



## 23-1 good vision is important for athletes

Today in a highly competitive sporting world where one mistake or one slow reaction can ruin a sporting career, good vision is as important to sporting performance as good physical conditioning and consistent mental concentration. As physical conditioning has already proved its worth, more and more athletes will find value in visual conditioning. Many studies show that athletes have better visual abilities than the normal population. They are better at focus flexibility, and reveal greater depth perception or better eye-hand coordination, as well as many other excellent visual skills. Their visual system is fine-tuned to aim, anticipate, and respond more quickly to complete a visual task. It has also been observed that athletes with excellent vision perform better than other athletes. **In fact, today at the elite levels, vision is the one thing that makes a difference between a good athlete and an exceptional one.**

### ✓ Translation

오늘날 하나의 실수나 하나의 느린 반응이 한 종목의 경력을 망쳐 버릴수 있는 매우경쟁이 치열한 스포츠계에서 좋은 시력은 좋은 신체적 컨디션 유지와 지속적인 정신 집중만큼이나 운동수행에 중요하다. 신체적 컨디션 유지가 이미 그 가치를 입증했기 때문에, 점점 더 많은 운동선수들이 시각의 컨디션 유지에서가치를 찾을 것이다. 많은 연구들이 운동선수가 보통 사람보다 더 좋은 시각적 능력을 가지고 있다는 것을 보여 준다. 그들은 초점 유연성이 더 좋고 다른 많은 탁월한시각적 기술들뿐만 아니라 더 훌륭한 깊이 감각과 더 나은 눈과 손의 협응력을 보이고 있다. 그들의 시각 체계는 시각적 과업을 완성하기 위해 더 빠르게 조준하고 예상하며 반응하도록 (정교하게) 잘 조정되어 있다. 탁월한 시력을 가진 운동선수가 다른 운동선수에 비해 더 뛰어난 경기력을 보여 준다는 사실 또한 관찰되어 왔다. 사실, 오늘날 최정예 수준에서 시력은 훌륭한 운동선수와 비범한 운동선수를 구별 짓는 한가지이다.

### ✓ Note





## ✓Voca

- competitive 경쟁하는, 경쟁력 있는
- consistent 지속적인
- athlete 운동선수
- exceptional 비범한, 예외적인
- flexibility 유연성
- reveal 보여 주다, 드러내다
- depth perception 깊이 감각
- eye-hand coordination 눈과 손의 협응력
- anticipate 예상하다

## ✓핵심

It has also been observed that athletes with excellent vision perform better than other athletes.

Today in a highly competitive sporting world where one mistake or one slow reaction can ruin a sporting career, good vision is as important to sporting performance as good physical conditioning and consistent mental concentration. ① As physical conditioning has already proved its worth, more and more athletes will find value in visual conditioning. ② Many studies show that athletes have better visual abilities than the normal population. ③ They are better at focus flexibility, and reveal greater depth perception or better eye-hand coordination, as well as many other excellent visual skills. ④ Their visual system is fine-tuned to aim, anticipate, and respond more quickly to complete a visual task. ⑤ In fact, today at the elite levels, vision is the one thing that makes a difference between a good athlete and an exceptional one.

## ✓Reminding

Today in a highly competitive sporting world where one mistake or one slow reaction can ruin a sporting career, good vision is as important to sporting performance as good physical conditioning and consistent mental concentration. As physical conditioning has already proved its worth, more and more athletes will find value in visual conditioning. Many studies show that athletes have better visual abilities than the normal population. They are better at focus flexibility, and reveal greater depth perception or better eye-hand coordination, as well as many other excellent visual skills. Their visual system is fine-tuned to aim, anticipate, and respond more quickly to complete a visual task. It has \_\_\_\_\_ been observed that athletes with excellent vision perform better than other athletes. In fact, today at the elite levels, vision is the one thing that makes a difference between a good athlete and an \_\_\_\_\_ one.





## 23-2 definition of cultural tourism

In contrast to nature tourism, cultural tourism emphasizes human rather than natural environments. Specifically, it refers to tourism products where the primary attraction is the opportunity for tourists to experience a culture different from their own. The difference in the new culture may be relatively small if, for example, tourists are traveling between regions within Europe or North America. On the other hand, it may be quite considerable if wealthy urban tourists from developed nations are traveling to remote rural areas in developing nations. The degree of cross-cultural interaction between tourists and host community may also differ greatly between tours. The defining feature, however, is that the culture of the host community becomes part of the tourism product. The term 'cultural tourism' does not in itself indicate whether the host culture is authentic or whether any cross-cultural interactions are mutually educational and respectful. These are issues that are incorporated in some conceptual approaches to ecotourism, but they refer to social impacts, not product packaging.

### ✓ Translation

자연 관광(야생 동물 전원 등의 관광 여행)과 대조적으로, 문화 관광은 자연 환경보다는 인간 환경을 강조한다. 구체적으로, 그것은 주요한 볼거리가 관광객들이 자신들의 것과는 다른 문화를 경험할 기회가 되는 관광 상품을 말한다. 새로운 문화에서의 차이는 예를 들어, 관광객이 유럽이나 북미 내 지역 간을 여행하고 있는 경우라면 상대적으로 작을 수 있다. 이와 반대로, 선진국에서 온부유한 도시 관광객이 개발도상국의 외진 시골 지역을 여행하고 있는 경우라면 꽤 상당할 수도 있다. 관광객과 관광지의 문화간 상호작용의 정도 또한 관광에 따라 크게 다를 수 있다. 그러나 (본질을 밝히는) 결정적인 특징은 관광지의 문화가 관광 상품의 일부가 된다는 것이다. '문화관광'이라는 용어는 본질적으로 관광국의 문화가 정통을 잇는 것인지의 여부 또는 어떤 문화 간 상호작용이든 그 상호작용이 서로에게 교육적이고 서로를 존중하는지의 여부를 나타내지는 않는다. 이것들은 생태 관광에 대한 몇 가지 개념적 접근에 포함되는 문제이지만, 사회적 영향과 관련이 있는 것이지, 상품 구성과 관련이 있는 것은 아니다.

### ✓ Note





## ✓Voca

- in contrast to ~와 대조적으로
- emphasize 강조하다
- refer to ~에 대하여 언급하다, ~와 관련이 있다
- relatively 상대적으로, 비교적으로
- region 지역, 지방
- on the other hand 이와 반대로, 또 한편으로는
- considerable 상당한, 많은
- in itself 본질적으로, 그 자체로
- indicate 나타내다, 보여 주다
- mutually 서로, 상호 간에
- be incorporated in ~에 포함되다
- conceptual 개념적인

## ✓해변

In contrast to nature tourism, cultural tourism emphasizes human rather than natural environments. Specifically, it refers to tourism products where the primary attraction is the opportunity for tourists to experience a culture different from their own. The difference in the new culture may be relatively small if, for example, tourists are traveling between regions within Europe or North America. \_\_\_\_ (A) \_\_\_\_, it may be quite considerable if wealthy urban tourists from developed nations are traveling to remote rural areas in developing nations. The degree of cross-cultural interaction between tourists and host community may also differ greatly between tours. The defining feature, \_\_\_\_ (B) \_\_\_\_, is that the culture of the host community becomes part of the tourism product. The term 'cultural tourism' does not in itself indicate whether the host culture is authentic or whether any cross-cultural interactions are mutually educational and respectful. These are issues that are incorporated in some conceptual approaches to ecotourism, but they refer to social impacts, not product packaging.

## ✓Reminding

In contrast to nature tourism, cultural tourism emphasizes human rather than natural environments. Specifically, it refers to tourism products where the primary attraction is the opportunity for tourists to experience a culture different from their own. The difference in the new culture may be relatively \_\_\_\_\_ if, \_\_\_\_\_, tourists are traveling between regions within Europe or North America. \_\_\_\_\_, it may be quite \_\_\_\_\_ if wealthy urban tourists from developed nations are traveling to remote rural areas in developing nations. The degree of cross-cultural interaction between tourists and host community may also differ greatly between tours. The defining feature, \_\_\_\_\_, is that the culture of the host community becomes part of the tourism product. The term 'cultural tourism' does not in itself indicate whether the host culture is \_\_\_\_\_ or whether any cross-cultural interactions are mutually educational and respectful. These are issues that are incorporated in some conceptual approaches to ecotourism, but they refer to social impacts, not product packaging.





### 23-3 extended conversation with pet

It wasn't many years ago that dog-talking owners would have been considered the crazy people on the block. Even now, people with old-fashioned misconceptions might still consider you a crazy person on the corner if you discuss your problems with your canine companion. **But there's no reason in the world not to have an extended conversation with your pet.** Go ahead, talk about religion, politics, or the latest joke you heard at work. Many recent medical studies say you just might be better off if you and your pet get into a few heavy conversations. After all my years of being pulled into dialogue with my dogs, the "prove it to me" scientific community is finally agreeing with me that you could actually end up happier, healthier, and better adjusted emotionally if you talk to your loving companion.

### ✓ Translation

개와 이야기를 나누는 개 주인이 동네의 미친 사람으로 여겨졌을 것은 오래 전의 일이 아니었다. 심지어 지금도, 시대에 뒤떨어진 잘못된 생각을 갖고 있는 사람들은 여러분이 여러분의 반려동물인 개와 문제를 의논하고 있다면, 여전히 여러분을 길모퉁이의 미친 사람으로 여길 것이다. 그러나 세상에 여러분의 애완동물과 장시간에 걸친 대화를 나누지 못할 이유란 없다. 자, 어서 종교, 정치, 또는 직장에서 들은 최신 농담에 관해서 이야기하라. 최근의 많은 의학 연구는 여러분과 여러분의 애완동물이 약간의 진지한 대화를 시작하게 되면 여러분의 삶이 더 풍부해질지도 모른다고 말한다. 내가 개와 대화를 시작한지 여러 해가 지난 후, '증명을 요구하는' 과학계는 여러분이 여러분의 사랑스러운 반려동물과 대화를 하면 실제로 결국 더 행복하고, 더 건강하고, 그리고 감정적으로 더 적응을 잘하게 될 수 있다는 점에 대하여 마침내 나에게 동의하고 있다.

### ✓ Note





## ✓Voca

- on the block 동네에, 길거리에
- old-fashioned 시대에 뒤떨어진
- misconception 잘못된 생각, 오해
- companion 동료, 반려자
- extended 장시간에 걸친, 길어진
- better off (형편이) 더 나은[좋은]
- get into ~을 (시작)하게 되다
- scientific community 과학계
- agree with ~ that ... ...라는 점에서 ~에 동의하다
- adjusted 적응한, 조절된

## ✓해변

It wasn't many years ago that dog-talking owners would have been considered the crazy people on the block. Even now, people with old-fashioned misconceptions might still consider you a crazy person on the corner if you discuss your problems with your canine companion. But there's no reason in the world \_\_\_\_\_ . Go ahead, talk about religion, politics, or the latest joke you heard at work. Many recent medical studies say you just might be better off if you and your pet get into a few heavy conversations. After all my years of being pulled into dialogue with my dogs, the "prove it to me" scientific community is finally agreeing with me that you could actually end up happier, healthier, and better adjusted emotionally if you talk to your loving companion.

- ① to make friends with your pet sincerely
- ② we should consider ourselves social beings
- ③ not to make someone into your best friend
- ④ you live your life in the company of a friend
- ⑤ not to have an extended conversation with your pet

## ✓Reminding

It wasn't many years ago that dog-talking owners would have been considered the crazy people on the block. Even now, people with old-fashioned misconceptions might still consider you a crazy person on the corner if you discuss your problems with your canine companion. But there's no reason in the world not to have \_\_\_\_\_ with your pet. Go ahead, talk about religion, politics, or the latest joke you heard at work. Many recent medical studies say you just might be \_\_\_\_\_ if you and your pet get into a few heavy conversations. After all my years of being pulled into dialogue with my dogs, the "prove it to me" scientific community is finally \_\_\_\_\_ with me that you could actually end up happier, healthier, and better adjusted emotionally if you talk to your loving companion.





## 23-4 sport faces serious challenges

Dramatic changes and controversial developments are transforming the ways in which sport is experienced and understood. Many of the old ideas about sport embracing 'noble' and 'educational' values, offering disadvantaged peoples 'a way out,' bringing nations closer together, or creating healthy bodies seem increasingly to lack credibility. In particular, there are widespread concerns that economic and political forces are becoming too influential and are distorting the role and place of sport in societies across the world. Further, there are anxious and often confused debates about the impact of new technologies and cultures of consumption on the integrity of sport. In short, as we move through the twenty-first century, sport faces the most serious and important challenges since its emergence in its modern form in the nineteenth century.

### ✓ Translation

극적인 변화들과 논란의 여지가 있는 사건들은 스포츠를 경험하고 이해하는 방식을 변화시키고 있다. 스포츠가 '승고하고 '교육적인' 가치를 포함하고 있고 가난한 민족들에게 (가난을 벗어날 수 있는) 탈출구' 를 제공하며 국가 간 관계를 더욱 밀접하게 하거나 건강한 신체를 만든다는 것 에 관한 많은 오래된 생각들은 점점 신뢰를 잃고 있는 것 같다. 특히, 경제와 정치의 영향력이 너무 강해져서 전 세계의 사회 에서 스포츠의 역할과 위상을 왜곡하고 있다는 우려가 널리 퍼져 있다. 게다가, 새로운 기술과 소비문화가 스포츠의 고결함에 미치는 영향에 대해 걱정스러우며 또 흔히 혼란스러운 논쟁들이 있다. 요컨대, 19세기에 스포츠가 근대 적인 형태로 출현한 이후로, 우리가 21 세기를 살아가면서 스포츠는 가장 심각하고 중요한 도전에 직면하고 있다.

### ✓ Note





## ✓Voca

- dramatic 극적인
- transform 변화시키다, 변형시키다
- embrace 포함하다, 포괄하다
- credibility 신뢰
- in particular 특히
- widespread 널리 퍼진, 광범위한
- influential 영향력이 있는, 영향력이 큰
- enhance 향상시키다, 높이다
- debate 논쟁
- consumption 소비
- integrity 고결함, 온전함
- face 직면하다
- emergence 출현

## ✓해변

Dramatic changes and controversial developments are transforming the ways in which sport is experienced and understood. ① Many of the old ideas about sport embracing 'noble' and 'educational' values, offering disadvantaged peoples 'a way out,' bringing nations closer together, or creating healthy bodies seem increasingly to lack credibility. ② In particular, there are widespread concerns that economic and political forces are becoming too influential and are distorting the role and place of sport in societies across the world. ③ Sport is undoubtedly the most valuable asset of humans in enhancing the noble spirit. ④ Further, there are anxious and often confused debates about the impact of new technologies and cultures of consumption on the integrity of sport. ⑤ In short, as we move through the twenty-first century, sport faces the most serious and important challenges since its emergence in its modern form in the nineteenth century.

## ✓Reminding

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