

# ĆWICZENIA Lekcja 26.

Ucz się angielskiego z „Głosem Fizjoterapeuty”



## EXERCISE 1.

Połącz słowa w kolokacje. Pamiętaj, żeby uczyć się słów w kontekście, łącząc je w dłuższe frazy. Nauka pojedynczych słów sprzyja ich zapominaniu.

1. respiratory
2. abdominal
3. respiratory
4. scapular
5. accessory

alignment  
circumference  
pattern  
rate  
muscles



## EXERCISE 2.

Przeczytaj fragment artykułu i wstaw usunięte z niego wyrażenia w odpowiednie miejsca.  
Brakujące wyrażenia znajdziesz w poprzednim ćwiczeniu<sup>1</sup>.

### Abstract

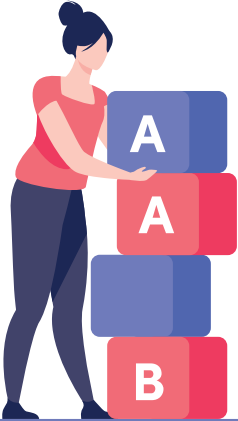
**Introduction:** Breathing requires the involvement of **1.** ...., which can result in their overactivity and lead to the occurrence of neck pain, abnormal posture, or impaired mobility and **2.** .... Abnormal breathing mechanics lead to significant changes of the body posture and functioning by affecting biochemical parameters.

**Aim:** The aim of this study was to examine whether the mechanics of breathing can affect the level of physical performance of healthy individuals under the age of 30.

**Materials and methods:** 40 adults under the age of 30 with no respiratory diseases (20 women, 20 men) were recruited for the study. Chest and **3.** .... and **4.** .... were measured. Furthermore, the Body Oxygen Level Test (BOLT) and Cardiac stress test were conducted, and the **5.** .... was evaluated.

## EXERCISE 3.

Jakich liter brakuje w poniższych słowach?

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1. 

B	R	E		T		I	N	G
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 - oddychanie
  2. 

D		T	E	R	I	O	R		T	I	O	N
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 - pogorszenie
  3. 

L		M	B	A	R
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 - lędźwiowy
  4. 

E	X		A	L	A		I	O	N
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 - wydech, wydychanie
  5. 

A	V		R	A	G	E
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 - przeciętny
  6. 

P		E	N	O	M	E	N		N
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 - zjawisko

## EXERCISE 4.

Przetłumacz na język angielski słowa w nawiasach. Sprawdź w słowniku te, których nie znasz. Ich znajomość pomoże ci lepiej zrozumieć artykuł<sup>1</sup>.

1. The results obtained in the ..... (**tlenu**) level test were similar for men and women.
2. However, ..... (**oddychanie przez usta**) can negatively affect various spheres of human life.
3. Furthermore, mouth breathing may increase the risk of ..... (**astmy oskrzelowej**), allergies and atopic dermatitis, upper respiratory infections, and sleep apnea.
4. Low BOLT scores are often associated with ..... (**przewlekła**) hyperventilation or stress.
5. The short duration of the control pause usually occurs in individuals who breathe irregularly and shallowly, in ..... (**górnym żebrowym**) breathing, often through the mouth.
6. Women are characterized by a smaller depth and cross-sectional area of the chest, an inclined position of the ribs, as well as smaller lungs and narrower ..... (**jamy nosowe**).

## Notes

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.....

**EXERCISE 5.**

Wstaw do luk brakujące słowa z listy!

ailments | inspiratory | pattern | gender | frequency | prone

The introduction of correct breathing, using the diaphragmatic **1.** ....., makes it possible to reduce the breathing **2.** ..... and reduce the intensity or eliminate the aforementioned **3.** ....., due to the restoration of the correct work of the diaphragm.

It can be concluded that at rest, the breathing pattern is related to **4.** ..... – women are more likely than men to breathe in an upper-costal pattern, although this may change during physical activity. Breathing frequency and BOLT are not gender-specific; however, women are more **5.** ..... to hyperventilation, which may be related to a higher frequency of upper-costal breathing or increased **6.** ..... resistance in women. Based on the obtained results, it can also be concluded that in the studied parameters related to the respiratory system, there are significant differences that can affect the ability to perform physical activity and the objective and subjective feeling of fatigue.

**EXERCISE 6.**

Odpowiedz na pytania w oparciu o przeczytane fragmenty artykułu oraz własne doświadczenia. Napisz odpowiedź odręcznie. Ćwiczenie pisania jest istotnym elementem w nauce języka.

1. What is diaphragmatic breathing?

.....

.....

2. What is upper-costal breathing?

.....

.....

3. How does the introduction of correct diaphragmatic breathing impact breathing frequency and the intensity of ailments?

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4. What breathing pattern are women more likely to exhibit at rest?

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## Notes

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## Bibliografia:

1. Wiktoria Katarzyna Kozińska, Michał Kuszewski: Assessment of breathing patterns in the context of physical performance in young people. Research, Physiotherapy Review, 2023, 27(1), 67-74

## Klucz odpowiedzi:

Exercise 1.

1. respiratory pattern, 2. abdominal circumference, 3. respiratory rate, 4. scapular alignment, 5. accessory muscles.

Exercise 2.

1. accessory muscles, 2. scapular alignment, 3. abdominal circumference, 4. respiratory rate, 5. respiratory pattern.

Exercise 3.

1. breathing, 2. deterioration, 3. lumbar, 4. exhalation, 5. average, 6. phenomenon.

Exercise 4.

1. oxygen, 2. mouth breathing, 3. bronchial asthma, 4. chronic, 5. upper-costal, 6. nasal cavities.

Exercise 5.

1. pattern, 2. frequency, 3. gender, 4. ailments, 5. prone, 6. inspiratory.

Exercise 6.

Zadanie otwarte.

