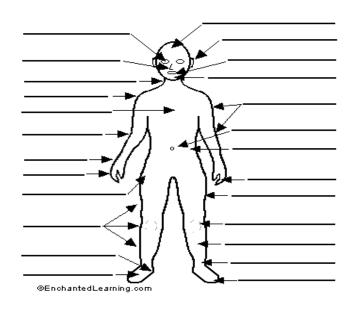
# **Unit 2 Human body and Exercise**

Task 1 Human Body

ankle	ear	hand	leg	shoulder
arm	elbow	head	mouth	thigh
navel	eye	heel	nose	toes
chest	fingers	hip	neck	waist
chin	foot	knee	shin	wrist

Label the human body diagram using the word list above.



# Task 2 Basic anatomy

Match the description with one of the systems. What organs do you associate with each of them?

# skeletal digestive lymphatic integumentary respiratory nervous reproductive urinary muscular circulatory endocrine

1. The	system supports and protects, regulates body temperature, makes chemicals
and hormones, and a	cts as a sense organ.
2. The	system supports and protects, makes movement easier (with joints), stores
minerals, and makes	blood cells.
3. Thes	ystem brings about body movement, maintains posture, and produces heat.
4. The	system allows a person to communicate with the environment and
integrates and contro	ls the body.
5. The	system secretes hormones into the blood that serve to communicate with,
integrate, and control	mechanisms.
6. The	_system transports substances through the body and establishes immunity.
7. The	system is a subdivision of the circulatory system. It does not contain
blood, but rather lym	ph, which is formed from the fluid surrounding body cells and diffused into
lymph vessels. The n	najor functions of this system are the movement of fluid and its critical role in
	sm of the body against disease.
8. Thesy	ystem exchanges oxygen from the air for the waste product carbon dioxide,
which is eliminated f	from the body.
	_ system breaks down food, absorbs nutrients, and excretes solid waste.
10. Thes	ystem cleans waste products from blood in the form of urine and maintains
electrolyte balance, v	vater balance, and acid-base balance.
11. The	_ system produces sex cells, allows transfer of sex cells and fertilization to
occur, permits develo	opment and birth of offspring, nourishes offspring, and produces sex
hormones.	

# Task 3

Fill the gaps with the correct word chosen from below.

increase	joinis	recovery	neann	ımmune	reguiar	carc	uovascu	uar	
fitness an	d overall nt in the p	s the perform prevention o d obesity.	Fred	quent and	l		exe	rcise is an	important
the huma	n body:	rally groupe		<b>.</b>					•
enduranc	e.	es such as w							etrength.
maintaini Proper nu even mor	ng health atrition is e importa	s important y bones, mu at least as ir nt to have g nelp the bod	scles and nportant to ood diet to	joints; and health and ensure	nd strengt as exercis the body	thening se. Who has the	g the en exerce e correct	eising it bed t ratio of m	_ system. comes nicro and

#### Task 4

# Fitness - Exercise Myths

Although some old fitness fictions, such as "no pain, no gain" are fading fast, plenty of popular exercise misconceptions still exist. Here are some of the most common myths as well as the not-so-common facts based on current exercise research. Discuss them. Do you consider them myths? Support your arguments.

- 1. If You're Not Going to Work Out Hard and Often, Exercise Is a Waste of Time.
- 2. Yoga Is a Completely Gentle and Safe Exercise.
- 3. If You Exercise Long and Hard Enough, You Will Always Get the Results You Want.
- 4. Exercise Is One Sure Way to Lose All the Weight You Desire.
- 5. Overweight People Are Unlikely to Benefit Much From Exercise.
- 6. Home Workouts Are Fine, But Going to a Gym Is the Best Way to Get Fit.

#### Task 5: Verbs of movement

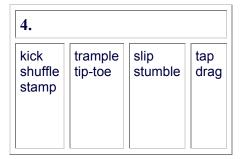
What parts of body do you associate the verbs with?

# **Movements Characteristic of Body Parts**









# Task 6 Listening

# Fun science: The human body

(http://www.videojug.com/interview/fun-science-the-human-body#what-is-my-body-made-of) *Listen and answer the questions:* 

- 1. What's my body made of?
- 2. Why do we get "goose bumps"?
- 3. Why do I get "brain freeze" when I eat ice cream?
- 4. Why does my skin look like a wrinkled prune after I take a bath?
- 5. Why do I sweat?
- 6. How do my eyes see colour?
- 7. What happens to food when I eat it?
- 8. Why do I need food?