

# UCZ SIĘ ANGIELSKIEGO Z „GŁOSEM FIZJOTERAPEUTY”

## GRAMMAR

Przeczytaj zdania z artykułu o świadomości ciała osób ćwiczących jogę, które zostały napisane w czasie Present Simple.

Yoga **induces** activation of the parasympathetic nervous system responsible for the relaxation response<sup>1,2</sup>.

Everyday yoga practice **has** several benefits, such as reduced anxiety in stressful situations and increased confidence and control associated with speaking<sup>3</sup>.

This **supports** the hypothesis that volleyball players treat their bodies instrumentally, and yogis recognise the body as a psychosomatic unity<sup>4</sup>.

## PRESENT SIMPLE

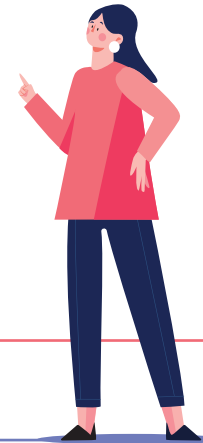
To czas stosowany do wyrażania czynności powtarzających się lub zwyczajowych, prawd ogólnych, rozkładów, grafików, uczuć, przekonań, opinii i typowych, charakterystycznych stanów. Zatem w artykułach naukowych napotkamy ten czas dość często.





## Jak go tworzyć?

- +** Podmiot + **czasownik główny [3 os. lp. -(e)s]** + reszta zdania.
- Podmiot + **do/does not** + bezokolicznik + reszta zdania.
- ?** **Do/does** + podmiot + bezokolicznik + reszta zdania.



W przeczeniu i pytaniu będą ci potrzebne operatory **DO** i **DOES**.

Nie musisz się tutaj martwić o końcówkę **-(e)s** ponieważ w przeczeniu i pytaniu jej nie ma.

**do not = don't**  
**does not = doesn't**

ALE: W formalnych wypowiedziach pisemnych unikamy form skróconych don't i doesn't, a piszemy do not i does not.

### EXERCISE 1.

Wstaw czasowniki w odpowiedniej formie czasu Present Simple. W tym ćwiczeniu są zdania twierdzące i przeczące<sup>4</sup>.

1. Yoga (contribute) ..... more to developing mindful awareness and sensations unrelated to emotions.
2. Practising yoga (not indicate) ..... pushing through and crossing the pain threshold.
3. Female yoga practitioners (focus) ..... more on the body sensations felt in the present moment.
4. This sport (present) ..... both physical and psychological challenges.
5. The first part of the questionnaire (include) ..... questions about self-awareness.
6. Prof. Kirk W. Brown (specialise) ..... in the social psychology of mindfulness.
7. The third section included the Body Awareness Questionnaire (BAQ) scale, which (consist) ..... of 18 statements.
8. The following table 1 (present) ..... the MAAS questionnaire scores that had the largest differences between the two study groups.

## EXERCISE 2.

Wstaw **Do** lub **Does** na początku każdego pytania.

1. .... yoga induce activation of the parasympathetic nervous system?
2. .... female yoga practitioners focus more on the body sensations?
3. .... the sample consist of 128 women?
4. .... I tend not to notice feelings of physical tension or discomfort?
5. .... she find it difficult to stay focused on what's happening in the present?

## VOCABULARY

## EXERCISE 3.

**Słowotwórstwo.** Wstaw w luki słowa w odpowiednich formach. W niektórych przypadkach wystarczy dodać przedrostek lub przyrostek, a gdzieniegdzie musisz zmodyfikować słowo w znacznym stopniu.

### Abstract

**Background:** In recent years, the concept of "body 1. ...." has emerged as a subject of scientific study in a wide range of health issues. Bodywork can include both sports participation and the practice of yoga. Therefore, the role of somatognosis is worth using to expand physiotherapists' awareness and 2. .... of the use of mental practices and psychotherapy in injury 3. .... and in the development of body awareness, which may be helpful during recovery.

**Aims:** The purpose of this study was to verify the 4. .... of body awareness when practising yoga or a professional sport, to determine whether athletes should undertake mental practices outside of their sport, and how they compare to body-conscious individuals. The effects of mental practices and sports on sensitivity in 5. .... emotions, needs, and non-emotional bodily processes are explored.

**Results:** Women practising yoga showed greater body awareness in the BAQ and MAAS 6. .... when compared to female volleyball players. Yoga contributes more to developing mindful awareness and sensations unrelated to emotions. In contrast, professional sports are more likely to lead athletes to ignore physical 7. .... and tension; they are more likely to associate self-awareness with self-knowledge rather than the concept of mindfulness.

**Conclusion:** There was a 8. .... consistency in the theoretical assumptions, expected outcomes, and the results reported by the subjects.

1. aware
2. know
3. prevent
4. develop
5. experience
6. question
7. comfort
8. notice

## Notes

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- 3. De Veer S, Brouwers A, Evers W, Tomic W. A pilot study of the psychological impact of the mindfulness-based stress reduction program on persons who stutter. Eur Psychother. 2009,9(1):39–56.
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- 8. noticeable.
  - 7. discomfort,
  - 6. questionnaire,
  - 5. experiencing,
  - 4. development,
  - 3. prevention,
  - 2. knowledge,
  - 1. awareness,
- Exercise 3.

- 8. presents.
  - 7. consists,
  - 6. specialises,
  - 5. includes,
  - 4. presents,
  - 3. focus,
  - 2. does not indicate,
  - 1. contributes,
- Exercise 1.

Exercise 2.

### Klucz odpowiedzi:

