

## UNIT 3

# Sports and Fitness

### Chapter 7



### The Flying Housewife

She has been called the greatest female athlete of the twentieth century. Why?

#### Content areas:

- Sports and Fitness
- Sociology

### Chapter 8



### The Big Fish

What's that swimming in the water? Is it a fish? No, it's Martin Strel, an extraordinary long-distance swimmer.

#### Content areas:

- Sports and Fitness
- Environmental Studies

### Chapter 9



### Blade Runner

This young South African was a very fast runner, but some people did not want him to run in the Olympics.

#### Content areas:

- Sports and Fitness
- Biomedical Engineering



## CHAPTER

# 7

# The Flying Housewife



## 1 TOPIC PREVIEW

**A** Match the woman in the left column with the sport she played or plays in the right column. Share your answers with your classmates.

- |                        |                      |
|------------------------|----------------------|
| 1 ____ Nadia Comaneci  | <b>a</b> Golf        |
| 2 ____ Maria Sharapova | <b>b</b> Soccer      |
| 3 ____ Michelle Kwan   | <b>c</b> Tennis      |
| 4 ____ Se Ri Pak       | <b>d</b> Gymnastics  |
| 5 ____ Guo Jingjing    | <b>e</b> Ice-skating |
| 6 ____ Mia Hamm        | <b>f</b> Diving      |

**B** Read the title of this chapter, look at the picture, and discuss the following questions.

- 1 Who are some famous female sports stars in the country you live in? What sports do they play?
- 2 Why do you think the woman in the picture is called “The Flying Housewife”? Explain.
- 3 What do you think the reading is going to be about?



2 VOCABULARY PREVIEW

A Read the word lists. Put a check (✓) next to the words that you know and can use in a sentence. Compare your answers with a partner. Then look up any unfamiliar words in a dictionary.

Sports and Fitness	Academic Word List	Sociology
athlete coach (n.) compete set (a) record talented train (v.)	conventional individual (adj.) participation	career disapprove (of) encourage forbid society unacceptable

The chart shows selected words from the reading related to sports and fitness, sociology, and the Academic Word List (AWL). For more information about the AWL, see page 121.

B Fill in the blanks with words from Part A.

- The young doctor wanted to have a/an \_\_\_\_\_ in sports medicine.
- A good \_\_\_\_\_ practices his or her sport daily.
- The baseball \_\_\_\_\_ had his players practice hitting the ball.
- The high school swimmer \_\_\_\_\_ for winning the most races.
- He is a very \_\_\_\_\_ man. He always wears a suit and tie.
- The parents \_\_\_\_\_ their children to play dangerous sports.
- \_\_\_\_\_ in every game was required for all the players.
- The \_\_\_\_\_ college sports star became a famous soccer player.
- Fitness experts \_\_\_\_\_ people to stretch before they exercise.
- People often behave according to the traditions of their \_\_\_\_\_.
- Golf is a/an \_\_\_\_\_ sport; basketball is a team sport.
- Cheating during a game is \_\_\_\_\_ !
- The skier is preparing to \_\_\_\_\_ in the Olympics next year.
- People generally \_\_\_\_\_ of telling lies.
- To do his or her best, a gymnast must \_\_\_\_\_ every day.



### 3 READING

Preview the questions in Reading Check Part A on page 54. Then read the story.

## The Flying Housewife



Fanny Blankers-Koen, 1948



Dara Torres, 2008

- 1 When forty-one-year-old American swimmer Dara Torres, mother of a two-year-old, competed in the 2008 Beijing Olympics, people were surprised. They did not disapprove. They just thought that it would be difficult for an older athlete and a new mother to compete against younger athletes. Why, then, did people disapprove when runner Fanny Blankers-Koen, a thirty-year-old Dutch mother with two young children, competed in the Olympics? The year was 1948, and things were very different for women at that time.
- 2 Today, many women compete in sports, but society hasn't always allowed their participation. In ancient Greece, women were forbidden to compete in the Olympic Games. When the modern Olympics began in 1896, women were still not allowed to participate. It was not until the second modern Olympics of 1900 that women were finally allowed to join the all-male competition. Society still thought that women were too weak for many sports. They could only participate in less physically demanding sports, such as archery, golf, and ice-skating. Many female athletes found these rules unacceptable. By the 1930s, therefore, Olympic officials made some changes. They allowed women to compete in *some* track-and-field<sup>1</sup> events, but in no more than three individual events.

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<sup>1</sup> *track-and-field*: sporting events performed on a running track or on the field near the track







Fanny Blankers-Koen was one of many female athletes in the 1930s. She grew up in an active family and played sports. Her natural athleticism was encouraged. In 1935, when Koen was only 17, she set a national record in the 800-meter race. The talented Koen then took part in the 1936 Berlin Olympics. Unfortunately for Koen, the two following Olympics were canceled due to World War II, but she continued to train and compete. It was during this time that Koen married the Dutch women's track coach, Jan Blankers, and had her first child. 3

No one expected this new mother to get back into sports, but she did. 4 Not long after the birth of her first child, Koen returned to the track and set six new world track-and-field records. Then, only six weeks after giving birth to her second child, Koen won two gold medals at the 1946 European Championships.

Koen was an athlete, but she was also a conventional wife and mother of the time. She kept the house clean, did the cooking, and took care of her children. She did all of this while training. Her husband supported her athletic career. Many people, however, felt that a married mother should not compete in sports. When Koen decided to leave her children behind and go to London to compete in the 1948 Olympics, many people even in her own country were outraged. 5

Koen went anyway, and the 1948 London Olympics turned out to be the high point of her career. It was there that this thirty-year-old mother of two became the first woman to win four gold medals in the Olympic Games. She won in every event she was allowed to enter. She might have won more, but the rules still only allowed her to compete in three individual events and one relay.<sup>2</sup> When Koen returned home with her medals, the Dutch had forgiven her. She returned to a hero's welcome. They called her "The Flying Housewife." 6

Koen proved that a wife and mother could also be a world-class athlete. In fact, the International Association of Athletic Federations named Koen "Female Athlete of the Twentieth Century" in 1999. It's thanks to Fanny Blankers-Koen that twenty-first-century sportswomen of all types are now common, and it's no longer surprising to see someone of Dara Torres's age compete on the world stage. 7

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<sup>2</sup> *relay*: a team race where an object (called a *baton*) is passed from one runner to the next runner





## 4 READING CHECK

**A** Are these statements true or false? Write *T* (true) or *F* (false).

- 1 \_\_\_\_ Dara Torres and Fanny Blankers-Koen were both mothers of young children when they competed in sports.
- 2 \_\_\_\_ Women have always been allowed to compete in the Olympics.
- 3 \_\_\_\_ Koen listened to the public and quit sports after she became a mother.

**B** Circle the letter of the best item to complete each sentence.

- 1 In 2008, people reacted to Dara Torres competing in the Olympics with \_\_\_\_ .  
**a** disapproval      **b** acceptance      **c** surprise
- 2 Fanny Blankers-Koen participated in \_\_\_\_ Olympic Games.  
**a** one      **b** two      **c** three
- 3 In the second modern Olympics, women could compete in \_\_\_\_ .  
**a** all sports that men competed in  
**b** sports such as archery, golf, and ice-skating  
**c** some track-and-field events
- 4 Fanny Blankers-Koen set a record in the 800-meter race in \_\_\_\_ .  
**a** 1935      **b** 1936      **c** 1946
- 5 Koen set six world records \_\_\_\_ .  
**a** after the birth of her first child  
**b** six weeks after giving birth to her second child  
**c** at the 1946 European Championships
- 6 When Koen decided to compete in the 1948 Olympics, people in Holland \_\_\_\_ .  
**a** were very angry with her  
**b** supported her decision  
**c** did not pay attention
- 7 By 1948, women were allowed to compete in \_\_\_\_ individual events.  
**a** 4      **b** 3      **c** 5
- 8 When Koen returned to Holland from London, the Dutch people \_\_\_\_ .  
**a** welcomed her home  
**b** ignored her  
**c** were angry with her





## 5 VOCABULARY CHECK

**A** Retell the story. Fill in the blanks with the correct words from the box.

athlete	career	conventional	disapproved
encouraged	participation	set records	society
talented	unacceptable		

Fanny Blankers-Koen was a/an <sup>1</sup>\_\_\_\_\_ who competed in track-and-field events in the 1930s and 1940s. During that time, however, most of <sup>2</sup>\_\_\_\_\_ thought a mother should lead a/an <sup>3</sup>\_\_\_\_\_ life of raising children and taking care of the house. They thought a mother's <sup>4</sup>\_\_\_\_\_ in sports was <sup>5</sup>\_\_\_\_\_. Although the public <sup>6</sup>\_\_\_\_\_ of Koen's involvement with sports, her family <sup>7</sup>\_\_\_\_\_ her to play sports, even after she had children.

Koen was a/an <sup>8</sup>\_\_\_\_\_ sportswoman, who <sup>9</sup>\_\_\_\_\_ in many races. Koen's long <sup>10</sup>\_\_\_\_\_ as a track-and-field star was finally honored when she won the "Female Athlete of the Twentieth Century" award in 1999.

**B** Circle the best word to complete each sentence.

- 1 The tennis (star / coach / athlete) showed the students how to hit the ball correctly.
- 2 The ice-skater wants to (train / coach / compete) in the next Winter Olympics.
- 3 Olympic officials no longer (forbid / encourage / allow) women to participate.
- 4 She enjoyed (individual / conventional / dangerous) sports such as cycling or swimming.
- 5 To be a successful runner, an athlete must (coach / train / study) for many hours every day.



## 6 APPLYING READING SKILLS

**Making an inference** is an important reading skill. It means being able to see what the writer did not explain or state directly. You can make inferences by asking yourself questions when something is not clear.

- A** Look at the sentence below. It is unclear why the writer wrote “unfortunately.” Answer the first three questions so that you can infer the answer to the fourth question.

“Unfortunately for Koen, the two following Olympics were canceled due to World War II, but she continued to train and compete.”

- 1 How old was Koen during the 1936 Olympics?
- 2 How old would she have been in the 1940 and 1944 Olympics?
- 3 Would Koen have done well in the 1940 and 1944 Olympics?
- 4 Why did the writer write “unfortunately”?

- B** Answer the following questions.

- 1 The author writes at the end of paragraph 1 that in 1948 “things were very different for women.” The rest of the reading explains this statement, but it never states these differences directly. What do you think they are?
- 2 In paragraph 2, we read that Olympic officials allowed women to compete in “some track-and-field events.” Can you infer which types of events they could and could not compete in?
- 3 In paragraph 4, the author doesn’t explain why no one expected Koen to return to sports. Why do you think no one expected this?
- 4 What was the “hero’s welcome” the Dutch gave Koen? (paragraph 6)

## 7 DISCUSSION

Discuss the following questions in pairs or groups.

- 1 Do you think Koen deserved to be named “Female Athlete of the Twentieth Century”? Explain.
- 2 Do you think it is acceptable for mothers of young children to have athletic or other professional careers? Explain.
- 3 What sports are popular with women today? To watch? To play?





## CHAPTER

# 8

# The Big Fish



## 1 TOPIC PREVIEW

**A** Some people take on amazing challenges. Read the activities below, and put them in order from 1 to 5, with 1 being the activity you think is the most challenging. Share your answers with your classmates.

- \_\_\_ climbing Mount Everest
- \_\_\_ cycling from the East Coast to the West Coast of North America
- \_\_\_ swimming from England to France
- \_\_\_ sailing alone across the Atlantic Ocean
- \_\_\_ walking across Antarctica

**B** Read the title of this chapter, look at the picture, and discuss the following questions.

- 1 What is the farthest you have run, swum, biked, walked, or climbed?
- 2 What challenge do you think the man in the picture is facing?
- 3 What do you think the reading is going to be about?



## 2 VOCABULARY PREVIEW

- A** Read the word lists. Put a check (✓) next to the words that you know and can use in a sentence. Compare your answers with a partner. Then look up any unfamiliar words in a dictionary.

### Sports and Fitness

hold (a) record  
marathon  
pace (n.)  
strength

### Academic Word List

(raise) awareness  
equipment  
goal  
mental  
physical

### Environmental Studies

deforestation  
oxygen  
pollution  
protect  
rain forest  
threatened (adj.)

The chart shows selected words from the reading related to sports and fitness, environmental studies, and the Academic Word List (AWL). For more information about the AWL, see page 121.

- B** Write the word from Part A next to its definition.

- 1 A gas in the air that animals need in order to live: \_\_\_\_\_
- 2 Relating to the body: \_\_\_\_\_
- 3 The set of objects that are used for a job or activity: \_\_\_\_\_
- 4 Damage to water or air by harmful substances: \_\_\_\_\_
- 5 Something you want to do successfully in the future: \_\_\_\_\_
- 6 The speed at which something happens or is done: \_\_\_\_\_
- 7 To maintain the highest or best in an activity: \_\_\_\_\_
- 8 The knowledge or understanding of something: \_\_\_\_\_
- 9 Having the chance of not surviving: \_\_\_\_\_
- 10 A place in a tropical area that is very wet: \_\_\_\_\_
- 11 Power and energy: \_\_\_\_\_
- 12 When all the trees in a large area are cut down: \_\_\_\_\_
- 13 Relating to the mind; involving the process of thinking:  
\_\_\_\_\_
- 14 To keep someone or something safe from harm: \_\_\_\_\_
- 15 A race or activity that continues for a long time: \_\_\_\_\_



### 3 READING

Preview the questions in Reading Check Part A on page 61. Then read the story.

## The Big Fish



Strel in Belém, Brazil

The Amazon River is not a river anyone wants to swim, especially since it's the home of deadly piranhas, anaconda snakes, crocodiles, bull sharks, and dangerous currents. If you're marathon swimmer Martin Strel, however, you look at the powerful Amazon and see a challenge that can't be refused. Using his physical and mental strength, this man swam the largest river on Earth<sup>1</sup> from its starting place in Peru all the way through Brazil to the Atlantic Ocean in 2007. Only a man like Strel could complete this difficult challenge.

Strel is a large, middle-aged man from Slovenia who was raised in a village called Mokronog, which means "wet feet" in English. Strel has always loved swimming. He swam in pools, ponds, and small rivers as a young boy. As he grew older, Strel began swimming in larger rivers and soon became the world's best marathon swimmer. Over the years, Strel has swum through more than 12,000 miles (19,300 kilometers) of the world's longest rivers, from Europe's Danube to China's Yangtze. Strel is a person who likes to swim alone. He needs only the company of the river itself – and the longer the river, the better.

<sup>1</sup> the largest river on Earth by volume



- 3 Though he holds world records for his swims, Strel now swims for peace, friendship, and a clean environment. He talks to audiences about the reasons for his swims. He has swum in dirty rivers to promote the need for clean water. He swam the Amazon to raise people's awareness of the importance of this region. The Amazon Rain Forest produces 20 percent of the world's oxygen, and it is threatened by deforestation and pollution. If Strel could get people to pay attention to the Amazon, he hoped they might want to help protect and save it.
- 4 All of the rivers in which Strel has swum are difficult, but the Amazon was the most challenging. Its length, amount of water, difficult currents, extreme tides,<sup>2</sup> and dangerous creatures required a large support team and a lot of equipment. A group of doctors and guides traveled with Strel. Strel swam through deadly marine life, feeling the occasional touch of a large unknown creature. He never looked in the water to see what it was. He just kept swimming, determined to reach his goal.
- 5 Along the way, Strel made friends with local people. As he swam down the river, large crowds came out to see him. People around the world also followed Strel's progress through news reports. The world was watching both Strel and the Amazon.
- 6 Although Strel had the support of his team and his fans, his biggest challenge was a mental one. He had to calm his mind as he spent ten hours a day alone in the water, swimming from port to port. All he heard was his steady breath and the sound of his arms in the water. He filled the hours with dreams of his family. When he pulled into a port he would swim steadily, not hesitating in his pace. He could hear the noise of the cheering crowd, but he wouldn't look at his fans until he had reached the bank. Then he would raise his arms and smile.
- 7 After 3,274 miles (5,269 kilometers) and 66 days on the river, fighting nature and solitude, Strel finally arrived in Belém, Brazil, where the Amazon meets the Atlantic. When he touched land, he was 26 pounds lighter and smiling with relief. He had become the first person to swim the Amazon. He had also achieved his other goal. He had built cross-cultural friendships and helped the world think about this environmentally important region.

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<sup>2</sup> *tide*: the regular rising and falling of the sea level





## 4 READING CHECK

**A** Circle the letter of the best answer.

- 1 Why does Martin Strel swim in big rivers?
  - a to compete against other swimmers
  - b to become famous
  - c to raise awareness about peace, friendship, and the environment
- 2 Why was the Amazon River the most difficult river for Strel to swim?
  - a Strel had no help.
  - b The Amazon was dirty.
  - c The Amazon had dangerous currents and creatures.
- 3 What was Strel's biggest challenge in swimming the Amazon River?
  - a to stay calm
  - b to lose weight
  - c to increase his pace

**B** Are these statements true or false? Write *T* (true) or *F* (false).

- 1 \_\_\_\_ Martin Strel learned to swim in the ocean.
- 2 \_\_\_\_ Strel prefers the company of other swimmers to swimming alone.
- 3 \_\_\_\_ Strel has swum the Danube and Yangtze Rivers.
- 4 \_\_\_\_ Strel has never held a world record for his swims.
- 5 \_\_\_\_ The Amazon region is no longer threatened by deforestation.
- 6 \_\_\_\_ Strel felt marine life touch him while he swam the Amazon.
- 7 \_\_\_\_ No one had heard of Strel's Amazon swim until after he completed it.
- 8 \_\_\_\_ Strel swam 12 hours a day in the Amazon River.
- 9 \_\_\_\_ While Strel swam, he thought of his family.
- 10 \_\_\_\_ Strel swam the Amazon River for 26 days and lost 66 pounds.



## 5 VOCABULARY CHECK

**A** Retell the story. Fill in the blanks with the correct words from the box.

awareness	equipment	holds records	marathon	mental
oxygen	pace	physical	rain forest	strength

\_\_\_\_\_ swimmer Martin Strel \_\_\_\_\_  
for swimming many of the world's greatest rivers. Strel's  
amazing \_\_\_\_\_ is both \_\_\_\_\_  
and \_\_\_\_\_ and helps him to keep his steady  
\_\_\_\_\_. In addition, Strel's \_\_\_\_\_, such  
as swim gear, charts, and medical supplies, as well as a support team, help  
him during his long swims.

Because the tropical \_\_\_\_\_ supplies 20 percent of the  
world's \_\_\_\_\_, Strel thought swimming the Amazon  
would raise a/an \_\_\_\_\_ of the environmental problems of  
this region. Indeed, his successful swim has gotten the public to notice this  
region of the world!

**B** Write a short paragraph about environmental problems. Use the following words: *deforestation*, *goal*, *pollution*, *protect*, and *threatened*.

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## 6 APPLYING READING SKILLS

*Using reference materials, such as atlases, encyclopedias, and Web sites, after you read is sometimes necessary to get the most complete understanding of a reading.*

- A** Look at this map of South America. Find the following places that are mentioned in the reading. Put each number in the correct place on the map.

- 1 Peru
- 2 Brazil
- 3 the Atlantic Ocean
- 4 the start of the Amazon
- 5 Belém, the place where the Amazon meets the Atlantic
- 6 the Amazon Rain Forest



- B** Use reference materials to answer the following questions.

- 1 What type of animal is a piranha?
- 2 What type of animal is an anaconda?
- 3 Which countries have borders with Slovenia?
- 4 In which country does the Danube River begin? What are three other countries that it goes through?
- 5 In which city does the Yangtze River end?

## 7 DISCUSSION

Discuss the following questions in pairs or groups.

- 1 Strel swam the Amazon to raise awareness of pollution in the Amazon. What other kinds of activities have people done to raise awareness of environmental problems?
- 2 Strel also swam the Amazon for the physical and mental challenge. What type of physical or mental challenge would you like to accomplish in the future?



## CHAPTER

# 9

# Blade Runner



## 1 TOPIC PREVIEW

**A** Look at the names below. These people have something in common. Put a check (✓) next to the people you have heard of. Do you know what they have in common? Share your answers with your classmates.

- 1 \_\_\_\_ Andrea Bocelli
- 2 \_\_\_\_ Stephen Hawking
- 3 \_\_\_\_ Helen Keller
- 4 \_\_\_\_ Yitzhak Perlman
- 5 \_\_\_\_ Ludwig van Beethoven
- 6 \_\_\_\_ Stevie Wonder

**B** Read the title of this chapter, look at the picture, and discuss the following questions.

- 1 Do you know people who have physical problems but who still have accomplished great things? Explain.
- 2 What is the man in the picture doing? What is different about him?
- 3 What do you think the reading is going to be about?





## 2 VOCABULARY PREVIEW

- A** Read the word lists. Put a check (✓) next to the words that you know and can use in a sentence. Compare your answers with a partner. Then look up any unfamiliar words in a dictionary.

### Sports and Fitness

able-bodied  
disabled  
excel  
obstacle  
qualify  
sprinter

### Academic Word List

device  
flexibility  
injury  
recovery  
specifically

### Biomedical Engineering

artificial  
blade  
prosthesis  
wheelchair

The chart shows selected words from the reading related to sports and fitness, biomedical engineering, and the Academic Word List (AWL). For more information about the AWL, see page 121.

- B** Fill in the blanks with words from Part A.

- 1 When you are extremely good at something, you \_\_\_\_\_ at it.
- 2 The doctor used a special \_\_\_\_\_ to fix the patient's bone.
- 3 The directions \_\_\_\_\_ said to turn left, not right.
- 4 The girl used a/an \_\_\_\_\_ because she couldn't walk.
- 5 The \_\_\_\_\_ of this knife can cut very thin slices of bread.
- 6 \_\_\_\_\_ people can still achieve great things.
- 7 The biggest \_\_\_\_\_ in the race was the cold weather.
- 8 The runner who had no legs had \_\_\_\_\_ legs instead.
- 9 Doctors gave the woman a/an \_\_\_\_\_ for her missing arm.
- 10 The best \_\_\_\_\_ won the short race.
- 11 The man suffered a head \_\_\_\_\_ in the accident.
- 12 The woman's \_\_\_\_\_ took about a month. Then she felt better.
- 13 \_\_\_\_\_ people usually don't need physical help.
- 14 The young man improved his \_\_\_\_\_ by practicing yoga.
- 15 To \_\_\_\_\_ for the finals, she had to win five games.



### 3 READING

Preview the questions in Reading Check Part A on page 68. Then read the story.

## Blade Runner

1 It's race day. A young athlete walks onto the track and takes his place next to the other runners. The starting gun fires, and the young athlete begins to run. As the group races down the track, the crowd begins to cheer. The young athlete passes the first runner. Then he passes another, and yet another. The finish line comes near, and the young athlete rushes forward with great speed. He crosses the finish line to the loud roar of the crowd. Who is this young athlete? He is South African sprinter Oscar Pistorius. Why is the crowd cheering so loudly? Pistorius has two artificial legs, and he has won the race against able-bodied runners.



Oscar Pistorius

- 2 Oscar Pistorius was born with the determination and talent of a world-class sprinter. However, young Oscar had a great obstacle. When Oscar was born, he was missing the calf bone<sup>1</sup> in each leg. Doctors gave his parents two choices. One choice was that doctors could amputate<sup>2</sup> their son's lower legs and give the boy artificial legs, or prostheses. The other choice was that Pistorius could spend his life in a wheelchair. His parents decided on giving him prostheses. With these artificial legs, he could learn to walk. There was one thing his parents never expected, however. Their son would not only walk, but he would also become an extraordinary track star.
- 3 From a young age, Pistorius excelled at sports even with his artificial legs. He competed in tennis, soccer, water polo, and rugby. Then in 2004 at the age of 18, Pistorius received a knee injury. As part of the recovery process, he started running. Soon he was running not

<sup>1</sup> *calf bone*: a bone located in the front of the lower leg

<sup>2</sup> *amputate*: to cut off someone's arm, leg, finger, etc., during a medical operation





just well, but incredibly fast. In that same year, he decided to become a competitive sprinter. He then went to the Athens Paralympics,<sup>3</sup> where he set four world sprinting records and won four gold medals.

How did Pistorius become such a remarkable sprinter so quickly? 4  
He was a determined natural athlete, and he had the help of his prostheses: the Cheetah Flex Foot.<sup>4</sup> The Cheetah Flex Foot is designed to help athletes like Pistorius sprint. It is a blade shaped like the letter “j” and has the flexibility of a natural foot and ankle. It allows a runner to sprint much like an able-bodied runner.

Nicknamed “Blade Runner,” Pistorius continued to break records in 5  
Paralympic competitions. In 2007, he achieved something extraordinary. He won the silver medal for the 400-meter race in the South African National Championships. He had won against *able-bodied* men! Now he thought it might be possible that he could achieve his dream of competing in the 2008 Summer Olympics in Beijing.

In early 2008, however, the International Association of Athletics 6  
Federations (IAAF) ruled that they would not allow Pistorius to compete in the Summer Olympics. The committee claimed the Cheetahs gave the disabled sprinter more power. Pistorius and many others disagreed. Pistorius challenged the ruling, and he was given permission to compete just months before the Summer Olympics. He tried out for the South African Olympic Team but missed qualifying for the team by less than a second. Although he did not meet his Olympic goal, Pistorius still went on to win a gold medal in the 100-, 200-, and 400-meter races at the Paralympics that same year.

Pistorius would have been the first amputee in the Olympics to 7  
use a device specifically designed to help him in his sport. Although the IAAF finally allowed Pistorius to try out for the Olympics, that doesn’t mean all disabled athletes with special prostheses will be able to participate in future Olympics. In the future, the IAAF will still examine each disabled athlete’s case. Pistorius’s determination and success, however, have given hope to millions of other disabled athletes. Perhaps there will be a day when the crowd cheers for disabled athletes with prosthetic devices as they compete in the Olympics next to their able-bodied competitors.

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<sup>3</sup> *Paralympics*: Olympics for the disabled

<sup>4</sup> *Cheetah Flex Foot*: named after the cheetah, the fastest land mammal







## 4 READING CHECK

**A** Are these statements true or false? Write *T* (true) or *F* (false).

- 1 \_\_\_\_ Oscar Pistorius was born without calf bones.
- 2 \_\_\_\_ Oscar Pistorius had been a sprinter for years when he won his first race.
- 3 \_\_\_\_ Oscar Pistorius races against both disabled and able-bodied runners.

**B** Answer the questions with information from the reading.

1 Who is Oscar Pistorius?

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2 What were the choices Pistorius's doctor gave to his parents? Which one did they choose?

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3 Why did his parents make their choice?

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4 Why did Pistorius begin running?

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5 What helped Pistorius achieve success, in addition to his natural talent?

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6 What was extraordinary about Pistorius's 2007 success?

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7 Why did the International Association of Athletics Federations not want to allow Pistorius to compete in the 2008 Olympics?

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8 Why didn't Pistorius compete in the 2008 Olympics?

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## 5 VOCABULARY CHECK

**A** Retell the story. Fill in the blanks with the correct words from the box.

able-bodied	artificial	blade	device
disabled	excelled	obstacle	prostheses
sprinter	wheelchair		

Oscar Pistorius was born without calf bones in his lower legs. Instead of spending his life in a/an \_\_\_\_\_<sup>1</sup>, his parents decided to give their son \_\_\_\_\_<sup>2</sup>. With the help of these \_\_\_\_\_<sup>3</sup> legs, Pistorius \_\_\_\_\_<sup>4</sup> at sports.

Pistorius began to run after he was hurt playing rugby. He was so fast on the track that he decided to become a/an \_\_\_\_\_<sup>5</sup>. He no longer faced the \_\_\_\_\_<sup>6</sup> of having no legs. The Cheetah Flex Foot, a/an \_\_\_\_\_<sup>7</sup> that looks like a j-shaped \_\_\_\_\_<sup>8</sup>, soon allowed Pistorius to become the fastest man without real legs. Even though Pistorius is considered a/an \_\_\_\_\_<sup>9</sup> runner because of his missing legs, he runs alongside and often beats \_\_\_\_\_<sup>10</sup> runners.

**B** Fill in the blanks with the correct words. Use the correct verb tense or the correct singular or plural noun form.

Verb	Noun	Adjective
flex	flexibility	flexible
injure	injury	injured
qualify	qualification	qualified
recover	recovery	recovered
specify	specification	specific

- 1 The team doctor says the star player will \_\_\_\_\_ soon.
- 2 Athletes have to be \_\_\_\_\_ in order to move so easily.
- 3 Football players often \_\_\_\_\_ themselves during practice.
- 4 The runner met the minimum \_\_\_\_\_ and can compete.
- 5 There are \_\_\_\_\_ rules that players must follow.

## 6 APPLYING READING SKILLS

**Organizing information into a chart** can help you deepen your understanding of a reading and see how different parts of the reading relate to each other. It can also help you write a short summary of the reading, which can be useful if you have to prepare for a test on it.

- A** Fill in the chart with information from the reading. One example for each column has been done for you.

OSCAR PISTORIUS		
<b>His mental and physical characteristics</b> <i>amputee - no legs below the knee</i>	<b>His major achievements</b> <i>excelled at sports from a young age</i>	<b>His challenges (past and present)</b> <i>born without a calf bone in each leg</i>

- B** Use the information from the chart to write a short summary of "Blade Runner."

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## 7 DISCUSSION

Discuss the following questions in pairs or groups.

- 1 Do you know anyone who is disabled, has a prosthesis, or is in a wheelchair and also plays sports? Explain.
- 2 Do you think Pistorius's special Cheetah Flex Feet give him an advantage over able-bodied athletes?
- 3 Do you think disabled or able-bodied athletes should be allowed to use special devices or expensive equipment when they compete? Explain.

# UNIT 3 WRAP-UP

## VOCABULARY REVIEW

Chapter 7	Chapter 8	Chapter 9
<b>Sports and Fitness</b> athlete • coach ( <i>n.</i> ) • compete • set (a) record • talented • train ( <i>v.</i> )	<b>Sports and Fitness</b> hold (a) record • marathon • pace ( <i>n.</i> ) • strength	<b>Sports and Fitness</b> able-bodied • disabled • excel • obstacle • qualify • sprinter
<b>Academic Word List</b> conventional • individual ( <i>adj.</i> ) • participation	<b>Academic Word List</b> (raise) awareness • equipment • goal • mental • physical	<b>Academic Word List</b> device • flexibility • injury • recovery • specifically
<b>Sociology</b> career • disapprove (of) • encourage • forbid • society • unacceptable	<b>Environmental Studies</b> deforestation • oxygen • pollution • protect • rain forest • threatened ( <i>adj.</i> )	<b>Biomedical Engineering</b> artificial • blade • prosthesis • wheelchair

Find words in the chart that match the definitions. Answers to 1–4 are from Chapter 7. Answers to 5–8 are from Chapter 8. Answers to 9–12 are from Chapter 9.

- Behaving or thinking in a usual way: \_\_\_\_\_
- To tell someone that they are not allowed to do something: \_\_\_\_\_
- To take part in a sports event and try to win: \_\_\_\_\_
- To think that something or someone is bad, wrong: \_\_\_\_\_
- The speed at which something happens or is done: \_\_\_\_\_
- The set of objects that are used for a job or activity: \_\_\_\_\_
- To keep someone or something safe from harm: \_\_\_\_\_
- Power and energy: \_\_\_\_\_
- Not natural; made by people: \_\_\_\_\_
- The skill or ability to bend or change easily: \_\_\_\_\_
- To achieve a very high level of knowledge or skill: \_\_\_\_\_
- The process of getting better after an illness or injury: \_\_\_\_\_



## VOCABULARY IN USE

Work with a partner or small group, and discuss the questions below.

- 1 When you were younger, what did your parents or teachers **encourage** you to do?
- 2 What kinds of **obstacles** do women still face in the working world?
- 3 If you could choose any **career** or change your current career, what would it be?
- 4 Do you think professional **athletes** should be paid high salaries? Explain.
- 5 How can cross-cultural **awareness** help international relations?
- 6 What kinds of things can a person do to **train** to run a **marathon**?
- 7 What does **society** do to help **disabled** people? Explain.
- 8 What is one thing you **excel** at? Explain.

## ROLE PLAY

Work with a partner. One student is a newspaper reporter. The other student is an athlete – for example, a runner, a swimmer, or a soccer player – who has just won an important race or game.

**Reporter:** Prepare general questions to ask the athlete about how he or she trained for the event and about any obstacles he or she faced during the event.

**Athlete:** Prepare a list of how you trained for the event and about any obstacles you faced during the event.

## WRITING

Imagine that you are Fanny Blankers-Koen, Martin Strel, or Oscar Pistorius. You have been asked by the local high school to share your story with students. Write an article for the school newspaper, answering the following questions.

- What have been some challenges in your athletic career?
- How have you overcome these challenge?
- What has been your biggest accomplishment? What did you learn from it?

## WEBQUEST

Find more information about the topics in this unit by going on the Internet. Go to [www.cambridge.org/readthis](http://www.cambridge.org/readthis) and follow the instructions for doing a WebQuest. Search for facts. Have fun. Good luck!