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Level 5

Swearing can make you physically stronger

8th May, 2017

<http://www.breakingnewsenglish.com/1705/170508-swearing-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1705/170508-swearing-5.html>

Researchers have found that swearing and using bad language can increase our physical strength. The researchers conducted tests on 81 people to see how swearing affected physical performance. In one test, participants did a workout on an exercise bike. Some people had to swear as much as they could before they started, while others had to be quiet. In another test, people had to grip the bike's handlebars as tightly as they could. The researchers found that the people who swore a lot cycled or gripped three to four per cent more powerfully than those who were quiet.

Research also shows that swearing increases our tolerance to pain. A 2009 study found that swearing increased heart rate and adrenaline - these help to numb pain. This may be why many of us swear when we hurt ourselves. Another study found that swearing was a sign of honesty and self-expression. The lead researcher of the Keele study was at a loss to explain why swearing affects the body. He 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-5.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|---------------------|
| 1. bad | a. performance |
| 2. The researchers conducted | b. who were quiet |
| 3. how swearing affected physical | c. an exercise bike |
| 4. participants did a workout on | d. handlebars |
| 5. swear as much | e. language |
| 6. grip the bike's | f. swore a lot |
| 7. the people who | g. as they could |
| 8. more powerfully than those | h. tests |

PARAGRAPH TWO:

- | | |
|-----------------------------|----------------------|
| 1. swearing increases our | a. of honesty |
| 2. swearing increased heart | b. pain |
| 3. these help to numb | c. of swearing |
| 4. many of us swear when | d. to explain why |
| 5. swearing was a sign | e. tolerance to pain |
| 6. at a loss | f. tolerance |
| 7. pain | g. rate |
| 8. understand the power | h. we hurt ourselves |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1705/170508-swearing-5.html>

Researchers have found that swearing (1) _____ language can increase our physical strength. The researchers conducted (2) _____ people to see how swearing affected physical performance. In one test, participants (3) _____ an exercise bike. Some people had to (4) _____ they could before they started, while others had to be quiet. In another test, people had to grip the bike's handlebars (5) _____ they could. The researchers found that the people who swore a lot cycled or gripped three to four per cent more powerfully (6) _____ were quiet.

Research also shows that swearing (7) _____ to pain. A 2009 study found that swearing increased heart (8) _____ - these help to numb pain. This may be why (9) _____ when we hurt ourselves. Another study found that swearing (10) _____ honesty and self-expression. The lead researcher of the Keele study was at a loss to explain why swearing affects the body. He said: "Quite why it is that swearing has (11) _____ strength and pain tolerance remains to be discovered. We have yet to understand the (12) _____ fully."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1705/170508-swearing-5.html>

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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) _____

