

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ
ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ
ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ
«ЕЛЕЦКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ ИМ. И.А. БУНИНА»

А.С. Кисарин

SPEAKING TOPICS: ILLNESSES AND THEIR TREATMENT, SPORT

Учебно-методическое
пособие

Елец – 2021

УДК 81.432.1
ББК 81.2 Англ
К 44

Печатается по решению редакционно-издательского совета
Елецкого государственного университета им. И.А. Бунина
от 28. 01. 2021 г., протокол № 1

Рецензенты:

Осипова Н.В., кандидат педагогических наук,
заведующая кафедрой иностранных языков и методики их преподавания
Елецкого государственного университета им. И.А. Бунина;
Пешкова Д.Ю., старший преподаватель
кафедры романо-германских языков и перевода
Елецкого государственного университета им. И.А. Бунина

А.С. Кисарин

К 44 Speaking topics: illnesses and their treatment, sport: учебно-методическое пособие. – Елец: Елецкий государственный университет им. И.А. Бунина, 2021. – 81 с.
ISBN 978-5-00151-227-1

В пособии по развитию навыков говорения вы найдете собрание вопросов по темам: «Болезни и их лечение», «Спорт». На каждой странице находятся по 3 профессионально-ориентированных группы вопросов. Данное пособие является дополнением к основному курсу.

Данное пособие предназначено для студентов второго курса по направлению подготовки « 45.03.02. Лингвистика» и «44.03.05 Педагогическое образование (профиль Иностранный язык)».

ISBN 978-5-00151-227-1

© Елецкий государственный
университет им. И.А. Бунина, 2021

ВВЕДЕНИЕ

Цель данного учебно-методического пособия по английскому языку заключается в совершенствовании коммуникативных навыков.

Данное пособие предназначено для студентов второго курса по направлению подготовки «45.03.02. Лингвистика» и «44.03.05 Педагогическое образование (профиль Иностранный язык)» и является дополнением к практическим занятиям по дисциплине « Практический курс английского языка». В рамках данной дисциплины согласно учебному плану данное пособие рассчитано на один семестр. Данные вопросы так же могут быть использованы для подготовки к различным экзаменам по темам: «illnesses and their treatment», «sport».

Учебное пособие состоит из двух глав. В первой главе представлены вопросы по теме «illnesses and their treatment». Данный учебный материал может быть использован для организации практикумов по английскому языку медицинской направленности. Во второй главе представлены вопросы по теме «sport». Данный учебный материал также может быть использован для организации практикумов по английскому языку для обучающихся физкультурного профиля. На каждой странице находятся по 3 профессионально-ориентированных группы вопросов.

Обучающиеся могут обсуждать эти темы с друзьями, одногруппниками, преподавателем английского языка, чтобы совершенствовать разговорные навыки, пополнять словарный запас.

Illnesses and their treatment (1)

Describe types of traumas you know.

You should say:

- if they are mental or physical
- how they can be treated
- about the ways it is possible to avoid traumas.

And say if you have ever had traumas and how it changed your life.

Have you ever been in a traumatic situation?

You should say:

- how it happened
- how it affects your lifestyle
- how it affects people around you

And give advice on how to avoid such situations.

What should you do in case you got injured?

You should say:

- the phone number of an emergency service you may call
- what you should do in case you do not have a phone
- if you know how to render first aid

And also say what you should not do in case you got injured.

Illnesses and their treatment (2)

How can you make an appointment with a doctor?

You should say:

- where you can call
- how you should start a conversation
- what questions you should ask

And also say mention the questions you are supposed to answer.

Have you ever visited a dentist?

You should say:

- when you should visit a dentist
- how often you should visit a dentist
- what services you can get at the dentist`s

And also say when you last visited a dentist.

Have you ever had your blood pressure tested?

You should say:

- what device you need for it
- what your normal blood pressure is
- what you need to do to keep your blood pressure normal

And also say if you have ever had low/high blood pressure.

Illnesses and their treatment (3)

Have you ever had your tooth out?

You should say:

- what doctor you should visit
- what you should do before you visit a doctor
- what you should do after you have your tooth out

And also say when you last had your tooth out.

How can you keep a healthy diet?

You should say:

- if you need to choose a diet plan
- what food you need to include in your diet plan
- what food you need to exclude

And also say if you have ever been on a diet.

Have you ever had your teeth whitened?

You should say:

- about the ways to whiten your teeth
- about the toothpaste you use
- about other ways to treat your teeth

And also say if there are any restrictions after you have had your teeth whitened.

Illnesses and their treatment (4)

Have you ever had your tooth out?

You should say:

- what doctor you should visit
- what you should do before you visit a doctor
- what you should do after you have your tooth out

And also say when you last had your tooth out.

Have you ever broken a bone?

You should say:

- when it happened
- what you did after the incident
- if a doctor put a broken part of your body in plaster

And also say what safety measures you need to follow to avoid it.

What is your idea of vaccination?

You should say:

- if you get vaccinated regularly
- if do not get vaccinated and why
- why it is important to get vaccinated

And also say about the last time you got vaccinated.

Illnesses and their treatment (5)

Have you ever had a headache?

You should say:

- how often it happens
- if you take any pills in case of a headache
- how long it takes for a headache to subside

And also say about the last time you had a headache.

Have you ever visited a dermatologist?

You should say:

- about the illnesses a dermatologist treats
- what types of skin-related problems a person may have
- about the last time you visited a dermatologist

And also say if you have ever had skin-related problems.

Have you ever been hospitalized?

You should say:

- when it happened
- how it happened
- about the reason you were hospitalized

And also say about the change in lifestyle after a person has been hospitalized .

Illnesses and their treatment (6)

What is diabetes?

You should say:

- about the symptoms of diabetes
- about the way to treat diabetes
- if this disease curable or incurable

And also say about the way to avoid this disease.

What are handicaps that people have?

You should say:

- about types of handicaps that people have
- about what you feel when you see a handicapped person
- about the way to help handicapped people

And also say about the way handicapped people are treated in our country.

How can handicapped people compensate for their weakness?

You should say:

- about other abilities that disabled people can develop
- about a possibility to work for disabled people
- about a possibility to find a job for disabled people

And also compare the way disabled people are treated in our country and abroad.

Illnesses and their treatment (7)

Why is it important to get enough vitamins ?

You should say:

- if you take vitamins
- about benefits of taking vitamins
- about what happens if you get too much vitamins

And also say if you get enough vitamins.

What can the lack of vitamin E lead to ?

You should say:

- about what food contains vitamin E
- about benefits of taking vitamin E
- if you get enough vitamin E

And also say if you need to control your intake of vitamin E.

What can the lack of vitamin D lead to ?

You should say:

- about what food contains vitamin D
- about benefits of taking vitamin D
- if you get enough vitamin D

And also say if you need to control your intake of vitamin D

Illnesses and their treatment (8)

Do you think that you get enough fiber?

You should say:

- what fiber is
- what food is rich in fiber
- about benefits of getting enough fiber

And also say if you consume enough fiber.

What is AIDS?

You should say:

- about the spread of this disease
- about the number of infected people in our country
- about prevention of this disease

And also say why it is important to know about this disease.

What is seasickness?

You should say:

- if you are seasick
- if you know people who are seasick
- if you should stop travelling by sea if you are seasick

And also say if there is any cure for it.

Illnesses and their treatment (9)

How does alcohol influence people`s health?

You should say:

- how serious this problem is in your country
- what health problems you can develop if you drink alcohol
- how to stop drinking alcohol

And also say how government tackles this problem.

How does smoking influence people`s health?

You should say:

- how serious this problem is in your country
- what health problems you can develop if you smoke
- how to stop smoking

And also say how government tackles this problem.

How does taking drugs influence people`s health?

You should say:

- how serious this problem is in your country
- what health problems you can develop if you take drugs
- how to stop taking drugs

And also say how government tackles this problem.

Illnesses and their treatment (10)

Do you take a hot and cold shower?

You should say:

- why people do it
- what effect it has on your body
- if there are any restrictions

And also say how often people should take a hot and cold shower.

Why is it important to sit upright?

You should say:

- if you pay attention to how you sit
- what effects slouching has on your body
- if people around you sit upright

And also calculate the percentage of people in your group who sit upright and who slouch.

Are you often stressed out?

You should say:

- why it is important to reduce stress
- what effects stress has on your body
- why so many people are stressed nowadays

And also say how you reduce stress.

Illnesses and their treatment (11)

Do you monitor your weight?

You should say:

- why it is important to monitor weight
- what obesity is
- why so many people are obese nowadays

And also say how you keep fit.

Do you count calories?

You should say:

- the number of calories people need daily
- why people count calories
- what food contains more calories

And also say what happens if you do not get enough calories.

What health problems does obesity lead to?

You should say:

- if there are a lot of obese people in your country
- what obesity is
- why so many people are obese nowadays

And also say what helps you stay fit.

Illnesses and their treatment (12)

Do you do regular exercises?

You should say:

- why people do exercises
- what effects it has on your body
- why so many people do exercises

And also say what helps you keep fit.

Are you often ill with a cold?

You should say:

- how often you are ill with a cold every year
- what you do when you have first symptoms of a cold
- what measures you take

And also say what you do not to catch a cold.

What do you do when your eyes are itching?

You should say:

- if it can be a symptom of a disease
- if you often touch your eyes
- what measures you take in case of itchy eyes

And also ask your fellow students how often they have itchy eyes.

Illnesses and their treatment (13)

Have you ever had a swollen eyelid?

You should say:

- if it can be a symptom of a disease
- if your eyes are ever watery
- what measures you take in case of a swollen eyelid

And also say what doctor you have to visit in case of a swollen eyelid.

What is light sensitivity?

You should say:

- if you are photophobic
- what people do if they are photophobic
- what doctor you should visit in case of light sensitivity

And also say if you know people who have light sensitivity.

Have you ever had a headache?

You should say:

- how often you have a headache
- what people do if they have a headache
- if your friends or relatives often have headaches

And also say what you personally do in case of a headache.

Illnesses and their treatment (14)

Have you ever had an earache?

You should say:

- how often you have an earache
- what people do if they have an earache
- what doctor you have to visit in case of an earache

And also say what you personally do in case of an earache.

What is sedentary lifestyle?

You should say:

- why people lead sedentary lifestyle nowadays
- what effects it may have on your body
- how you can minimize negative effects of sedentary lifestyle

And also say if you lead an active or sedentary lifestyle.

Have you ever tried to measure blood pressure?

You should say:

- why it is important to know your blood pressure
- why you can have high blood pressure
- why you can have low blood pressure

And also say if you know how to measure blood pressure.

Illnesses and their treatment (15)

Do you often take the temperature?

You should say:

- why it is important to know your temperature
- what device you need to take the temperature
- in what situations you need to take the temperature

And also say if you know how to take the temperature.

What is glucose?

You should say:

- why it is important to know your glucose level
- what device you need to measure your glucose level
- in what situations you need to measure your glucose level

And also say what disease it can be if you have high glucose level.

What is osteoporosis?

You should say:

- if people need to know their bone density
- if you get enough calcium
- what food is rich in calcium

And also say if you have ever broken a bone.

Illnesses and their treatment (16)

Do you have balanced diet?

You should say:

- what diet is
- what doctor can recommend you a balanced diet
- why people keep to certain diets

And also say if you know someone who keeps to a diet.

Do you wash your hands before eating?

You should say:

- why people wash hands when they come home
- what happens if you do not wash hands
- how often you should wash hands

And also say how we should wash our hands.

Have you ever been stung by a bee?

You should say:

- how it can happen
- what happens if you are stung by a bee
- how to prevent it

And also say what you should do if you are stung.

Illnesses and their treatment (17)

Have you ever been bitten by a tick?

You should say:

- how it can happen
- what happens if you are bitten by a tick
- how to get a tick out

And also say what you should do after you have been bitten ty a tick.

Have you ever been bitten by a dog?

You should say:

- how to avoid it
- what you should do after you have been bitten by a dog
- if you need to visit a doctor

And also say if you know someone who has been bitten by a dog.

What is colour-blindness?

You should say:

- what colour-blindness is
- if people become colour-blind or it is inborn
- if it is curable

And also say if you know someone who is colour-blind.

Illnesses and their treatment (18)

What is food poisoning?

You should say:

- if you have ever had food poisoning
- what you should do in case of food poisoning
- how to prevent food poisoning

And also say if food poisoning happens often in your country.

Do you like picking up mushrooms?

You should say:

- if you know edible mushrooms
- if you know poisonous mushrooms
- what you should do if you are not sure if a mushroom is poisonous or not

And also say if you like eating mushrooms.

What is a wart?

You should say:

- what you should do if you have a wart
- if you should remove it yourself
- if you need to visit a doctor

And also say if you have ever had a wart.

Illnesses and their treatment (19)

Have you ever been wounded?

You should say:

- what you should do in case you are bleeding
- how to stop bleeding
- if you need to visit a doctor

And also say if you have ever wounded.

What is acupuncture?

You should say:

- if there is any proof that it is good for health
- if you have ever been treated with acupuncture
- if it is popular in your country

And also say if it is popular in other countries.

What is alternative medicine?

You should say:

- if there is any proof that it is good for health
- if you have ever been treated with alternative medicine
- if it is popular in your country

And also say if it is popular in other countries.

Illnesses and their treatment (20)

Have you ever been short of breath?

You should say:

- why people may be short of breath
- what situations make you short of breath
- if it is a dangerous condition

And also say about the consequences of being short of breath.

Are you allergic?

You should say:

- what allergy is
- if you are allergic
- what common allergens are

And also say what you are allergic to if you are.

Have you ever tried aromatherapy?

You should say:

- what you know about aromatherapy
- how aromatherapy works
- if aromatherapy can be dangerous

And also say what smells make you feel good.

Illnesses and their treatment (21)

How often do you go to a doctor?

You should say:

- why people should visit doctors
- how often people should visit doctors
- if you feel better after you have visited a doctor

And also say what doctors people should visit regularly.

What dangerous diseases are there in your country?

You should say:

- what deadly diseases you know
- if we can cure these diseases
- what incurable diseases you know

And also say if dangerous diseases are treated successfully in your country.

Is it good for health to visit a sauna?

You should say:

- what positive effects are to visit a sauna
- how often people should visit a sauna
- if there are any restrictions to visiting a sauna

And also say if you visit a sauna regularly.

Illnesses and their treatment (22)

What is plastic surgery?

You should say:

- why people do plastic surgery
- if it is popular in your country
- if you know someone who has done plastic surgery

And also say if you would like have something changed in your appearance.

Would you like to be a doctor?

You should say:

- if this profession is popular in your country
- if it is a well-paid job in your country
- if the level of medicine is high in your country

And also say if you know someone who works as a doctor.

Do you oversleep?

You should say:

- if it is good for health to oversleep
- how much sleep people should get daily
- if there are negative effects of oversleeping

And also say how many hours of sleep you get daily .

Illnesses and their treatment (23)

Do you watch TV a lot?

You should say:

- if you like watching TV
- how often you watch TV
- if there are negative effects of watching TV

And also say how often people should watch TV without negative effects on your body .

Do you listen to music?

You should say:

- about positive effects of listening to music
- about negative effects of listening to music
- if people listen to music a lot nowadays

And also say how often you listen to music .

Do you like watching movies in 3D glasses?

You should say:

- about positive effects of watching movies in 3D glasses
- about negative effects of watching movies in 3D glasses
- if watching movies in 3D glasses is popular nowadays

And also say if you prefer watching movies in 3D or 2D.

Illnesses and their treatment (24)

What do you think about the level of medicine nowadays?

You should say:

- what diseases we can cure
- if there are a lot of incurable diseases
- if the level of medicine is high in your country

And also say what you would like to change in the health care system.

How do you think medicine will change 50 years from now?

You should say:

- what diseases we will be able to cure
- what new approaches you think will appear
- if you think people will be able to live longer

And also say what advances in medicine you are waiting for.

Do you think that soon we will be treated by robots?

You should say:

- what ethical problems can arise
- if you would like to be treated by a robot
- if robots will be able to treat humans better

And also say if robots are already used in medicine.

Illnesses and their treatment (25)

What is collagen?

You should say:

- why we need collagen
- when we start losing collagen
- how to take care of your skin

And also say if you take care of your skin.

Why is it important to air your room?

You should say:

- how often you air your room
- about positive effects of airing your room
- what happens if you do not air your room

And also say how much time you spend outdoors.

How often do you do general cleaning in your flat?

You should say:

- how often you do general cleaning in your flat
- about positive effects of general cleaning in your flat
- what happens if you do not do general cleaning in your flat

And also say how much time you on general cleaning.

Illnesses and their treatment (26)

Do you humidify your flat?

You should say:

- how often you humidify your flat
- about positive effects of humidifying your flat
- if you have a humidifier

And also say why people humidify their flats.

What are positive effects of doing sports?

You should say:

- if you do sports
- how it influences your body
- if doing sports is always good for your health

And also say how often you do sports.

Why is it important to brush teeth?

You should say:

- how often you brush your teeth
- how you take care of your teeth
- why people have their teeth whitened

And also say what happens if you do not brush your teeth.

Illnesses and their treatment (27)

Do you have health insurance?

You should say:

- why it is important to have health insurance
- if medicine is free in your country
- what happens if you do not have health insurance

And also say if you have paid medicine in your country.

What do you think about self-treatment?

You should say:

- if self-treatment is common in your country
- why it is important to visit a doctor
- if you have ever bought pills without doctor`s prescription

And also say how government deals with this problem.

Do you filter the water you drink?

You should say:

- what type of filter you have
- if you drink tap water
- if you drink boiled water

And also say why it is important to filter water.

Illnesses and their treatment (28)

Do you monitor your pulse?

You should say:

- what normal pulse rate is
- why people have irregular pulse
- what you should do if you have rapid pulse

And also say what device helps us monitor our pulse.

How often do you drink antibiotics?

You should say:

- who prescribes antibiotics
- about negative effects of antibiotics
- about contraindications of antibiotics

And also say if you have ever had side effects when taking antibiotics.

What is cancer?

You should say:

- if cancer is curable nowadays
- what doctor you should visit to diagnose cancer
- about reason of cancer

And also say about prevention of cancer.

Illnesses and their treatment (29)

What are the symptoms of diabetes?

You should say:

- what you know about diabetes
- if you know the statistics of diabetes in your country
- how to lower the risk of diabetes

And also say what you do to lower the risk of diabetes.

What do you know about ulcer?

You should say:

- what nutrition you should have to avoid ulcer
- what you know about Helicobacter Pylori
- why people have ulcer

And also say about symptoms of ulcer.

Why do people have their cholesterol tested?

You should say:

- if you have ever had your cholesterol tested
- what the norm of cholesterol is
- why it is dangerous to have high level of cholesterol

And also say if you have ever had your cholesterol tested.

Illnesses and their treatment (30)

Do you drink enough water?

You should say:

- why it is important to drink enough water
- how much water you should drink a day
- if you drink enough water

And also say what happens if you do not drink enough water.

What is thyroid gland?

You should say:

- where we have thyroid gland
- about functions of thyroid gland
- why it is important to have your thyroid gland tested

And also say if you have ever had you thyroid gland tested.

What do you know about a hormone of happiness?

You should say:

- what we call a hormone of happiness
- how you can increase the level of serotonin
- how happy you are

And also say what makes you happy.

Illnesses and their treatment (31)

What do you know about polio?

You should say:

- if there is a polio vaccine
- what polio is
- when people make a polio vaccine

And also say if you have a polio vaccine.

Can you render first aid?

You should say:

- what first aid is
- if you learned how to render first aid
- why it is important to know how to render first aid

And also say how you can learn to render first aid.

What do you know about COVID 19?

You should say:

- if you know the statistics of people infected with COVID 19
- if there is any vaccine against COVID 19
- if there are cases of COVID 19 in your country

And also say about prevention of COVID 19.

Illnesses and their treatment (32)

What do you know about TB?

You should say:

- if you know the statistics of people infected with TB
- if there is any vaccine against TB
- if there are cases of TB in your country

And also say about prevention of TB.

Have you ever had appendicitis?

You should say:

- how people feel in case of appendicitis
- if it is a dangerous condition
- if you know someone who had appendicitis

And also say about symptoms of appendicitis.

Have you ever had your chest X-rayed?

You should say:

- why people have their chest X-rayed
- what diseases it may help diagnose
- if it is bad for health

And also say about the last time you had your chest X-rayed .

Illnesses and their treatment (33)

Have you ever had running nose?

You should say:

- why people have running nose
- what infection it may be
- about prevention of running nose

And also say if it is infectious.

Have you ever had an ultrasound?

You should say:

- why people have an ultrasound
- what diseases can be diagnosed with ultrasound
- where ultrasound may be applied

And also say if it is bad for health.

How does light influence your eyesight?

You should say:

- if you have enough light in your flat
- how you can measure light
- where a table lamp should be located

And also say what happens if you do not have enough light.

Illnesses and their treatment (34)

What is a coma?

You should say:

- what the reason of a coma may be
- how long a coma may last
- about consequences of a coma

And also say if you know someone who has been in a coma.

Have you ever fainted?

You should say:

- what you should do if a person faints
- what you should not do if a person faints
- how dangerous it is

And also say why people may faint.

What is the best sleeping position?

You should say:

- what sleeping position doctors recommend
- what sleeping positions are not recommended by doctors
- what sleeping position makes you fall asleep faster

And also say what your favourite sleeping position is.

Illnesses and their treatment (35)

What is insomnia?

You should say:

- about the reason of insomnia
- if you have ever experienced insomnia
- about how to cope with insomnia

And also say why so many people have insomnia nowadays.

What is a sedative?

You should say:

- about the effects of sedatives
- why people take sedatives
- about side effects of sedatives

And also say if sedatives are addictive.

What is a painkiller?

You should say:

- about the effects of painkillers
- why people take painkillers
- about side effects of painkillers

And also say if painkillers are addictive.

Illnesses and their treatment (36)

What time do wake up and go to bed?

You should say:

- if you are a lark or an owl
- how long people should sleep
- about when it is better to go to bed

And also say if you get enough sleep.

Do you pay attention to your posture?

You should say:

- how people should sit
- if you sit upright
- if you slouch

And also say if your partner sits upright.

What should you do if you burnt your hand?

You should say:

- what you should do first if you burnt your hand
- about the degrees of burn
- if you have ever burnt your hand

And also say what you should not do if you burn your hand.

Illnesses and their treatment (37)

How can you prevent frostbite?

You should say:

- what frostbite is
- about the degrees of frostbite
- if you have ever had frostbite

And also say what you should do first in case of frostbite.

What should you do in case you got a splinter?

You should say:

- how you can get a splinter
- how you can take it out
- if you have ever got a splinter

And also say what happens if you do not take it out.

What is a concussion?

You should say:

- how people can get a concussion
- what you should do first in case of a concussion
- if you have ever had a concussion

And also say about consequences of concussion.

Illnesses and their treatment (38)

Why do people get bald?

You should say:

- when people normally get bald
- if it is only a men`s problem
- what doctor you should visit in case you start getting bald

And also say if it is possible to reverse this process.

Do you disinfect your gadgets?

You should say:

- if it is necessary to disinfect your gadgets
- how you can disinfect your gadgets
- what happens if you do not disinfect your gadget

And also say how to clean gadgets in a right way.

Do you have a scar?

You should say:

- how you can get a scar
- if it is possible to get rid of a scar
- how you can get rid of a scar

And also say if a scar is dangerous for health.

Sport (1)

Do you do sports?

You should say:

- what sports you do
- if you like doing sports
- how often people should do sports

And also say if you do sports regularly.

What type of sport do you prefer?

You should say:

- what type of sport you prefer
- why you have chosen this type of sport
- what you like about this type of sport

And also say if this type of sport is popular in your country.

Do you have a sedentary lifestyle?

You should say:

- why it is unhealthy to lead a sedentary lifestyle
- if you sit a lot
- what you do to minimize sitting

And also say if a lot of people lead a sedentary lifestyle nowadays.

Sport (2)

What type of sport is popular in your country?

You should say:

- why it is popular
- when it became popular
- about the second popular type of sport

And also say if you watch this type of sport.

Do you prefer watching sports or doing sports?

You should say:

- why people prefer watching sports
- why people prefer doing sports
- if people prefer watching or doing sports in your country

And also ask you partner about what she/he prefers.

Do people in your group do sports?

You should find out:

- what type of sport they prefer
- if they like watching or doing sports
- if they lead a sedentary lifestyle

And also calculate how many people do sports in your group.

Sport (3)

Are you good at sports?

You should say:

- what type of sport you are good at
- if you have any achievements
- how often you do sports

And also say if you are good at any other sports.

Do you prefer doing sports in a team or on your own?

You should say:

- what team sports you know
- what team sports are popular in your country
- what type of sport you prefer

And also say if there are good facilities for doing this type of sport in your city.

Can you do a 400-meter sprint?

You should say:

- if you are good at running
- how much time you need to cover this distance
- if you practice running

And also say about positive effects of running.

Sport (4)

Do you go to a gym?

You should say:

- if you want to develop your muscles
- what you need for it
- what nutrition you should have

And also say about positive and negative effects of bodybuilding.

Do you do sports indoors or outdoors?

You should say:

- what types of sport you can do indoors
- what types of sport you can do outdoors
- if you prefer doing sports indoors or outdoors

And also say if you can see people doing sports outdoors.

Can you play basketball?

You should say:

- if you know the rules of this type of sport
- if you are good at basketball
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Sport (5)

Is chess considered to be a sport?

You should say:

- if you play chess
- if your partner plays chess
- if chess is popular in your country

And also say if you can explain the rules of chess.

What are modern devices that people use for doing sports?

You should say:

- if you know any devices
- if you have any devices
- what you can do with these devices

And also say if they are available in your country.

Can you play baseball?

You should say:

- if you know the rules of this type of sport
- if you are good at baseball
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Sport (6)

Have you ever participated in sports competitions?

You should say:

- what competition it was
- if you like sports competitions
- when you took part in a competition

And also say if sports competitions are held regularly in your country.

What motivates you to do sports?

You should say:

- how you can get motivated to do sports
- what can motivate you to do sports
- how not to give up doing sports

And also ask your partner about his/her motivation to do sports.

What are the recommendations for those who watch TV a lot?

You should say:

- if you have breaks during watching TV
- how often you should have breaks
- how you can minimize the negative effect of watching TV a lot

And also say what you do to minimize the negative effect of watching TV

Sport (7)

Do you listen to sports news on the radio?

You should say:

- if you like listening to sports news on the radio
- where you can listen to the radio
- if you listen to the radio while doing sports

And also ask your partner if he/she listens to the radio.

What sports did you do when you were at school?

You should say:

- what sports were popular when you were at school
- if you were good at sports when you were at school
- if you liked P.E. (physical education)

And also say what your favourite subject was at school.

Do you do any physical exercises at home?

You should say:

- what exercises you do
- how much time you spend for exercises
- if you like doing exercises at home

And also ask your partner if he/she does physical exercises at home.

Sport (8)

Can you play rugby?

You should say:

- if you know the rules of this type of sport
- if you are good at rugby
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Do you live in a sporting country?

You should say:

- what types of sport are popular in your country
- about your favourite type of sport
- if you know any famous sportsmen

And also say if the Olympic Games are held in your country.

Do you watch the Olympic Games?

You should say:

- if the Olympic Games are held in your country
- about the last time the Olympic Games were held in your country
- if you know any sportsmen who took part in the Olympic Games in your country

And also say if you like the Olympic Games.

Sport (9)

Do you want to be a professional sportsman?

You should say:

- if it is difficult to become a professional sportsman
- what personal skills you need to become a professional sportsman
- if you know any professional sportsmen

And also say why you want to be a professional sportsman.

Are sportsmen well-paid in your country?

You should say:

- if sportsman earn a lot in your country
- if famous sportsmen deserve the money they earn
- if you have seen any famous sportsmen

And also say if you want to become a famous sportsman.

At what age should you start training if you want to become a professional sportsman?

You should say:

- at what age you should start training
- how often you should have trainings
- if doing sports is expensive in your country

And also say when you started doing sports.

Sport (10)

What national sports in Britain do you know?

You should say:

- if the British like sport
- what types of sport they like
- if the British are good at sport

And also say about the most famous type of sport in Britain.

How can you protect yourself against injuries while doing sports?

You should say:

- if there are any safety rule while doing sports
- what dangerous sports you know
- if there are any safe sports

And also say what you personally think of extreme sports.

Do you play draughts?

You should say:

- if you can explain the rules of draughts
- if draughts is popular in your country
- if you like this game

And also say what board game is the most popular in your country.

Sport (11)

What do spectators do at the stadiums?

You should say:

- if you have ever watched sports at the stadiums
- if you prefer watching sports at the stadiums
- if it may be dangerous to watch sports at the stadiums

And also say about the last time you watched sports at the stadiums.

Have you ever tried figure-skating?

You should say:

- if you can skate well
- if there is a skating-rink in your city
- if you have facilities for skating in summer in your city

And also say about the first time you tried skating.

Can you play football?

You should say:

- if you know the rules of this type of sport
- if you are good at football
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Sport (12)

Do your national teams take part in international competitions?

You should say:

- what international sports competitions your national teams participate
- if people in your country watch international competitions
- if you have ever taken part in international competitions

And also say why people like international competitions.

Do sporting events help to strengthen patriotism?

You should say:

- if sporting events make people more patriotic
- how sporting events make people more patriotic
- about other ways to strengthen patriotism

And also say why it is important to strengthen patriotism.

Is hang-gliding popular in your country?

You should say:

- what type of sport it is
- if it may be considered as an extreme sport
- if you have ever tried hang-gliding

And also say if hang-gliding is popular in your country.

Sport (13)

Have you ever jumped with a parachute?

You should say:

- if you have ever jumped with a parachute
- if it was scary and how you overcame your fear to jump
- if it is safe nowadays

And also say if parachuting is popular in your country.

Who earns more in sports: men or women?

You should say:

- why men/women earn more
- if you prefer to watch male or female sports
- if there are types of sport where women can compete equally with men

And also say if women can beat men in sports.

What do you know about windsurfing?

You should say:

- where it came from
- who invented windsurfing
- how it works

And also say if you have ever tried windsurfing.

Sport (14)

Do you jog regularly?

You should say:

- about positive effects of jogging
- if there are good places for jogging in your city
- how often you jog

And also say why it is important to go jogging.

Do you know how to play golf?

You should say:

- if golf is popular in your country
- if there are golf courses in your city
- what equipment you need

And also say if you would like to learn to play golf.

What does the proverb mean? A sound mind in a sound body.

You should say:

- if you can explain the meaning of the proverb
- if you know more proverbs related to sport and health
- how you make your body sound

And also say why it is important to do sports.

Sport (15)

What is your attitude to doping in sport?

You should say:

- if you have ever heard about doping scandals in your country
- why doping is banned in sport
- why some sportsmen use doping

And also say if you know any international doping scandals.

Do you like martial arts?

You should say:

- if you do martial arts
- what type of martial arts you do
- what martial arts you know

And also say why people do martial arts.

Do you like winter sports?

You should say:

- what winter sports you know
- about your favourite winter sport
- if winter sports are popular in your country

And also say about facilities for doing winter sports in your city.

Sport (16)

Do you like summer sports?

You should say:

- what summer sports you know
- about your favourite summer sport
- if summer sports are popular in your country

And also say about facilities for doing summer sports in your city.

Do you think that parents should motivate children to do sports?

You should say:

- how parents can motivate kids to do sports
- if your parents encouraged you to do sports
- what parents should do if a child is not doing well at sports

And also say if there are sports facilities for kids in your city.

Do you like car races?

You should say:

- if you have ever watched car races on TV
- if car races are held in your country
- if you know any international car races

And also say if you would like to be a racing driver.

Sport (17)

Do you think that everyone should do sports?

You should say:

- about the role of sports in our life
- if you do sports
- if your friends do sports

And also try to persuade your partner to do sports regularly.

Who is your favourite athlete?

You should say:

- what country he/she is from
- about his/her achievements
- if you have ever met him/her

And also think of what you would tell him/her if you met him/her.

What new sports would you like to try?

You should say:

- what sports you do
- if you would like to try new sports
- if there are facilities for this type of sport in your city

And also ask your partner what new sports he/she would like to try.

Sport (18)

What is a sport that you dislike?

You should say:

- what sports you dislike
- why you dislike it/them
- if you can change your opinion about it/them

And also ask your partner about a sport he/she dislikes.

Do you have a treadmill at home?

You should say:

- what it is used for
- if it requires a lot of space
- if you enjoy exercises on a treadmill

And also say if you have other training apparatuses.

Why do people take protein?

You should say:

- about the effects of taking a lot of protein
- what protein is used for
- if you take extra protein

And also say why bodybuilders take protein.

Sport (19)

What is a passometer?

You should say:

- what it is used for
- if you count steps
- why people count steps

And also say if you use a passometer.

Do you think that professional sports are too commercial nowadays?

You should say:

- why it is too commercial
- if it is good that it is too commercial
- if professional sportsmen earn too much

And also say if you want to become a professional sportsman.

Have you ever been skiing?

You should say:

- what equipment you need for skiing
- if you like skiing
- if skiing is popular in your country

And also ask your partner if he/she has ever been skiing.

Sport (20)

Is sport expensive in your city?

You should say:

- about the membership price for one of the sports in your city
- if sport is affordable for you
- if sport is free in your city

And also discuss why so many people do not do sports.

Can you play basketball?

You should say:

- if you know the rules of this type of sport
- if you are good at basketball
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Did you do sports with your parents when you were a child?

You should say:

- if parents should teach children to do sports
- if it is better for a child to be trained by a coach
- if you have seen parents and children doing sports together

And also say about the role of parents in kids` physical education.

Sport (21)

What is a somersault?

You should say:

- if you can somersault
- what skills you need to somersault
- what stunts you can do

And also say if someone in your group can somersault.

Can you do the splits?

You should say:

- how long it takes to be able to do the splits
- what skills you need to do the splits
- what stunts you can do

And also say if someone in your group can do the splits.

Have you ever been snorkelling?

You should say:

- what snorkelling is
- if you like swimming
- if you like diving

And also say about your favourite style of swimming.

Sport (22)

What swimming styles do you know?

You should say:

- about your favourite swimming style
- what swimming styles you know
- what swimming styles you want to learn

And also ask your partner about his/her favourite swimming style.

Do you like wrestling?

You should say:

- what you know about this type of sport
- if you know famous wrestlers
- if wrestling is popular in your country

And also say if you have ever done wrestling.

Do you do gymnastics?

You should say:

- what you know about this type of sport
- if you know famous gymnasts
- if gymnastics is popular in your country

And also say if you have ever done gymnastics.

Sport (23)

Do you have a bicycle?

You should say:

- if you like cycling
- how often you go cycling
- where you go cycling

And also ask your partner if he/she has a bicycle.

Do you have a skateboard?

You should say:

- if you like skateboarding
- how often you go skateboarding
- where you go skateboarding

And also ask your partner if he/she has a skateboard.

Can you play hockey?

You should say:

- if you know the rules of this type of sport
- if you are good at hockey
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Sport (24)

Do sportsmen need different nutrition?

You should say:

- how different nutrition for sportsmen is
- what you should add to your nutrition
- what you should exclude from your nutrition

And also say about your nutrition.

Do you have a lot of stamina?

You should say:

- how you can increase your stamina
- if it is important to increase strength
- why stamina is important in sports

And also say if you practice to increase your stamina.

Which sports would you not let your kids play?

You should say:

- if parents should not allow kids to do sports they like
- what sports you would allow your kids to do
- what sports you would not allow your kids to do

And also say what sports you did when you were a child.

Sport (25)

Do people gamble on sporting events?

You should say:

- about your attitude to gambling on sporting events
- if gambling on sporting events is legal in your country
- if you have ever gambled on sporting events

And also ask your partner what he/she thinks about gambling on sporting events.

Can you play tennis?

You should say:

- if you know the rules of this type of sport
- if you are good at tennis
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Have you ever won a sports competition?

You should say:

- what you feel like when you win a sports competition
- if it is participation that matters
- what sports competitions you have won

And also say if you always want to win when you take part in a competition.

Sport (26)

Do you think that fishing is a sport?

You should say:

- if you go fishing
- what equipment you need for fishing
- about the biggest fish you have caught

And also say if fishing is popular in your country.

Have you ever taken part in a motorcycle racing?

You should say:

- if it is a dangerous sport
- if you have ever travelled by motorcycle
- if you have a motorcycle

And also say if you like watching motorsport.

Is there a sports stadium in your city?

You should say:

- if it is free or paid
- if everyone can do sports there
- if you do sports there

And also say if your city needs more stadiums.

Sport (27)

How do you keep fit?

You should say:

- about what helps you keep fit
- if you do sports regularly
- about your favourite type of sport

And also say if you do sports along or with friends.

Do you go to a gym?

You should say:

- if there are gyms in our city
- if you like going to gyms
- if membership to a gym is expensive in your city

And also say if there are free outdoors training apparatuses in your city.

Can you play volleyball?

You should say:

- if you know the rules of this type of sport
- if you are good at volleyball
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Sport (28)

Can you ride a Segway?

You should say:

- what a Segway is
- if you know other two-wheeled, self-balancing personal transporters
- if they are popular in your city

And also say how you get to school, university, work.

What sports events are there in your city?

You should say:

- if there are a lot of sports events in your city
- if you participate in sports events
- if a lot of people participate in sports events

And also say about the last sports event you participated.

Is sport popular in your country?

You should say:

- what government does to make sport popular
- if people like sport in your country
- if a lot of people you know do sports

And also say what can be done to make it even more popular.

Sport (29)

Do you have any sports applications in your smartphone?

You should say:

- what sports applications you like
- if you use them
- if they motivate you to do sports

And also say how modern technologies motivate people to do sports.

Have you ever tried climbing?

You should say:

- if it is an extreme sport
- when you tried climbing
- where you tried climbing

And also say what equipment you need for climbing.

Can you play badminton?

You should say:

- if you know the rules of this type of sport
- if you are good at badminton
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Sport (30)

Do you read sports news?

You should say:

- what sports news you like to read
- if you read sports news online
- if you buy newspapers about sport

And also ask your partner if he/she reads sports news.

How many hours of sport a week should children do?

You should say:

- if children should do sports at school
- if children should attend sports clubs
- if children should do sports at home

And also say if children do enough sports nowadays.

Do you like watching boxing?

You should say:

- if boxing is too violent
- if boxing should be banned
- if boxing is popular in your country

And also say if you have ever practiced boxing.

Sport (31)

What do you think about sports fans?

You should say:

- if you are a sports fan
- how far you would travel to watch your favourite team
- if it can be dangerous to visit stadiums

And also say if there were cases of fan aggression in your country.

Is there too much money in sport?

You should say:

- if tickets to sports events cost a lot
- if sportsmen earn a lot
- if it is affordable for middle-class people to attend sports events

And also say about the last time you visited a sports events.

Can you play cricket?

You should say:

- if you know the rules of this type of sport
- if you are good at cricket
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Sport (32)

Are there good sports shops in your city?

You should say:

- where you buy sports equipment in your city
- if sports equipment is expensive
- what sports equipment you have at home

And also say if you often use sports equipment you have at home.

Are there any sports clubs for kids in your city?

You should say:

- if you know any sports clubs for kids
- if you attended a sports club when you were a child
- if children like attending sports clubs

And also say about one sports club in your city.

Can you see people jogging in the streets?

You should say:

- if jogging is popular in your city
- if you go jogging
- about places for jogging in your city

And also ask your partner if he/she goes jogging.

Sport (33)

What are the positive effects of sport?

You should say:

- if there are positive effects of sport
- if there are also negative effects of sport
- how sport makes people healthier

And also say if members of your family do sports.

What is the sportiest country in the world?

You should say:

- if your country is the sportiest
- if a lot of your friends do sports
- about the second sportiest country in the world

And also say what international sports competitions are held in your country.

Is fencing popular in your country?

You should say:

- if you know the rules of this type of sport
- if you are good at fencing
- if you have ever taken part in competitions

And also say if it is a dangerous type of sport.

Sport (34)

How old is sport?

You should say:

- what you know about history of sports
- if you are interested in history of sports
- if you can tell your partner about history of a sport you like

And also say why it is important to know history of sports.

Is sport an entertainment?

You should say:

- if people have fun doing sports
- if you have fun doing sports
- if it is hard work to do sports

And also say about other reasons to do sports.

Can you play table tennis?

You should say:

- if you know the rules of this type of sport
- if you are good at table tennis
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Sport (35)

Do you think that physical education should be at university?

You should say:

- why it should be or should not
- if you have physical education
- if you want to have a gym at work

And also say why it is important to have physical education at school and university.

Do you think that employers must provide employees with sports facilities?

You should say:

- if it is important to have a gym at work
- if employers must provide employees with free sports membership
- if employers usually provide employees with sports facilities

And also say if people in your country do sports at work.

Have you ever played a sport at a professional level?

You should say:

- when it was
- if you have sports achievements
- if you want to play a sport at a professional level

And also say what you want to achieve in sports.

Sport (36)

Why do you think people like risky sports?

You should say:

- if you like risky sports
- what risky sports you know
- if risky sports must be banned

And also ask your partner if he/she likes risky sports.

What workout can be done at home?

You should say:

- what exercises can be done at home
- if you can make a workout plan for a week
- what equipment you need

And also say if it is better to do sports outdoors.

Can you play squash?

You should say:

- if you know the rules of this type of sport
- if you are good at squash
- if you have ever taken part in competitions

And also say if this type of sport is popular in your country.

Sport (37)

Are martial arts popular in your country?

You should say:

- what martial arts you know
- what martial arts you like
- if you do martial arts

And also say if martial arts are dangerous.

What do you think of bungee-jumping?

You should say:

- what bungee-jumping is
- if you have ever tried bungee-jumping
- if you have place for bungee-jumping in your city

And also say if bungee-jumping is popular in your country.

What is a “blood sport”?

You should say:

- if such sports are popular where animals are killed
- where such sports are popular
- if you have ever watched such sports

And also say if such sports are popular in your country.

Sport (38)

Is there a sport that is more popular with girls than with boys?

You should say:

- what sports are popular with girls
- what sports are popular with boys
- who does sports more often: boys or girls

And also say if you do sports.

Can you play backgammon?

You should say:

- if backgammon is considered to be a sport
- if you are good at backgammon
- if you have ever taken part in competitions

And also say if backgammon is popular in your country.

Do you think that famous sportsmen are good role models for kids?

You should say:

- if you have a favourite sportsman
- if you had a favourite sportsman when you were a child
- if sportsmen should be role model for kids

And also say if role models for kids should be sportsmen, singers or film stars.

ЛИТЕРАТУРА (REFERENCE)

1. Mark W. Medley IELTS Speaking Topics // The Asian European University Press. – 2010.
2. Беркут. О.В. INTERNATIONAL SPORT: учебно-методическое пособие по английскому языку для студентов физкультурного профиля. – 2016.
3. Пешкова Д.Ю. HOW TO LOOK THE PICTURE OF HEALTH AND ALWAYS KEEP WELL? ILLNESSES AND THEIR TREATMENT: учебно-методическое пособие. – 2019.
4. <http://iteslj.org/questions/>

СОДЕРЖАНИЕ (CONTENTS)

| | |
|-------------------------------------|----|
| Введение | 3 |
| Illnesses and their treatment | 4 |
| Sport | 42 |
| Reference | 80 |

Учебно-методическое издание

Артем Сергеевич Кисарин

**SPEAKING TOPICS:
ILLNESSES AND THEIR
TREATMENT, SPORT**

Учебно-методическое
пособие

Техническое исполнение – В.М. Гришин

Технический редактор – Г.Н. Бурганская

Формат 60 x 84 /16. Гарнитура Times. Печать трафаретная

Печ.л. 5,1 Уч.-изд.л. 5,3

Тираж 300 экз. Заказ 59

Отпечатано с готового оригинал-макета на участке оперативной полиграфии
Елецкого государственного университета им. И. А. Бунина

Федеральное государственное бюджетное образовательное учреждение
высшего образования

«Елецкий государственный университет им. И.А. Бунина»

399770, г. Елец, ул. Коммунаров, 28,1