

English Care

*A General English Course for Occupational
and Physical Therapists*

Sample



by Jim Smiley

Perceptia Press

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English Care

A General English Course for Health Workers

SAMPLE VERSION

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Sample

JIM SMILEY

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Lesson 1 – Sports Injuries

IN THIS LESSON, YOU WILL:

- learn about sports injuries
- decide on healthy and unhealthy activities
- read about RICE where someone questions the common advice of stretching before exercising

○ PREPARATION



1. *Acute* injuries happen at once. *Cumulative* injuries happen over time. Look at these injuries. Decide if they are *acute*, *cumulative*, or *both* and fill in the chart. In which sports might these injuries happen?

injury	acute, cumulative, both?	sports
ankle sprain	e.g., <i>acute</i>	
concussion		
blisters		
Achilles tendon		
frozen shoulder		
pulled hamstring		
shoulder separation		
torn knee		
low back pain		

- **Compare your answers with a classmate. Use these sentences.**

I think a/an ankle sprain is an acute injury / a cumulative injury. What do you think?

It happens in football and running. Do you agree?

Yes, I do. / No, I don't.

- **How many did you agree on? _____**

2. What injuries can we treat at home? Which injuries should be treated by a professional?

injury	home or professional?
ankle sprain	
concussion	
blisters	
Achilles tendon	
frozen shoulder	
pulled hamstring	
shoulder separation	
torn knee	
low back pain	

3. People often exercise to stay healthy. Which of these are ways to stay healthy and which are not?

way	healthy? yes or no
exercise	
drink lots of coffee	
relax	
eat fatty food	
sleep well	
enjoy life	
have a good diet	
reduce stress	
work very hard	

- **Compare your answers with a classmate. Ask this question for each:**

I (don't) think exercising is a good way of staying healthy. What do you think?

- **How many did you agree on? _____**

○ OVERVIEW

Tennis elbow, runner's knee and *golfer's elbow* are injuries named after sports. They happen because sportspeople repeat the same action many times. This can make the limb joints weak. The injuries do not affect sportspeople only: for example, someone may get tennis elbow from lifting heavy boxes as part of their job. Health workers help sufferers, and through treatment, patients learn better ways of using their bodies to avoid the injuries in the future.

- **Write the answer to these questions. Check your answers with a classmate.**

1. What are *tennis elbow*, *runner's knee*, and *golfer's elbow* named after?
2. Do non-sportspeople get these injuries?
3. How can health workers help sufferers?

○ KEY VOCABULARY

➤ **Draw a line between the word and its explanation.**

confused (adj)	arm or leg
common (adj)	try to make better
condition (n)	happen a lot
injury (n)	health problem
limb (n)	hurt body part
stretch (v)	make something longer
surprised (adv)	not know what is happening
treat (v)	this is when something happens that you don't expect

➤ **Fill in the gaps with a word from above. Ask the questions to a classmate.**

1. Should you a burn by yourself or should you see a doctor?
2. Which is the longer the arm or the leg?
3. Can you get an without doing sport? If so, what kinds can you get?

○ KEY EXPRESSIONS

1. show signs of
Stephen's face showed signs of pain.
2. go verb +ing
Stephen went jogging the day before.
3. [person] hurt [body part] while [verb + ing]
Stephen hurt his knee while jogging.
4. worse than before
Stephen tried to get fit by exercising, but now he's worse than before.
5. [A] stands for [B]
"R" stands for "rest."

➤ **Fill in the gaps with an expression from above. Ask the questions to a classmate.**

1. What does JR
2. How often do you swim
3. Have you ever your body playing sport?

STRUCTURE

► **Read these structures. Write your own sentences.**

1. After [doing something] my health is worse than before.
After **dieting**, my health is worse than before.

[Your sentence]

2. [person] hurt [his/ her body part] while verb +ing
Tom **hurt his ankle** while playing rugby.

[Your sentence]

3. 'A' stands for 'B'.
'UN' **stands for** 'United Nations'.

[Your sentence]

4. [person] have [injury]
I **have** tennis elbow. She **has** runner's knee.

[Your sentence]

Sample

DISCUSSION

1. What other injuries do you know? Make a list of five injuries.
2. How do people get injured? Write three ways.
3. How can we avoid injury? Write three ways.

Lesson 2 – RICE

READING SKILL STUDENT A

(Student B: Turn to page 55)

► Scan the text in 30 seconds and find:

- a food
- a month
- a word beginning with “B” B.....
- three names: 1 2 3

UNDERSTANDING RICE

You will read about two friends who both have sports injuries. Stephen believes that stretching before training is important, but Ralph has a surprise for him.

AT A COFFEE SHOP

Stephen met Ralph for a coffee. Every time Stephen moved his body, his face showed signs of pain. “What’s wrong?” asked Ralph. Stephen said that he went jogging the day before. He hurt his knee while jogging.

“I’ve got runner’s knee,” said Stephen unhappily. “I tried to get by exercising, but now I’m worse than before.” Ralph laughed, which didn’t make Stephen feel any better. “Don’t laugh,” Stephen responded angrily.

“Sorry,” apologised Ralph, “but I’m not at you. I’m laughing because I have tennis elbow, my brother Fred has golfer’s elbow and you have runner’s knee. All of our injuries are names!”

“Then we should play less sport and stretch more before playing,” Stephen suggested.

Ralph said, “No. Even though people say that stretching before exercise is important, scientists say that’s not true.” Stephen looked surprised. Ralph said, “They say that even if you stretch enough, you will still get injured. People get injured because of exercising too much. For example, if you too much in June, you will get injured more easily in July.”

Stephen asked, “What should I do now?” When Ralph replied by asking if Stephen knew about RICE, Stephen was confused. “Of course I do,” he said. “I eat it a lot.”

Ralph said, “No. I don’t mean the rice you eat. I mean RICE for sports injuries. Let me explain: ‘R’ stands for ‘rest.’ You need to rest a lot. ‘I’ for ‘ice’. Put ice on your knee. ‘C’ stands for ‘compress’. Put a bandage around your knee, and ‘E’ stands for ‘elevate’. That means that you should put your knee above your heart.”

VOCABULARY GAP FILL

► Five words are missing from the text. Fill in those words by using clues in the text.

exercise fit laughing sports stands

○ CHECK

- Read your text to your partner and listen to your partner's reading. Check your answers.

○ MEMORY CHECK

- Without reading the text again, circle yes or no.

1. Stephen is very healthy.	yes	no
2. Ralph has tennis elbow.	yes	no
3. We must stretch before exercise.	yes	no
4. Stephen does not eat much rice.	yes	no
5. 'C' stands for 'complete.'	yes	no

○ RE-READING TASK 1

- Read the text again. Fill in the chart. Who has what injury?

Name	Injury

○ RE-READING TASK 2

- What is RICE? Write down what it stands for.

Letter	Word	Your translation
R	R _ _ _	
I	I _ _	
C	C _ _ _ _ _ _	
E	E _ _ _ _ _ _	

○ RECALL QUESTIONS

► **Student A: Ask and answer these questions with a partner. Read your question aloud. Your partner will answer it. Take turns.**

- Q1. Where did Stephen meet Ralph?
- A2. Stephen was unhappy because
- Q3. What problem did Ralph have?
- A4. Fred had
- Q5. What do all of the problems have in common?
- A6. People say that
- Q7. Do some scientists agree?
- A8. Scientists say that
- Q9. What should Stephen do?
- A10. Ralph explained

○ FIND YOUR OWN

► **Read the text and find two patterns that you want to remember.**

STRUCTURE 1

- [Text sentence]
- [Break down]
- [Your sentence]

STRUCTURE 2

- [Text sentence]
- [Break down]
- [Your sentence]

○ FOLLOW-UP DISCUSSION

► **Discuss these questions in groups.**

1. Do you agree with Ralph's advice? If not, what advice would you give?
2. Have you ever had a sports injury? If so, tell me about it.
3. What can health workers do to help sports people?

Lesson 1B - Sports Injuries

READING SKILL

➤ Scan the text in 30 seconds and find:

- a food
- a month
- a word beginning with "B" B.....
- three names: 1 2 3

UNDERSTANDING RICE

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AT A COFFEE SHOP

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"Sorry," apologised Ralph, "but I'm not laughing at you. I'm laughing because I have tennis elbow, my brother Fred has golfer's elbow and you have runner's knee. All of our injuries are sports names!"

"Then we should play less sport and stretch more before playing," Stephen suggested. Ralph said, "No. Even though people say that stretching before exercise is important, scientists say that's not true." Stephen looked surprised. Ralph said, "They say that even you stretch enough, you will still get injured. People get injured because of exercising too much. For example, if you exercise too much in June, you will get injured more easily in July."

Stephen asked, "What should I do now?" When Ralph replied asking if Stephen knew about RICE, Stephen was confused. "Of course I do," he said. "I eat it a lot."

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VOCABULARY GAP FILL STUDENT B

➤ Five words are missing from the text. Fill in those words by using clues in the text.

by got his if means

CHECK

- Read your text to your partner and listen to your partner's reading. Check your answers.

MEMORY CHECK

- Without reading the text again, circle yes or no.

1. Stephen is very healthy.	yes	no
2. Ralph has tennis elbow.	yes	no
3. We must stretch before exercise.	yes	no
4. Stephen does not eat much rice.	yes	no
5. 'C' stands for 'complete.'	yes	no

RE-READING TASK 1

- Read the text again. Fill in the chart. Who has what injury?

Name	Injury

RE-READING TASK 2

- What is RICE? Write down what it stands for.

Letter	Word	Your translation
R	R _ _ _	
I	I _ _	
C	C _ _ _ _ _ _	
E	E _ _ _ _ _	

RECALL QUESTIONS

- **Student B:** Ask and answer these questions with a partner. Read your question aloud. Your partner will answer it. Take turns.

- A1. Stephen met Ralph at a
- Q2. Why was Stephen unhappy?
- A3. Ralph had
- Q4. What problem did Fred have?
- A5. All of the problems are
- Q6. What do people say about stretching?
- A7. Yes or no.
- Q8. What do they say about injuries?
- A9. Stephen should
- Q10. What did Ralph explain?

- Go back to page 7 and do Find Your Own and the Follow Up Discussion.

