

# Advanced English for **PHYSICAL AND SPORT ACTIVITIES**

*Grado superior de Actividades físicas y deportivas*



**educàlia**  
editorial

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# Advanced English for **PHYSICAL AND SPORT ACTIVITIES**

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# UNIT 1

## FITNESS

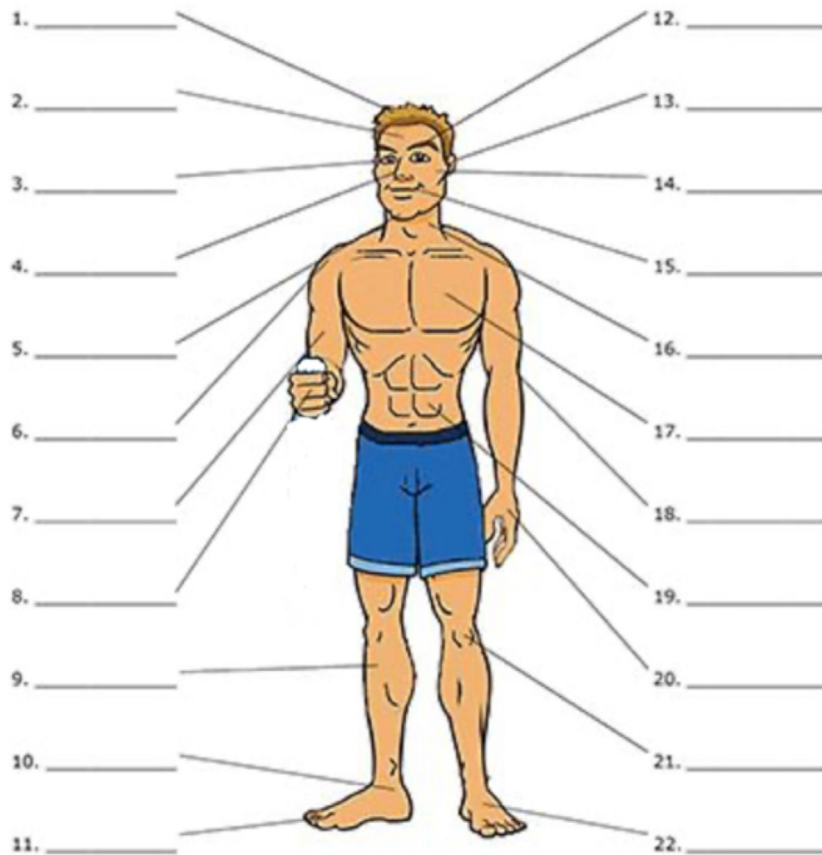
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LISTENING	SPEAKING	WRITING
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# 1 VOCABULARY

## BODY PARTS

### WARM UP

In pairs, look at the photo below. Think and write the parts of the body parts that you already know.



1. Identify. Match the words in the box with its corresponding picture.

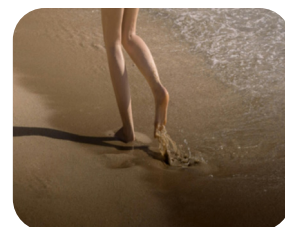
nipples  
thumb  
waist  
thigh  
calf (calves)  
belly



a. ....



b. ....



c. ....



d. ....



e. ....

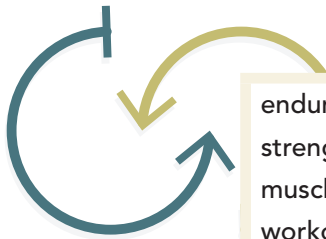


f. ....



## PERSONAL FITNESS

2. Translate. Look up the words in a dictionary.



endurance: \_\_\_\_\_  
 strength: \_\_\_\_\_  
 muscle: \_\_\_\_\_  
 workout: \_\_\_\_\_  
 hydration: \_\_\_\_\_  
 goal: \_\_\_\_\_  
 recovery: \_\_\_\_\_  
 nutrition: \_\_\_\_\_  
 routine: \_\_\_\_\_  
 motivation: \_\_\_\_\_

3. Match the words in the box with the pictures 1-6.

AGILITY

WEIGHTLIFTING

FLEXIBILITY

STRETCHING

BALANCE

YOGA



1. ....



2. ....



3. ....



4. ....



5. ....



6. ....

# 1 VOCABULARY

## 4. Glossary: Complete the table. Body parts and personal fitness.



### FITNESS FOR WORKOUTS

#### 5. Fill in the Blanks with the words in the box below.

repetition    DOMS (delayed onset muscle soreness)    plyometric  
HIIT method (high-intensity interval training)    set    muscular endurance

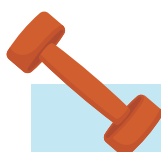
- a) \_\_\_\_\_ training is a physical activity, such as running or cycling.  
b) The soreness felt in muscles (24-48 hours after workout) is called \_\_\_\_\_.  
c) The \_\_\_\_\_ involves alternating between intense bursts of exercise and short rest periods.  
d) A \_\_\_\_\_ consists of repeating exercises a certain number of times before resting.  
e) \_\_\_\_\_ exercises are designed to build power and explosiveness.  
f) A \_\_\_\_\_ is the number of times you perform a specific exercise.

#### 6. Match the fitness words with their correct definitions.

1. Flexibility	a. to improve the range of motion of muscles and joints, such as stretching or yoga.
2. Strength training	b. to improve endurance, typically involving activities that increase heart rate.
3. Circuit training	c. a series of different exercises performed with little rest between them.
4. Core	d. these muscles are important for posture and stability.
5. Muscle mass	e. the total amount of muscle tissue in the body, which contributes to strength and physical appearance.
6. Aerobic exercise	f. to improve strength and build muscle, typically involving weights or resistance.
7. Warm-up	g. activities performed before a workout to prepare the body and prevent injury.
8. Cool-down	h. the period after a workout allows the body to gradually return to a resting state.

#### 7. Match the fitness materials (1-6) to their correct description (A-E).

1. dumbbells	a. a machine used for running or walking indoors, adjustable for speed and incline.
2. treadmill	b. small, handheld weights used for strength training exercises.
3. yoga mat	c. a flexible band used to provide resistance during strength training exercises.
4. resistance bands	d. a cushioned mat used for comfort and stability during yoga, stretching, and floor exercises.
5. kettlebells	e. a weighted ball with a handle used for dynamic exercises like swings or squats.



## 8. Glossary. Complete the table: Fitness for workouts.

## MEDICAL MYTHS

There are many medical myths that people are used to hearing and believing, even though modern science has proven them wrong. Let's take a closer look at some of these myths and explore the truth behind them.

Text adapted from: <https://uamshealth.com/medical-myths/>

### Myth 1: More protein means more muscles.

People are used to hearing that consuming more protein automatically results in more muscle mass is misleading. While protein is crucial for muscle growth, the body can only use a certain amount effectively. Excess protein beyond what the body needs may lead to weight gain, as it can be converted into fat. Additionally, research suggests that protein timing and distribution throughout the day are key for optimal muscle synthesis. Instead of consuming large amounts of protein in one meal, spreading intake across the day is more effective for supporting muscle repair and growth.

### Myth 2: Carbs are bad for you.

Many people believe that carbs have become the new scapegoat in recent years, with many people blaming them, and their impact on insulin for weight gain and health issues. However, research shows that low-glycemic diets, which rank carbs by their impact on blood sugar, have only modest benefits, even for diabetics, and don't necessarily improve glycemic control more than other diets. The carbohydrate-insulin model of obesity, which suggests that carbs cause obesity through insulin, is also not well-supported by evidence. Studies have shown that low-fat diets result in slightly greater fat loss and energy expenditure, but these differences are minimal. In practice, keto, low-carb, and higher-carb diets all lead to similar weight loss outcomes. Reducing carbs, especially processed ones, can help some people eat healthier, but it's important to choose a diet that works for you and creates a caloric deficit for weight loss. Ultimately, carbs are not inherently harmful as long as they are consumed in moderation.

### Myth 3: Eating often will boost your metabolism

The myth that eating smaller meals more frequently boosts metabolism and aids in weight loss is misleading. While digestion does slightly increase metabolism, the number of meals doesn't significantly impact fat loss if the total daily caloric intake is the same. Some studies even suggest that eating more frequent, smaller meals can make it harder to feel full, leading to overeating. Ultimately, the key factor for weight loss is the total caloric intake, not the frequency of meals.

### Myth 4: Does eating late at night make you fat?

Weight gain or loss is determined by what you eat, not when you eat. Many people snack on high-calorie foods while relaxing in front of the TV, leading to mindless overeating. Experts explain that your metabolism still works at night, and calories consumed late don't affect weight gain more than those consumed during the day. To manage weight, focus on the balance of calories consumed versus burned. Day recommends eating a smaller dinner 3-4 hours before bed, with a larger breakfast and lunch. Eating smaller, balanced meals throughout the day and avoiding large portions can help maintain a healthy weight and prevent overeating.

### Myth 5: Fats are bad for you

For years, low-fat diets have been considered the key to weight loss, but current research shows that low-fat and low-carb diets produce similar weight loss results, as long as the caloric deficit and protein intake are the same. While low-fat diets are not inherently unhealthy, completely avoiding fats can be dangerous, as the body needs omega-3 and omega-6 fatty acids. Saturated fats can raise LDL cholesterol, increasing cardiovascular disease risk, but not all saturated fats have this effect (e.g., cheese and chocolate). Replacing saturated fats with other nutrients matters for heart health. Trans fats, especially those in processed foods, are harmful and should be avoided. However, naturally occurring trans fats in whole foods like dairy are not a concern. The key takeaway is that a low-fat diet won't lead to weight loss if you're in a caloric surplus, and the focus should be on balancing fats and avoiding trans fats.



# 1 READING



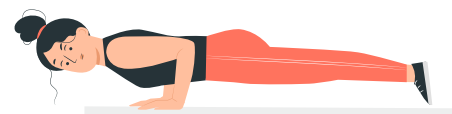
## READING COMPREHENSION

### 1. General questions. Answer the questions.

- Write different headlines for each myth.
- Summarize each myth in few sentences.

### 2. True or false. Look at the following statements and check if they are true or false.

- Eating more protein automatically leads to more muscle gain.
- Carbs are inherently bad for your health and should always be avoided.
- Eating smaller, more frequent meals significantly boosts metabolism and promotes weight loss.
- Weight gain is caused by eating late at night, no matter what food you eat.
- Low-fat diets are the best way to lose weight and are healthier than other diets.
- Consuming trans fats found in processed foods is harmful and should be avoided.
- Protein timing and distribution throughout the day can help optimize muscle growth.
- Saturated fats, like those in cheese and chocolate, always increase the risk of heart disease.



True	False
True	False
True	False
True	False
True	False
True	False
True	False
True	False

## GOING BEYOND

### 3. Answer the following questions based on the texts.

- According to the text about protein, what is the role of protein timing and distribution in muscle synthesis?  
.....
- How does the myth about carbs being bad for you conflict with the findings from studies on low-glycemic diets and weight loss?  
.....
- What are the potential negative effects of eating smaller meals more frequently, as mentioned in the myth about boosting metabolism?  
.....
- In the myth about eating late at night, what is the main factor influencing weight gain, according to the experts?  
.....
- What is the key takeaway from the discussion about saturated fats and heart disease risk, especially in relation to foods like cheese and chocolate?  
.....





## QUESTION FORMATION



### Yes/No questions

#### IMPORTANT!

##### Common auxiliary verbs:

- Be (am, is, are, was, were)
- Have (have, has)
- Do (do, does, did)

#### auxiliary verb + subject + main verb (and sometimes complement).

- Example 1: do/does/did + subject + main verb  
Do you like weightlifting?  
Does she do strength training?  
Did he train for Olympic lifting?
- Example 2: am/is/are + subject + main verb  
Is she a physical trainer?  
Are you a sporty person?
- Example 3: have /has + subject + main verb  
Have you finished your workout?  
Has she stopped running?

### GOING BEYOND

**Negative questions: negative questions are questions formed with a negative auxiliary verb. The structure is:**

#### auxiliary verb + not + subject + main verb?

- Example 1:  
(do/does/did + not + subject + main verb)  
Don't you like powerlifting?
- Example 2:  
(am/is/are + not + subject + main verb)  
Isn't she doing bodybuilding?
- Example 3:  
(have/has) + not + subject + main verb)  
Haven't they finished yet?

### 1. Yes/no questions.

Write questions from the statements below using the correct auxiliary verb.

Circle the right answer with the information provided.

- a) My personal trainer likes muscular endurance.

Question: \_\_\_\_\_ muscular endurance?

Yes, she does. / No, she doesn't.

- b) They haven't finished their stretching session.

Question: \_\_\_\_\_ finished their stretching session?

Yes, they have. / No, they haven't.

- c) Tom is going to the gym after work.

Question: \_\_\_\_\_ going to the gym after work?

Yes, he is. / No, he isn't.

- d) Noe didn't run very well.

Question: \_\_\_\_\_ run every day?

Yes, she did. / No, she didn't.

### 2. Negative questions.

Form yes/no questions from the negative statements below using the correct auxiliary verb. Answer the questions.

- a) You don't like weight work.

Question: \_\_\_\_\_ like playing tennis?

Yes, I do. / No, I don't.

- b) They haven't finished their training session.

Question: \_\_\_\_\_ finished their training session?

Yes, they have. / No, they haven't.

- c) My boyfriend is going to the gym after work.

Question: \_\_\_\_\_ going to the gym after work?

Yes, he is. / No, he isn't.

- d) Tina lifted weights very well.

Question: \_\_\_\_\_ lift weights very well?

Yes, she did. / No, she didn't.

# 1 GRAMMAR



**Wh-Questions:** wh-questions begin with words like: who, what, where, when, why, and how. The structure is:

**wh-word + auxiliary verb + subject + main verb (and sometimes complement).**

- Example 1: (wh-word + be (am/is/are) + subject + main verb)

What is your favorite sport?

- Example 2: wh-word + do/does/did + subject + main verb)

Where did you go to do crossfit?

- Example 3: wh-word + have/has + subject + main verb)

How have you got any chalk?



### 3. Fill in the blanks with the correct wh-question word (who, what, when, where, why, how) and auxiliary (do, does, did, is, are, have, has etc.).

- \_\_\_\_\_ you going to bodybuilding competitions?
- \_\_\_\_\_ your friend train for fitness modelling?
- \_\_\_\_\_ gym \_\_\_\_\_ Lily train at for mixed martial arts?
- \_\_\_\_\_ Vanessa got boxing gloves for your MMA training?
- \_\_\_\_\_ your sister like travelling for sports events?
- \_\_\_\_\_ he arrive to the weightlifting arena, yesterday?
- \_\_\_\_\_ we meeting at the lifting hall at 7pm?
- \_\_\_\_\_ you apply oil during bodybuilding competitions?



### 4. Rewrite the sentences as wh-questions with the appropriate auxiliary. Use the correct wh-question word and auxiliary verb.

- Alicia goes to the gym on Fridays.  
..... ?
- My classmates have all signed up for the gym to lift weights.  
..... ?
- I don't need a lifting belt, I prefer to lift without it.  
..... ?
- My family finished the sports report after dinner.  
..... ?
- Everyone is excited about the results of the competition.  
..... ?



## Used to/be used to/ get used to

**USED TO:** to talk about past habits, but you stopped doing them.

Example:

- Affirmative: When I was a child, my father used to train for Olympic weightlifting.
- Negative: When I was a child, my father didn't train for Olympic weightlifting.
- Interrogative: When you were a child, did your father use to train for Olympic weightlifting?

**BE USED TO:** to talk about actions you're accustomed to (something normal).

Example:

- Affirmative: My mum is used to going to the gym every day.
- Negative: My mum isn't used to going to the gym every day.
- Interrogative: Is your mum used to going to the gym every day?

**GET USED TO:** to talk about something which is in process of becoming normal or common.

Example:

- Affirmative: I am getting used to drinking protein shakes.
- Negative: I am not getting used to drinking protein shakes.
- Interrogative: Are you getting used to drinking protein shakes?



## 5. Complete the table with information about yourself.

Used to	Affirmative: Negative: Question:
Be used to	Affirmative: Negative: Question:
Get used to	Affirmative: Negative: Question:



## GOING BEYOND

**6. Research.** Look for information about Lidia Valentín who is an Olympic medalist and has represented Spain in many international competitions in the sport of weightlifting. Write 3 sentences using "used to", "be used to", or "get used to" in each one.

- a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_

**7. Write sentences** about your favorite athlete using the phrases used to, get used to, and is used to. Be creative and describe their past habits, current routines, and things they have adapted to in their sports career.

- a) \_\_\_\_\_  
b) \_\_\_\_\_  
c) \_\_\_\_\_

# 1 LISTENING



## WHAT'S VYGOREXIA?

You are going to listen to an interview in a radio programme between a journalist and a doctor.

### 1. Multiple choice. Listen to the interview and choose the correct answer for each question.

1. What is Vygorexia?

- a) A mental disorder where a person is obsessed with their physical appearance.
- b) A physical condition that affects the digestive system.
- c) A disorder that only affects people's eating habits.
- d) A psychological disorder focused on emotional intelligence.

2. How is Vygorexia different from regular perfectionism?

- a) Perfectionism applies only to academic performance.
- b) Vygorexia is focused on physical appearance, while perfectionism is more general.
- c) People with perfectionism always achieve their goals, while those with Vygorexia never do.
- d) None of them.

3. What does Dr. Costas suggest to help someone with Vygorexia?

- a) Start taking more physical exercise.
- b) Focus only on improving their muscle mass.
- c) Engage in activities that focus on intellectual growth only.
- d) Practice self-compassion, take breaks, and spend time with loved ones.

### 2. Sentence correction. Read the sentences below and correct the underlined words.

- 1. Vygorexia is a mental disorder in which a person becomes indifferent with their physical condition.
- 2. People with vygorexia ignore social loneliness and neglect other aspects of their life.
- 3. Perfectionism can apply to various areas of life, but it is optionally focused on one thing like muscle mass.
- 4. Modern culture can create a physical appearance of beauty exception, and people can feel pressure to look like others.
- 5. If someone recognizes these disorders in themselves, it's important to practice self-compassion.

### 3. Guess. Complete the sentences with the correct words from the text.

- 1. People with Vygorexia are constantly trying to \_\_\_\_\_ their muscle mass, even when they are already in good physical condition.
- 2. One of the signs of Vygorexia is neglecting \_\_\_\_\_, physical health, or self-care.
- 3. Dr. Costas recommends that people with Vygorexia practice \_\_\_\_\_ and take breaks from their routines.
- 4. Modern culture, especially social media, often emphasizes \_\_\_\_\_, pushing other values into the background.
- 5. Perfectionism can lead to stress or dissatisfaction when goals are not \_\_\_\_\_.



## EXPRESSING AND ASKING FOR OPINIONS

### IN PAIRS

#### 1. Ask your classmates for their opinions.

##### a) Topics to talk about:

##### • Physical appearance:

We live in a society where image is highly valued. A person's physical appearance and reputation can greatly influence how others perceive them and even how they view themselves. It can help us land a job or attract our dream partner, but it can also lead to frustration, insecurity, and even cause various disorders. What do you think?

##### • Social stereotypes

Stereotypes are a set of preconceived ideas and beliefs about the characteristics of certain topics or groups. Stereotypes can lead us to prejudge others and maintain attitudes that result in unfair and undeserved treatment. Because of this, we sometimes act as if we know someone we don't, based on characteristics they have not demonstrated. The origins of stereotypes, why they occur, and how to combat them are important aspects to discuss.

##### • Social pressure

Most people have done something they didn't want to do simply because it was expected of them or due to social or group pressure. The opinions of others, or what we believe others think of us, matter to us to a greater or lesser extent. Aspects to discuss could include: Why does this happen? What do we do, or what might we do, when we are under pressure from society or a group? What is expected of us?

##### b) Listen carefully to their answers and then express your own point of view. Example:

Student A: What do you think about playing sports in school?

Student B: I think it's a great way to stay healthy and make friends.

Student A: In my opinion, it's important, but we should have more variety in the activities.

### Useful LANGUAGE TO express AND ASK FOR OPINIONS

- What do you think about...?
- How do you feel about...?
- In my opinion, ...
- I believe that...
- I think...
- I agree/disagree with you because...
- I'm not sure, but I think...
- That's an interesting point, but I think...
- What's your opinion on...?
- I strongly believe that...
- I would argue that...
- Don't you think that...?
- I see your point, but I disagree because...
- I agree with you on that, but I think...
- I'm not convinced by argument because...

### IN GROUPS

#### 2. Debate. Make a small group and choose one of the topics below to debate.

- One group thinks of arguments for the topic chosen and the other group arguments against it.
- Think of ideas to support your opinions.
- Use the phrases provided to express your opinion and ask others' opinions.

##### Debate topics

1. Should professional athletes be allowed to use performance - enhancing drugs if it helps them compete at a higher level?
2. Is it better to watch sports on TV or to attend live events in person?
3. Do you think all sports should be in separate leagues for men and women?
4. Is it better to specialize in one sport at a young age or to play multiple sports?



## AN OPINION ESSAY

### A. PLAN

#### 1. Opinion essay structure.

a) Introduction (1 paragraph): briefly introduce the topic and state your opinion.

Useful language for the introduction

- In my opinion...
- I believe that...
- It seems to me that...
- There is no doubt that...

a) Body paragraphs (2 paragraphs): provide reasons for your opinion, supported by examples or explanations.

Linking words to organize your ideas

- Firstly/Secondly/In addition/Moreover/For example/For instance.
- On the other hand/ However/ In contrast/ Nevertheless
- There are several reasons why I believe...
- One significant reason for my opinion is...
- For instance, many people argue that...
- On the other hand, some may claim that...

c) Conclusion (1 paragraph): summarize your opinion and main points, and sometimes suggest a solution or a call to action.

Useful language for the conclusion

- To sum up...
- In conclusion...
- All in all...
- In my view, the best solution is...



#### 2. Draft. Look at the example about how to plan an opinion essay.

1. Outline: Do social media platforms do more harm than good?

2. Introduction:

- How has Instagram transformed the way we connect with others?
- How can social pressure and/or influencers affect people?
- Are there benefits and drawbacks of social media?

In my opinion, platforms like Instagram have transformed how we connect, offering opportunities for self-expression and business. However, there is no doubt that they also amplify social pressure, especially through influencers who often promote unrealistic beauty standards. It seems to me that while Instagram can inspire, it also contributes to body image issues and affects self-esteem. This essay will explore both the benefits and harms of social media, focusing on its role in creating physical social pressure.

### 3. Body paragraphs:

#### - Paragraph 1:

- What opportunities do social media platforms like Instagram offer to users?
- How can Instagram help users showcase their talents or build careers?
- What pressures come with using social media, particularly Instagram?
- How do influencers on Instagram contribute to the pressure to maintain an idealized image?
- What are the consequences of feeling inadequate due to the comparisons made on Instagram?

Social media platforms like Instagram offer opportunities for creativity, self-expression, and connection, allowing users to showcase their talents and even build careers. While this can be empowering, it often comes with the pressure to maintain an idealized image. Constant exposure to influencers and curated content can create unrealistic beauty and lifestyle standards, leading to feelings of inadequacy, especially among younger users who are more vulnerable to these pressures.

#### - Paragraph 2:

- How does the pressure to conform to beauty standards on Instagram affect mental health?
- In what ways do influencers contribute to unrealistic beauty standards on Instagram?
- What mental health issues can arise from comparing oneself to idealized portrayals on Instagram?
- How do users' perceptions of themselves change when they feel they fall short of the idealized images on Instagram?

The pressure to conform to unrealistic beauty standards on Instagram can have significant effects on mental health. Many influencers, through heavily edited photos or filtered images, present a version of life that is far from reality. This can lead to body image issues, low self-esteem, and anxiety, particularly for young users who compare themselves to these curated portrayals. Research has shown that social media, especially platforms like Instagram, is linked to increased feelings of inadequacy and dissatisfaction with one's appearance, as users feel they fall short of the idealized images they see online.

### 4. Conclusion

- How do social media platforms, like Instagram, create social pressures related to appearance and success?
- Why is it important to acknowledge both the positive and negative impacts of social media?

In conclusion, while Instagram and other social media platforms offer benefits like creativity and connection, they also create harmful social pressures related to appearance and success. The unrealistic standards promoted by influencers can negatively impact mental health, especially among younger users. It seems clear that, while social media has its advantages, its role in promoting physical social pressure cannot be ignored.

## B. WRITE

### 1. Choose the outline (a,b,c) that you like the most and write an opinion essay.

- The impact of fitness influencers on body image and self-esteem.
- The influence of social media on teen mental health.
- Psychological effects of vygorexia.

## C. REVISION AND SELF-ASSESSMENT

After writing it, answer these questions and check if your essay is well-written.

- Is the opinion clearly stated?
- Are the reasons supported with examples or explanations?
- Does the essay have a clear structure (introduction, body paragraphs, conclusion)?
- Are there appropriate linking words (firstly, secondly, in conclusion)?
- Are there any parts of the essay that need more explanation or clearer examples?
- Is the conclusion strong and clear?

# 1 GLOSSARY



Write the translation of the vocabulary. Complete the table.

## PARTS OF THE BODY

English	Translation
ankle	
arm	
calf	
chest	
cheek	
chin	
ear	
elbow	
fingers	
forehead	
foot	
hair	
hand	
knee	
leg	
mouth	
navel	
neck	
nipple	
nose	
shoulder	
stomach	
thigh	
thumb	
toes	
waist	

## PERSONAL FITNESS

English	Translation
agility	
balance	
endurance	
flexibility	
goal	
hydration	
motivation	
muscle	
nutrition	
resistance	
recovery	
routine	
strength	
stretching	
weightlifting	
workout	
yoga	

## FITNESS WORKOUTS

ENGLISH	TRANSLATION
circuit	
DOMS	
HIIT	
resistance	
rep	
set	
plyometric	