

1.1. Anticipation

Look carefully at the following pictures.

Describe them briefly, and say what issue they illustrate.

Can you relate to any of these issues?



1.2 Listening

Diet

Recording 1.a



Carl Fearn. Crédit photo ©MarcGalaor/LOURugby

Listen to Carl Fearn talking about diet, and answer the following questions.

1. For Carl Fearn, why is having a balanced diet more important at his age?
2. What examples does he take?
3. What does he think about supplements?

Recording 1.b



Deon Fourie. Crédit photo ©MarcGalaor/LOURugby

Listen to Albertus Buckle and Deon Fourie talking about diet, and answer the following questions.

1. According to Albertus Buckle, what consequences does age have on your diet choices?
2. What kind of eating habits does Albertus Buckle have?
3. Why does Deon Fourie consider himself lucky?
4. According to him, what is the key to a successful diet?
5. Fill in the blanks:

“But yes, it is important and it’s something that, if you do it _____ at a young age, you’re gonna _____ with it for some years, and then one day you’re gonna _____ and you’ll have to make _____ and work hard on it.”¹

Injuries

Recording 1.c



Trent Meacham. Crédit photo Avicom'

Listen to Trent Meacham describing his injury and fill in the blanks.

“I _____ the third _____, on my left hand. So... wasn’t anything too... crazy, I didn’t need _____, just needed to put a _____ on it and give it some time to _____. Now I did actually break it at the beginning of a game and finished the game, played the whole game that way, I knew something wasn’t right, I didn’t think it was _____ as bad as it was but it turned out I needed to put it in a _____ and give some time to _____.”

1. Dans cet ouvrage nous distinguerons les guillemets à l’anglaise : “...” des guillemets à la française : « ... » selon la langue utilisée.

Recording 1.d



Listen to Albertus Buckle and Deon Fourie talking about the protection gear they use in rugby.

1. Which protection gear is used...
 - a. Against concussions?
 - b. Most frequently on one or several parts of the body?
 - c. To protect shoulders?
 - d. By the rugby players called “locks”, who are frequently engaged in scrums?
2. Many rugby players have ears that resemble a vegetable, due to the frequent injuries during games. Which vegetable is that? Can you explain why such a vegetable?

Recording 1.e



Listen to Carl Fearn's recalling some of his most memorable injuries, and complete the following summary.

His first injury occurred at his first ever _____ game. He was ___ years old at the time. He snapped his _____ (ACL), and was out for a whole _____. He spent this time working at the _____ and putting on some _____, which is necessary in rugby.

When he came back ___ months later, he broke his _____ and was out for _____ weeks. He also had _____ issues in his knee with a torn _____, and was out for _____ months.

He also mentions his _____, where he has a snapped _____.

1.3 Reading

Text 1.a Men and bigorexia

Adapted from an article by Simon Rawles. From www.dailymail.co.uk

1 At 6am, David is in his kitchen preparing his first meal of the day: porridge followed
2 by three raw eggs and a pint of milk. Every day he follows the same routine. He
3 gulps down the egg cocktail, then wraps a tape measure around his biceps. It's
4 spot on 18 inches.

5 "Not bad," he says. "But I wish they were 23 inches." David is 5ft 8in and weighs
6 14 stone, five stone more than is healthy for a man of his height. To reach his goal
7 of 20 stone he drinks calorie and protein shakes throughout the day. His greatest
8 fear is losing weight, and he regularly weighs himself at home and at work. In
9 the past, his fear reached the point where he didn't want to walk to the bus stop
10 because he was so scared of losing weight.

11 David began weight-training seriously eight years ago. He was, he says, a skinny
12 child. Dissatisfied and frustrated with the way he looked, he started going to the
13 gym to put on a bit of weight. As his friends encouraged him, he took it from there
14 until he reached the point where training became an addiction. His efforts may
15 have paid off, but don't ask David to show you his legs: his tracksuit bottoms
16 purposely hide his calves which he still hasn't managed to shape the way he
17 wanted.

18 David is not the only one to suffer from bigorexia, or muscle dysmorphia: while
19 anorexics believe they are too fat while they actually are too thin, bigorexics think
20 they are too thin while they may actually be quite muscular. The condition was
21 diagnosed only recently, but experts say that the phenomenon is getting more
22 prevalent and should not be taken lightly. Indeed, some people might be so
23 obsessed with their body image that they may jeopardise not only their health by
24 practising excessively and causing injury, but also their job or their partner for an
25 exclusive relationship with... the gym.

VOCABULARY

Read the text and look for the words matching the following synonyms or definitions:

- muscle located in the back portion of the lower leg
- excessively thin
- have satisfactory results
- widespread, frequent
- (vb) gain (weight)
- food that has not been cooked
- put in danger
- swallow quickly, in an animalistic kind of way
- in reality
- a long flexible strip used for measuring
- exactly, precisely

COMPREHENSION

1. What kind of diet does David have? Tick the right statements and justify your answer.

- Substantial
- High in fat
- High in protein
- High in sugar
- Light

What habit suggests that David is obsessed with his weight?

Look up the equivalence between inches, feet and stone and give information on David's current body statistics and ultimate goal in kilograms and centimetres.

What are the dangers of bigorexia?

2. Are the following statements true or false? Justify with a brief quote from the text.
- a. David's breakfast is substantial.
 - b. David is satisfied with his biceps.
 - c. David is embarrassed by one part of his body.
 - d. Bigorexia affects only a few people.

BRANCHING OUT

Do you feel addicted to any sport activity? Do you know anyone in that situation?

Text 1.b. Sport and nutrition

An athlete's diet

1 Nutrition is an essential part of an athlete's life. If you practise on a regular basis,
2 you must consume the right amount of calories and nutrients to fuel your strength
3 and endurance. In particular, you should get the right amount of carbohydrates
4 ("carbs"), proteins and healthy fats.

5 Carbs should make up the major part of your diet, so don't hesitate to load up on
6 foods like bread, cereals and pasta as well as fresh fruits and vegetables.

7 Proteins should be a reasonable part of your diet, including all kinds of meat but
8 in particular lean meat such as poultry, as well as fish, eggs and dairy products.
9 They will not deliver much energy, but they are needed to maintain your muscles.
10 Avoid having too much protein, because it may put a strain on your kidneys.
11 Similarly, you should prefer natural foods that are high in protein, rather than
12 protein supplements.

13 Healthy, unsaturated fats should fill in the remaining part of your diet like avocado,
14 seeds, nuts, olives or vegetable oils. They are heart-healthy, reduce inflammation,
15 and keep you from feeling hungry. Of course, all athletes should go easy on
16 sweets and junk food.

17 On top of that, athletes should not forget to hydrate and drink a lot of fluids. They
18 should start drinking way before the competition itself – 16 ounces of water two
19 hours before the competition, another eight ounces 20 minutes before – and sip
20 water throughout their practice. Feeling thirsty is in fact a sign that you already
21 are on the road to dehydration, so don't forget to drink up. If you are an athlete
22 and want to make sure you do not dehydrate, you need not buy the many energy
23 drinks that are all over the shops and are loaded with caffeine, but you may want
24 to buy sports drinks that are high in sodium and electrolytes, which is good when
25 you are sweating a lot.

Women and weight

1 Many women are struggling to lose weight – whether it is because they have put
2 on weight during a pregnancy for example, or because of the ubiquitous image
3 of the thin, young woman, advertised in most women's magazines as well as in
4 the mainstream media.

5 In the US, the increasing number of overweight women is a fact: since 1980,
6 their number has gone up by nearly 10%. One woman in five is overweight in her
7 twenties. In the midst of her reproductive years, from her thirties to her late forties,
8 this number reaches one in three, and soars at menopause with a staggering 50%
9 of women being overweight in their fifties.

10 The hazards linked with overweight are no mystery: joint pain, heart disease,
11 stroke, diabetes, even cancer or infertility.

12 It is no wonder that so many people, and in particular women, turn to excessive
13 medication, fad diets or crash diets in a desperate attempt to lose weight quickly.
14 However, few of them manage to maintain a low weight, and most tend to pile it
15 back on once the diet is over.

16 It is difficult to tell someone what they should or should not do to lose weight,
17 but one thing is for sure: it all starts with a sensible, balanced and varied diet,
18 regular exercise, and a lot of patience and self-discipline. But don't starve yourself,
19 otherwise you will only trigger frustration and new cravings that will be difficult
20 to fight back.

VOCABULARY

In the first part of the text, find the English equivalents of the following French words.
Be careful, the words are jumbled!

- produits laitiers
- substances nutritives
- volaille
- charger
- alimenter, approvisionner
- y aller mollo sur
- constituer, représenter
- glucides
- viande maigre
- endommager, solliciter excessivement
- boire à petites gorgées
- graines

In the second part of the text, find the words for the following synonyms or definitions.
Be careful, the words are jumbled!

- period (typically 9 months) during which a woman carries a baby
- sudden loss of brain function caused by the rupture of a blood vessel
- increase a lot
- consisting of sufficient and varied nutrients to keep in good health
- accumulate, gain
- astonishing
- dangers