

# 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'pi:t/ 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 /,wɒndə(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 /'niːtɪŋ/ 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** /kəʊ,ɔ:(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'mɑ:ndɪŋ/ 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)** /'ki:p ,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** /sɜ:(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** /'sʌbstɪ,tju: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**

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**experiment** /ɪk'sperɪmənt/ 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**

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**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**

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**membership** /'membə(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**

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**therapy** /'θerəpi/ 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**

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**pointless** /'pɔɪntləs/ 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**

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**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**

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**disappointment** /,dɪsə'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**

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**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**

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**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** /bru:z/ 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*

- *esquinçar-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*