

## 第七十五期

### *The Social Benefits of Playing Sports*

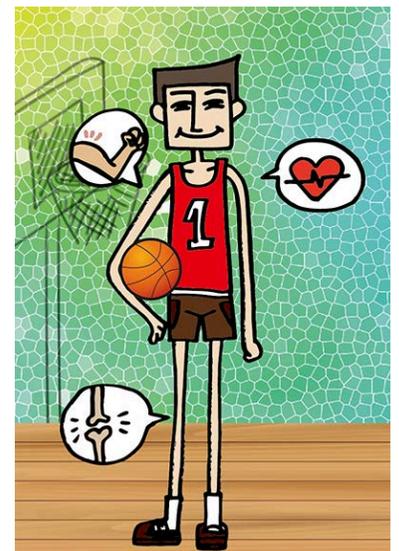
#### 運動的社交益處

When considering why we enjoy playing sports, many of us think first of the physical benefits or perhaps the simple fact that sports are fun. However, on top of these benefits, there are also many personal skills that can be developed by playing sports, some of which may even help you in your future career.

許多人想到我們運動的原因第一都是先想到健康益處或可能會想到運動很有趣這件簡單的事實。然而，除了這些益處之外，運動還能培養出許多個人能力，有些能力可能甚至能幫助你的未來生涯。

First, playing sports is a social activity. By joining a sports team, one can make new friends. The players on a team are **united** in their common goal of winning. In order to do that, they must work as a team and communicate with one another **effectively**. Together, they will face and overcome challenges, they will laugh, and maybe they will even cry.

首先，運動是一項社交活動。加入運動團隊的人可以交到新朋友。隊伍中的球員因贏球這個共同目標而相連結。為了這個目標，他們一定要團隊合作，和彼此進行有效的溝通。他們會一起面對、一起克服挑戰，一起笑，甚至一起哭。



Second, one can develop leadership skills through sports. A team **captain** must be able to **strategize** and understand how to **utilize** each individual player's strengths to the team's advantage. He or she also has to **acknowledge** individual players' weaknesses and help them to grow. A good leader must inspire others with his or her own ability, but also give others a chance to be in the spotlight.



再者，透過運動也可以發展領導能力。隊長一定要能安排策略，還要了解如何利用每一名球員的優勢以對團隊有利。他或她得承認每個球員的弱點，幫助他們成長。一位好的領導者一定要能用他/她的能力激勵其他人，但又能給其他人機會成為鎂光燈的焦點。

Third, one can learn how to accept defeat. No team wins

every single time, and this is an **analogy** to life; nobody is successful every single time in the real world. Players must learn not to be poor losers, nor should they be poor winners when they win. Respecting one's opponents will get one far in life, no matter what one ends up doing.

第三，他們可以學著接受失敗。沒有隊伍每場比賽都贏，這就是模擬人生，沒有人在真實世界中每一次都能成功。球員一定要學著不要變成可悲的輸家，他們贏得比賽時也不應該成為可悲的贏家。不論一個人結果為何，尊重對手都會幫助他們有個成功的人生。

### **Vocabulary 好字精選**

1. united (adj) together 統一的，聯合的，團結的

All the players in the club were united in their love of chess.

俱樂部裡所有的球員都因為對西洋棋的愛而聚首一起。

2. effectively (adv) in a way that is successful in achieving something 有效地

The employee's were reminded to use their time effectively.

職員們被提醒要有效率善用時間。

3. captain (n) leader of a team (usually sports) (通常指運動)隊長

The captain of the football team injured his knee during the game.

橄欖球隊的隊長在比賽中傷到膝蓋。

4. strategize (v) to make strategies 策略發想，策畫(方案)

Winning this deal will require the salesperson to strategize carefully.

要贏得這筆交易會需要業務員小心安排策略。

5. utilize (v) make good/practical use of 利用

Make sure to utilize your time effectively when studying.

念書時務必要確認你是有效率地利用時間。

6. acknowledge (v) recognize 承認，接受

At least he acknowledged that he was in the wrong.

至少他承認他是錯的。

7. analogy (n) a comparison between two things for the purpose of explaining something 相似，類似，類比

The professor made an analogy between trees producing oxygen and humans breathing.

教授對樹木製造氧氣及人類呼吸之間進行類比。

### **Phrases and Sentence Patterns句型解析**

1. on top of (phr) in addition to 除了...之外

On top of all the money Jan got for winning, she also acquired the respect of her family and friends.

除了錢之外，Jan 也贏得家人與朋友對她的尊重。

2. to sb's advantage (phr) in a way that benefit's sb. 對(人)有益

It would be to your advantage to treat your team members more respectfully.

多以尊重善待團隊成員會對你有好處。

3. be in the spotlight (phr) to get attention or receive fame for something 出風頭，處於公眾注意力的中心

The congressman has been in the spotlight lately for his charity work.

國會議員最近因為慈善工作而備受矚目。

4. get sb. far in life (phr) to make/help sb. be successful in life 使...成功

Being a kind person will get you far in life.

當一個善心的人會使你的人生成功。



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## 第七十五期

### *You're Going to Compete in a What-Athlon?*

#### 你要參加哪一種多項賽事？

You've probably heard of a triathlon, which is a summer **multi**-sport event that includes three sports. 'Tri' means three, as in a triangle or tricycle. And 'athlon' is related to the word '**athlete**'. Here's a list of multi-sport events and the sports that they include.

你可能有聽過鐵人三項競賽，是含三項運動的夏季多項運動賽事。「Tri」表示「三」，像是三角形或是三輪車。「athlon」則是和「運動員」這詞有關。這裡有一份多項運動的列表以及各項運動的內含項目。

#### Biathlon

Just like a bicycle has two wheels, a biathlon includes two winter sports. **Competitors** must first go cross-country skiing, a kind of skiing on mostly flat ground, and then shoot **rifles**.

#### 冬季雙項

就像腳踏車有兩輪一般，一場冬季兩項包含兩項冬季運動。競賽者們首先要先越野滑雪，一種在大多為平坦地場地上滑雪的運動，然後再以步槍射擊。



#### Triathlon

As mentioned above, this event includes three summer sports. They are swimming, cycling, and running. Competitors have no break between the three, making this a real tough one!

#### 鐵人三項

如先前所提，這項競賽包含三種夏季運動。游泳、自行車和短程馬拉松。參賽者們在三項運動中無休息間斷，使此賽事難度攀升！

#### Pentathlon

Less known, this summer event consists of five sports in one day with a 30-minute break between each: fencing, swimming, horse show jumping, running, and laser gun shooting. Today's pentathlon is a modern version of an ancient event designed to help soldiers train.

#### 現代五項



較少為人知，這項夏季賽事包含五種運動項目，要在一天內完成且各項目間有 30 分鐘休息：擊劍、游泳、馬術跳躍、賽跑以及雷射槍射擊。現今的現代五項是古時設計給士兵訓練用的現代版本。

### Heptathlon

This summer event includes seven **track and field sports** over the course of two days. These including **hurdles**, high jumps, throwing balls, running, long jumps, javelin throwing, and more

running.

七項運動

這項夏季賽事包含七項田徑運動，要在兩天內完成。包含跳欄、跳高、擲鉛球、賽跑、跳遠、投標槍及更多賽跑。

### Decathlon

The Summer Olympics event of decathlon includes ten track and field sports over two days, and the winner is often considered the greatest athlete in the world.

十項全能

夏季奧林匹克的十項全能競賽是由十種不同的田徑項目組成，比賽為期兩天，贏家通常被認為是全球最棒的運動員。

### Vocabulary 好字精選

1. multi- (abbreviation) combining form of multiple 表示「多種的」、「多的」、「多方面的」

This restaurant is known for its multi-course meals.

這間餐廳以多樣化的豐富料理而聞名。

2. athlete (n) professional sportsman or sportswoman 運動員；體育家

The Olympics bring together athletes from all the countries of the world.

奧林匹克比賽將來自世界各個國家的運動員們集結在一起。

3. competitor (n) person who competes 競爭者；對手；敵手

There will be 12 competitors in the 1000-meter race.

在這場 1000 公尺賽跑中，將會有 12 個參賽選手。

4. rifle (n) a long gun usually used for hunting 步槍；來福槍

Hunters need to get a license for their rifles. 獵人需要有執照才能使用來福槍。

5. track and field (n) a group of sports usually done together on a running track and in a nearby field 【體】田徑運動

The school track and field day is Henry's favorite day or the year.

學校運動會是 Henry 一年中最喜歡的一天。

6. hurdle (n) a bar that must be jumped over while racing; an obstacle (賽馬或賽跑用的) 欄；跳欄

The runner hit his knee on one of the hurdles and fell down on the track.

這位跑者的膝蓋撞到了跳欄，跌倒在跑道上。

### **Phrases and Sentence Patterns**句型解析

1. as in (phr) like, meaning 即如；也就是

The sign says "Freedom for All", as in "all people."

這張告示上寫著『全民自由』，指的是『所有人』。

2. consist of (phr) made up of 由某事物組成或構成

This drink consists of coffee, tea, sugar, and milk.

這杯飲品內含咖啡、茶、糖及牛奶。

3. designed to V (phr) made to 為了某目的或用途而製造或計畫

This device is designed to only last a year or two, so users always have to buy new ones.

這台裝置設計最多只能使用一年或兩年，所以使用者們常常需要去買新的一台。

4. over the course of (phr) happening over a period of 在...這段過程/期間

The series will be shown on TV over the course of the next two years.

這部影集未來兩年會在電視上播放。



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