

WINTER TERM REVISION – Master Programme Course

Vocabulary

a) What do you call?

- the ability of a muscle to continue applying force
- the category of sports which includes archery, shooting, darts etc.
- the type of exercise which results in oxygen debt
- wounds in which the top layers of skin are scraped off
- overstretching of a muscle
- a part of body which connects a muscle to a bone
- tubes that carry blood from all parts of the body to the heart
- a set of exercises you do just before you start exercising to prepare your body
- all the workers employed in an organisation
- the number of years we are likely to live

b) Which of the following are symptoms of shock?

- rapid pulse
- dizziness
- unconsciousness
- pain and swelling
- nausea and vomiting
- rash
- cough
- shaking or chills

c) Match the expressions on the left with their collocations on the right:

| | |
|------------|-------------|
| Range of | Avoidance |
| Oxygen | Respiration |
| Blood | Motion |
| Legal | Imagery |
| Mental | Donation |
| Dismiss | Control |
| Injury | Debt |
| Locus of | An employee |
| Artificial | Supplements |

d) Give opposites of the following verbs:

| | |
|------------------|------------------------|
| to lose (weight) | to warm up |
| to lengthen | to get worse |
| to increase | to contract (a muscle) |
| to raise | to inhale |

e) Use the following phrasal verbs in sentences:

| | |
|-----------------|----------------|
| to bring up | to take on |
| to drop out | to get on with |
| to cheer sb. on | to take off |
| to work out | to keep up |

f) What adjectives would you use to describe a successful athlete?

g) Reading

Complete the text with suitable words from below. There is one word that you don't need to use.

nutrients giving up treatments likely damaging rates risk pumped available occur

HEART DISEASE AND STROKE

The UK has one of the highest _____ of death from heart disease in the world - one British adult dies from the disease every three minutes - and stroke is the country's third biggest killer. Heart attacks _____ when blood flow is blocked, often by a blood clot, while strokes are caused either by blocked or burst blood vessels in the brain. A range of other conditions, including heart failure, when blood is not _____ properly around the body, and congenital heart defects can also cause long term problems, and even death.

HEART DISEASE

The heart pumps blood around the body carrying oxygen and other _____ to the areas that need it. When this process is interrupted, or does not work properly, serious illness and even death can result.

The risk of heart disease is greater for people with poor diet, who smoke and do not exercise, and men are more _____ to suffer from it than women.

A range of tests and _____, including drugs, heart bypass surgery and transplants, exist to alleviate symptoms or save the lives of sufferers.

STROKE

There are two types of stroke - those caused by blood clots in the brain and those that occur when blood vessels burst. In both cases, the brain is starved of oxygen, _____ or killing cells.

Sufferers are often left with difficulty talking, walking and performing other basic tasks. The chance of suffering a stroke is cut by eating healthily, _____ smoking and drinking less alcohol. After a stroke, various drug treatments are _____ and rehabilitation is commonly used to improve patients' speech and movement.

h) Self-evaluation

Do a SWOT analysis of your English studies.