

# ĆWICZENIA Lekcja 28.

Ucz się angielskiego z „Głosem Fizjoterapeuty”



## EXERCISE 1.

Jakich liter brakuje w poniższych słowach? Wstaw brakujące litery, a następnie połącz słowa z ich definicjami.

1. Q U E S I O N A I R E

2. R E A B I L I T A I O N

3. T I L I Z E

4. D I M E N I O N

5. E N A N C E

6. G A S T R O N T E S T I A L



- A structured set of written or printed questions designed to gather information or opinions.
- Relating to the digestive system.
- A measurable extent or aspect of an object, situation, or concept.
- To make practical or effective use of something.
- To improve or increase the quality, value, or performance of something.
- The process of restoring or improving physical, mental, or social functions.

### Notes

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**EXERCISE 2.**Wstaw słowa z listy do odpowiednich luk<sup>1</sup>.

emphasis on assessing | aimed to assess | a substantial impact  
research tools | growing trend

**Abstract**

**Background:** Over the past ten years, there has been a **1.** ..... in utilizing non-invasive techniques for monitoring respiratory function, with a particular **2.** ..... chest expansion during both maximum inhalation and exhalation, which have gained popularity as **3.** ..... The existing research conducted unequivocally affirms that the coronavirus disease 2019 (COVID-19) pandemic has had **4.** ..... on multiple dimensions of Health-Related Quality of Life (HRQoL).

**Aims:** This study **5.** ..... chest mobility and HRQoL among female students at the Faculty of Physical Rehabilitation, University of Physical Education in Kraków, using an online approach amidst the backdrop of the COVID-19 pandemic.

**EXERCISE 3.**Ułóż wyrazy w odpowiedniej kolejności by stworzyć logiczne i poprawne gramatycznie zdania<sup>1</sup>.

**1** Please | feet hip-width | maintain | body position | with | a relaxed | apart.

Please ..... apart.

**2** Please | a deep breath | the size of | to maximize | at the height | take | your chest | of the tape.

Please ..... tape.

**3** Unfold | at the level of | the tape measure | and place it | parallel to the floor | around your chest | the xiphoid | cartilage.

Unfold ..... cartilage.

**4** Hold | with one hand | the beginning | at all | of the tape | times.

Hold ..... times.

**5** Adjust | and placed parallel | so that it is | the measuring tape | always around your chest | to the floor.

Adjust the ..... the floor.

#### EXERCISE 4.

Przetłumacz polskie części zdania na angielski<sup>1</sup>.

1. The virus proved to be ..... (**wysoce zaraźliwy**) and rapidly spread to many parts of the world.
2. Current scientific reports ..... (**wskazują**) that as a result of the COVID-19 pandemic and its resulting quarantine, the quality of life of young people in higher education has decreased.
3. Researchers have shown that increasing knowledge and practice in terms of sleep hygiene is an effective ..... (**metodą leczenia bezsenności**).
4. .... (**niedobór snu**) impairs learning, memory formation, concentration, and quick reactions.
5. There is an important role of the diaphragm, which has its ..... (**przyczepy**) to the sternum, lower ribs, and spine.

#### EXERCISE 5.

Przeczytaj fragment artykułu i **połącz pogrubione słowa z ich polskimi tłumaczeniami**, następnie odpowiedz na pytania w oparciu o przeczytany tekst<sup>1</sup>.

### Introduction

**Respiration** is a function that determines human life and influences its quality. In the last decade, non-invasive methods of monitoring respiratory function, particularly the measurement of chest expansion during maximal **inspiration** and **expiration**, have become popular research methods. Assessment of chest **motion** provides diagnostic information regarding respiratory function, and it is important that such measurement is inexpensive, simple, **accurate**, and reproducible. A study by Lanza et al. [2] indicates that chest **circumference** measured with tape measure at two levels, in the anterior

axillary line and at the tip of the xiphoid process in healthy subjects correlates with respiratory muscle strength and lung function: the larger the axillary and thoracic circumference **measurement**, the greater the maximum inspiratory pressure, maximum expiratory pressure and lung volumes.

1. dokładny, precyzyjny – .....
2. ruch – .....
3. wdech – .....
4. obwód – .....
5. oddychanie – .....
6. wydech – .....
7. pomiar – .....

1. What information does assessment of chest motion provide us with?

.....  
 .....

2. What does chest circumference correlate with?

.....  
 .....

**EXERCISE 6.**

Połącz słowa w kolokacje.

1. intercostal
2. frontal
3. chest
4. tape
5. xiphoid
6. chest

- plane  
 process  
 circumference  
 space  
 expansion  
 measure



