



الجمهورية الجزائرية الديمقراطية الشعبية
People's Democratic Republic of Algeria



وزارة التعليم العالي والبحث العلمي

Ministry of Higher Education and Scientific Research

University of Algiers 3

جامعة الجزائر 3

Sport and Physical Education Institute

معهد التربية البدنية والرياضية

مطبوعة محاضرات مقياس اللغة الانجليزية

المستوى: السنة الأولى دكتوراه

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السنة الجامعية: 2020 / 2019



Université d'Alger3

Institut de l'Éducation Sportive et Physique

COURS D'ANGLAIS

Préparés par : Lamia YOUSFI

Informations sur le cours :

Public cible : 1^{ère} et 2^{ème} année Doctorat

Module : anglais

Intitulé : Anatomie et physiologie

Durée : 6 heures

Période : 2^{ème} semestre

Horaire: Samedi / 9h00-14h00

Salle: salle de conférence

Contact : par mail au lamia23yousfi@gmail.com.

Disponibilité : *la salle des professeurs* : Samedi et Dimanche, à 11h00

Lesson Plan

Lecturer's name: <i>Dr. YOUSFI</i>	Date: february, mars, avril 2020
Course: English	Duration: 6h
Unit: Anatomy et physiology	Level: Doctorate 1 st and 2 nd year
Titles of lectures: <ul style="list-style-type: none">• lecture 1 vocabulary and terminology :structure and functions of the systems of human body• lecture 2 pronunciation and spelling: words with 'gh' / Silent 'gh'• lecture 3 Speaking and Writing• lecture 4 Reading comprehension<ul style="list-style-type: none">• Lecture 5: Grammar: phrasal verbs and idioms in sport• Lecture 6:Running dictation and translation	
Lesson objectives: Students will be able to... <ol style="list-style-type: none">1. Describe the structure and organization of the human body2. Analyze the structure and functions of the systems of the human body (names of major organs, functions...)3. Identify and use the phrasal verbs and idioms4. Explain, understand, speak, read, write and translate a topic about the human body	
Resources: Text, Worksheets, pictures,	

Vocabulary

Anatomy: /ə'natəmi/noun

the branch of science concerned with the bodily structure of humans, animals, and other living organisms, especially as revealed by dissection and the separation of parts

Physiology: /'fɪzɪ'ɒlədʒi/noun

the branch of biology that deals with the normal functions of living organisms and their parts. the way in which a living organism or bodily part functions.

Cell: the smallest structural and functional unit of an organism, which is typically microscopic and consists of cytoplasm and a nucleus enclosed in a membrane

Tissue: Tissues are groups of cells that have a similar structure and act together to perform a specific function.

Organ: An organ is a self-contained group of tissues that performs a specific function in the body. The heart, liver, and stomach are examples of organs in humans.

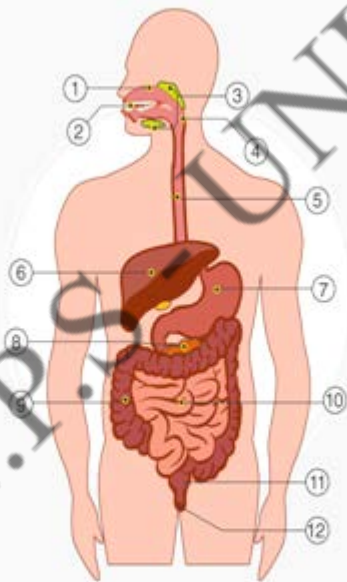
Organism: An organism refers to a living thing that has an organized structure, can react to stimuli, reproduce, grow, and adapt

- **The systems of the human body**

Systems	Major organs	Functions
Skeletal system	*consists of 206 bones that are connected by tendons, ligaments and cartilage. *The teeth are also part of the skeletal system, but they aren't considered bones	The skeleton not only helps us move, but it's also involved in the production of blood cells and the storage of calcium.
Muscular system	consists of about 650 muscles: smooth, cardiac, and skeletal muscles.	aids in movement, blood flow and other bodily functions. There are three types of muscle: skeletal muscle which is connected to bone and helps with voluntary movement, smooth muscle which is found inside organs and helps to move substances through organs, and cardiac muscle which is found in the heart and helps pump blood.
Circulatory system	It consists of the heart, blood, blood vessels, arteries and veins.	The job of the circulatory system is to move blood, nutrients, oxygen, carbon dioxide, and hormones, around the body.

Respiratory system	It consists mainly of the trachea, the diaphragm and the lungs.	allows us to take in vital oxygen and expel carbon dioxide in a process we call breathing.
Nervous system	includes the brain and spinal cord	controls both voluntary action (like conscious movement) and involuntary actions (like breathing), and sends signals to different parts of the body.
Digestive system	It includes the mouth, esophagus, stomach, small intestine, large intestine, rectum,	consists of a series of connected organs that together, allow the body to break down and absorb food, and remove waste.
Excretory system	The whole system includes two kidneys, two ureters, the bladder, two sphincter muscles and the urethra	helps eliminate a waste product called urea from the body, which is produced when certain foods are broken down.
Integumentary system	In addition to skin, the integumentary system includes hair and nails.	It protects us from the outside world, and is our first defense against bacteria, viruses and other pathogens. Our skin also helps regulate body temperature and eliminate waste through perspiration

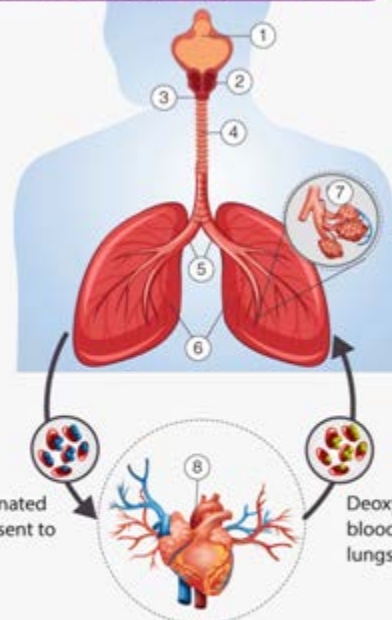
HUMAN DIGESTIVE SYSTEM



- 1 Mouth
- 2 Teeth
- 3 Salivary glands
- 4 Pharynx
- 5 Esophagus
- 6 Liver
- 7 Stomach
- 8 Pancreas
- 9 Large intestine
- 10 Small Intestine
- 11 Rectum
- 12 Anus

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HUMAN RESPIRATORY SYSTEM



- 1 Nasal cavity
- 2 Pharynx
- 3 Larynx
- 4 Trachea
- 5 Bronchi
- 6 Lungs
- 7 Alveoli
- 8 Heart

Terminology

English	Phonetics	French	Arabic
Anatomy	/ə' nætəmi/	anatomie	علم التشريح
Physiology	/fizi' ɒlədʒi/	physiologie	علم وظائف الأعضاء
Cell	/seɪl/	cellule	خلية
tissue	/'tɪʃu:/UK/'tɪsju:/ US	tissu	نسيج
Organ	/'ɔ:(r)gən/	organe	عضو
Body system	'bɒdi' sɪstəm	système d'organes	جهاز
Organism	/'ɔ:(r)gə, nɪz(ə)m/	organisme	كائن حي
Function	'fʌŋkʃ(ə)n/	fonction	وظيفة
Skeletal	'skeɪt(ə)l/	squelettique	عظمي
Joint	/dʒɔɪnt/	articulation	مفاصل
Muscle	/'mʌs(ə)l/	muscle	عضلة
Muscular	/'mʌskjʊlə(r)/	musculaire.	عضلي
Circulatory	,sɜ:(r)kjʊ' leɪt(ə)ri/UK/'sɜ:(r)kjələt(ə)ri/	circulatoire	دوراني
Blood	/blʌd/	sang	دم
Vessel	/'ves(ə)l/	vaisseau	وعاء دموي
Respiratory	/rɪ'spɪrət(ə)ri/UK/'resp(ə)rət(ə)ri/' ves(ə)l/	respiratoire	تنفسي
Nervous	/'nɜ:(r)vəs/	nerveux	عصبي
Reflex	/'ri: fleks/	réflexe	منعكس/ ردة فعل
Digestive	/daɪ' dʒestɪv/	digestif	هضمي
Excretory	/ɪk'skri:t(ə)ri/	excréteur	إخراجي
Kidney	/'kɪdni/	rein	رئة
Integumentary	/ɪn'tegjʊmənt...	tégumentaire	غلافي/جلدي
Skin	/skɪn/	peau	جلد
Hair	/heə(r)/	cheveux	شعر
Nail	/neɪl/	ongle	ظفر

Task 1 Quiz about anatomy:

1. Organs are self-contained groups of what?
 - A. Organ systems
 - B. Tissues
 - C. Cells
 - D. Organisms
2. Which is NOT a vital organ in humans?
 - A. Bladder
 - B. Brain
 - C. Heart
 - D. Liver
3. Which living thing does not have organs?
 - A. Shark
 - B. Apple tree
 - C. Horse
 - D. Sea sponge

Task 2 Quiz about physiology:

1. The integumentary system consists of
 - (A) pancreas, hair and brain
 - (B) hair, nails and skin
 - (C) nails, sweat and blood
 - (D) hair, blood and brain
2. Which of the following is the correct sequence for the process of digestion?
 - (A) Oesophagus, small intestines, stomach
 - (B) Oesophagus, stomach, small intestines
 - (C) Oesophagus, anus, small intestines
 - (D) Stomach, oesophagus, anus
3. Which of the following structures prevents food from entering the lungs?
 - (A) Larynx
 - (B) Stomach
 - (C) Epiglottis
 - (D) Oesophagus
4. Which of the following are functions of the nervous system?
 - (A) Allows us to be aware of our surroundings
 - (B) Provides us with the ability to think and act
 - (C) Allows us to control and coordinate movement
5. Which of the following is NOT associated with the excretory system?
 - (A) Kidney
 - (B) Homeostasis
 - (C) Tidal capacity
 - (D) Osmoregulation
6. Which of the following processes is NOT a function of the digestive system?
 - (A) Ingestion
 - (B) Absorption
 - (C) Inspiration
 - (D) Mastication
7. In humans, the purpose of cartilage is to
 - (A) keep bones cool
 - (B) attach bones to muscles
 - (C) stop bones from growing long
 - (D) protect the ends of the bones where they meet

Pronunciation and spelling* Words with Silent 'gh'

*GH Words

Written "gh" has no sound of its own. It's never pronounced as it's written, i.e. /gh/. Sometimes written 'gh' is even pronounced /f, g, p/

<u>gh = /g/</u>	<i>a few words</i> <u>Afghanistan</u> <u>aghost</u> <u>Ghana</u> <u>gherkin</u> <u>ghost</u> <u>ghoul</u> <u>ghetto</u> <u>spaghetti</u>
<u>/ɔf/</u>	<u>cough</u> <u>trough</u>
<u>/ʌf/</u>	<u>rough</u> <u>tough</u> <u>enough</u> <u>slough</u> <u>off</u>
<u>/əp/</u>	<u>hiccough</u>
<u>/æf/</u>	<u>laugh</u> <u>draught</u> <i>draft</i>
<u>/ɔ/ + silent gh</u>	<u>daughter</u> <u>slaugh</u> <u>terfraught</u> <u>ought</u> <u>haughty</u> <u>naughty</u> <u>past tense verbs</u> catch <u>caught</u> ... teach <u>taught</u> / buy <u>bought</u> ... bring <u>brought</u> fight <u>fought</u> ... seek <u>sought</u> / think <u>thought</u>
<u>/aɪ/ + silent gh</u>	<u>bright</u> <u>light</u> <u>night</u> <u>sigh</u> <u>sight</u> <u>high</u> <u>height</u>
<u>/eɪ/ + silent gh</u>	<u>neighbor</u> <u>sleigh</u> <u>weigh</u> <u>weight</u> <u>straight</u>
<u>/oʊ/ + silent gh</u>	(al) <u>though</u> <u>dough</u> <u>doughnut</u> <i>donut</i> <u>borough</u> <i>boro</i> <u>thorough</u>
<u>/u/ + silent gh</u>	<u>through</u>
<u>/aʊ/ + silent gh</u>	<u>bough</u> <u>plough</u> <i>plow</i> <u>drought</u>

Task 1 Gh is pronounced 'g' 'f' or 'p':

1. When you have a cold, sometimes you also have a _____.
 - Cough /f/
 - Cough /g/
 - Cough /p/

2. Eructations like a _____, which seem to go downward again towards the stomach.
 - hiccough /f/
 - hiccough /g/
 - hiccough /p/

3. Caspar is the name of a friendly _____.
 - ghost /f/
 - ghost /g/
 - ghost /p/

4. The road wasn't smooth; it was _____.
 - rough /f/
 - rough /g/
 - rough /p/

5. When something is funny, you usually _____.
 - laugh /f/
 - laugh /g/
 - laugh /p/

Task 2 Silent gh:

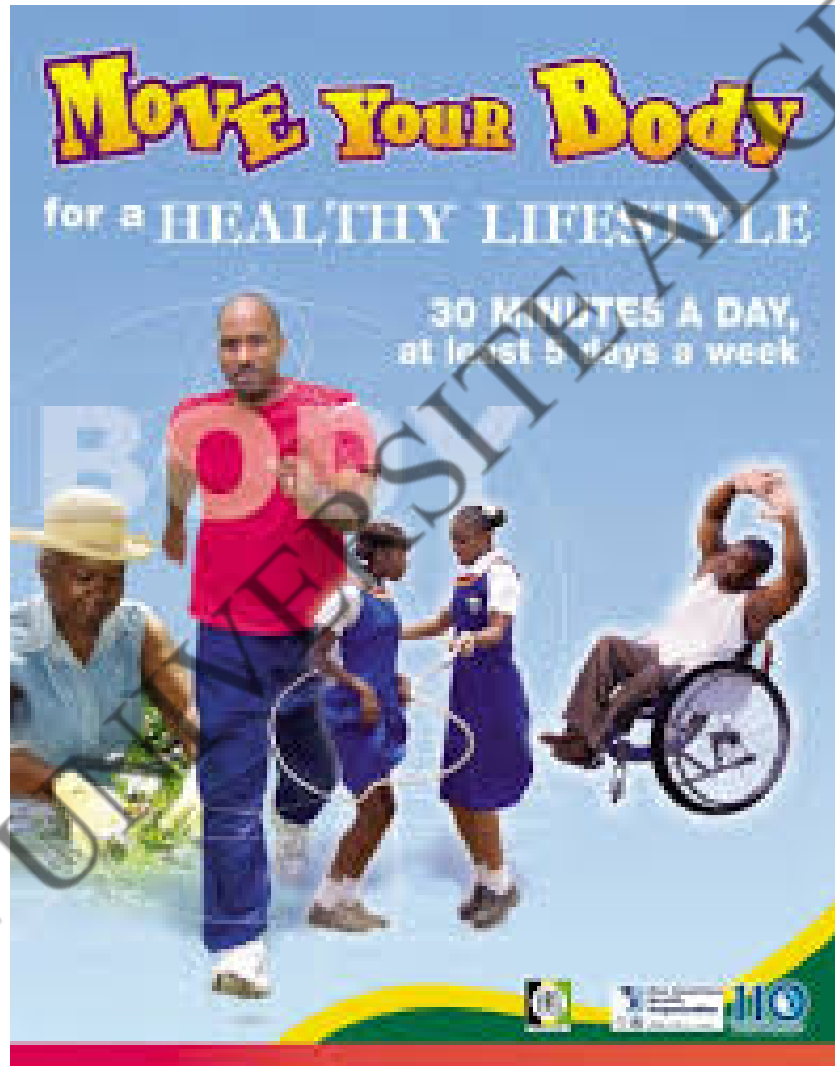
Write the words according to their phonetics:

- /əʊ:t/
- /raɪt/
- /dɔ:ter/
- /brɔ:t/
- /kɔ:t/

Speaking

Look at the poster entitled 'Move your body'.

- * The poster states that movement of our bodies is good for a healthy lifestyle. Would you agree with this statement?
- * Is sport important to you?



- a).....
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- b).....
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Writing

Look at the word cloud:

- * Try to write a sentence using the words and phrases
- * Are there any words you don't know the meaning of?



1. Possible sentence(s)

2. Words/ phrases I don't know

Text:

Every human being, tissues, human body parts and the organ systems are made up of cells- the fundamental unit of life. Anatomy is the science of understanding the structure and the parts of living organisms. Physiology, on the other hand, deals with the internal mechanisms and the processes that work towards sustaining life.

These can include biochemical and physical interactions between various factors and components in our body. With the progress of evolution, organisms began to exhibit advanced characteristics and features that enabled them to be more efficient and thrive in their respective environment.

The human structure can be described as bipedal, with hair covering the body, presence of mammary glands and a set of extremely well-developed sense organs. With respect to human body anatomy, we have a specialised circulatory system that enables the efficient transport of materials and nutrients within the body.

The presence of a well-developed digestive system helps to extract essential nutrients and minerals required by the body. A well developed respiratory system ensures the efficient gas exchange and the nervous system enables coordination and interaction within the body and also the external environment, thereby ensuring survival.

1. difficult words:

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2. sentences:

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3. paragraphs:

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4. style:

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5. main idea:

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Sport Phrasal verbs

Definition of phrasal verb:

*a group of words that functions as a verb and is made up of a verb and a preposition, an adverb, or both

* a phrase that consists of a verb with a preposition or adverb or both, the meaning of which is different from the meaning of its separate parts

Here are some phrasal verbs and their definitions which are used for sport:

to warm up	To do movements/stretching to get your muscles/body ready for exercise
To cool down	To do movements/stretching after your main exercise to get it back to normal
To join in	To take part in a sporting event or match
To give up	To surrender/quit
To drop out	To leave a competition or race
To knock someone out	To beat someone in competition so they are no longer in it /To hit someone in a boxing match so that they become unconscious
To bulk up	To gain weight and muscle
To work out	To do exercise routines/sessions

Read this text carefully and underline all the phrasal verbs, then give their synonyms:

You need to use special training equipment to warm up and cool down so you don't get cramps. It's normally played on a pitch outside and anyone can join in. It's a tough sport, you need determination and a high level of endurance because it involves a lot of running. This is why most people give up in the first month. Because it's very physical, injuries are frequent so it's not uncommon for athletes to drop out of competitions. Every match is part of a competition where each losing team is sequentially knocked out until there are only 2 remaining who play in the final. To play this sport you need a strong body and must weigh a certain amount. What this means is that competitors frequently bulk up before matches. In my opinion, it's far more physically demanding than other sports on account of the strenuous training sessions where you work out with a coach.

idioms

Here are ten common idioms about phrasal verbs in sport:

What's great about idioms is that they add new meaning and a creativity to how you express yourself. One idiom can often say far more than a whole sentence. Here are some sports idioms to you can use to talk about many things.

To dive in head first	To start doing something 100%
To get off on the wrong foot	To start a relationship badly
To jump through the hoops	To do what you are told to do
To do something off your own bat	To take the initiative and do something on your own
To get off to a flying start	To make a successful start
To be on the ball	To be sharp and to know everything that's happening
To run rings around someone	To be far superior to someone else
To be out of your league	When the other competitors are far superior to you

Here are ten common idioms which are related to body parts:

foot in mouth

To put your foot in your mouth means that you say or do something that accidentally embarrasses or offends another person

'I put my foot in my mouth when I called by brother's new wife by his ex-wife's name.'

cost an arm and a leg

When something costs an arm and a leg it costs a lot of money. It's very expensive.'

'It cost me an arm and a leg to get my car fixed.'

get off my back

We use this expression when someone is criticizing you or telling what to do all the time.

'Stop telling me what to do. Get off my back!'

cold shoulder

To give someone the cold shoulder means to ignore someone.

'I saw my ex-girlfriend at a party but she wouldn't talk to me. She gave me the cold shoulder.'

a sight for sore eyes

We use this expression when we are very happy to see someone or something.

'Hi Frank. You're a sight for sore eyes. I haven't seen you for years.'

a finger in every pie

To have a finger in every pie means that you are involved in many activities.

off the top of my head

Off the top of my head means that you say something without really thinking about it. A spontaneous reaction.

'Off the top of my head, I'd say there were a thousand people there.'

look down your nose

When you look down your nose at someone you think you are better or more important than them.

'Because he's rich he seems to think that he's better than everyone. He really looks down his nose at people.'

play it by ear

To play it by ears means to improvise or do something without preparation

all ears

This means that someone is fully listening.

Example: John was all ears when he heard there was prize money to be won.

cold feet

This is a way of describing nervous feelings that happen just before a big event.

Example: I always get cold feet before having to go on stage and give a speech.

to cry your heart out

This means to cry very hard.

For example: Sally was crying her heart out over her ex-boyfriend.

to be in over (one's) head

This describes a person that is taking big risks or taking on tasks that they probably can't handle.

Example: The new employee was in over her head with her first project, but she was too proud to ask for help.

to let (one's) hair down

This is a way of saying, to relax or have fun.

Example: Let's go to the beach and let our hair down for the day.

to pat on the back

This means to recognize or give thanks to someone.

Example: Sam got a pat on the back from the teacher for his wonderful project.

to pull one's leg

This is another way of saying, 'joking' or 'teasing' someone.

Example: I didn't realize Tony was pulling my leg when he first started telling the story, but pretty soon it got too outrageous and I figured what was going on.

rule of thumb

This is another way of saying something is a basic or well known rule.

Example: As a rule of thumb I don't pick up hitchhikers.

sweet tooth

This is a way of saying that someone has a love of sugar or sweet things.

Example: I have a strong sweet tooth.

Task 1

1. Look at the sentences below and fill the gaps with a phrasal verb/s in the correct form.

take up	pickup	checkout	geton
lookafter	hook up	coughup	getoff(on
getinto	putin	magicup	head off

- a. If you want to _____ in your chosen sport, you need to _____ at least two hours, three times a week.
- b. It's always fun to _____ with other mountain bikers for a drink after riding.
- c. My Dad has just _____ golf and has _____ a fortune for new golf clubs.
- d. I think it's important to _____ lots of different bikes before making a choice on which to buy.
- e. You'll _____ wakeboarding really quickly, because you already have the skills from snowboarding.
- f. If my Mum _____ a new surfboard, I'll be able to get on the water at the weekend. She is _____ a friend's surf shop at the moment, so can get a big discount.
- g. I'm sure you'll _____ on kite boarding. It's a real adrenalin sport.
- h. You may not enjoy parascending at first, but once you _____ it, it's an amazing feeling.
- i. Why don't we _____ to the coast for a windsurf this weekend?

2. Match the phrasal verbs to the examples. Underline the odd one out.

Example: take up a new sport/tennis/a bike

- a. hook up with a new sport/a new crowd/a new friend
- b. check out the prices/the equipment/the weekend
- c. magic up a new board/a new sport/a new bike
- d. pick up a new sport/wakeboarding/wakeboard
- e. cough up the money/for a new board/the new bike
- f. head off for the weekend/to the countryside/the mountains

Task 2

Complete these idioms:

- | | |
|----------|------------------------------|
| 1. ears | a. cold _____ |
| 2. feet | b. sweet _____ |
| 3. heart | c. all _____ |
| 4. head | d. to pull one's _____ |
| 5. hair | e. pat on the _____ |
| 6. back | f. rule of _____ |
| 7. leg | g. to let one's _____ down |
| 8. thumb | h. to be in over one's _____ |
| 9. tooth | i. cry your _____ out |

* You have to rewrite this text without help:

Human **anatomy** is the study of the shape and form of the human body. The human body has four **limbs** (two arms and two legs), a head and a **neck** which connect to the **torso**. The body's shape is determined by a strong **skeleton** made of **bone** and **cartilage**, surrounded by fat, muscle, connective tissue, organs, and other structures.

Human **physiology** is the study of how the human body functions. This includes the mechanical, physical, **bioelectrical**, and **biochemical** functions of humans in good health, from **organs** to the **cells** of which they are composed. The human body consists of many interacting systems of **organs**. These interact to maintain **homeostasis**, keeping the body in a stable state with safe levels of substances such as sugar and oxygen in the blood.

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* **Translate this text into arabic:**

There are four different levels of organization in **multicellular** organisms, and organs make up one of these levels. From simplest to complex, an **organism** is made up of cells, tissues, organs, and organ systems. Cells make up the most basic level of organization; the **cell** is the building block of a living organism. This is followed by tissues. Tissues are groups of cells that work together and have a similar structure and function. The four types of tissues in the human body are **muscle**, epithelial, connective, and **nervous tissue**. Organs, as stated before, are groups of tissues that work together to perform a certain function. Organ systems represent the highest level of an organism's bodily organization. They are made up of groups of organs that work together in order to carry out a certain function. For example, the **digestive system** includes organs such as the esophagus, stomach, small intestine, and large intestine, and all of these organs play a role in the digestion of food.

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Homework

Name:.....

Answer these frequently questions on Human Anatomy And Physiology:

What do you mean by human anatomy?

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What do you understand by human physiology?

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Who is the father of human physiology?

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What is the importance of human physiology?

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Who is the father of human anatomy?

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What are the different types of anatomy?

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How is human anatomy relevant?

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How are anatomy and physiology different from each other?

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What are the important organs of the human body?

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What are the different systems of our body?

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