

Unit 5

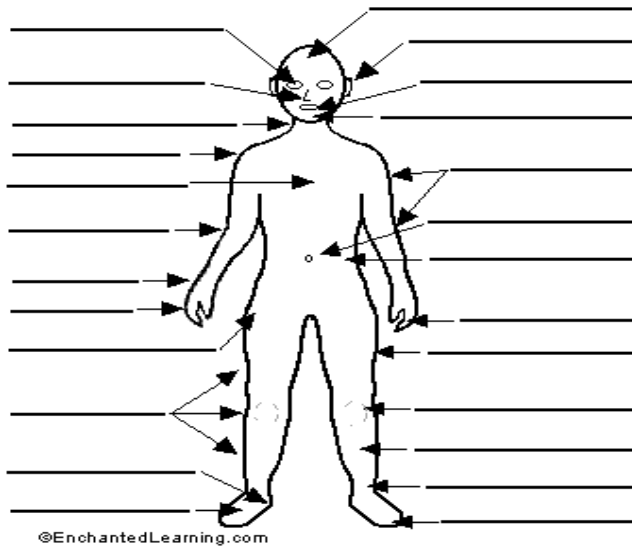
Human body and Exercise

Modal Verbs

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 acts as a sense organ.
2. The _____ system supports and protects, makes movement easier (with joints), stores minerals, and makes blood cells.
3. The _____ system brings about body movement, maintains posture, and produces heat.
4. The _____ system allows a person to communicate with the environment and integrates and controls 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 lymph, which is formed from the fluid surrounding body cells and diffused into lymph vessels. The major functions of this system are the movement of fluid and its critical role in the defense mechanism of the body against disease.

8. The _____ system exchanges oxygen from the air for the waste product carbon dioxide, which is eliminated from the body.
9. The _____ system breaks down food, absorbs nutrients, and excretes solid waste.
10. The _____ system cleans waste products from blood in the form of urine and maintains electrolyte balance, water balance, and acid-base balance.
11. The _____ system produces sex cells, allows transfer of sex cells and fertilization to occur, permits development and birth of offspring, nourishes offspring, and produces sex hormones.

Task 3

Fill the gaps with the correct word chosen from below.

increase joints recovery health immune regular cardiovascular

Physical exercise is the performance of some activity in order to develop or maintain physical fitness and overall _____. Frequent and _____ exercise is an important component in the prevention of the diseases such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.

Exercises are generally grouped into three types depending on the overall effect they have on the human body:

1. Flexibility exercises such as stretching improve the range of motion of muscles and _____.
2. Aerobic exercises such as walking and running focus on increasing _____ endurance.
3. Anaerobic exercises such as weightlifting or sprinting _____ muscle strength.

Physical exercise is important for physical fitness including healthy weight, building and maintaining healthy bones, muscles and joints; and strengthening the _____ system. Proper nutrition is at least as important to health as exercise. When exercising it becomes even more important to have good diet to ensure the body has the correct ratio of micro and macronutrients to help the body with the _____ process after exercising.

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

1.			
smile frown sneer	grin yawn chew	squint blink wink	gape stare glare leer

2.			
open close clench grab	scratch squeeze pat stroke	pinch point tap slap	grasp clasp rub

3.			
strike sweep cut slice	chop push pull thrust clutch dig	throw fling catch beat whip	wave punch lift reach

4.			
kick shuffle stamp	trample tip-toe	slip stumble	tap drag

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?