

3.22 Lesson 10A, Exercises 5 and 6

Speaker 1 It was so funny. Every time the referee blew his whistle, this dog ran on. Nobody knew whose dog it was. And when one of the linesmen tried to catch it, he dropped his flag. The dog picked it up and ran! It took ages to catch it. One of the spectators got hold of it in the end. Somebody found a piece of rope and tied the dog to the back of the goal. It didn't seem to mind. It had a great view of the match, I suppose! In fact, I think the goalie got quite fond of it and took it home at the end of the game. I suppose that's the kind of thing that happens in amateur games. You don't see it in the Champions' League, do you?

Speaker 2 It was on TV last night. Did you see it? This golfer was about to play his shot – he was holding the club, getting ready to swing. I think it was the final hole or something – really important, anyway. And there's a small crowd of people near him, all silent, so he can concentrate. And just as he plays his shot, some guy sneezes really loudly. I mean really loudly, like an explosion. It completely put the player off and his ball shot off into the trees. He was so angry! But what can you do?

Speaker 3 Did I tell you what happened last night at the sports centre? They were having a swimming gala, with competitors in all different age groups. There was one race that was very close. And something happened, just as the swimmers got to the end – I couldn't see what it was. Maybe one of them kicked the other one under the water. Anyway, the swimmer who won the race – she can't have been any older than fourteen –

was furious with the girl in the next lane. She reached across, pulled her goggles away from her face and then let go. They snapped back and the girl screamed. It must have hurt – mind you, it looked like something you'd see in a comedy film. She was trying to pull the other girl's swimming cap off when the officials came over and stopped it.

Speaker 4 It was the third set, and they'd been playing for over two hours, when one of the players – he was Serbian, I think – played a really terrible shot, straight into the net. The player ran all the way to where the spectators were sitting and handed his racket to a young boy. 'You play,' he said. 'I'm rubbish!' The boy didn't know what to do. At first, he stood up and looked as if he was going to play a few points. But then the player took his racket back and laughed, and the boy sat down. I wish the boy had actually played a few shots – it would have been even funnier.

Speaker 5 It was quite near the end of the game and one team was winning six–two. There was an argument between two players at one end. The referee didn't see it because the puck was right at the other end. But some of the other players saw and skated over. At first, I thought they were going to stop the argument, but instead they joined in. The whole thing became a massive fight! At least they didn't use their sticks – just their hands. Actually, it was a bit more interesting to watch than the match itself, which was a bit boring.

Unit 10 Audio script

3.23 Lesson 10C, Exercise 3

The top ten sports stars in the world, from disciplines as diverse as tennis, golf, racing and football, all earn more than \$30 million a year. Much of this is from endorsements rather than prize money or salary, with the result that the biggest names can continue earning huge sums even after their retirement from the sport.

A previous England football manager, Fabio Capello, believed that the players' high earnings had a negative effect on discipline. 'They are young players, young boys, rich boys, and this is the problem,' he said. Basically, it was impossible for young players to have the right work ethic and attitude when they were already rich beyond their childhood dreams. And one of the most famous footballers of recent years, David Beckham, agrees with him. In his view, young sportspeople need to be hungry for achievement – and too much money kills that hunger. 'You want that hunger there, you want the hunger to be rewarded. Unfortunately, that's not the case these days. They can all afford to buy their own cars.' Mind you, if it's taken you five minutes to read this article, Beckham himself has earned more than \$1,000 since you began it!

It isn't only the players who are affected by commercialism; the top few clubs in all the most popular sports are now big businesses, with multi-million dollar sponsorship and TV deals. Since this allows them to buy and keep the best players, their position at the top becomes unassailable. But how long can a sport survive when there is no real competition?

3.24 Lesson 10C, Exercises 6 and 7

Speaker 1 Some people say sports stars are overpaid, but how you can really say that? I mean, who decides what people deserve to earn? It's all just a matter of opinion, isn't it? The fact is, sport generates a lot of money – because of TV rights as well as ticket sales. So the best players are worth a lot to their clubs. And they can afford to pay them big salaries. So basically, why shouldn't they? It doesn't make economic sense to pay them any less! They'd just go to a different club. It's called competition.

Speaker 2 Personally, I think it's ridiculous that you can earn millions just for kicking a ball around, throwing it through a hoop or hitting it with a stick! I mean, think of all the really worthwhile jobs that people do – doctors, nurses, teachers – and ask yourself why a golfer should earn twenty times more than they do. If you ask me, it's completely crazy! People's income should reflect how much they contribute to society, how many people they help, that kind of thing.

Speaker 3 From all the fuss about it, you'd think footballers were the only people who earned a lot of money. What about bankers? Property developers? Chief executives? Some of these people earn even more! The way I look at it, sports stars deserve their money because they've got real talent. We've all tried to play tennis, or golf, or football – we know how difficult it is. These men and women are the best! To my way of thinking, they deserve their high salaries. And remember, they don't have very long careers – sometimes they're finished by the time they get into their early thirties.

Speaker 4 I don't mind them earning a decent amount of money. There's no doubt about it, they do have to train hard. But millions? That's completely unnecessary. There are people all over the world who don't even have enough money for food, and yet the top footballers, for example, are paid thousands of pounds a day. It's obscene, really. The way I see it, nobody should earn thousands a day when people around them are starving. That kind of inequality is just plain wrong.

Speaker 5 I don't understand why people moan about how much money sports stars earn. Why does it matter? They do a good job – they entertain us, don't they? Let's face it, it's envy, isn't it? That's why people complain. Basically, they just want all those things the sports stars have got but they haven't – the fast cars, the lifestyle. The bottom line is, these people are massive, global celebrities – so of course they're going to earn big money, just like film stars and pop stars.

3.25 Lesson 10D, Exercise 2

Getting Ahead

Professional sportspeople will go to extraordinary lengths to gain an edge over their rivals. Increasingly, this means using a bizarre selection of performance-enhancing tools to boost their speed, strength and stamina. But, for those who want to emulate the pros and boost their performance, what really works?

1 Cashew nuts

Kelly Holmes, Britain's double-Olympic gold medallist, said cashew nuts were her secret weapon in warding off fatigue at the Athens Olympics. 'Cashew nuts are my little secret,' she said, adding that they helped to boost her powers of recovery, so she was fully primed for her next race. A 50 gram serving of cashews provides one-fifth of a woman's daily iron requirements and around one-tenth of a man's zinc needs.

Expert verdict: 'All nuts are a rich source of dietary protein – needed to enhance the recovery process of muscles after intense activity,' says Jeanette Crosland, consultant dietician to the British Olympic Association. Nuts also provide carbohydrate and essential minerals, including potassium lost in sweat, which makes them a very useful post-exercise snack.

2 Ice baths

Taking a dip in a bath tub filled with ice-cold water is among the most fashionable therapies in sport at the moment. Believed to alleviate muscle soreness and tissue swelling that occur after hard exercise, it speeds up recovery. Some England rugby players have taken the obsession to extremes by visiting a cryotherapy chamber (essentially a human deep freeze) at an Olympic training centre in Poland. They spend four minutes shivering at minus 120–160 degrees Celsius.

Expert verdict: 'Ice obviously cools the area it is applied to. Once the body senses the drop in temperature, it sends more blood to the area which boosts circulation and speeds up healing,' says sports physiotherapist Jill Hendry. 'Sometimes tiny tears occur to muscle fibres and ligaments after a hard workout, and ice can help to heal them.'

3 Fancy contact lenses

Developed over eight years, the MaxSight contact lens is designed specifically to improve the sharpness of an athlete's vision. The lenses are currently being tested by AC Milan players and use what the developers call 'Light Architecture' optics

to filter specific wavelengths of light in order to 'enhance key visual elements' – such as a ball – at the same time as reducing sun glare. A vision consultant developed amber lenses for tennis, football and rugby, or grey for running, cricket and golf, which, according to the marketing literature, 'makes the eye look competitive' (i.e. freaks out your opponents).

Expert verdict: They have been approved by America's Food and Drug Administration for daily wear to correct short and long-sightedness. 'They could offer an advantage over normal lenses for sport by reducing the glare of light and sun,' says Louise Sutton, principal lecturer in Health and Exercise Science at Leeds Metropolitan University.

4 Nasal strips

They look like sticking plasters and were developed to help people with health problems like excessive snoring, but in recent years, Breathe Right nasal strips have gained in popularity among sportspeople who believe that they improve airflow through the nose and into the lungs. They can often be seen worn by professional footballers and other athletes.

Expert verdict: 'Although we breathe mainly through our nose when resting, during exercise when we begin breathing harder, the air coming in is predominantly supplied via the mouth,' says Sutton. 'It may improve airflow through the nasal passages, but there is no evidence that it reaches the lungs and boosts performance.'

5 Low oxygen tent

Exposure to thin, mountain air has long been known to benefit competitors in endurance events like cycling, running and triathlons because it helps the body to adapt to using oxygen more efficiently. A five-year study by the US Olympic Committee confirmed that people who live at high altitude and train for sport at low altitude perform better. Manufacturers have now developed hypoxic (low-oxygen) tents to simulate this effect.

Expert verdict: Stephen Day, an exercise physiologist at Staffordshire University, carried out tests on elite runners to see how effective sleeping in a low-oxygen tent can be. 'We assessed numerous parameters and found that one elite athlete's aerobic capacity improved by a massive 30% during several months of sleeping in a low-oxygen tent,' he says.

3.26 Lesson 10F, Exercises 2 and 3

Candidate 1 The man in the centre of the photo seems to be enjoying the exercise class – I guess it's an exercise class in a gym. He appears relaxed, and doesn't look too tired. All the people in the class are wearing T-shirts or vest tops and shorts or leggings, because I guess the class is hard work, physically. It looks like most of them are men, except for the woman in the blue top. But I'm not completely sure – their faces are out of focus. They're all holding weights. The instructor is out of shot, but there must be one there because they're all doing the same thing at the same time.

Candidate 2 This photo shows an exercise class, most likely at a gym. It's quite busy – we can see maybe seven people in the photo, but there are probably more in the class, and they're standing in rows. I can just make out a few more faces in the background. I can also see a mirror, I think, although it isn't clear. They're wearing sports clothes – shorts, vest tops and T-shirts. Everyone in the photo is holding weights. They look quite heavy! The man in the centre of the photo looks relaxed and focused, and I think the woman behind him is calm too, although her face is partly hidden. The other people in the photo look as though they're concentrating. Although the man with the blue T-shirt could be looking out of the window – I'm not sure because his face is blurred.

3.27 Lesson 10F, Exercise 5

I think the people are using weights because they aren't just trying to get fit – they also want to get stronger muscles. It can be quite boring doing weight-training by yourself in the gym, so this is a great way of getting stronger and having fun at the same time. You can see that it works because all the people in the photo have big muscles in their arms. Their biceps look really strong.

3.28 Lesson 10F, Exercises 6 and 7

- Candidate 1** I think it's important to be quite fit, yes. First and foremost, being fit makes it more likely that you'll live to an old age and won't have problems with your heart. Secondly, if you're fit, you can do more things without getting tired – for example, you can play sports. Even day-to-day things like running for a bus are easier if you're fit. And thirdly, people look better when they're fit – slimmer and healthier – and this is good for confidence. I'd even say that fit people are happier than unfit people. So all in all, yes, it's important to be fit.
- Candidate 2** I don't think it's particularly important to be fit. For a start, there's a difference between being fit and being healthy. Sure, good health is important. But unless you're a professional sportsperson, I don't think you need to be extra fit. Also, let's not forget that fitness is a big industry. They want you to think it's essential to be super-fit, but basically, they're just trying to sell you their kit, their sports drinks, their clothes, and so on. And most importantly, I think people should worry less about their body and more about their mind. Don't go to an aerobics class, read a book – that would be my advice!

3.29 Lesson 10F, Exercise 8

I recently took part in a five-kilometre run for charity. It's not the kind of thing I'd normally do, but I did it with a group of friends who really wanted me to take part. They were school friends. So I said yes. I'm not very fit, so the run itself was really hard work for me. In fact, I stopped half way and sat down! I was feeling really miserable. But then, when I stood up, some of the spectators started cheering me – and that gave me the strength to finish the course. Looking back, I feel really proud of myself for finishing it. The run took place in a large park near the edge of town. It happened about ... oh, six months ago, I suppose. Yes, it was last summer.

3.30 Skills Round-up 1–10, Exercises 5 and 6

- Girl** Great! You're on time.
- Boy** Of course. I can't wait to find out what's going on.
- Girl** You'll soon see. But first, we have to get the underground to Southfields Station. Come on!
- Boy** Southfields? I've never heard of it. Hey! Hold on. Wait for me!
- Daisy** So, what do you think of Wimbledon?
- Stefan** It's fantastic. I've always wanted to come here. But what is the protest going to be?
- Daisy** Shh! I'd rather you didn't shout about it!
- Stefan** Sorry.
- Daisy** Anyway, if I knew the details, I would have told you by now. But I don't know. My job is just to video whatever happens with my phone – and then post the clip on YouTube.
- Stefan** OK. So, it's the centre court – wow! Great tickets!
- Daisy** My dad got them.
- Stefan** Really? But of course he doesn't know ...
- Daisy** No, of course not. If I'd told him why I need to be here ...
- Stefan** ... we wouldn't be here.
- Daisy** Exactly. Now, let's find our seats. If we're late, I won't be able to ...
- Daisy** It should have happened by now. It's nearly two o'clock. Something's gone wrong ...
- Stefan** Well, you can't blame me this time. I can't have told anyone – I still don't know!
- Daisy** Shh. I'm not blaming you. I'm just worried.
- Stefan** Can't you text them?
- Daisy** I've tried. Nobody's replying. They must have turned their phones off.
- Stefan** Look over there. There are a lot of police officers ...
- Daisy** It looks like they're taking some people away.
- Stefan** Hey! There's Spikey! He's chatting to one of the police officers. He's acting as if he were best friends with them ...
- Daisy** That's weird. He's always said that he hates the police ...
- Stefan** Don't you want to go home?
- Daisy** Back to the squat? Not until I know what's happening.
- Stefan** Hey, look! There's something on the news about it.
- Presenter** ... protesters planned to run onto centre court and hold up a large banner protesting against Wesley's Supermarket. They were arrested before they could carry out the protest after police were informed of their plans. In other news today, the ...
- Daisy** Look, I've got a text at last ... No! That's terrible!
- Stefan** What? Tell me!
- Daisy** It was Spikey who gave all the details to the police. He was a police officer all along, just pretending to be one of us.
- Stefan** A kind of spy.
- Daisy** Yes. I never imagined it ... he seemed to be so passionate about our campaigns.
- Stefan** Oh, well. It just shows how easy it is to make mistakes about people.
- Daisy** Oh, hi. Come in.
- Stefan** Hey! This is a bit better than your other place!
- Daisy** You mean the squat? Yes! I didn't really want to stay there. None of us did. I mean, we felt so angry. Spikey was so disloyal and deceitful.

Stefan I know. So, you're back home with your parents. How are you getting on with your dad?

Daisy Oh, OK. We still argue a bit – but it's mostly good-humoured.

Stefan And I imagine the food is better than at the squat.

Daisy Yes, it is. Would you like to stay for dinner?

Stefan Well, I was going to suggest going out.

Daisy Yeah, actually that's a better idea. Where shall we go?

Stefan Do you like Chinese?

Daisy I love it.

Stefan There's a new Chinese restaurant quite near here. I went there last week. It's really good.

Daisy OK. Let's go there! And you can tell me all about your day ...