研究生英语综合教程1

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内 容 简 介

本教材共有八个单元，每单元包括四个部分：阅读与翻译、学术阅读、学术写作、翻译技巧。每个单元包含两篇课文，涉及音乐、体育、美术、设计等相关主题，选材新颖，内容丰富，语言规范。每部分均设计了形式多样的练习，具有较强的针对性，有利于全面提高学生的阅读、写作和翻译能力。本书还配有课文的参考译文，请读者登录ftp://ftp.tup.tsinghua.edu.cn/下载使用。

本书适合作为高等院校的音乐、体育、美术、设计等艺术类专业的公共英语教材，也可作为相关从业人员自我提升的辅导用书。

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前言

本教材以培养应用型人才为目标，结合学生毕业后的工作实际，旨在帮助学生掌握其未来岗位所需要的专业英语知识和技能，并提高他们运用英语在专业领域进行沟通和交流的能力。

本教材适合高等院校（包括高职高专院校）的音乐、体育、美术、设计等艺术类专业学生的公共英语课程使用，也可作为电大、各类成人院校学生及广大从业人员的辅导用书。本教材充分体现了《非英语专业研究生英语教学大纲》的精神，结合了学生的实际情况；注重语言材料的实用性、趣味性、思想性；从学生的接受能力和知识水平出发，注重语言应用能力的培养。

本教材旨在提高音乐、体育、美术、设计等艺术类专业学生在各自领域的英语读、写、译等应用能力。教材共有八个单元，每单元包括四部分内容：

第一部分："阅读与翻译"（Reading and Translating），该部分旨在培养学生阅读和翻译音乐、体育、美术、设计等专业领域英语文献的能力。本部分包括 Text A 和 Text B 两篇主题课文，课文在内容上与特定的专业与职业相关，课后配有与课文内容相关的适量练习。

第二部分："学术阅读"（Academic Reading），该部分侧重培养学生的学术英语阅读能力，将通用学术英语教学理念与科技英文文献阅读相结合，介绍了阅读英文文献的基本技巧，并配有相应的练习，以提高学生查阅英文资料、获取专业知识的学术能力。

第三部分："学术写作"（Academic Writing），该部分侧重培养学生的学术英语写作能力，提高学生对英语学术写作规范的认识；通过介绍学术写作规范，帮助学生学会用英语向国际会议或期刊投稿，参与国际学术交流，成为具有国际学术交流能力的人才。

第四部分："翻译技巧"（Translating Skill），该部分帮助学生在了解英汉两种语言共性和差异的基础上进行创造性翻译；通过介绍常用的基本翻译技巧，使学生在翻译中不拘泥于原文的结构，采用符合译入语习惯和逻辑的表达方法，并通过翻译实践让学生掌握翻译技巧，使译文准确、通顺。

本教材构思独特，实用性强，尤其突出音乐、体育、美术、设计等专业领域的词汇；选材新颖，内容丰富，语言规范；练习设计具有实用性和针对性，便于教学。书后配有词汇表和参考答案。本书还配有课文的参考译文，有需要的读者可登录 ftp://ftp.tup.tsinghua.edu.cn/ 下载使用。

由于编者水平有限，加之时间仓促，难免有不足之处，请广大读者批评指正。

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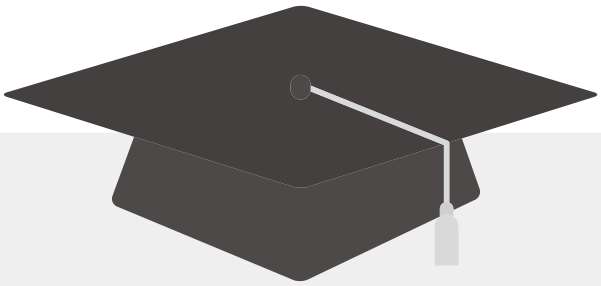

Unit 1

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Sports and Health

Part I Reading and Translating

Text A

What to Eat Before a Workout?

What's the best thing to eat before a **workout**, game, or race?

(a) a candy bar or other sugary food 15 minutes before,

(b) a **protein shake** or bar 30 minutes before,

(c) a **low-fat**, **high-carb** meal or **snack** one to four hours before,

(d) nothing; you should **fast**.

The answer is usually (c), but it depends on the type, length and intensity of your activity, what you ate on previous days, your **metabolism** and your personal **preferences**.

If you're just walking **briskly** or cycling for 30 to 60 minutes, it doesn't matter what you eat beforehand. But if you're about to play singles tennis, go on a three-hour bike ride or run for more than an hour, what you eat before—and during—the activity can affect your performance and how you feel.

It's important to find what works best for you. There's no magic pre-exercise meal, but there are some general **guidelines** for **vigorous** workouts lasting more than an hour. It's best to eat one to four hours before the activity: the shorter the time to the event, the smaller the meal or snack should be.

Choose foods that are high in carbs (preferably **complex** carbs that are not high in **fiber**), low in fat and **moderate** in protein—such as **crackers**, fruit, **pasta** or low-fat **yogurt**—and that "sit well" with you. The goal is to maintain blood sugar and **carbohydrate** stores in the body, but not have much undigested food in the stomach, which can cause **indigestion**, gas or other discomfort.

Why should athletes love carbs?

Carbohydrates are essential for athletic performance—in fact, for all physical as well as mental activity. They are the body's major source of energy—in the form of **glucose** in the blood and **glycogen** (the storage form of carbohydrates) in the muscles and liver—and are used more efficiently than proteins or fats. It's particularly important to eat enough carbs in the hours and days before prolonged activity (though special "carb-loading"[1] **regimens** are no longer recommended).

If you're doing strength training, shouldn't you eat more protein than carbs beforehand?

No, the focus should stay on high-carb foods. Weight lifters and endurance athletes do need

more protein than other people, but because of their greater food intake, they get the extra protein with little trouble. Some research has found that consuming some protein shortly after strength training can **boost** muscle **synthesis**, however.

What about the final hour before a workout?

Years ago, experts advised not eating anything, especially sugary foods or drinks, shortly before exercising, since that can boost **insulin** levels and result in a drop in blood sugar, which could **impair** performance. But insulin levels go back down when you start to exercise. And the great majority of studies have found that eating carbs shortly before exercise actually improves performance or else has no effect on it.

Again, it depends on what you'll be doing, what you ate earlier and what you'll consume while exercising. If you do eat during the final hour, try a small low-fat snack (less than 200 calories) or a lightly sugared **beverage**.

Is it better to get your pre-exercise calories and nutrients from liquids than from solid foods?

Whatever works for you. It takes longer for solid foods to be digested compared to liquids, which could be a good or bad thing when you exercise, depending on the timing. But studies have generally found that it doesn't matter whether you get your pre-workout calories from food or beverages.

Will fasting before exercise burn more body fat?

No, what you eat before exercising has little or no effect on fat burning (**oxidation**). The body uses stored fat and carbs as fuel in varying proportions, depending on the length and intensity of the activities and other variables.

Studies on fasting in athletes have produced inconsistent results, and when they have found extra fat burning it is very modest. And some research has shown that people burn more fat when they eat something before exercising than when they fast. What's more, for most people, fasting before intense or prolonged exercise will reduce energy levels and impair performance.

Should you eat while exercising—and what?

Yes, if you're doing prolonged events such as long-distance running or cycling. For most people, a few hours of **sustained**, vigorous activity will **deplete** their stored carbs, resulting in weakness, **fatigue**, and/or pain—what's known as "hitting the wall". So it's important to eat small high-carb (again, low in fat and fiber) snacks to maintain blood sugar and fuel your muscles and brain. You can also get the carbs from beverages.

What's the best way to stay hydrated?

If you exercise moderately for less than an hour, all you need to do is drink when you're thirsty—and water is fine. But for prolonged exercise, especially in hot weather, drink plenty of fluids.

The American College of Sports Medicine recommends drinking fluids (about 15 ounces for a 165 pound person) at least four hours beforehand. Also drink at regular **intervals** during long

workouts, even if you are not thirsty, and drink adequately afterwards. For such endurance exercise, beverages with low to moderate sugar content as well as some **potassium** and **sodium**, such as sports drinks, are recommended.

New Words and Expressions

workout	['wɜːkaʊt]	*n.*	锻炼
protein shake			蛋白奶昔
low-fat		*adj.*	低脂的
high-carb		*adj.*	高碳水化合物的
snack	[snæk]	*n.*	小吃
fast	[fɑːst]	*v.*	禁食
metabolism	[mə'tæbəlɪzəm]	*n.*	新陈代谢
preference	['prefrəns]	*n.*	偏爱
briskly	['brɪskli]	*adv.*	迅速地
guideline	['gaɪdlaɪn]	*n.*	指导方针
vigorous	['vɪgərəs]	*adj.*	有力的，充满力量的
complex	['kɒmpleks]	*adj.*	复合的；复杂的
fiber	['faɪbə(r)]	*n.*	纤维
moderate	['mɒdərət]	*adj.*	适度的
cracker	['krækə(r)]	*n.*	饼干
pasta	['pæstə]	*n.*	面食
yogurt	['jɒgət]	*n.*	酸奶
carbohydrate	[ˌkɑːbəʊ'haɪdreɪt]	*n.*	碳水化合物
indigestion	[ˌɪndɪ'dʒestʃən]	*n.*	消化不良；不消化
glucose	['gluːkəʊs]	*n.*	葡萄糖
glycogen	['glaɪkədʒ(ə)n]	*n.*	糖原；动物淀粉
regimen	['redʒɪmən]	*n.*	养生法
boost	[buːst]	*v.*	促进；增加
synthesis	['sɪnθəsɪs]	*n.*	（化学或生物学物质的）合成
insulin	['ɪnsjəlɪn]	*n.*	胰岛素
impair	[ɪm'peə(r)]	*v.*	损害；削弱
beverage	['bevərɪdʒ]	*n.*	饮料
oxidation	[ˌɒksɪ'deɪʃn]	*n.*	氧化
sustained	[sə'steɪnd]	*adj.*	持续的
deplete	[dɪ'pliːt]	*v.*	耗尽，用尽；使衰竭，使空虚
fatigue	[fə'tiːg]	*n.*	疲劳

interval	['ɪntəvl]	*n.*	间隔
potassium	[pə'tæsiəm]	*n.*	钾
sodium	['səʊdiəm]	*n.*	钠

Note

1. **Carb-loading**, commonly referred to as carbohydrate loading, is a strategy used by endurance athletes, such as runners, to maximise the storage of glycogen (or energy) in the muscles and liver. Carbohydrate loading is generally recommended for endurance events lasting longer than 90 minutes. Many endurance athletes prefer foods with low glycemic indices for carbo-loading due to their minimal effect on serum glucose levels.

Exercises

Check Your Understanding

I. Mark the following statements with T (true) or F (false) according to the passage.

( ) **1**. There is a magic pre-exercise meal.

( ) **2**. It is an important principle that the shorter the time to the event, the smaller the meal or snack should be.

( ) **3**. Having much undigested food in the stomach can cause indigestion, gas or other discomfort.

( ) **4**. Proteins or fat are more efficient than carbohydrates for athletic performance to supply the body's source of energy.

( ) **5**. If you're doing strength training, you should eat more protein than carbs beforehand.

( ) **6**. Many studies have found that eating carbs shortly before exercise can improve performance.

( ) **7**. Eating small high-carb snacks can maintain blood sugar and fuel your muscles and brain.

( ) **8**. What you eat before exercising has great effect on fat burning.

II. Give brief answers to the following questions.

1. What are the general guidelines of eating for vigorous workouts lasting more than an hour?
2. Why are carbohydrates essential for athletic performance?

3. Should you eat protein or carbs beforehand if you're doing strength training?
4. What should you eat if you do eat during the final hour?
5. What does "hitting the wall" mean?

Build up Your Vocabulary

III. Match the definitions in Column B with the terms in Column A.

	Column A	Column B
1.	cracker	**a)** a food in the form of a thick, slightly sour liquid that is made by adding bacteria to milk
2.	fatigue	**b)** the way that chemical processes in your body cause food to be used in an efficient way, for example to make new cells and to give you energy
3.	high-carb	**c)** a period of physical exercise or training
4.	guideline	**d)** the act of making a chemical or biological substance
5.	metabolism	**e)** a simple meal that is quick to cook and to eat
6.	snack	**f)** energetic
7.	vigorous	**g)** a feeling of extreme physical or mental tiredness
8.	workout	**h)** having a high carbohydrate content
9.	synthesis	**i)** something that can be used to help you plan your actions or to form an opinion about something
10.	yogurt	**j)** a thin, crisp piece of baked bread which is often eaten with cheese

IV. Fill in the table below by giving the corresponding translation.

English	Chinese
protein shake	
	高碳水化合物食物
protein	
	新陈代谢
singles tennis	
	低脂酸奶
blood sugar	
	消化不良
carbohydrates	
	力量训练

V. Complete the following sentences by translating the Chinese in the brackets into English.

1. What's the best thing to eat before a workout _____ _____（取决于你锻炼的种类、时长和强度）.
2. It's important to _____（找到最适合你的饮食）.
3. Do not have much undigested food in the stomach, _____ _____（这会导致消化不良、胃胀或者其他不适）.
4. _____（碳水化合物是人体主要的能量源）—in the form of glucose in the blood and glycogen in the muscles and liver.
5. Experts advised not eating anything, _____（特别是含糖的食物或者饮料）, shortly before exercising.

Text B

Seven Exercises That Will Transform Your Body

Looking for some effective ways to **transform** your body? There are a few great exercises that will help you to reach your **fitness** goal. These exercises are easy but effective in **strengthening** your body along with burning unwanted **calories**. However, sticking to these exercises is not enough to transform your body, you should also eat healthy and get enough sleep regularly. Don't waste your **precious** time doing other workouts, here are seven exercises that will help you transform your body in no time.

Jumping Rope

A cheap and easily **portable** exercise that you can do anywhere is jumping rope. This workout burns more calories per minute than any other workout. Get jumping for a perfect exercise and plenty of fun. One of the best things about jumping rope is that you can do it with your kids.

Squats

This powerful exercise helps tone your **gluteus**, strengthen your body and burn a lot of calories. To boost your calorie **expenditure** and raise your heart rate, you can try to do jump squats, or stay in a squat hold with **dumbbells** in the hands to increase the resistance as well as feel the burn. Doing squats regularly is one of the best ways to transform your body.

Pushups

Unfortunately, many people avoid doing pushups since this exercise is a bit harder to perform, but it can do wonders for your body. There are plenty of different pushups that work the different muscles in the shoulders and arms. Try to vary your pushup style to lower your risk of becoming

bored with exercise. Not only do pushups work the upper body, but also work the core. Do pushups a few days a week to help **sculpt** the arms and overall transform the body.

Lunges

To tone the muscles in your legs, try doing lunges. Lunges give you such amazing results because they isolate every leg individually, helping transform your body. To add some **cardio** and boost the intensity, do some jump lunges. I suggest you do 3 sets of 10 lunges a day for the best results.

Swimming

The great news for all lovers of swimming and for those who are trying to transform their bodies—swimming is a super effective workout that will bring you astonishing results. Swimming helps strengthen your core and work different muscle groups.

Running

There are many benefits of running. It helps to relieve stress, reduce the risk of **depression**, burn mega calories and improve your overall health. I enjoy running, especially early in the morning, and I think it's one of the best exercises to do every day. I always feel a great sense of accomplishment after my run.

Cycling

A cycling workout is a **foolproof** way to get a great sweat and work your legs. Cycling is a wonderful exercise since you can push yourself at a higher intensity. Bring along your significant other or friend, or cycle solo, and ensure you get the most out of your workout.

So there you have it! The list of the most effective exercises will definitely help you transform your body. Just make sure you do them on a regular basis to see the best results. What's your favorite exercise?

New Words and Expressions

transform	[træns'fɔːm]	*v.*	改变，变换
fitness	['fɪtnəs]	*n.*	健身
strengthen	['streŋθn]	*v.*	加强；巩固
calorie	['kæləri]	*n.*	卡路里（热量单位）
precious	['preʃəs]	*adj.*	宝贵的；珍贵的
portable	['pɔːtəbl]	*adj.*	手提的，便携式的；轻便的
squat	[skwɒt]	*n.*	蹲坐
gluteus	['gluːtiəs]	*n.*	臀部肌肉
expenditure	[ɪk'spendɪtʃə(r)]	*n.*	耗费，消耗

dumbbell	['dʌmbel]	*n.*	哑铃
pushup	['pʊʃʌp]	*n.*	俯卧撑
sculpt	[skʌlpt]	*v.*	造型；塑造
lunge	[lʌndʒ]	*n.*	[体育] 弓箭步
cardio	['kɑːdiəʊ]	*n.*	有氧运动
depression	[dɪ'preʃn]	*n.*	抑郁
foolproof	['fuːlpruːf]	*adj.*	十分简单的；十分安全的

Exercises

I. Complete the following sentences by translating the Chinese in the brackets into English.

1. Some exercises are effective in _____（强健身体并燃烧掉多余的卡路里）.
2. In order to transform your body, you should also _____（健康饮食并得到规律、充足的睡眠）.
3. _____（规律性的蹲坐运动）is one of the best ways to transform your body.
4. _____（试着去变换你做俯卧撑的形式）to lower your risk of becoming bored with exercise.
5. To add some cardio and boost the intensity, _____（做箭步蹲式跳跃运动）.
6. Swimming helps strengthen your core and _____（锻炼不同的肌肉群）.
7. Running helps to relieve stress, reduce the risk of depression, burn mega calories and _____（提升整体健康水平）.
8. A cycling workout is a foolproof way to _____（大量出汗并锻炼腿部肌肉）.

II. Give brief answers to the following questions.

1. Compared to the other workouts, what are the benefits of jumping rope?
2. How can pushups transform the body?
3. What are the amazing results of doing lunges?
4. Is swimming a super effective workout to transform the body?
5. What are the benefits of running?

Part II Academic Reading

Becoming an Efficient Reader

Many students may face such a problem: how can we get through the vast amount of academic reading? There is no enough time to read everything line by line. You need to be able to read efficiently. The way you read something will depend on your purpose. You need to read quickly to find relevant sections, then read carefully when you have found what you want. General efficient reading strategies such as scanning to find the book or chapter, skimming to get the gist and careful reading of important passages are necessary as well as vocabulary building exercises in your own area. Learning about how texts are structured can also help you to read more efficiently.

When you pick up a book for the first time, use the index, the preface, the blurb (publisher's comments on the cover), the table of contents and glance through it rapidly in order to identify the relevant sections. Look at the chapter titles. If the chapter seems useful, look at the headings and subheadings. Quickly survey any useful chapters by reading the first few lines of each paragraph or by reading the first and last paragraphs. When you think you have identified relevant sections, skim through them, read the conclusion paragraphs, to be sure they are relevant.

Exercises

Try to identify the type of the two texts and think about the following questions below before filling in the table on Page 12:

- Who is the text written for? Who is the audience?
- Why was the text written? What is its purpose?
- How is the text structured?
- Why do you usually read this kind of text? What is your usual objective when you read the text?
- How does your purpose influence how you read? What method do you use?