class. If questions arise, ask which countries are included in each of the three areas and have students listen to the text again.
- C. Discussion:** Have students form pairs to discuss the questions.

1B Pushing the Limit

Lesson Overview

Target Vocabulary

adjust, attribute, automatic, champion, differentiate, enhance, generate, genetics, motion, psychological

Listening Passage Summary

The listening passage describes the biological, environmental, psychological and training factors that go into the making of an Olympic champion.

Answer Key

Before You Listen

1. Olympics 2. medal 3. train 4. athletes

Listening Comprehension

- A. 1. a 2. d 3. a 4. d 5. b
B. 1. genetics 2. a large, muscular body 3. 90% slow-twitch muscle fibers 4. size
5. environmental 6. cultural 7. cultural 8. training 9. practice 10. don't think too much while competing

After You Listen

- A. 1. champion 2. genetic 3. motion 4. attribute 5. enhance 6. generated 7. adjust
B. Answers will vary.

Teaching Notes

Before You Listen

Ask students what they know about the Olympics. Write columns for summer and winter sports on the board and have the class list as many Olympic sports as they know. Then have someone visit the sites listed at the beginning to find a complete list of Olympic sports. Ask where the Olympics were held in recent years and where they will be held next. Has anyone in class attended the Olympics? Which athletes from their countries participated? In what events?

Completion. Students use the words in blue (*athletes, Olympics, medals, training*) to complete the sentences.

Listening Comprehension

- A. **Multiple Choice.** After students have completed the pre-listening activities, have them listen to the passage and choose the best answer for each question. Check answers as a class.
B. **Note Taking.** Before a second listening, have students skim the written information given in this part and try to figure out the general outline. Then have students listen to the passage for the missing information.

What Makes an Olympic Champion?

How does a person become an Olympic champion — someone capable of winning the gold? In reality, a combination of biological, environmental, and psychological factors, as well as training and practice, all go into making a super athlete.

Perhaps the most important factor involved in becoming an elite athlete is genetics. Most Olympic competitors are equipped with certain physical characteristics that differentiate them from the average person. Take an elite athlete's muscles, for example. In most human skeletal muscles (the ones that make your body move), there are fast-twitch fibers and slow-twitch fibers. Fast-twitch fibers help us move quickly. Olympic weightlifters, for example, have a large number of fast-twitch fibers in their muscles — many more than the average person. These allow them to lift hundreds of kilos from the ground and over their heads in seconds. Surprisingly, a large, muscular body is not the main requirement to do well in this sport. It is more important to have a large number of fast-twitch fibers in the muscles. The legs of an elite marathon runner, on the other hand, might contain up to 90 percent slow-twitch muscle fibers. These generate energy efficiently and enable an athlete to control fatigue and keep moving for a longer period of time. When we exercise long or hard, it's common to experience tiredness, muscle pain, and difficulty breathing. These feelings are caused when the muscles produce high amounts of lactate and can't remove it quickly enough. Athletes with many slow-twitch muscle fibers seem to be able to clear the lactate from their muscles faster as they move. Thus, the average runner might start to feel discomfort halfway into a race. A trained Olympic athlete, however, might not feel pain until much later in the competition.

For some Olympic competitors, size is important. Most male champion swimmers are 180 cm (six feet) or taller, allowing them to reach longer and swim faster. For both male and female gymnasts, though, a smaller size and body weight mean they can move with greater ease, and are less likely to suffer damage when landing on the floor from a height of up to 4.5 meters (15 feet).

Some athletes' abilities are naturally enhanced by their environment. Those raised at high altitudes in countries such as Kenya, Ethiopia, and Morocco have blood that is rich in hemoglobin. Large amounts of hemoglobin carry oxygen around the body faster, enabling these athletes to run better. Cultural factors also help some athletes do well at certain sports. Tegla Loroupe, a young woman

from northern Kenya, has won several marathons. She attributes some of her success to her country's altitude (she trains at about 2,400 meters or 8,000 feet) and some to her cultural background. As a child, she had to run ten kilometers to school every day. "I'd be punished if I was late," she says.

Although genetics, environment, and even culture play a part in becoming an elite athlete, training and practice are needed to succeed. Marathon runners may be able to control fatigue and keep moving for long periods of time, but they must train to reach and maintain their goals. Weightlifters and gymnasts perfect their skills by repeating the same motions again and again until they are automatic. Greg Louganis, winner of four Olympic diving gold medals, says divers must train the same way to be successful: "You have less than three seconds from takeoff until you hit the water, so it has to be reflex. You have to repeat the dives hundreds, maybe thousands of times." Training this way requires an athlete to be not only physically fit but psychologically healthy as well. "They have to be," says Sean McCann, a sport psychologist at the Olympic Training Center in the U.S. "Otherwise they couldn't handle the training loads we put on them. [Athletes] have to be good at setting goals, generating energy when they need it, and managing anxiety."

How do athletes adjust to such intense pressure? Louganis explains how he learned to control his anxiety during a competition: "Most divers think too much ..., " he says. "They're too much in their heads. What worked for me was humor. I remember thinking about what my mother would say if she saw me do a bad dive. She'd probably just compliment me on the beautiful splash."

A. Multiple Choice.

- Question 1. What is the most important factor contributing to an Olympic weightlifter's success?
- Question 2. Why might the average runner start to feel discomfort halfway into a race?
- Question 3. Which of the following illustrates the cultural factor?
- Question 4. According to Sean McCann, a sport psychologist, why does an athlete have to keep not only physically fit but psychologically healthy as well?
- Question 5. What does the passage mainly discuss?

After You Listen

- A. Completion.** Ask students to read the passage silently and choose words from the box to fill the gaps.

Word Link

The suffix *-ic* or *-atic* generally forms adjectives such as *enthusiastic* or *classic*. However, some words ending in *-ic* are nouns such as *clinic* or *critic*. The plural forms *genetics* or *classics* are nouns, too.

The Paralympics are sports events for outstanding athletes who have physical and visual disabilities. The term “able-bodied” in the passage refers to people without physical disabilities. The Paralympics are sometimes confused with the Special Olympics for athletes with intellectual disabilities.

B. Discussion. Have students form pairs to discuss the questions.

VIEWING

High-Altitude Peoples

Lesson Overview

Video Summary

Learn how different tribes of people adapt to living in high mountainous regions, where the thin air makes it difficult to breathe.

Answer Key

Before You View

- A.** 1. The Andes, The Himalayas.
2. La Paz, Quito, Mexico City, Nairobi, Denver.
3. Because air automatically becomes thinner the higher you climb, which may pose a lot of difficulties in breathing to mountain climbers.
- B.** 1. d 2. a 3. b 4. e 5. c

Viewing Comprehension

- A.** 1. c 2. c 3. b 4. b
- B.** 1. Tibetans
2. South American Andeans
3. people in the highlands of Ethiopia
4. how native peoples adapt to their high-altitude environments
5. they obtain more oxygen into their lungs and move it through their systems much more rapidly
6. their blood is thicker
7. scientists do not know exactly how they have adapted
8. biological adaptation
9. b 10. a 11. c