

“Golf” @ <http://www.youtube.com/ESL4free>

Good performance is not just 1  but also a correct  
 2  approach.

Uni study could help 
 ↙ golfers  
 3  patients  
 ↘ brain-damaged people

Brain's limbic region  
 - coordinates sensory input with emotions and 4

Amateurs 5  because of 6   
 - receive excessive

Professionals  
 - concentrate on mental control and perform better

**DIFFICULT WORDS AND EXPRESSIONS IN THE LISTENING**

- Adolescents:** young people; teenagers.
- Apnoea:** when breathing stops for a very short time.
- Brisk walking:** vigorous or fast walking.
- Couch potato:** lazy person who watches television a lot.
- Diabetes:** disease which causes the blood to have too much sugar.
- Disorders:** medical problems.
- Hazard:** danger; risk.
- Hypertension:** high blood pressure, causing headaches and shortness of breath.
- Increment:** increase by a certain number or percentage at different stages over a period of time.
- Insulin:** hormone that controls glucose in the blood.
- Metabolic rate:** the speed in which food is converted to energy.
- Obese:** very overweight; fat.
- Prolonged:** lengthened; over a long period of time.
- Resistance:** fight back; oppose.
- Sedentary:** not active or doing any exercise.