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Level 6

Swearing can make you physically stronger

8th May, 2017

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

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Please try Levels 5 and 4 (they are easier).

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THE ARTICLE

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

Researchers have discovered that swearing and using bad or profane language can increase one's physical strength. The researchers are from Keele University in England. They conducted tests on 81 people to see the effect swearing had on their physical performance. In one test, participants did a short, intense workout on an exercise bike. Some people were asked to swear as much as they could before they started their workout, while others were told to be quiet. In another test, participants were told to grip the bike's handlebars as tightly as they could. The researchers found that the groups who swore a lot, cycled or gripped three to four per cent more powerfully than the tight-lipped group.

Past research also shows that swearing helps to increase our tolerance to pain. A 2009 study discovered that swearing led to an increased heart rate and higher levels of adrenaline - these help to numb pain. This perhaps explains why so many of us swear when we hurt ourselves. Another study found that swearing was a sign of honesty because people who swear frequently are believed to be better at self-expression. Dr. Richard Stephens, lead researcher of the Keele study, said he was at a loss to explain why swearing affects the body. He said: "Quite why it is that swearing has these effects on strength and pain tolerance remains to be discovered. We have yet to understand the power of swearing fully."

Sources: <http://observer.com/2017/05/swearing-benefits-strength-study/>
<http://www.medicaldaily.com/benefits-swearing-saying-curse-words-makes-you-stronger-numb-pain-and-more-416927>
<http://www.techtimes.com/articles/206712/20170505/swearing-aloud-while-you-exercise-can-make-your-muscles-stronger.htm>

WARM-UPS

1. SWEARING: Students walk around the class and talk to other students about swearing. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

researchers / bad language / tests / physical / performance / exercise / swear / group tolerance / pain / heart rate / adrenaline / numb / hurt / honesty / at a loss / strength

Have a chat about the topics you liked. Change topics and partners frequently.

3. BAD LANGUAGE: Students A **strongly** believe using bad language is OK; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. WHO CAN SWEAR?: Complete this table with your partner(s) about who can swear and why. Change partners often and share what you wrote.

	OK for them to swear?	When?	Why?
Parents			
Teachers			
Presidents			
Athletes			
Children			
TV presenters			

5. SWEAR: Spend one minute writing down all of the different words you associate with the word "swear". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. EXERCISE: Rank these with your partner. Put the best things to help exercise at the top. Change partners often and share your rankings.

- swearing
- water
- sleep
- stretching
- protein
- steroids
- meditation
- good shoes

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Researchers said using profane language can increase your strength. **T / F**
- b. Researchers conducted tests on 810 people. **T / F**
- c. Test participants had to grip their hands as tightly as they could. **T / F**
- d. A group that swore before exercise improved their performance by 30%. **T / F**
- e. Earlier research showed that swearing increased our tolerance to pain. **T / F**
- f. Other research suggested swearing was a sign of dishonesty. **T / F**
- g. A researcher was at a loss as to why swearing affected the body. **T / F**
- h. The researcher said we don't understand the power of swearing. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|------------------------|----------------|
| 1. profane | a. impact |
| 2. conducted | b. deaden |
| 3. effect | c. silent |
| 4. grip | d. entirely |
| 5. tight-lipped | e. grasp |
| 6. tolerance | f. foul |
| 7. numb | g. puzzled |
| 8. frequently | h. acceptance |
| 9. at a loss | i. carried out |
| 10. fully | j. regularly |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--------------------------------|------------------------|
| 1. swearing and using bad or | a. to pain |
| 2. increase one's physical | b. an exercise bike |
| 3. They conducted tests | c. pain |
| 4. a short, intense workout on | d. strength |
| 5. the tight- | e. expression |
| 6. increase our tolerance | f. rate |
| 7. an increased heart | g. profane language |
| 8. these help to numb | h. lipped group |
| 9. better at self- | i. loss to explain why |
| 10. he was at a | j. on 81 people |

GAP FILL

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

Researchers have discovered that swearing and using bad or (1) _____ language can increase one's physical strength. The researchers are from Keele University in England. They (2) _____ tests on 81 people to see the (3) _____ swearing had on their physical performance. In one test, participants did a short, intense (4) _____ on an exercise bike. Some people were asked to swear as much as they could before they started their workout, while others were told to be (5) _____. In another test, participants were told to (6) _____ the bike's handlebars as tightly as they could. The researchers found that the groups who (7) _____ a lot, cycled or gripped three to four per cent more powerfully than the tight-(8) _____ group.

effect
swore
profane
quiet
lipped
conducted
workout
grip

Past research also shows that swearing helps to increase our (9) _____ to pain. A 2009 study discovered that swearing led to an increased heart rate and higher levels of (10) _____ - these help to (11) _____ pain. This perhaps explains why so many of us swear when we hurt ourselves. Another study found that swearing was a sign of (12) _____ because people who swear frequently are believed to be better at self-(13) _____. Dr. Richard Stephens, lead researcher of the Keele study, said he was at a (14) _____ to explain why swearing affects the body. He said: "Quite why it is that swearing has these (15) _____ on strength and pain tolerance remains to be discovered. We have yet to understand the power of swearing (16) _____."

honesty
loss
tolerance
fully
numb
adrenaline
effects
expression

LISTENING – Guess the answers. Listen to check.

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

- 1) Researchers have discovered that swearing and using bad _____
 - a. or propane language
 - b. or proverb language
 - c. or pro bono language
 - d. or profane language
- 2) They conducted tests on 81 people to see the _____
 - a. affect swearing had
 - b. effect swearing had
 - c. defect swearing had
 - d. reflect swearing had
- 3) In one test, participants did a short, _____
 - a. on tense workout
 - b. in tense workout
 - c. in tents workout
 - d. intense workout
- 4) swear as much as they could before they started their workout, while others were _____
 - a. told to be quietly
 - b. told to be quiet
 - c. told to be quieten
 - d. told to be quite
- 5) cycled or gripped three to four per cent more powerfully than the _____
 - a. tightly-lipped group
 - b. tight-lipped group
 - c. tights-lipped group
 - d. tighten-lipped group
- 6) Past research also shows that swearing helps to increase our _____
 - a. tolerance to pain
 - b. tolerance at pain
 - c. tolerance on pain
 - d. tolerance through pain
- 7) A 2009 study discovered that swearing led to an _____
 - a. increases heart rate
 - b. increased hearts rate
 - c. increased heart rate
 - d. increased heart rates
- 8) higher levels of adrenaline - these help _____
 - a. to dumb pain
 - b. to numb pain
 - c. to number pain
 - d. to bump pain
- 9) people who swear frequently are believed to be better _____
 - a. of self-expression
 - b. on self-expression
 - c. at self-expression
 - d. to self-expression
- 10) why it is that swearing has these effects on strength and pain tolerance _____
 - a. remains to been discovered
 - b. remains too be discovered
 - c. remain to be discovered
 - d. remains to be discovered

LISTENING – Listen and fill in the gaps

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

Researchers have discovered that swearing (1) _____ profane language can increase one's physical strength. The researchers are from Keele University in England. They (2) _____ 81 people to see the effect swearing had on their physical performance. In one test, participants (3) _____, intense workout on an exercise bike. Some people were asked to swear as much as they could before they started their workout, (4) _____ told to be quiet. In another test, participants were told to grip the bike's handlebars as tightly as they could. The researchers found that the groups (5) _____, cycled or gripped three to four per cent (6) _____ the tight-lipped group.

Past (7) _____ that swearing helps to increase our tolerance to pain. A 2009 study discovered that swearing (8) _____ heart rate and higher levels of adrenaline - these help to numb pain. This perhaps explains why (9) _____ when we hurt ourselves. Another study found that swearing (10) _____ honesty because people who swear frequently are believed to be better at self-expression. Dr. Richard Stephens, lead researcher of the Keele study, said he (11) _____ explain why swearing affects the body. He said: "Quite why it is that swearing has these effects on strength and pain tolerance remains to be discovered. We have (12) _____ the power of swearing fully."

COMPREHENSION QUESTIONS

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

1. What kind of language can increase one's physical strength?
2. How many people did researchers conduct tests on?
3. What kind of exercise equipment did the participants use?
4. When could participants swear as much as they could?
5. By how much did swearing improve physical performance?
6. When was there a study into swearing and pain tolerance?
7. What does adrenaline help to numb?
8. What do many of us do when we hurt ourselves?
9. What did another study say swearing was a sign of?
10. What did a researcher say we do not fully understand yet?

MULTIPLE CHOICE - QUIZ

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

- 1) What kind of language can increase one's physical strength?
 - a) propane language
 - b) profane language
 - c) proverbial language
 - d) proper language
- 2) How many people did researchers conduct tests on?
 - a) 810
 - b) 18
 - c) 801
 - d) 81
- 3) What kind of exercise equipment did the participants use?
 - a) weights
 - b) rowing machines
 - c) exercise bikes
 - d) treadmills
- 4) When could participants swear as much as they could?
 - a) before their workout
 - b) before they slept
 - c) the last minute of their workout
 - d) all day
- 5) By how much did swearing improve physical performance?
 - a) 13 to 14 per cent
 - b) 3 to 4 per cent
 - c) 30 to 40 per cent
 - d) 33-34%
- 6) When was there a study into swearing and pain tolerance?
 - a) 2009
 - b) 2010
 - c) 2011
 - d) 2012
- 7) What does adrenaline help to numb?
 - a) teeth
 - b) feeling
 - c) pain
 - d) thoughts
- 8) What do many of us do when we hurt ourselves?
 - a) swear
 - b) cry
 - c) say 'ouch'
 - d) feel sorry for ourselves
- 9) What did another study say swearing was a sign of?
 - a) stamina
 - b) strength
 - c) madness
 - d) honesty
- 10) What did a researcher say we do not fully understand yet?
 - a) humans
 - b) adrenaline
 - c) the power of swearing
 - d) the world's swear words

ROLE PLAY

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

Role A – Swearing

You think swearing is the best thing to help you exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): water, meditation or stretching.

Role B – Water

You think water is the best thing to help you exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): swearing, meditation or stretching.

Role C – Meditation

You think meditation is the best thing to help you exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): water, swearing or stretching.

Role D – Stretching

You think stretching is the best thing to help you exercise. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): water, meditation or swearing.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'swear' and 'word'.

swear	word
--------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• profane• 81• intense• quiet• tightly• lot	<ul style="list-style-type: none">• shows• rate• hurt• frequently• loss• fully
--	---

SWEARING SURVEY

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

Write five GOOD questions about swearing in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

SWEARING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'swearing'?
3. What do you think of swearing?
4. Do you think swearing can increase your physical strength?
5. When do you swear?
6. How bad is swearing?
7. How bad is it that children swear?
8. Will you now swear a lot before you exercise?
9. Is it important to know the swear words in English?
10. Are the swear words in your country really bad?

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SWEARING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the term 'bad language'?
13. What do you think about what you read?
14. Does swearing help when you are in great pain?
15. Is swearing becoming more acceptable these days?
16. Are there different swear words for men and women?
17. Have you been upset or shocked because someone swore?
18. Who would you never want to hear using bad language?
19. Are people who swear a lot more honest?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Researchers have discovered that swearing and using bad or (1) _____ language can increase (2) _____ physical strength. The researchers are from Keele University in England. They conducted tests on 81 people to see the (3) _____ swearing had on their physical performance. In one test, participants did a short, (4) _____ workout on an exercise bike. Some people were asked to swear as much as they could before they started their workout, while others were told to be quiet. In another test, participants were told to (5) _____ the bike's handlebars as tightly as they could. The researchers found that the groups who (6) _____ a lot, cycled or gripped three to four per cent more powerfully than the tight-lipped group.

Past research also shows that swearing helps to increase our tolerance (7) _____ pain. A 2009 study discovered that swearing led to an increased heart rate and higher levels of adrenaline - these help to (8) _____ pain. This perhaps explains why so many of us swear when we hurt ourselves. Another study found that swearing was a sign of (9) _____ because people who swear (10) _____ are believed to be better at self-expression. Dr. Richard Stephens, lead researcher of the Keele study, said he was at a (11) _____ to explain why swearing affects the body. He said: "Quite why it is that swearing has these effects on strength and pain tolerance remains to be discovered. We have (12) _____ to understand the power of swearing fully."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|---------------|------------------|---------------|
| 1. | (a) propane | (b) program | (c) profane | (d) protein |
| 2. | (a) one's | (b) once | (c) ones | (d) owns |
| 3. | (a) effect | (b) effective | (c) affect | (d) affection |
| 4. | (a) intense | (b) contents | (c) condense | (d) inverse |
| 5. | (a) clip | (b) grip | (c) strip | (d) whip |
| 6. | (a) swears | (b) swearing | (c) sworn | (d) swore |
| 7. | (a) at | (b) in | (c) to | (d) by |
| 8. | (a) name | (b) dumb | (c) lump | (d) numb |
| 9. | (a) honesty | (b) honest | (c) honest-to-go | (d) honestly |
| 10. | (a) frequently | (b) fluently | (c) frequency | (d) freakily |
| 11. | (a) lose | (b) loss | (c) lost | (d) losing |
| 12. | (a) already | (b) so | (c) yet | (d) there |

SPELLING

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

Paragraph 1

1. using bad or raoepnf language
2. increase one's ilchpays strength
3. nnsieet workout
4. nptpiasc tira were told to grip
5. the groups who serwo a lot
6. the tight-lpiedp group

Paragraph 2

7. increase our nretceaol to pain
8. higher levels of lrdiaeeann
9. these help to nbum pain
10. people who swear yqfneurtel
11. be better at self-ssexeroinp
12. mrenisa to be discovered

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () to an increased heart rate and higher levels of adrenaline - these help to numb
- () Past research also shows that swearing helps to increase our tolerance to pain. A 2009 study discovered that swearing led
- () pain. This perhaps explains why so many of us swear when we hurt ourselves. Another study found that swearing
- (**1**) Researchers have discovered that swearing and using bad or profane language can increase one's physical
- () was a sign of honesty because people who swear frequently are believed to be better at self-
- () tolerance remains to be discovered. We have yet to understand the power of swearing fully."
- () effect swearing had on their physical performance. In one test, participants did a short, intense workout on
- () an exercise bike. Some people were asked to swear as much as they could before they started their
- () three to four per cent more powerfully than the tight-lipped group.
- () why swearing affects the body. He said: "Quite why it is that swearing has these effects on strength and pain
- () expression. Dr. Richard Stephens, lead researcher of the Keele study, said he was at a loss to explain
- () workout, while others were told to be quiet. In another test, participants were told to grip the bike's handlebars as
- () tightly as they could. The researchers found that the groups who swore a lot, cycled or gripped
- () strength. The researchers are from Keele University in England. They conducted tests on 81 people to see the

PUT THE WORDS IN THE RIGHT ORDER

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

1. one's profane physical language strength can Bad increase or .
2. see swearing on to effect Tests people the had 81 .
3. as people to much Some asked as could were swear they .
4. the grip to told were Participants handlebars bike's .
5. powerfully tight group cent the lipped per than - Four more .
6. heart of rate adrenaline and An higher increased levels .
7. swearing sign Another that a honesty found was of study .
8. was He body the affects swearing why explain to loss a at .
9. on Swearing strength has and these pain effects tolerance .
10. of We to power fully yet the swearing have understand .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Researchers have *discovered* / *discovery* that swearing and using bad or profane language can increase one's *physically* / *physical* strength. The researchers are from Keele University in England. They conducted tests *in* / *on* 81 people to see the effect *swearing* / *sworn* had on their physical performance. In one test, *participates* / *participants* did a short, intense workout on an exercise bike. Some people were asked to swear as *many* / *much* as they could before they *starting* / *started* their workout, while others were told to be *quiet* / *quietly*. In another test, participants were told to grip the bike's handlebars as *tightly* / *tight* as they could. The researchers found that the groups who swore a lot, cycled or gripped three to four per cent more powerfully *than* / *that* the tight-lipped group.

Past research also *shows* / *showing* that swearing helps to increase our tolerance to *paining* / *pain*. A 2009 study discovered that swearing *leaded* / *led* to an increased heart rate and higher levels *for* / *of* adrenaline - these help to *numb* / *numbed* pain. This perhaps explains why so many of us swear when we hurt ourselves. Another study found that swearing was a sign of *honest* / *honesty* because people who swear frequently are believed to be better *at* / *to* self-expression. Dr. Richard Stephens, lead researcher of the Keele study, said he was at a *loss* / *lost* to explain why swearing affects the body. He said: "Quite why it is that swearing has these *affects* / *effects* on strength and pain tolerance remains to be discovered. We have yet to understand the power of swearing *fluffy* / *fully*."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

R_s__rch_rs h_v_ d_sc_v_r_d th_t sw__r_ng _nd _s_ng
b_d _r pr_f_n_ l_ng__g_ c_n _ncr__s_ _n_'s phys_c_l
str_ngth. Th_ r_s__rch_rs _r_ fr_m K__l_ _n_v_rs_ty
_n _ngl_nd. Th_y c_nd_ct_d t_sts _n 81 p__pl_ t_ s__
th_ _ff_ct sw__r_ng h_d _n th__r phys_c_l
p_rf_rm_nc_. _n _n_ t_st, p_rt_c_p_nts d_d _sh_rt,
_nt_ns_ w_rk__t _n _n_x_rc_s_ b_k_. S_m_ p__pl_
w_r__sk_d t_sw__r_s m_ch_s th_y c__ld b_f_r_ th_y
st_rt_d th__r w_rk__t, wh_l_ _th_rs w_r_ t_ld t_ b_
q__t. _n _n_th_r t_st, p_rt_c_p_nts w_r_ t_ld t_ gr_p
th_ b_k_'s hndl_b_rs _s t_ghtly _s th_y c__ld. Th_
r_s__rch_rs f__nd th_t th_ gr__ps wh_ sw_r_ _l_t,
cycl_d _r gr_pp_d thr__ t_ f__r p_r_c_nt m_r_
p_w_rf_lly th_n th_ t_ght-l_pp_d gr__p.

P_st r_s__rch _ls_ sh_ws th_t sw__r_ng h_lps t_
_ncr__s_ __r t_l_r_nc_ t_ p__n. _ 2009 st_dy
d_sc_v_r_d th_t sw__r_ng l_d t_ _n _ncr__s_d h__rt
r_t_ _nd h_gh_r l_v_ls_ _f _dr_n_l_n_ - th_s_ h_lp t_
n_mb p__n. Th_s p_rh_ps _xpl__ns why s_m_ny _f_ s
sw__r wh_n w_ h__rt __rs_lv_s. _n_th_r st_dy f__nd
th_t sw__r_ng w_s _s_gn _f h_nsty b_c__s_ p__pl_
wh_ sw__r fr_q__ntly _r_ b_l__v_d t_ b_ b_tt_r_ t_
s_lf-_xpr_ss__n. Dr. R_ch_rd St_ph_ns, l__d r_s__rch_r
f th K__l_ st_dy, s__d h_ w_s _t_ l_ss t_ _xpl__n
why sw__r_ng _ff_cts th_ b_dy. H_s__d: "Q__t_ why _t_
_s th_t sw__r_ng h_s th_s_ _ff_cts _n str_ngth _nd
p__n t_l_r_nc_ r_m__ns t_ b_ d_sc_v_r_d. W_ h_v_
y_t t_ _nd_rst_nd th_ p_w_r_ _f sw__r_ng f_lly."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

researchers have discovered that swearing and using bad or profane language can increase one's physical strength the researchers are from keele university in england they conducted tests on 81 people to see the effect swearing had on their physical performance in one test participants did a short intense workout on an exercise bike some people were asked to swear as much as they could before they started their workout while others were told to be quiet in another test participants were told to grip the bike's handlebars as tightly as they could the researchers found that the groups who swore a lot cycled or gripped three to four per cent more powerfully than the tight-lipped group

past research also shows that swearing helps to increase our tolerance to pain a 2009 study discovered that swearing led to an increased heart rate and higher levels of adrenaline - these help to numb pain this perhaps explains why so many of us swear when we hurt ourselves another study found that swearing was a sign of honesty because people who swear frequently are believed to be better at self-expression dr richard stephens lead researcher of the keele study said he was at a loss to explain why swearing affects the body he said "quite why it is that swearing has these effects on strength and pain tolerance remains to be discovered we have yet to understand the power of swearing fully"

PUT A SLASH (/) WHERE THE SPACES ARE

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Researchers have discovered that swearing and using bad or profane language can increase one's physical strength. The researchers are from Keele University in England. They conducted tests on 81 people to see the effects swearing had on their physical performance. In one test, participants did a short, intense workout on an exercise bike. Some people were asked to swear as much as they could before they started their workout, while others were told to be quiet. In another test, participants were told to grip the bike's handlebars as tightly as they could. The researchers found that the group who swore a lot, cycled or gripped three to four percent more powerfully than the tight-lipped group. Past research also shows that swearing helps to increase our tolerance to pain. A 2009 study discovered that wearing a lead to an increased heart rate and higher levels of adrenaline - these help to numb pain. This perhaps explains why so many of us swear when we hurt ourselves. Another study found that swearing was a sign of honesty because people who swear frequently are believed to be better at self-expression. Dr. Richard Stephens, lead researcher of the Keele study, said he was at a loss to explain why swearing affects the body. He said: "Quite why it is that swearing has these effects on strength and pain tolerance remains to be discovered. We have yet to understand the power of swearing fully."

ACADEMIC WRITING

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

Is it OK to swear and use bad language? From what age might it be OK?

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news. Share what you discover with your partner(s) in the next lesson.

3. SWEARING: Make a poster about swearing. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SWEAR MORE: Write a magazine article about the need for us to swear more to improve our physical performance and increase our tolerance to pain. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on swearing. Ask him/her three questions about it. Give him/her three of your ideas on how it might affect our mind and body. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b F c F d F e T f F g T h T

SYNONYM MATCH (p.4)

- | | |
|-----------------|----------------|
| 1. profane | a. foul |
| 2. conducted | b. carried out |
| 3. effect | c. impact |
| 4. grip | d. grasp |
| 5. tight-lipped | e. silent |
| 6. tolerance | f. acceptance |
| 7. numb | g. deaden |
| 8. frequently | h. regularly |
| 9. at a loss | i. puzzled |
| 10. fully | j. entirely |

COMPREHENSION QUESTIONS (p.8)

1. Profane language
2. 81
3. An exercise bike
4. Before their workout
5. Three to four per cent
6. 2009
7. Pain
8. Swear
9. Honesty
10. The power of swearing

MULTIPLE CHOICE - QUIZ (p.9)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)