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Level 4

Swearing can make you physically stronger

8th May, 2017

<http://www.breakingnewsenglish.com/1705/170508-swearing-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1705/170508-swearing-4.html>

Researchers said swearing and bad language make us stronger. They did tests on 81 people to see how swearing affected physical strength. In one test, participants worked out on an exercise bike. Some people swore as much as they could, while others were quiet. In another test, people gripped the bike's handlebars as tightly as they could. The researchers said those who swore cycled or gripped up to four per cent more powerfully than those who were quiet.

Research also shows that swearing increases our tolerance to pain. Swearing increases our heart rate and adrenaline. These help to numb pain. This may be why many of us swear when we feel pain. Another study found that swearing was a sign of honesty. A researcher from Keele said: "Quite why it is that swearing has these effects on strength and pain tolerance remains to be discovered. We have yet to understand the power of swearing fully."

Sources: <http://observer.com/2017/05/swearing-benefits-strength-study/>
<http://www.medicaldaily.com/benefits-swearing-saying-curse-words-makes-you-stronger-numb-pain-and-more-416927>
<http://www.techtimes.com/articles/206712/20170505/swearing-aloud-while-you-exercise-can-make-your-muscles-stronger.htm>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1705/170508-swearing-4.html>

PARAGRAPH ONE:

- | | |
|---------------------------------------|------------------------|
| 1. bad | a. strength |
| 2. They did tests | b. they could |
| 3. see how swearing affected physical | c. much as they could |
| 4. participants worked out | d. handlebars |
| 5. people swore as | e. language |
| 6. people gripped the bike's | f. more powerfully |
| 7. as tightly as | g. on 81 people |
| 8. up to four per cent | h. on an exercise bike |

PARAGRAPH TWO:

- | | |
|--|----------------------|
| 1. swearing increases our | a. we feel pain |
| 2. heart | b. pain |
| 3. These help to numb | c. tolerance |
| 4. many of us swear when | d. rate |
| 5. swearing was a sign | e. effects |
| 6. swearing has these | f. tolerance to pain |
| 7. pain | g. of swearing |
| 8. We have yet to understand the power | h. of honesty |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1705/170508-swearing-4.html>

Researchers said swearing and bad language (1) _____.

They did tests on 81 people (2) _____ swearing affected

physical strength. In one test, participants (3) _____

exercise bike. Some people swore (4) _____ they could,

while others were quiet. In another test, people gripped the bike's

handlebars (5) _____ they could. The researchers said

those who swore cycled or (6) _____ per cent more

powerfully than those who were quiet.

Research also shows that swearing (7) _____ to pain.

Swearing increases our heart (8) _____. These help to

numb pain. This may be why (9) _____ when we feel pain.

Another study found that swearing (10) _____ honesty. A

researcher from Keele said: "Quite why it is that swearing

(11) _____ strength and pain tolerance remains to be

discovered. We have yet to understand (12) _____ fully."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1705/170508-swearing-4.html>

Researcher ssaid swearing and bad language make us stronger. They did tests on 81 people to see how swearing affected physical strength. In one test, participants worked out on an exercise bike. Some people swore as much as they could, while others were quiet. In another test, people gripped the bike's handlebars as tightly as they could. The researchers said those who swore cycled or gripped up to four percent more powerfully than those who were quiet. Research also shows that swearing increases our tolerance for pain. Swearing increases our heart rate and adrenaline. These help numb pain. This may be why many of us swear when we feel pain. Another study found that swearing was a sign of honesty. A researcher from Keele said: "Quit why it is that swearing has these effects on strength and pain tolerance remain to be discovered. We have yet to understand the power of swearing fully."

SWEARING SURVEY

From <http://www.breakingnewsenglish.com/1705/170508-swearing-4.html>

Write five GOOD questions about swearing in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

