

5 SPORTS AND INTERESTS

STUDENT'S BOOK PAGES 44–45

self-conscious /self 'kɒŋʃəs/ Adjective

if you are *self-conscious*, you feel embarrassed about what you look like and think that everyone is looking at you and making a judgement about you

I'm always self-conscious when I dance | I felt a bit self-conscious | she was too self-conscious and didn't dare try speaking German

Adverb: *self-consciously* | Noun: *self-consciousness*
she smiled rather self-consciously | self-consciousness is the measurement of how easily someone is embarrassed

- *tímid / cohibit*

SELF-

You can add self- to lots of adjectives and nouns to mean '(in/to) yourself'. For example: I'd be a bit *self-conscious*

lack *self-confidence*; have low *self-esteem*; show *self-discipline*; a *self-employed* plumber; take *self-defence* classes; he's not very *self-aware*; a *self-inflicted* wound; paint a *self-portrait*; he's a *self-taught* artist; be motivated by *self-interest*; a *self-catering* holiday

master class /'mɑːstə(r) klaːs/ Noun

a *master class* is a lesson in music or a sport, given by someone who has been very successful and who is very famous

a master class with a top Russian fencer | she teaches master classes in acting and singing

- *classe magistral*

top /tɒp/ Adjective

you use *top* to refer to people or things who are considered to be the best and most successful in a particular area of activity

he was a chef in a top London restaurant | he used to coach some of the top tennis professionals

- *de categoria superior*

compete /kəm'piːt/ Verb

to *compete* in a sport or competition means to take part in it and try to win

Collocates: *compete in something | compete for something*

I started competing more seriously after I joined the fencing club | all four schools compete in the local championship | in 2014, over 6,500 runners competed

Noun: *competition* | Noun: *competitor* | Adjective: *competing* | Adjective: *competitive*

he won the competition four years running | four competitors failed to finish the race | he's always so competitive on the tennis court

- *competir*

wander round /ˌwɒndə(r) 'raʊnd/ Phrasal verb

if you *wander*, you walk somewhere casually, without any real purpose. When you do this, you can say you are having a *wander*

Collocates: *a wander round somewhere*

I'm going to have a wander round the market | we went for a wander round the shops

Verb: *wander*

Collocates: *wander round somewhere*

the kids had wandered off | we were just wandering aimlessly

- *fer una volta sense rumb fix*

knitting /'nɪtɪŋ/ Noun

knitting is making things from wool, using two long needles. *Knitting* is also the thing that is being made

I find knitting very relaxing | she put her knitting down and stood up

Verb: *knit* | Adjective: *knitted*

I'm going to knit a scarf for Sally | a pair of knitted gloves

- *punt de mitja*

figure /'fɪɡə(r)/ Noun

a woman's *figure* is the shape of her body

she had a good figure | if I eat too much I'll lose my figure

- *figura*

fixture /'fɪkstʃə(r)/ Noun

fixtures are things like baths, sinks, or door handles that are fixed in place, and that stay in a house when it is sold

Collocates: *fixtures and fittings*

a factory producing bathroom fixtures | what fixtures and fittings are included in the sale? (all the fixed items in the house)

- *instal·lació fixa*

breath /breθ/ Noun

your *breath* is how quickly you are breathing in and out
 Collocates: be out of breath | be short of breath | get your breath back

it took me ten minutes to get my breath back (start breathing easily after exercise) | he sometimes gets short of breath (unable to breathe easily)

Verb: *breathe* | Adjective: *breathless*

Collocates: breathe heavily | breathe easily | breathe deeply

I was breathing more and more heavily | he was breathless from running so fast

- respiració / alè

flexibility /fleksə'bɪləti/ Noun uncount

your *flexibility* is your ability to bend and move your body
doing yoga really helps your flexibility | we need more flexibility in the workplace (the ability to make changes easily)

Adjective: *flexible*

I'm not flexible enough to touch my toes

- flexibilitat

coordination /kəʊˌɔː(r)dɪ'neɪʃ(ə)n/ Noun uncount

your *coordination* is how well you can move the different parts of your body together

you need good hand-eye coordination to play tennis well | exercises designed to develop flexibility and improve coordination

Adjective: *coordinated* || Opposite –

Adjective: *uncoordinated*

how coordinated are you? | I'm totally uncoordinated

- coordinació

stamina /'stæmɪnə/ Noun uncount

stamina is strength that allows you to continue doing hard exercise for a long time

you need a lot of stamina to do marathon running | he's got a lot of mental stamina

- resistència

strength /streŋθ/ Noun

strength is the physical power that makes someone strong and able to do things like lift heavy objects

Collocates: physical strength | brute strength | gain/regain your strength

she possessed great physical strength and courage | he was not eating enough to regain his strength

Verb: *strengthen* | Adjective: *strong*

these exercises help strengthen your neck muscles | I wasn't strong enough to lift the box

- força

lift /lɪft/ Verb

to *lift* something means to move it upwards using your hands and arms

he can lift 50 kilos | keep your back straight when you're lifting something heavy | she leant forward and lifted the rock from the ground

- aixecar

sweat /swet/ Noun uncount

sweat is water that comes out of your body onto your skin when you are very hot or ill or doing hard physical exercise

Collocates: work up a sweat | come out in a sweat

he works up a sweat just running for the bus | sweat was pouring down his face

Verb: *sweat* | Adverb: *sweaty*

he was sweating heavily in the heat

- suar

demanding /dɪ'mɑːndɪŋ/ Adjective

a person or situation that is *demanding* is difficult to deal with because they need a lot of your time or energy

the aerobics class was just too demanding for me | he always took on the least demanding tasks at work | quality products that will satisfy even the most demanding customers

Verb: *demand*

the lecture demanded her full attention

- exigent

shape /ʃeɪp/ Noun uncount

your *shape* is how fit and healthy you are

Collocates: be out of shape | be in (good) shape | get (back) in shape

he's got really out of shape since he stopped going to the gym (become unfit) | an exercise machine to help you keep in shape

- forma

keep up (with) /'kiːp ʌp/ Phrasal verb

if you *keep up* with other people, you move at the same speed as them or make the same amount of progress as they do

Collocates: keep up with someone

she was walking quickly, and I was struggling to keep up | come on – try to keep up! | she moved to a different class where it was easier to keep up

- seguir el ritme

trip /trɪp/ Verb

if you *trip*, you lose your balance because your foot has unexpectedly hit something

Collocates: trip over | trip up

I'm always tripping over and bumping into things | she leapt up, stumbled, tripped and fell

- ensopegar

bump /bʌmp/ Verb

if you *bump* into something, you knock against it accidentally. If you *bump* a part of your body, it accidentally knocks against something

I bumped my knee on the table | mind you don't bump your head

Noun: *bump*

I got a bump on the head

- *topar*

STUDENT'S BOOK PAGES 46–47**powerful** /'paʊə(r)f(ə)l/ Adjective

a *powerful* action is one that is done with a lot of force and strength

the soldiers rapidly fell back in the face of a powerful attack | the explosion was so powerful that it caused nearby buildings to shake

Noun: *power* | Adverb: *powerfully*

the great power of hydrogen bombs | a powerfully built man

- *poderós / potent*

overtake /əʊvə(r)'teɪk/ Verb

if you *overtake* another vehicle when you are driving, you go past it because you are moving faster

you're not allowed to overtake here | a van overtook us | he drove fast, overtaking at every opportunity

- *avançar*

tactics /'tæktɪks/ Noun plural

tactics are the methods you choose to use that will help you achieve what you are trying to do, especially in a competition, election, or battle

they called a time-out to discuss tactics | Bennett employed a range of tactics to win the election

Adjective: *tactical* | Adverb: *tactically* | Noun: *tactician*

this was clearly a tactical decision | the Iranian commanders were more tactically skilled | Mrs Merkel is, after all, Europe's master tactician

- *tàctica*

serve /sɜː(r)v/ Verb

to *serve* in a game such as tennis means to start the game by hitting the ball to your opponent

I served a double fault | it's Federer to serve next | she's served brilliantly in this match

Noun: *serve*

his first serve was out

- *servir*

tackle /'tæk(ə)l/ Verb

to *tackle* someone in a game such as football or hockey means to take the ball away from them

I was tackled just when I was about to shoot | improve your tackling skills | the midfield players tackled hard

Noun: *tackle*

that was a great tackle

- *fer una entrada*

substitute /'sʌbstɪtju:t/ Noun

a *substitute* is a player who does not start a match but comes on later if someone is injured or if the manager wants to change the team

Collocates: a substitute for someone

I came on as a substitute after a player got injured | he made an appearance as a second-half substitute

Verb: *substitute* | Noun: *substitution*

Cole was substituted ten minutes before the end | Aston Villa are going to make another substitution

- *substitut*

sack /sæk/ Verb

if someone *sacks* you or if you *get sacked*, you are officially told by your employer that you no longer have a job, usually because you did something wrong or because you did not work well enough

Collocates: sack someone from something | sack someone for (doing) something

she sacked her coach after a string of defeats | he was sacked for stealing from the kitchens

Noun: *sack* | Noun: *sacking*

Collocates: give someone the sack | get the sack

getting the sack was the start of his troubles | More than 30 managers lost their jobs this morning, and further sackings are sure to follow

- *acomiar*

judge /dʒʌdʒ/ Noun

in some sports, such as diving, gymnastics, or boxing, *judges* are people who decide how many points a competitor should receive

judges award points for technique | the judges gave him maximum points for his second dive

- *jutge*

close /kləʊs/ Adjective

if a game or match is *close*, the two players or teams are very equal

it was a close game, which we drew 2–2 | he came a close second | I think the election will be pretty close

- *igualat*

draw /drɔː/ Verb

to *draw* a sports match means to end the game with the same number of goals or points as your opponent, so that neither side is the winner

Collocates: draw with someone

we should have drawn with them at least | they drew 2 all with Chelsea | City and United drew nil all (no one scored any goals)

Noun: *draw*

the match ended in a draw

• **empatar**

experiment /ɪk'sperɪment/ Verb

to *experiment* with something means to do a test on it in order to find out what happens

Collocates: experiment with something | experiment on someone or something

they experimented with different types of brick | we need to experiment further | surgeons experimented on rabbits before using the technique on humans

Noun: *experiment* | Adjective: *experimental* |

Adverb: *experimentally* | Noun: *experimentation*

Collocates: do/conduct/carry out/perform an experiment | an experiment shows/proves something | experimental methods/data/results

the experiment was a failure | an experimental research project | the theory cannot be tested experimentally | experimentation is highly encouraged here

• **experimentar**

mild /maɪld/ Adjective

something that is *mild* is not very strong or extreme

people who suffer from mild depression | you might feel a mild burning sensation | winters here are mild (they do not get very cold)

Adverb: *mildly*

he looked mildly surprised by the question

• **suau**

membership /ˈmembə(r)ʃɪp/ Noun

membership is the fact of being a member of a club or other organisation

Collocates: membership of something

he took out gym membership in January | I forgot to pay my membership fee

Noun: *member*

Collocates: a member of something

I've been a member of the tennis club since 2008

• **afiliació**

therapy /ˈθerəpi/ Noun

therapy is treatment for physical or mental problems that does not involve drugs or surgical operations

he's had some therapy | he still is undergoing physical therapy twice a week

Noun: *therapist* | Adjective: *therapeutic*

Marina suffers from depression and is being treated by a therapist | these products are fresh and therapeutic

• **teràpia**

pointless /ˈpɔɪntləs/ Adjective

something that is *pointless* has no purpose or end result, which makes people think it is bad and unnecessary

games like that are dull and pointless | arguing with him was just pointless

• **sense sentit / inútil**

cope /kəʊp/ Verb

if you *cope* with something disappointing or unpleasant, you are able to carry on without it having a bad effect on you

Collocates: cope with something

sport teaches us to cope with disappointment | she was good at coping with stress | I have trouble coping with the heat

• **gestionar / sortir-se'n**

disappointment /ˌdɪsə'pɔɪntmənt/ Noun

disappointment is the feeling of unhappiness that you get when something you wanted does not happen, or when you do not get something you were hoping to get

book early to avoid disappointment | I tried to smile and hide my disappointment | to my huge disappointment, the app kept crashing

Adjective: *disappointed* | Adjective: *disappointing* |

Verb: *disappoint*

he felt disappointed and let down | the book had disappointing sales | I didn't want to disappoint her

• **decepció**

opponent /ə'pəʊnənt/ Noun

your *opponent* is the person or team trying to beat you in a competition, election, or other activity

to win the tournament, the player must beat all 12 opponents | his opponent was too strong for him

• **oponent**

complete /kəm'pli:t/ Verb

if you *complete* something, you finish doing all of it
she completed the puzzle quickly | registration can be completed online | I was asked to complete a three-page questionnaire

Adjective: *complete* | Noun: *completion* || Opposite –
 Adjective: *incomplete*

this is our complete price list | the projected completion date is late 2017 | the lists are obviously incomplete

 • **completar**

boredom /'bɔ:(r)dəm/ Noun uncount

boredom is the state of being bored

Collocates: *sheer boredom | relieve the boredom*
they end up committing crime simply out of boredom | the film was two hours of sheer boredom

Verb: *bore* | Adjective: *boring* | Adjective: *bored* |
 Noun: *bore*

am I boring you? | such a boring meeting | you're becoming a terrible bore, Boris

 • **avorriment**

cheat /tʃi:t/ Verb

to *cheat* means to do something that is not allowed by the rules

I'm sure Dan cheated in the exam | cover your eyes and count to ten, and don't cheat!

Noun: *cheat* | Noun: *cheating*

I'm not playing any more. You're such a cheat! | there was a lot of cheating involved

 • **fer tramples**

look down on /lʊk 'daʊn ɒn/ Phrasal verb

to *look down on* someone means to have a very bad opinion of them and think they are worse than you

cheats are looked down on in this school | she looks down on people with less money than herself

 • **menysprear**

exclude /ɪk'sklu:d/ Verb

to *exclude* someone or something means to deliberately stop them being part of a group or taking part in a particular activity

no one should be excluded from sport | an attempt to exclude the press from the event | he's been excluded from school (told to leave)

Noun: *exclusion*

the exclusion of some vital data from the report

 • **excloure**

miles /maɪlz/ Noun plural

if you say that somewhere is *miles* away, or that something travels *miles*, you mean it is a very long way away or that it travels a very long way

I hit the ball and it went miles off to the left | you'll never get there in time. It's miles away

 • **milles**

STUDENT'S BOOK PAGES 48–49**fool** /fu:l/ Noun

if you call someone a *fool*, you mean you think they are stupid and do stupid things. If you say you made a *fool* of yourself, you mean that you did something stupid

I'm scared of making a fool of myself | what a fool I've been

Adjective: *foolish* | Adverb: *foolishly* | Noun: *foolishness*
what he did was utterly foolish | I foolishly agreed to go with him to Paris | the foolishness of his remarks

 • **ximple**

reluctant /rɪ'lʌktənt/ Adjective

if you are *reluctant* to do something, you do not really want to do it

Collocates: *be reluctant to do something*

I was a bit reluctant to talk about it | she seemed reluctant to take the job

Adverb: *reluctantly* | Noun: *reluctance*

Collocates: *reluctantly agree/accept (to do something) | with reluctance | great reluctance*

he came with us rather reluctantly | with great reluctance he handed over the money

 • **reticent**

keep up /'ki:p ʌp/ Phrasal verb

if you *keep* something *up*, you carry on doing it for a certain length of time

he was doing handstands and kept it up for half an hour | I can't keep this up any longer | you're doing fine, Tom. Keep it up!

 • **continuar fent alguna cosa**

sprain /spreɪn/ Verb

if you *sprain* your knee, ankle, wrist, etc., you hurt it and damage it by twisting it suddenly

I sprained my knee | I think I've sprained my ankle

Noun: *sprain* | Adjective: *sprained*

you haven't broken it – it's only a sprain | she had a sprained wrist

 • **torçar-se**

dose /dəʊs/ Noun

a dose of medicine is the exact amount of it that the doctor says you should have at one time. If you say that something or someone is all right in small doses, you mean that you do not want to have much of it or spend a long time with them
he's OK in small doses | classical music is fine, so long as it's in small doses

- dosi

eyesight /'aɪ,saɪt/ Noun uncount

your eyesight is how well you are able to see things
as we get old, our eyesight gets worse | Dennis has struggled with poor eyesight for years

- vista

bruise /bruːz/ Noun

a bruise is a dark mark on your skin where you have hit it
he had some cuts and bruises | my leg was badly bruised
Verb: bruise | Noun: bruising
Curry bruised his ribs during training | the bruising was caused by kicks to the face

- blau / morat

tear /teə(r)/ Verb

if you tear a muscle or a ligament, you damage it by moving in a way that puts too much strain on it
I tore my knee ligaments | a completely torn tendon (cord that joins muscle to bone) requires surgery

- esquínçar-se

knock out /,nɒk 'aʊt/ Phrasal verb

to knock someone out means to make them unconscious by hitting them. To knock yourself out means to have an accident and become unconscious
she knocked herself out when she fell | a blow to the head which knocked him out | he was knocked out in the second round of the fight
Adjective: knockout | Noun: knockout
in the fifth round, Ali landed a knockout punch (a punch that knocked out his opponent) | Moore was beaten by a knockout in four rounds

- deixar inconscient

twist /twɪst/ Verb

if you twist a part of your body such as your ankle or knee, you hurt it by turning it suddenly. You use the word twist when the injury is less serious than a sprain
I twisted my ankle playing football | she fell and twisted her knee

- torçar-se

consciousness /'kɒnʃəsnəs/ Noun uncount

if you lose consciousness, you uncontrollably fall asleep or become unconscious, for example if you faint or if you are hit very hard. When you regain consciousness, you wake up again

Collocates: lose consciousness | regain consciousness
she lost consciousness for a minute | when consciousness returned I was lying flat on my back in hospital

Adjective: conscious | Adjective: unconscious
he was fully conscious throughout the operation | he was severely beaten until he fell unconscious

- consciència

drown /draʊn/ Verb

if someone drowns, they die by being under water for too long and being unable to breathe any air
she drowned in the sea | I'm terrified of drowning | the boat overturned and a sailor was drowned

- ofegar-se