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Vocabulary Builder Reference from...

Murat Dalkilinc: The benefits of good posture | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

scold

v. to reprimand or criticize someone severely or angrily

synonym: reprimand, rebuke, chastise

(1) **scold** him for being late, (2) **scold** in a loud voice

He **scolded** his employees for not meeting their deadlines.

slouch

v. to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward

synonym: slump, crouch, droop

(1) **slouch** along the street, (2) **slouch** down in a chair

After hearing the results, he **slouched** against a wall.

impair

v. to damage something or make it weaker or worse

synonym: degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

inflict

v. to cause harm, injury, or suffering to someone or something

synonym: impose, levy, administer

(1) **inflict** a heavier tax, (2) **inflict** a hard blow

The storm **inflicted** significant damage on the town.

ligament

n. a band of tissue that connects bones or holds organs in place to support and stabilize the body

synonym : band, cord, tendon

(1) a **ligament** in the ankle, (2) cruciate **ligament**

The **ligaments** in the knee provide stability and support.

scoliosis

n. a condition in which the spine is curved to the side

synonym : curvature, deformity, malformation

(1) **scoliosis** treatment, (2) congenital **scoliosis**

He decided to undergo surgery for **scoliosis**.

vertebra

n. a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord

(1) cervical **vertebra**, (2) **vertebra** injury

He uses a **vertebra** traction machine for his treatment.

ergonomic

adj. relating to or designed for efficiency and comfort in the working environment

synonym : user-friendly, efficient, comfortable

(1) **ergonomic** design, (2) **ergonomic** keyboard

The **ergonomic** desk allows for better posture and comfort while working.

symmetrical

adj. having similarity in size, shape, and relative position of corresponding parts

synonym : harmonious, balanced, proportional

(1) **symmetrical** triangle, (2) **symmetrical** pattern

This figure is **symmetrical** about the x-axis.

Session 2: Spelling

1. in_____t a heavier tax *v.* to cause harm, injury, or suffering to someone or something
2. sc__d him for being late *v.* to reprimand or criticize someone severely or angrily
3. sym_____al pattern *adj.* having similarity in size, shape, and relative position of corresponding parts
4. in_____t a hard blow *v.* to cause harm, injury, or suffering to someone or something
5. sym_____al triangle *adj.* having similarity in size, shape, and relative position of corresponding parts
6. sl___h down in a chair *v.* to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward
7. cervical ve_____ra *n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord
8. sc_____is treatment *n.* a condition in which the spine is curved to the side
9. im___r my health *v.* to damage something or make it weaker or worse
10. a li_____nt in the ankle *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
11. ve_____ra injury *n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord

ANSWERS: 1. inflict, 2. scold, 3. symmetrical, 4. inflict, 5. symmetrical, 6. slouch, 7. vertebra, 8. scoliosis, 9. impair, 10. ligament, 11. vertebra

12. sc__d in a loud voice *v.* to reprimand or criticize someone severely or angrily
13. er_____ic design *adj.* relating to or designed for efficiency and comfort in the working environment
14. er_____ic keyboard *adj.* relating to or designed for efficiency and comfort in the working environment
15. sl___h along the street *v.* to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward
16. im___r insulin sensitivity *v.* to damage something or make it weaker or worse
17. cruciate li_____nt *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
18. congenital sc_____is *n.* a condition in which the spine is curved to the side

ANSWERS: 12. scold, 13. ergonomic, 14. ergonomic, 15. slouch, 16. impair, 17. ligament, 18. scoliosis

Session 3: Fill in the Blanks

1. The accident made his vision _____.
v. to damage something or make it weaker or worse
2. After hearing the results, he _____ against a wall.
v. to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward
3. The _____ in the knee provide stability and support.
n. a band of tissue that connects bones or holds organs in place to support and stabilize the body
4. The _____ desk allows for better posture and comfort while working.
adj. relating to or designed for efficiency and comfort in the working environment
5. He _____ his employees for not meeting their deadlines.
v. to reprimand or criticize someone severely or angrily
6. He uses a _____ traction machine for his treatment.
n. a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord
7. The storm _____ significant damage on the town.
v. to cause harm, injury, or suffering to someone or something
8. This figure is _____ about the x-axis.
adj. having similarity in size, shape, and relative position of corresponding parts

ANSWERS: 1. impaired, 2. slouched, 3. ligaments, 4. ergonomic, 5. scolded, 6. vertebra, 7. inflicted, 8. symmetrical

9. He decided to undergo surgery for _____.

n. a condition in which the spine is curved to the side

ANSWERS: 9. scoliosis