

UNIT 5

Unit 5, Psychology, The Q Classroom

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- Teacher:** Unit 5's Question is, "Why do we enjoy sports?" Do you play a lot of sports, Felix?
- Felix:** Yes, I do.
- Teacher:** Which sports?
- Felix:** Mostly soccer.
- Teacher:** What do you enjoy about soccer?
- Felix:** It's good to play on a team. It's a lot of fun.
- Teacher:** How about you, Yuna? Are sports important to you?
- Yuna:** Oh, yes. I play a lot of sports, especially volleyball and basketball. It helps me relax at the end of the day, and then I think I study better.
- Teacher:** So sports can change our moods, can't they? Why are sports important to you, Felix?
- Felix:** Well, for me, sports are part of our family life. I play tennis with my brothers. We play together a lot.
- Teacher:** What do you think, Marcus? Do you enjoy sports?
- Marcus:** Yes, very much. I play soccer, too, and I can express myself when I play. There are things you can do in soccer that you can't describe. You just have to experience them.

Unit 5, Note-taking Skill, Example

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- F:** We hear a lot about how good exercise is for us. Of course, it's true, and it's especially important for us to continue exercising even in our older years. There are so many ways exercise can help older people live better and longer lives. First of all, it helps their bodies stay healthy. Older people who exercise get sick less and have fewer physical pains. They also get injured less. And secondly, exercise increases the body's strength and balance. This helps keep older people's muscles strong, so they can continue to do the things they need to do in daily life. It also helps older people avoid accidents, such as falling down.

Unit 5, Note-taking Skill, Activity A

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- F:** A third reason exercise is helpful for older people is that it is good for the mind. Regular physical activity makes older people feel happy and enjoy life more. Studies show that it improves mood, and many older people say that exercise keeps their

minds feeling clear and sharp. Another way that exercise is good for older people is that it helps them have a social life. They can get outdoors, spend time with friends, and even make new friends. Joining a walking group and playing golf are especially good activities for older people, and joining an exercise class for older people at a gym is also a great idea!

Unit 5, Listening 1, Activity A, C

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Professor: All right. Let's get started. For today's class, I've invited a special guest speaker. This is Dr. Tom Wilkins from the Sports Science Center. Dr. Wilkins led a study on the **benefits** of doing sports. He's going to tell us about that today. Please welcome him.

Dr. Wilkins: Good morning. Thank you. First, let's think about how sports are important in our lives. Sports have been an important part of **human** life for a very long time. We know that people were playing and watching sports 4,000 years ago in Egypt and Greece. And many sports that are still played today began thousands of years ago in China.

So, why do humans enjoy sports so much? What are the benefits? The first important benefit of doing sports is that it helps us stay healthy. It's important for us to be **active**. When we play sports, especially when we do a lot of running, our heart goes faster and moves blood to the different parts of our bodies. Our muscles work hard and become stronger. All of this helps us feel better and live longer.

Another way that doing sports is helpful is that it can **improve** our learning. Exercising and moving our bodies "wakes up" our **brain**, so it is active and ready to learn. We can **concentrate** and learn better. For example, my study showed that children who do some kind of sports usually do better in school.

One more important thing that sports do is bring people together. Playing a sport is a great way to make friends. Being part of a team and working together are important **skills** for life, for example, at school or at work. In addition, watching sports can be good for us. Many people enjoy watching their favorite team play a soccer or baseball game on TV, or even going to see a live game. Watching sports is fun and relaxing, so it helps **lower stress**. Finally, when people have a favorite sports team, they feel like they are part of a group—almost like a family. It's a good feeling. . . . So, doing—and watching—sports have benefits for all of us. . . .

Unit 5, Listening Skill, Activity A
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1. The first important benefit of **doing** sports is that it helps us stay healthy. It's important for us to be active.
2. **One more** important thing that sports do is bring people together. Playing a sport is a great way to make friends.
3. In addition, watching sports can be good for us, too. Many people enjoy watching their favorite team play a soccer or baseball game on TV, or even going to see a live **game**.
4. Finally, when people have a favorite sports team, they feel like they are part of a group—almost like a family. It's a good feeling.

Unit 5, Listening 2, Activity A, C
Page 94, 95

Marco: This year, I joined the soccer team at my high school. Being on a team is so much fun. The other players are great. I've made a lot of new friends already. We're like a big family. I'm not a very good player yet, but I'm getting better. I like to watch the older players because I can learn from them. They help me a lot. Our **coach**, Mr. Wells, teaches us a lot of new skills. We practice every day after school for two hours. Improving my skills makes me feel good about myself.

Eric: In Canada, where I'm from, ice hockey is the most popular sport. Some of the world's best hockey players came from Canada, like Wayne Gretzky and Gordie Howe. That makes me feel proud of my country. I like hockey because it's a fast, **exciting** game. I love seeing the players fly down the ice. Everyone in my family likes the Jets. That's the hockey team from my hometown. When they play, my brother, my father, and I enjoy watching the games on TV. Hockey is special to me because it brings my family together and makes us closer.

Takumi: These days, baseball and soccer are the most popular sports in Japan, but we have many **traditional** sports, too. For example, judo and karate are famous sports that came from Japan. Learning these sports takes a long time, and players practice many hours and work very hard. They must learn how to fight and **protect** themselves from danger. These kinds of sports improve health and help players learn to concentrate and be **patient**. I'm proud of these traditional sports. They are an important part of Japan's history and culture.

Alex: I can't imagine my life without sports. Staying healthy is important to me. I don't play on any sports teams. I prefer exercising by myself. I do some kind of exercise every day. Sometimes I go swimming or running, but I enjoy cycling the most. When I go out for a ride on my bike, I usually take quiet roads without any cars. When I'm all alone, and it's quiet except for the sound of the wind, I can **escape** from the rest of the world. Riding my bike gives me a way to **forget** about my problems.

Unit 5, Grammar, Activity A

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1. This year, I joined the soccer team at my high school. Being on a team is so much fun. The other players are great. I've made a lot of new friends already.
2. Our coach, Mr. Wells, teaches us a lot of new skills. We practice every day after school for two hours. Improving my skills makes me feel good about myself.
3. I like hockey because it's a fast, exciting game. I love seeing the players fly down the ice. Everyone in my family likes the Jets. That's the hockey team from my hometown. When they play, my brother, my father, and I enjoy watching the games on TV.
4. These days, baseball and soccer are the most popular sports in Japan, but we have many traditional sports, too. For example, judo and karate are famous sports that came from Japan. Learning these sports takes a long time, and players practice many hours and work very hard.
5. I can't imagine my life without sports. Staying healthy is important to me. I don't play on any sports teams. I prefer exercising by myself. I do some kind of exercise every day. Sometimes I go swimming or running, but I enjoy cycling the most.

Unit 5, Pronunciation, Example 1

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- M:** Do you exercise every day?
Do you and your family watch a lot of sports on TV?
Are you going to the soccer game this weekend?

Unit 5, Pronunciation, Example 2

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- F:** When did you start playing baseball?
Who is your favorite basketball team?
How often do you go to a live sports game?

Unit 5, Pronunciation, Example 3

Page 101

- M:** Which do you like better, soccer or baseball?
Do you usually exercise alone or with friends?
Do you prefer playing sports or watching sports?

Unit 5, Pronunciation, Activity B
Page 102

1. Are you better at playing tennis or baseball?
2. Who is your favorite athlete?
3. What is an example of a traditional sport from your country?
4. Is your favorite athlete from your country or another country?
5. Do you exercise outside, or do you go to the gym?
6. Do you enjoy watching sports on TV?
7. What kind of sports do you like better, winter sports or summer sports?

Unit 5, Unit Assignment, Consider the Ideas
iQ Online Resource

Steve: Hey, Abdullah.

Abdullah: Hi, Steve! How's it going?

Steve: Great. Thanks again for letting me interview you for my Exercise Science class.

Abdullah: No problem. That class sounds really interesting.

Steve: Yeah, it is. We have to interview students about their sports preferences, so I'm just going to ask you a few questions about that.

Abdullah: OK.

Steve: OK, first, what kinds of sports do you like to do?

Abdullah: Well, I like a lot of different kinds of sports, but my favorite is volleyball.

Steve: Hmm. Why do you like volleyball?

Abdullah: Well, I started playing in junior high school, and I worked very hard. I guess I'm a pretty good player now, and I feel good when I can help my team win.

Steve: Is volleyball a popular sport in Qatar?

Abdullah: Yes, it is. I think soccer is the most popular. But did you know that volleyball is the second most popular sport in the world?

Steve: Wow! Really. That's interesting. I don't think many people know that. So, who are your favorite volleyball players?

Abdullah: Well, I think there are some very good players in Qatar. My favorite player. . . . Let's see. Saeed Salem. In my opinion, the best player of all time is Karch Kiraly from the U.S.. He won three gold medals at the Olympics.

Steve: OK. Great. Well, I think those are all of my questions for now. Thanks for your help.

Abdullah: You're welcome!