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Vocabulary Builder Reference from...

Jeffrey Siegel: What makes muscles grow? | TED Talk

https://www.ted.com/talks/jeffrey_siegel_what_makes_muscles_grow

Advanced Words Only

IMPORTANT

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Session 1: Word List

poise

n. a calm, confident, and graceful manner with control of your feelings or behavior

synonym : confidence, grace, calmness

(1) aesthetic **poise**, (2) with easy **poise**

He took a deep breath and recovered a little of his **poise**.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym : nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

yank

v. to pull something or someone forcefully with a sudden movement

synonym : draw, jerk, tug

(1) **yank** out a tooth, (2) **yank** at a rope

He tried to **yank** the memories from his brain.

microscopic

adj. tiny; exceedingly precise and detail-oriented; of or used in microscopy

synonym : infinitesimal, tiny, atomic

(1) **microscopic** inquiry, (2) **microscopic** analysis

Inspectors noticed **microscopic** cracks in the submarine's hull.

cytokine

n. any of various protein molecules produced by cells of the immune system that serve to regulate the immune system

(1) a **cytokine** production, (2) **cytokine** receptor

Abnormal **cytokine** response may cause atopic dermatitis.

hypertrophy

n. the enlargement of a body part or organ because its cells increase in size

(1) cardiac **hypertrophy**, (2) **hypertrophy** of a limb

The physician looked at the images and confirmed renal **hypertrophy**.

atrophy

n. a decrease in size of a muscle, organ, etc., caused by disease or disuse

synonym: disintegration, degeneration, wasting away

(1) weakness with **atrophy**, (2) **atrophy** of the muscles

Daily exercise and adequate sleep are necessary to prevent the progression of **atrophy**.

eccentric

adj. weird or unusual, sometimes in a funny way

synonym: bizarre, abnormal, curious

(1) display **eccentric** behavior, (2) **eccentric** characters

He was **eccentric**, but he was also a genius.

Session 2: Spelling

1. a cy_____ne production
n. any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
2. excite the ne____ns
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
3. ne____n cell body
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
4. with easy po__e
n. a calm, confident, and graceful manner with control of your feelings or behavior
5. hyp_____hy of a limb
n. the enlargement of a body part or organ because its cells increase in size
6. aesthetic po__e
n. a calm, confident, and graceful manner with control of your feelings or behavior
7. at____y of the muscles
n. a decrease in size of a muscle, organ, etc., caused by disease or disuse
8. mic_____ic analysis
adj. tiny; exceedingly precise and detail-oriented; of or used in microscopy
9. cardiac hyp_____hy
n. the enlargement of a body part or organ because its cells increase in size
10. cy_____ne receptor
n. any of various protein molecules produced by cells of the immune system that serve to regulate the immune system

ANSWERS: 1. cytokine, 2. neuron, 3. neuron, 4. poise, 5. hypertrophy, 6. poise, 7. atrophy, 8. microscopic, 9. hypertrophy, 10. cytokine

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|--------------------------------|---|
| 11. y__k at a rope | <i>v.</i> to pull something or someone forcefully with a sudden movement |
| 12. ec_____ic characters | <i>adj.</i> weird or unusual, sometimes in a funny way |
| 13. y__k out a tooth | <i>v.</i> to pull something or someone forcefully with a sudden movement |
| 14. weakness with at_____y | <i>n.</i> a decrease in size of a muscle, organ, etc., caused by disease or disuse |
| 15. mic_____ic inquiry | <i>adj.</i> tiny; exceedingly precise and detail-oriented; of or used in microscopy |
| 16. display ec_____ic behavior | <i>adj.</i> weird or unusual, sometimes in a funny way |

ANSWERS: 11. yank, 12. eccentric, 13. yank, 14. atrophy, 15. microscopic, 16. eccentric

Session 3: Fill in the Blanks

1. He was _____ but he was also a genius.
adj. weird or unusual, sometimes in a funny way
2. The physician looked at the images and confirmed renal _____.
n. the enlargement of a body part or organ because its cells increase in size
3. Abnormal _____ response may cause atopic dermatitis.
n. any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
4. Daily exercise and adequate sleep are necessary to prevent the progression of _____.
n. a decrease in size of a muscle, organ, etc., caused by disease or disuse
5. Inspectors noticed _____ cracks in the submarine's hull.
adj. tiny; exceedingly precise and detail-oriented; of or used in microscopy
6. Our body transfers information along each _____ using an electrical impulse.
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
7. He tried to _____ the memories from his brain.
v. to pull something or someone forcefully with a sudden movement
8. He took a deep breath and recovered a little of his _____.
n. a calm, confident, and graceful manner with control of your feelings or behavior

ANSWERS: 1. eccentric, 2. hypertrophy, 3. cytokine, 4. atrophy, 5. microscopic, 6. neuron, 7. yank, 8. poise

ANSWERS: