

# Englist.me



## Vocabulary Builder Reference from...

*Kate Ackerman: What women athletes need to unlock their full potential | TED Talk*

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### All Words

#### IMPORTANT

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## Session 1: Word List

### athlete

*n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

*synonym*: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**  
His dream is to become an Olympic **athlete**.

### interdisciplinary

*adj.* involving or combining several academic disciplines or fields of study

*synonym*: multidisciplinary, transdisciplinary

(1) **interdisciplinary** research, (2) an **interdisciplinary** conference

The **interdisciplinary** approach to solving the problem involved experts from multiple fields working together.

### medical

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

*synonym*: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

### peak

*n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a

## mountain

*synonym* : summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit

This measurement aims to reduce traffic at **peak** periods.

## span

*n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers

*synonym* : interval, period, length

(1) the **span** of a bird's wings, (2) the average life **span**

He slightly modified the **span** of training because it was just before a match.

## educated

*adj.* having received a high standard of education

*synonym* : knowledgeable, erudite, enlightened

(1) **educated** adult, (2) **educated** speech

Excellent speech is a characteristic of an **educated** man.

## puberty

*n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

*synonym* : adolescence, young adulthood

(1) at the height of **puberty** ., (2) the onset of **puberty**

In this culture, men are initiated when they reach **puberty**.

## menstrual

*adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month

*synonym* : catamenial

(1) a **menstrual** period, (2) **menstrual** blood

The average length of a woman's **menstrual** cycle is 21 to 35 days.

## cycle

*n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

*synonym* : revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by

## cycle

The food chain causes a material **cycle**.

## advantage

*n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

*synonym*: benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

## injury

*n.* harm done to a person's or an animal's body caused by an accident or an attack

*synonym*: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

## nutritional

*adj.* of or relating to the substance required by the body to maintain health and growth

*synonym*: nourishing, healthy, wholesome

(1) **nutritional** supplement, (2) bit of **nutritional** yeast

The **nutritional** value of the food should be clearly labeled on the packaging.

## pregnant

*adj.* having a baby or young animal developing in the uterus

*synonym*: expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

## postpartum

*adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth

*synonym*: afterbirth, postnatal, postdelivery

(1) **postpartum** workout, (2) lose **postpartum** belly fat

Many women experience **postpartum** depression after giving birth.

## menopause

*n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55

*synonym*: climacteric, midlife transition

(1) **menopause** symptoms, (2) before **menopause**

The onset of **menopause** can bring about various physical and emotional changes in women.

## transition

*n.* the process or period of changing from one state or circumstance to another

*synonym*: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

## involvement

*n.* the fact or condition of taking part in something, or the degree to which someone takes part in something

*synonym*: participation, engagement, commitment

(1) political **involvement**, (2) **involvement** in criminal activity

The **involvement** of the local government in the project has been critical to its success.

## correlate

*v.* to have a connection or relationship in which one thing affects or depends on another

*synonym*: associate, liken, connect

(1) **correlate** closely with the quality, (2) **correlate** to the size

We may frequently **correlate** age with the frequency of disease.

## invest

*v.* to put money, effort, time, etc. into something to make a profit or achieve a result

*synonym*: fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

## banner

*n.* a long strip of cloth or paper bearing a symbol, logo, slogan, or another message, especially carried in a demonstration or procession or hung in a public place; a form of the online advertisement appearing on a web page

*synonym*: flag, pennant, advertisement

(1) the star-spangled **banner**, (2) **banner** advertising

They unfurled the **banners** in preparation for the ceremony.

## unbelievable

*adj.* beyond belief or understanding and extremely surprising

*synonym*: unimaginable, incredible, fantastical

(1) **unbelievable** beauty, (2) cause **unbelievable** damage

He drinks an **unbelievable** amount of beer.

## legislation

*n.* a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws

*synonym*: act, regulation, decree

(1) anti-terrorist **legislation**, (2) introduce **legislation**

Similar **legislation** had already been rejected by the parliament four times.

## opportune

*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

*synonym*: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

## elite

*adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society

*synonym*: privileged, favored, elect

(1) earn **elite** status, (2) **elite** athlete

Very few educational **elites** go to Oxford or Cambridge.

## medicinal

*adj.* of or relating to the treatment or cure of disease

*synonym* : curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

## fierce

*adj.* severe and violent in a way that is frightening

*synonym* : ferocious, convulsive, forceful

(1) **fierce** competition, (2) a **fierce** animal

The **fierce** thunders echoed across the plain.

## advocate

*n.* a person who supports or suggests an idea, development, or way of doing something

*synonym* : proponent, exponent, promoter

(1) an **advocate** of disarmament, (2) public education

**advocates**

**Advocates** of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.

## crush

*v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

*synonym* : destroy, demolish, pulverize

(1) **crush** coffee beans, (2) **crush** a revolt

The car was completely **crushed** in the accident.

## sack

*v.* to remove or dismiss someone from a position or place;  
(noun) a large bag made of strong, rough material, such as burlap, that is used for storing or carrying things

*synonym* : discharge, remove, (noun) bag

(1) **sack** an employee, (2) a sleep **sack**

He was **sacked** from his job for stealing company property.

## surgery

*n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

*synonym* : operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**

He had undergone heart **surgery** years before.

## operate

*v.* to work in a particular way; to supervise something

*synonym* : work, use, employ

(1) **operate** 24 hours a day, (2) manually **operate** a machine

This machine is too difficult to **operate** for me.

## pliers

*n.* a tool consisting of two metal arms joined at a pivot, used for gripping, bending, or cutting objects

*synonym* : tongs, pincers, nippers

(1) needle-nose **pliers**, (2) locking **pliers**

John used **pliers** to fix the loose wire on the lamp.

## appendix

*n.* a small, tube-shaped organ attached to the large intestine in humans and some animals, which is believed to play a role in the immune system and digestion; supplementary material that is collected and appended at the back of a book

*synonym* : addendum, adjunct, supplement

(1) **appendix** cancer, (2) book **appendix**

The doctor reviewed the patient's medical records to see if they had previously had their **appendix** removed.

## sporty

*adj.* having a stylish, athletic, or active appearance or character

*synonym* : athletic, active, stylish

(1) **sporty** car, (2) **sporty** outfit

The new car has a **sporty** design and a powerful engine, making it fun to drive on winding roads.

## makeup

*n.* colored substances used on someone's face to improve or change their appearance

*synonym* : maquillage, composition, cosmetic

(1) **makeup** artist, (2) take the **makeup** off her face

Her beauty resulted from a good night's sleep rather than **makeup**.

**jazz** *n.* a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression  
*synonym* : swing, blues, bebop  
(1) **jazz** club, (2) a school **jazz** band  
He listened to **jazz** music to relax after a long day at work.

**president** *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.  
*synonym* : leader, CEO, chairperson  
(1) **president** emeritus, (2) vice- **president** for finance  
The club **president** does not have absolute power.

**grade** *n.* a particular level of quality, size, importance, etc.  
*synonym* : score, rate, degree  
(1) boys in the twelfth **grade**, (2) students at all **grade** levels  
Departments may set requirements for a higher **grade** point average.

**discovery** *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known  
*synonym* : finding, uncovering, detection  
(1) a scientific **discovery**, (2) the great **discovery** of the century  
Her research team made an important **discovery**.

**row** *n.* an arrangement of objects or people side by side in a line  
*synonym* : line, sequence, layer  
(1) criminal on death **row**, (2) a **row** of cherry trees  
He was the leader of the demonstrators and spoke out



against the war in the front **row**.

## teamwork

*n.* the combined action of a group of people working together towards a common goal

*synonym*: collaboration, cooperation, coordination

(1) poor **teamwork**, (2) **teamwork** in business

Harmonious **teamwork** is essential to the success of this project.

## perseverance

*n.* steadfastness in doing something despite difficulty or delay in achieving success

*synonym*: persistence, tenacity, determination

(1) unwavering **perseverance**, (2) dogged **perseverance**

Despite facing numerous setbacks and obstacles, his **perseverance** and determination led him to success.

## grit

*n.* very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles

*synonym*: determination, fortitude, courage

(1) **grit** determination, (2) **grit** washer

She has a lot of **grit** and determination to succeed.

## bloom

*n.* a flower, especially one having showy or colorful parts; the best time of youth

*synonym*: blossom, flush, flower

(1) **bloom** in autumn, (2) black-and-white **blooms**

The cherry blossoms in the park were in full **bloom**.

## reap

*v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done

*synonym*: collect, harvest, derive

(1) **reap** the benefits, (2) **reap** crops

He **reaped** a significant profit from the listing of his company's stock.

## athletics

*n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking

*synonym* : sports, physical activity, exercise

(1) high school **athletics**, (2) professional **athletics**

She excelled in **athletics** during high school and went on to compete at the collegiate level.

## improvisation

*n.* the act of making something up on the spot or creating or performing something without preparation

*synonym* : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

## confidence

*n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

*synonym* : self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

## participate

*v.* to take part in something

*synonym* : take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

## graduate

*n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

*synonym* : alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

## statistics

*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

## eventually

*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

*synonym*: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

## varsity

*n.* a team representing a college or university in sports, typically composed of the best players

*synonym*: team, squad, first-string

(1) a **varsity** player, (2) **varsity** sport

Jane made the **varsity** team and was thrilled to compete at the highest level.

## graduated

*adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees

*synonym*: completed, finished, earned

(1) **graduated** taxation, (2) **graduated** flask

She was a **graduated** student of a prestigious university.

## recommend

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

*synonym*: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

## combination

*n.* a collection of things that have been combined; an assemblage of separate parts or qualities

*synonym*: blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

- gym** *n.* a place equipped for exercise and other physical training  
*synonym*: fitness center, athletic club  
(1) **gym** membership, (2) a **gym** suit  
She went to the fully equipped **gym** to work out every day.
- spot** *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it  
*synonym*: dot, mark, place  
(1) beauty **spot**, (2) a **spot** on his honor  
This remote **spot** is rarely visited.
- lightweight** *adj.* composed of thinner and lighter material than average; not severe or impressive  
(1) **lightweight** aircraft, (2) **lightweight** structure  
Powder coating protects the **lightweight** aluminum alloy components.
- shift** *n.* a slight transition in position, direction, or trend  
*synonym*: transition, change, modification  
(1) Doppler **shift**, (2) major paradigm **shift**  
Could you help me **shift** some furniture?
- combine** *v.* to join or merge to form a single thing or group  
*synonym*: coalesce, cohere, blend  
(1) **combine** chemically with another substance,  
(2) **combine** augmented reality  
Hydrogen and oxygen **combine** to form water.
- wit** *n.* the ability to say or write things or ideas in a clever and humorous way  
*synonym*: humor, comedy, funniness  
(1) the **wit** of man, (2) full of **wit**  
He has the **wit** to keep talking about this topic.
- workout** *n.* a session of physical exercise or training  
*synonym*: exercise, training, physical activity

(1) **workout** at the health club, (2) boxing **workout**  
He does a different **workout** every day to keep things interesting.

## **lactation**

*n.* the secretion of milk by the mammary glands of a female mammal, typically the following pregnancy

*synonym*: nursing, breastfeeding, milk production

(1) **lactation** period, (2) **lactation** support

After giving birth, the mother's body produces milk through **lactation**.

## **deficiency**

*n.* the state of lack, or not having enough of, something that is essential

*synonym*: insufficiency, shortage, depletion

(1) a **deficiency** of copper and zinc, (2) a mild degree of mental **deficiency**

Vitamin **deficiency** can lead to various illnesses.

## **composition**

*n.* the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone

*synonym*: creating, formatting, arrangement

(1) age **composition** of the population, (2) the piano passages in the **composition**

Their innovative concepts were consistent across their bodies of **composition**.

## **lean**

*adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

*synonym*: skinny, slender, (verb) slant

(1) a **lean** horse, (2) **lean** athletic figure

**Lean** operational improvements often lead to better environmental performance.

## **triad**

*n.* a group of three people or things; a group of three musical notes played in one chord

*synonym*: trio, trinity, threesome

(1) a **triad** of nuclear forces, (2) major **triad**

The three friends formed a tight-knit **triad**, always supporting and helping each other.

## avail

v. to help or benefit; to use or take advantage of

*synonym*: help, benefit, serve

(1) **avail** you little, (2) **avail** ourselves of this opportunity

Their financing options are reasonable and easy to **avail**.

## calorie

n. unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

## expend

v. to use or spend time, money, energy, etc.

*synonym*: disburse, spend, pay

(1) **expend** a great deal of energy, (2) **expend** time and resources

Billionaires tend to **expend** private funds on a public undertaking.

## dysfunction

n. a problem or fault in a system, organism, or part of the body or machine

*synonym*: malfunction, disorder, disfunction

(1) **dysfunction** of kidneys, (2) brain **dysfunction**

The **dysfunction** in the relationship was causing problems for both partners.

## fracture

n. the breaking or cracking of a rigid material or object such as bone

*synonym*: break, crack, rupture

(1) **fracture** test, (2) risk of bone **fractures**

X-ray inspection revealed many **fractures**.

## definitely

*adv.* without any question and beyond doubt; clearly  
*synonym* : absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**  
The paper is **definitely** worth reading thoroughly.

## urine

*n.* a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate

*synonym* : excrement, dung, pee

(1) **urine** composition, (2) blood in the **urine**  
They collected a **urine** specimen for urinalysis.

## incontinence

*n.* the involuntary leakage of urine or feces from the body  
*synonym* : leakage, urinary incontinence, fecal incontinence

(1) urinary **incontinence**, (2) fecal **incontinence**

The elderly patient is experiencing **incontinence** and requires assistance with toileting.

## dodge

*v.* to move quickly and suddenly to avoid something; to evade or sidestep

*synonym* : evade, sidestep, avoid

(1) **dodge** a blow, (2) **dodge** a question

She had to **dodge** the oncoming traffic to cross the busy street safely.

## excuse

*n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt

*synonym* : apology, justification, reason

(1) **excuse** for inaction, (2) perfect **excuse**

He quickly fabricated an **excuse** for not attending the meeting.

## skip

*v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do

*synonym* : bounce, spring, neglect

(1) **skip** across the country, (2) **skip** breakfast

We **skipped** the topic because it was too complicated.

## norm

*n.* something that is regarded as usual, typical, or standard

*synonym* : criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

## rib

*n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule

*synonym* : costa

(1) brake a **rib**, (2) **rib** cage

The accident caused a cracked **rib**.

## overtraining

*n.* engaging in excessive or obsessive amounts of physical training, often to the point of physical or emotional harm

*synonym* : overexertion, overwork, burnout

(1) **overtraining** syndrome, (2) **overtraining** reversal effect

Athletes who engage in **overtraining** risk experiencing various physical and mental health problems, including injuries and depression.

## underfueling

*n.* consuming insufficient amounts of food or fuel to meet the body's energy needs, often leading to malnourishment or fatigue

*synonym* : malnourishing, undereating, undernourishing

(1) **underfueling** the body, (2) **underfueling** during exercise

**Underfueling** your body can lead to fatigue, dizziness, and weakness, so it is important to consume adequate food and nutrients to support your energy needs.



## appropriate

*adj.* suitable or proper in the circumstances; fitting  
*synonym* : fitting, suitable, proper

(1) **appropriate** behavior, (2) an **appropriate** time

It would be **appropriate** to dress nicely for the wedding.

## breast

*n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth

*synonym* : bosom, chest, bust

(1) **breast** cancer, (2) the mountain's **breast**

He grilled the **breast** meat of a chicken.

## obvious

*adj.* easy to see, discover or understand

*synonym* : apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

## environment

*n.* the natural world such as air, water, and land in which humans, animals, and plants live

*synonym* : atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

## deserve

*v.* to be worthy of or entitled to something, especially something good or valuable

*synonym* : merit, earn, justify

(1) **deserve** respect, (2) **deserve** this prize

The employee **deserved** the promotion for their hard work and dedication.

## decide

*v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

*synonym* : choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta

for dinner.

## committee

*n.* a group of people appointed or elected to perform a specific function or manage a particular task, often within a larger organization

*synonym* : panel, board, council

(1) **committee** meeting, (2) **committee** member

The ad hoc **committee** met to discuss the proposal.

## database

*n.* a large amount of data stored in a computer system in such a way that it can be searched and updated easily

(1) **database** administrator, (2) employee **database**

Each country's officials can access the central **database**.

## involve

*v.* to include or affect someone or something as a necessary part of something else

*synonym* : implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

## awesome

*adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.

*synonym* : miraculous, marvelous, astounding

(1) **awesome** mental faculty, (2) have an **awesome** birthday

There is a lot of **awesome** nature and food in Hawaii.

## survey

*n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

*synonym* : study, examination, poll

(1) a comprehensive **survey**, (2) recent **survey**

That **survey** shows that people are accepting the tax increase to some extent.

## fertility

*n.* the state or quality of being able to produce babies, young animals, fruit, or new plants

*synonym*: richness, pregnancy, productivity

(1) soil **fertility**, (2) **fertility** above replacement

The sperm count is used as an indicator of male **fertility**.

## hell

*n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

*synonym*: inferno, agony, misery

(1) run like **hell**, (2) **hell** broke loose

The battlefield became **hell** on earth.

## overeducated

*adj.* having more education than is necessary for a particular job or position

*synonym*: overqualified, hypereducated, excessively educated

(1) **overeducated** worker, (2) **overeducated** job applicant

Despite his impressive academic achievements, some people thought he was **overeducated** and lacked practical experience.

## overcompensate

*v.* to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an overcorrection

*synonym*: overcorrect, overdo, make up for

(1) **overcompensate** for mistakes, (2) **overcompensate** for lack of experience

After missing a deadline, he worked late into the night to **overcompensate** for his mistake.

## biostatistics

*n.* the application of statistical methods to biological and health-related data used for research and analysis in fields such as medicine, public health, and ecology

*synonym*: bioinformatics, biometrics, biometry

(1) **biostatistics** research, (2) **biostatistics** program

The **biostatistics** department at the university is known for

its cutting-edge research in epidemiology and clinical trials.

## epidemiology

*n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems

*synonym* : public health, disease control

(1) **epidemiology** research, (2) cancer **epidemiology**

The **epidemiology** of influenza has been well studied over the years, leading to the development of effective vaccines and treatment strategies.

## internal

*adj.* of or relating to the inside of something

*synonym* : interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

## reside

*v.* to live in a particular place, typically for a prolonged period of time

*synonym* : live, dwell, inhabit

(1) **reside** on the skin, (2) **reside** permanently

They **reside** in a beautiful old house in the countryside.

## fellowship

*n.* an association of people who share common interests or goals, typically involving research, study, or a specific profession

*synonym* : association, society, group

(1) research **fellowship**, (2) postdoctoral **fellowship**

The **fellowship** of scientists worked together to conduct research and make important discoveries.

## endocrine

*adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes

*synonym* : hormonal, glandular, secretory

(1) **endocrine** disorders, (2) **endocrine** cell

The **endocrine** system regulates many bodily functions, including metabolism and growth.

## colleague

*n.* one of a group of a coworker, especially in a profession or a business

*synonym*: coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

## orthopedic

*adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments

*synonym*: skeletal, musculoskeletal, bone-related

(1) **orthopedic** shoes, (2) **orthopedic** clinic

The athlete visited the **orthopedic** surgeon to have her injured knee examined and treated.

## surgeon

*n.* a doctor who is trained to perform medical operations that involve cutting open a person's body

*synonym*: sawbones, doctor

(1) an excellent brain **surgeon**, (2) army **surgeon**

He is a skilled **surgeon** that has many years of training and experience.

## reconstruct

*v.* to build or form something again that has been damaged or destroyed

*synonym*: rebuild, revamp, reorganize

(1) **reconstruct** an image, (2) **reconstruct** the original text

They've decided to **reconstruct** a ruined castle.

## joint

*adj.* shared, held, or made between two or more people;  
(noun) the point of connection between two bones or elements of a skeleton

*synonym*: collaborative, cooperative, combined

(1) a **joint** venture, (2) the bone of a **joint**

After the summit meeting, the prime ministers issued a **joint**

statement.

## physiology

*n.* the branch of the biological sciences dealing with the functioning of organisms

(1) human **physiology**, (2) **physiology** research

**Physiology** is the science of how living things work.

## hormone

*n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

## cardiovascular

*adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and respiratory disease.

## nutrition

*n.* the substances or the process that organisms take into their bodies as food for their growth and health

*synonym*: alimentation, nourishment, sustenance

(1) **nutrition** condition, (2) **nutrition** intake

This food contains all the **nutrition** your dog requires.

## launch

*v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time

*synonym*: start, initiate, begin

(1) **launch** a spaceship into orbit, (2) **launch** a big attack

The company is set to **launch** its new product line next month.

## confer

*v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

*synonym*: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

## scrap

*n.* a small piece or amount of something, especially leftover from a larger whole

*synonym*: fragment, piece, remnant

(1) **scrap** metal, (2) a broken piece of **scrap**

She made a collage from **scraps** of paper and fabric from the art supply store.

## educate

*v.* to provide or receive instruction or training over a period of time at a school, university, etc.

*synonym*: instruct, teach, train

(1) **educate** student, (2) **educate** public

The school's mission is to **educate** young children and prepare them for the future.

## collaborate

*v.* to work with someone else to produce or achieve something

*synonym*: cooperate, unite, get together

(1) **collaborate** with the police, (2) **collaborate** on a press release

She agreed to **collaborate** with him in creating new artwork.

## inspire

*v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

*synonym*: boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

## Don

*n.* a Spanish gentleman; a university lecturer, especially a senior member of a college at Oxford or Cambridge

(1) the **don** of the university, (2) **Don** Giovanni

He could never go against what **Don** Carlos said.

## biennial

*adj.* occurring every two years

*synonym* : every other year, two-year, occurring bi-yearly

(1) **biennial** event, (2) **biennial** report

The **biennial** art festival is famous and draws artists and art lovers worldwide.

## lag

*v.* to move or develop so slowly that you are behind other people, organizations, etc.

*synonym* : delay, slow down, fall behind

(1) **lag** a long way behind the progress, (2) **lag** behind its competition

Our interest began to **lag** sharply.

## dropout

*n.* a person who leaves school, college, or a training program before completing it

*synonym* : noncompleter, quitter, school leaver

(1) the **dropout** rate, (2) **dropout** student

The high school **dropout** rate has decreased significantly in recent years thanks to educational initiatives and support programs.

## widen

*v.* to become or make something broader, wider, more extensive

*synonym* : broaden, enlarge, extend

(1) **widen** in excitement, (2) **widen** a narrowed heart valve

He **widened** his investigation into a medical clinic.

## adolescent

*n.* a young person who is in the process of developing from a child into an adult

*synonym* : teen, preadult, youth

(1) **adolescent** girl, (2) pre- **adolescent** children

Timely education about birth control might help reduce **adolescent** pregnancies.

## propel

*v.* to move, drive or push something forward or in a particular direction, often with a lot of force

*synonym* : drive, push, move



(1) **propel** growth, (2) **propel** the ship

An increase in employment helps **propel** economic growth.

## fortune

*n.* a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs

*synonym* : wealth, affluence, assets

(1) ill **fortune**, (2) bit of good **fortune**

Capitalism guarantees the right of ownership of personal **fortune**.

## journal

*n.* a newspaper or magazine specialized in a specific topic or profession

*synonym* : periodical, diary, bulletin

(1) scientific **journal**, (2) **journal** articles

The physician is reading the **journals** related to medicine

## screech

*v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear

*synonym* : shriek, scream, yelp

(1) **screech** out a slogan, (2) **screech** with laughter

The brakes on the car began to **screech** as the driver suddenly stopped at the intersection.

## halt

*v.* to bring or come to a stop; to force to stop moving or operating

*synonym* : stop, cease, terminate

(1) **halt** production, (2) **halt** progress

The train came to a **halt** at the station.

## depressed

*adj.* sad and without any hope

*synonym* : despondent, despairing, sad

(1) **depressed** feeling, (2) the market is **depressed**

After his mother died, he got **depressed**.

## cancel

*v.* to decide that a previously scheduled activity will not take place

*synonym* :

abort, invalidate, annul

(1) **cancel** a class, (2) **cancel** a free subscription trial  
When customers **cancel** their reservations, they lose the deposit they made.

## postpone

v. to delay or reschedule something to a later time or date  
*synonym*: delay, defer, reschedule

(1) **postpone** meeting, (2) **postpone** event  
Due to inclement weather, the game has been **postponed** until next week.

## clinic

n. a building or hospital department where people can go for medical care or advice, especially of a particular condition

*synonym*: hospital, infirmary

(1) visit to the veterinary **clinic**, (2) a dental **clinic**  
She holds a **clinic** on Tuesday mornings.

## explode

v. to burst or break open violently and noisily; to cause something to burst or break open

*synonym*: detonate, blast, rupture

(1) **explode** in anger, (2) **explode** in popularity  
The old building **exploded** in a fiery inferno.

## handle

v. to deal with a situation, problem, or strong emotion

*synonym*: control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident  
We all should learn how to **handle** stress.

## overexercising

n. engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm

*synonym*: overtraining, excessive exercise, obsessive exercise

(1) symptoms of **overexercising**, (2) **overexercising** leads to burnout

Some people with eating disorders may engage in **overexercising** to purge or compensate for food intake.

## severe

*adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

*synonym* : harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

## disorder

*n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

*synonym* : chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

## cochair

*n.* a person who shares the position of chair or presiding officer with another person, typically in a meeting or committee; (verb) to act as a cochair

*synonym* : co-leader, joint chair, codirector

(1) act as **cochair** of the committee, (2) **cochair** the event

The conference was organized by two **cochair** persons who worked together to ensure its success.

## treatment

*n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

*synonym* : remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

## protocol

*n.* a set of rules or procedures for transmitting data or conducting a process or activity, especially in computer networks or scientific experiments; the initial or original version of an agreement

*synonym* : procedure, system, method

(1) draft a **protocol**, (2) **protocol** breach

The company has a strict **protocol** for handling sensitive

information to ensure security.

## transparency

*n.* the condition or quality of being easy to see through

*synonym*: clearness, clarity, translucence

(1) lack of **transparency**, (2) **transparency** during the trials

The main discussion topic is government **transparency**.

## adviser

*n.* a person who gives advice about a particular subject

*synonym*: consultant, guide, expert

(1) a medical **adviser**, (2) chief **adviser**

After retiring, he continued to be an **adviser** to politicians.

## philanthropy

*n.* the practice of voluntarily helping the poor, especially by giving money

*synonym*: altruism, benevolence, generosity

(1) **philanthropy** organization, (2) private **philanthropy**

Tech billionaires often spend the majority of their time on **philanthropy**.

## territory

*n.* an area under the control of a ruler or state

*synonym*: domain, region, realm

(1) acquire **territory**, (2) **territory** in charge

They incorporated the conquered **territory** into their nation.

## individual

*n.* a single person or thing, as distinct from a group

*synonym*: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## institute

*n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

*synonym*: academy, university, college

(1) **institute** a lawsuit, (2) research **institutes**

This region has many **institutes** offering higher education.

## alliance

*n.* a partnership or association formed for mutual benefit, particularly between nations or organizations.

*synonym*: pact, accord, coalition

(1) form **alliance**, (2) major airline **alliances**

To sell the product, the companies have formed an **alliance**.

## principle

*n.* a fundamental law or truth that explains or controls how something happens or works

*synonym*: rule, creed, code

(1) **principle** of treatment, (2) **principle** in business

Efficiency isn't an essential **principle** here; fairness is.

## translate

*v.* to convert or change words into another language

*synonym*: convert, transcribe, render

(1) **translate** a document into English, (2) **translate** the emotion to a movement

**Translate** the text from Italian into English.

## excellence

*n.* the quality of being extremely good

*synonym*: distinction, goodness, superiority

(1) **excellence** in product design, (2) highest standards of **excellence**

He has also won many marketing **excellence** awards.

## resilient

*adj.* able to withstand or recover quickly from difficult conditions

*synonym*: robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

## component

*n.* one of several parts that combines with others to form something bigger

*synonym*: element, part, factor

(1) key **component**, (2) spare **components** for cars  
The researchers try to discover a common **component** in all types of successful organizations.

## woo

*v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

*synonym*: court, pursue, charm

(1) **woo** consumers, (2) **woo** voters with promises

He tried to **woo** her with his charm and wit.

## relative

*adj.* considered and evaluated through comparison with something else

*synonym*: comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

## psychology

*n.* the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

## recover

*v.* to return to a former condition, health, mind, or strength

*synonym*: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

## intersection

*n.* a point where two or more roads, lines, etc., cross each other

*synonym*: crossroad, junction, hub

(1) busy **intersection**, (2) the **intersection** of coordinate axes

Take a right turn at the next **intersection**.

## gender

*n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

*synonym* : sexuality

(1) **gender-blind** policies, (2) dual **gender**

Cultural norms strongly influence **gender** expectations.

## orientation

*n.* a person's basic attitudes, beliefs, and preferences about particular things; a course introducing a new situation or environment

*synonym* : direction, introduction, frontage

(1) sexual **orientation**, (2) the school **orientation**

There will be an **orientation** lecture for new students this afternoon.

## facility

*n.* a building or place that provides a particular service or is used for a particular industry

*synonym* : building, structure, installation

(1) a cell phone with an internet **facility**, (2) **facility** design

This company has an entire recycling **facility**, including major reprocessing plants.

## suppose

*v.* to think that something is likely to be actual or possible

*synonym* : guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

## dive

*v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

*synonym* : dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff

The sperm whale can **dive** to 1,000 meters.

## vision

*n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

*synonym* : sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**

Driving is difficult for me because of my poor **vision**.

- rely**
- v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
- synonym* : depend, count, lean
- (1) **rely** on convenience stores, (2) **rely** entirely on him  
Babies heavily **rely** on others for food.
- generosity**
- n. the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
- synonym* : goodness, hospitality, unselfishness
- (1) act of **generosity**, (2) boundless **generosity**  
He is remembered for his **generosity** and civilization.
- sponsor**
- v. to provide funds for a particular event, program, individual, etc. as a way of advertising
- synonym* : back, fund, finance
- (1) **sponsor** a contest, (2) **sponsor** a local group  
Our company **sponsors** numerous disabled athletes.
- shingle**
- n. a thin piece of wood, slate, or other material used as a roof covering or siding
- synonym* : tile, slate, clapboard
- (1) asphalt **shingle**, (2) wooden **shingle**  
The roofer installed new **shingles** on the roof to replace the old and worn-out ones.
- bra**
- n. a woman's undergarment designed to support the breasts
- synonym* : brassiere, undergarment, bustier
- (1) push-up **bra**, (2) sports **bra**  
She bought a new **bra** that was comfortable and supportive for all-day wear.
- sneak**
- v. to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
- synonym* : creep, tiptoe, smuggle



(1) **sneak** a cigarette, (2) **sneak** out of danger  
The children tried to **sneak** out and eat the candy.

## climate

*n.* the weather in a particular location averaged over some long period

*synonym*: atmosphere, weather, environment

(1) a cold **climate**, (2) effects of **climate** change

**Climate** and weather have an impact on every part of our lifestyles.

## encourage

*v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

*synonym*: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

## Session 2: Spelling

1. l\_g behind its competition *v.* to move or develop so slowly that you are behind other people, organizations, etc.
2. de\_\_\_e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
3. wo\_\_\_\_\_t at the health club *n.* a session of physical exercise or training
4. busy int\_\_\_\_\_ion *n.* a point where two or more roads, lines, etc., cross each other
5. the in\_\_\_\_\_al economy *adj.* of or relating to the inside of something
6. ob\_\_\_\_\_s reasons *adj.* easy to see, discover or understand
7. car\_\_\_\_\_lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
8. par\_\_\_\_\_te in the program *v.* to take part in something
9. app\_\_\_\_\_te behavior *adj.* suitable or proper in the circumstances; fitting
10. locking pl\_\_\_\_\_s *n.* a tool consisting of two metal arms joined at a pivot, used for gripping, bending, or cutting objects
11. nut\_\_\_\_\_al supplement *adj.* of or relating to the substance required by the body to maintain health and growth
12. sp\_\_\_\_\_y outfit *adj.* having a stylish, athletic, or active appearance or character

ANSWERS: 1. lag, 2. decide, 3. workout, 4. intersection, 5. internal, 6. obvious, 7. cardiovascular, 8. participate, 9. appropriate, 10. pliers, 11. nutritional, 12. sporty

13. human phy\_\_\_\_\_gy *n.* the branch of the biological sciences dealing with the functioning of organisms
14. highest standards of exc\_\_\_\_\_ce *n.* the quality of being extremely good
15. h\_\_l broke loose *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
16. the piano passages in the com\_\_\_\_\_on *n.* the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone
17. needle-nose pl\_\_\_\_s *n.* a tool consisting of two metal arms joined at a pivot, used for gripping, bending, or cutting objects
18. the dr\_\_\_\_\_t rate *n.* a person who leaves school, college, or a training program before completing it
19. und\_\_\_\_\_ing during exercise *n.* consuming insufficient amounts of food or fuel to meet the body's energy needs, often leading to malnourishment or fatigue
20. take ad\_\_\_\_\_ge of his weak points *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
21. sc\_\_\_\_\_h with laughter *v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear

ANSWERS: 13. physiology, 14. excellence, 15. hell, 16. composition, 17. pliers, 18. dropout, 19. underfueling, 20. advantage, 21. screech

22. en\_\_\_\_\_ne disorders *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
23. vice-pr\_\_\_\_\_nt for finance *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
24. the d\_n of the university *n.* a Spanish gentleman; a university lecturer, especially a senior member of a college at Oxford or Cambridge
25. dys\_\_\_\_\_on of kidneys *n.* a problem or fault in a system, organism, or part of the body or machine
26. ca\_\_\_l a free subscription trial *v.* to decide that a previously scheduled activity will not take place
27. wooden sh\_\_\_\_\_e *n.* a thin piece of wood, slate, or other material used as a roof covering or siding
28. risk of bone fr\_\_\_\_\_res *n.* the breaking or cracking of a rigid material or object such as bone
29. co\_\_\_\_\_e chemically with another substance *v.* to join or merge to form a single thing or group
30. ove\_\_\_\_\_ing leads to burnout *n.* engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm
31. se\_\_\_e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

ANSWERS: 22. endocrine, 23. president, 24. Don, 25. dysfunction, 26. cancel, 27. shingle, 28. fracture, 29. combine, 30. overexercising, 31. severe

32. ur\_\_e composition *n.* a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate
33. en\_\_\_\_\_ne cell *adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
34. brain dys\_\_\_\_\_on *n.* a problem or fault in a system, organism, or part of the body or machine
35. ap\_\_\_\_\_ix cancer *n.* a small, tube-shaped organ attached to the large intestine in humans and some animals, which is believed to play a role in the immune system and digestion; supplementary material that is collected and appended at the back of a book
36. la\_\_\_h a big attack *v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
37. a silence pr\_\_\_\_\_nt with suspense *adj.* having a baby or young animal developing in the uterus
38. research fel\_\_\_\_\_ip *n.* an association of people who share common interests or goals, typically involving research, study, or a specific profession
39. re\_\_\_e on the skin *v.* to live in a particular place, typically for a prolonged period of time

ANSWERS: 32. urine, 33. endocrine, 34. dysfunction, 35. appendix, 36. launch, 37. pregnant, 38. fellowship, 39. reside

40. op\_\_\_\_\_e 24 hours a day *v.* to work in a particular way; to supervise something
41. int\_\_\_\_\_ary research *adj.* involving or combining several academic disciplines or fields of study
42. in\_\_\_\_\_te a lawsuit *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
43. ed\_\_\_\_\_ed adult *adj.* having received a high standard of education
44. lack of tra\_\_\_\_\_ncy *n.* the condition or quality of being easy to see through
45. become a professional at\_\_\_\_\_e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
46. br\_\_\_\_t cancer *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
47. a school j\_\_z band *n.* a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression
48. symptoms of ove\_\_\_\_\_ing *n.* engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm
49. high school at\_\_\_\_\_es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

ANSWERS: 40. operate, 41. interdisciplinary, 42. institute, 43. educated, 44. transparency, 45. athlete, 46. breast, 47. jazz, 48. overexercising, 49. athlete

50. dual ge\_\_\_r *n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
51. anti-terrorist leg\_\_\_\_\_on *n.* a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws
52. students at all gr\_\_e levels *n.* a particular level of quality, size, importance, etc.
53. ex\_\_\_\_\_e in popularity *v.* to burst or break open violently and noisily; to cause something to burst or break open
54. ha\_\_\_e a precious object *v.* to deal with a situation, problem, or strong emotion
55. major tr\_\_d *n.* a group of three people or things; a group of three musical notes played in one chord
56. ed\_\_\_\_\_e public *v.* to provide or receive instruction or training over a period of time at a school, university, etc.
57. before me\_\_\_\_\_se *n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55
58. a me\_\_\_\_\_al period *adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month

ANSWERS: 50. gender, 51. legislation, 52. grade, 53. explode, 54. handle, 55. triad, 56. educate, 57. menopause, 58. menstrual

59. me\_\_\_\_\_al blood *adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month
60. push-up b\_a *n.* a woman's undergarment designed to support the breasts
61. boundless gen\_\_\_\_\_ty *n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
62. s\_\_p breakfast *v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
63. without in\_\_\_y *n.* harm done to a person's or an animal's body caused by an accident or an attack
64. de\_\_\_\_\_ed feeling *adj.* sad and without any hope
65. do\_\_e a question *v.* to move quickly and suddenly to avoid something; to evade or sidestep
66. spare co\_\_\_\_\_nts for cars *n.* one of several parts that combines with others to form something bigger
67. g\_m membership *n.* a place equipped for exercise and other physical training
68. age com\_\_\_\_\_on of the population *n.* the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone
69. a me\_\_\_\_\_l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

ANSWERS: 59. menstrual, 60. bra, 61. generosity, 62. skip, 63. injury, 64. depressed, 65. dodge, 66. component, 67. gym, 68. composition, 69. medical



70. a se\_\_\_e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
71. a remote re\_\_\_\_ve *adj.* considered and evaluated through comparison with something else
72. me\_\_\_\_\_se symptoms *n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55
73. inv\_\_\_\_\_nt in criminal activity *n.* the fact or condition of taking part in something, or the degree to which someone takes part in something
74. perfect ex\_\_\_e *n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt
75. the professor of su\_\_\_\_y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
76. psy\_\_\_\_\_gy experiment *n.* the scientific study of mind and behavior
77. ca\_\_\_l a class *v.* to decide that a previously scheduled activity will not take place
78. fi\_\_\_e competition *adj.* severe and violent in a way that is frightening

ANSWERS: 70. severe, 71. relative, 72. menopause, 73. involvement, 74. excuse, 75. surgery, 76. psychology, 77. cancel, 78. fierce

79. a comprehensive su\_\_\_y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
80. a r\_w of cherry trees *n.* an arrangement of objects or people side by side in a line
81. brake a r\_b *n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
82. blood in the ur\_\_e *n.* a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate
83. r\_b cage *n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
84. the w\_t of man *n.* the ability to say or write things or ideas in a clever and humorous way
85. ex\_\_\_d time and resources *v.* to use or spend time, money, energy, etc.
86. l\_g a long way behind the progress *v.* to move or develop so slowly that you are behind other people, organizations, etc.
87. in\_\_\_\_\_e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
88. visit to the veterinary cl\_\_\_c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition

ANSWERS: 79. survey, 80. row, 81. rib, 82. urine, 83. rib, 84. wit, 85. expend, 86. lag, 87. involve, 88. clinic

89. nu\_\_\_\_\_on condition *n.* the substances or the process that organisms take into their bodies as food for their growth and health
90. d\_\_e off a cliff *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
91. a tr\_\_d of nuclear forces *n.* a group of three people or things; a group of three musical notes played in one chord
92. lig\_\_\_\_\_ht aircraft *adj.* composed of thinner and lighter material than average; not severe or impressive
93. sexual ori\_\_\_\_\_on *n.* a person's basic attitudes, beliefs, and preferences about particular things; a course introducing a new situation or environment
94. a medical ad\_\_\_\_\_r *n.* a person who gives advice about a particular subject
95. an int\_\_\_\_\_ary conference *adj.* involving or combining several academic disciplines or fields of study
96. dr\_\_\_\_\_t student *n.* a person who leaves school, college, or a training program before completing it
97. Doppler sh\_\_t *n.* a slight transition in position, direction, or trend
98. a cold cl\_\_\_\_\_e *n.* the weather in a particular location averaged over some long period
99. la\_\_\_\_\_on support *n.* the secretion of milk by the mammary glands of a female mammal, typically the following pregnancy

ANSWERS: 89. nutrition, 90. dive, 91. triad, 92. lightweight, 93. orientation, 94. adviser, 95. interdisciplinary, 96. dropout, 97. shift, 98. climate, 99. lactation



109. first-aid tr\_\_\_\_\_nt *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
110. fecal inc\_\_\_\_\_nce *n.* the involuntary leakage of urine or feces from the body
111. tr\_\_\_\_\_nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
112. ge\_\_\_r-blind policies *n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
113. po\_\_\_\_\_ne event *v.* to delay or reschedule something to a later time or date
114. cause unb\_\_\_\_\_ble damage *adj.* beyond belief or understanding and extremely surprising
115. a sleep s\_\_k *v.* to remove or dismiss someone from a position or place; (noun) a large bag made of strong, rough material, such as burlap, that is used for storing or carrying things
116. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
117. sp\_\_\_\_\_r a local group *v.* to provide funds for a particular event, program, individual, etc. as a way of advertising

ANSWERS: 109. treatment, 110. incontinence, 111. treatment, 112. gender, 113. postpone, 114. unbelievable, 115. sack, 116. opportune, 117. sponsor

118. und\_\_\_\_\_ing the body *n.* consuming insufficient amounts of food or fuel to meet the body's energy needs, often leading to malnourishment or fatigue
119. sp\_\_\_\_\_r a contest *v.* to provide funds for a particular event, program, individual, etc. as a way of advertising
120. sta\_\_\_\_\_cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
121. car\_\_\_\_\_lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
122. score an ad\_\_\_\_\_ge *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
123. run like h\_\_l *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
124. pos\_\_\_\_\_um workout *adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth
125. a va\_\_\_\_\_y player *n.* a team representing a college or university in sports, typically composed of the best players
126. r\_\_y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

ANSWERS: 118. underfueling, 119. sponsor, 120. statistics, 121. cardiovascular, 122. advantage, 123. hell, 124. postpartum, 125. varsity, 126. rely

127. cancer epi\_\_\_\_\_ogy                      *n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems
128. the p\_\_k current in the circuit              *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
129. ex\_\_\_d a great deal of energy              *v.* to use or spend time, money, energy, etc.
130. traditional me\_\_\_\_\_al                      *adj.* of or relating to the treatment or cure of disease
131. pr\_\_\_l the ship                                      *v.* to move, drive or push something forward or in a particular direction, often with a lot of force
132. boost my con\_\_\_\_\_ce                      *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
133. beauty s\_\_t                                      *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
134. pr\_\_\_\_\_le of treatment                      *n.* a fundamental law or truth that explains or controls how something happens or works
135. bl\_\_m in autumn                                      *n.* a flower, especially one having showy or colorful parts; the best time of youth
136. n\_\_m of action                                      *n.* something that is regarded as usual, typical, or standard

ANSWERS: 127. epidemiology, 128. peak, 129. expend, 130. medicinal, 131. propel, 132. confidence, 133. spot, 134. principle, 135. bloom, 136. norm

137. a scientific di\_\_\_\_\_ry                    *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
138. wi\_\_n a narrowed heart valve                    *v.* to become or make something broader, wider, more extensive
139. col\_\_\_\_\_te on a press release                    *v.* to work with someone else to produce or achieve something
140. an ad\_\_\_\_\_te of disarmament                    *n.* a person who supports or suggests an idea, development, or way of doing something
141. av\_\_l you little                    *v.* to help or benefit; to use or take advantage of
142. eve\_\_\_\_\_ly succeed                    *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
143. co\_\_\_\_\_r the event                    *n.* a person who shares the position of chair or presiding officer with another person, typically in a meeting or committee; (verb) to act as a cochair
144. take the ma\_\_\_\_p off her face                    *n.* colored substances used on someone's face to improve or change their appearance
145. ensure a smooth tra\_\_\_\_\_on                    *n.* the process or period of changing from one state or circumstance to another
146. da\_\_\_\_\_se administrator                    *n.* a large amount of data stored in a computer system in such a way that it can be searched and updated easily
147. his conclusion was ob\_\_\_\_\_s                    *adj.* easy to see, discover or understand

ANSWERS: 137. discovery, 138. widen, 139. collaborate, 140. advocate, 141. avail, 142. eventually, 143. cochair, 144. makeup, 145. transition, 146. database, 147. obvious



148. co\_\_\_\_\_te closely with the quality      *v.* to have a connection or relationship in which one thing affects or depends on another
149. a dental cl\_\_\_\_c      *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
150. def\_\_\_\_\_ly become a problem      *adv.* without any question and beyond doubt; clearly
151. have an aw\_\_\_\_\_e birthday      *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
152. unwavering per\_\_\_\_\_nce      *n.* steadfastness in doing something despite difficulty or delay in achieving success
153. D\_n Giovanni      *n.* a Spanish gentleman; a university lecturer, especially a senior member of a college at Oxford or Cambridge
154. co\_\_\_\_\_e augmented reality      *v.* to join or merge to form a single thing or group
155. acquire te\_\_\_\_\_ry      *n.* an area under the control of a ruler or state
156. professional at\_\_\_\_\_cs      *n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
157. full of w\_t      *n.* the ability to say or write things or ideas in a clever and humorous way
158. co\_\_\_r degree      *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

ANSWERS: 148. correlate, 149. clinic, 150. definitely, 151. awesome, 152. perseverance, 153. Don, 154. combine, 155. territory, 156. athletics, 157. wit, 158. confer

159. bio\_\_\_\_\_ics research *n.* the application of statistical methods to biological and health-related data used for research and analysis in fields such as medicine, public health, and ecology
160. ort\_\_\_\_\_ic clinic *adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments
161. in\_\_\_\_\_e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
162. the average life s\_\_n *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
163. ma\_\_\_\_p artist *n.* colored substances used on someone's face to improve or change their appearance
164. sc\_\_p metal *n.* a small piece or amount of something, especially leftover from a larger whole
165. ove\_\_\_\_\_ate for lack of experience *v.* to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an overcorrection
166. h\_\_t progress *v.* to bring or come to a stop; to force to stop moving or operating
167. major paradigm sh\_\_t *n.* a slight transition in position, direction, or trend

ANSWERS: 159. biostatistics, 160. orthopedic, 161. involve, 162. span, 163. makeup, 164. scrap, 165. overcompensate, 166. halt, 167. shift

168. con\_\_\_\_\_ce as a teacher      *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
169. a g\_m suit      *n.* a place equipped for exercise and other physical training
170. ha\_\_\_ed the incident      *v.* to deal with a situation, problem, or strong emotion
171. rec\_\_\_\_\_ct an image      *v.* to build or form something again that has been damaged or destroyed
172. effects of cl\_\_\_\_\_e change      *n.* the weather in a particular location averaged over some long period
173. unb\_\_\_\_\_ble beauty      *adj.* beyond belief or understanding and extremely surprising
174. a s\_\_t on his honor      *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
175. introduce leg\_\_\_\_\_on      *n.* a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws
176. bi\_\_\_\_\_al event      *adj.* occurring every two years
177. cardiac su\_\_\_\_\_y      *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
178. a prodigious vi\_\_\_n      *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

ANSWERS: 168. confidence, 169. gym, 170. handle, 171. reconstruct, 172. climate, 173. unbelievable, 174. spot, 175. legislation, 176. biennial, 177. surgery, 178. vision

179. rec\_\_\_\_\_ct the original text      *v.* to build or form something again that has been damaged or destroyed
180. scientific jo\_\_\_\_\_l      *n.* a newspaper or magazine specialized in a specific topic or profession
181. in\_\_\_\_\_al organs      *adj.* of or relating to the inside of something
182. the great di\_\_\_\_\_ry of the century      *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
183. the market is de\_\_\_\_\_ed      *adj.* sad and without any hope
184. a l\_\_\_\_n horse      *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
185. ove\_\_\_\_\_ted worker      *adj.* having more education than is necessary for a particular job or position
186. co\_\_\_\_\_ee member      *n.* a group of people appointed or elected to perform a specific function or manage a particular task, often within a larger organization
187. g\_\_t washer      *n.* very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
188. op\_\_\_\_\_ne occasion      *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
189. dogged per\_\_\_\_\_nce      *n.* steadfastness in doing something despite difficulty or delay in achieving success

ANSWERS: 179. reconstruct, 180. journal, 181. internal, 182. discovery, 183. depressed, 184. lean, 185. overeducated, 186. committee, 187. grit, 188. opportune, 189. perseverance

190. collaborate with co\_\_\_\_\_ues *n.* one of a group of a coworker, especially in a profession or a business
191. te\_\_\_\_\_rk in business *n.* the combined action of a group of people working together towards a common goal
192. cultural n\_\_m *n.* something that is regarded as usual, typical, or standard
193. former co\_\_\_\_\_ue *n.* one of a group of a coworker, especially in a profession or a business
194. par\_\_\_\_\_te fully in conversation *v.* to take part in something
195. the bone of a jo\_\_t *adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
196. chief ad\_\_\_\_\_r *n.* a person who gives advice about a particular subject
197. boys in the twelfth gr\_\_e *n.* a particular level of quality, size, importance, etc.
198. official sta\_\_\_\_\_cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
199. the mountain's br\_\_t *n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth
200. pr\_\_\_\_\_ol breach *n.* a set of rules or procedures for transmitting data or conducting a process or activity, especially in computer networks or scientific experiments; the initial or original version of an agreement

ANSWERS: 190. colleague, 191. teamwork, 192. norm, 193. colleague, 194. participate, 195. joint, 196. adviser, 197. grade, 198. statistics, 199. breast, 200. protocol

201. army su_____n	<i>n.</i>	a doctor who is trained to perform medical operations that involve cutting open a person's body
202. research in_____tes	<i>n.</i>	an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
203. tr_____te a document into English	<i>v.</i>	to convert or change words into another language
204. public education ad_____tes	<i>n.</i>	a person who supports or suggests an idea, development, or way of doing something
205. fa_____ty design	<i>n.</i>	a building or place that provides a particular service or is used for a particular industry
206. the onset of pu_____y	<i>n.</i>	the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
207. ill fo_____e	<i>n.</i>	a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs
208. a def_____cy of copper and zinc	<i>n.</i>	the state of lack, or not having enough of, something that is essential
209. co_____te to the size	<i>v.</i>	to have a connection or relationship in which one thing affects or depends on another
210. ed_____e student	<i>v.</i>	to provide or receive instruction or training over a period of time at a school, university, etc.

ANSWERS: 201. surgeon, 202. institute, 203. translate, 204. advocate, 205. facility, 206. puberty, 207. fortune, 208. deficiency, 209. correlate, 210. educate

211. wi__n in excitement	<i>v.</i>	to become or make something broader, wider, more extensive
212. a broken piece of sc__p	<i>n.</i>	a small piece or amount of something, especially leftover from a larger whole
213. the int_____ion of coordinate axes	<i>n.</i>	a point where two or more roads, lines, etc., cross each other
214. form al_____ce	<i>n.</i>	a partnership or association formed for mutual benefit, particularly between nations or organizations.
215. act of gen_____ty	<i>n.</i>	the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
216. lig_____ht structure	<i>adj.</i>	composed of thinner and lighter material than average; not severe or impressive
217. ove_____ate for mistakes	<i>v.</i>	to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an overcorrection
218. bi_____al report	<i>adj.</i>	occurring every two years
219. high school at_____cs	<i>n.</i>	the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
220. gr_____te degree program	<i>n.</i>	a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
221. genic com_____ons	<i>n.</i>	a collection of things that have been combined; an assemblage of separate parts or qualities

ANSWERS: 211. widen, 212. scrap, 213. intersection, 214. alliance, 215. generosity, 216. lightweight, 217. overcompensate, 218. biennial, 219. athletics, 220. graduate, 221. combination

222. av\_\_l ourselves of this opportunity      *v.* to help or benefit; to use or take advantage of
223. re\_\_\_\_\_nd reading      *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
224. tr\_\_\_\_\_te the emotion to a movement      *v.* to convert or change words into another language
225. co\_\_\_\_\_ee meeting      *n.* a group of people appointed or elected to perform a specific function or manage a particular task, often within a larger organization
226. an app\_\_\_\_\_te time      *adj.* suitable or proper in the circumstances; fitting
227. cr\_\_h a revolt      *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
228. ove\_\_\_\_\_ing syndrome      *n.* engaging in excessive or obsessive amounts of physical training, often to the point of physical or emotional harm
229. en\_\_\_\_\_ge antisocial behavior      *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
230. d\_\_e into anime communities      *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
231. te\_\_\_\_\_ry in charge      *n.* an area under the control of a ruler or state

ANSWERS: 222. avail, 223. recommend, 224. translate, 225. committee, 226. appropriate, 227. crush, 228. overtraining, 229. encourage, 230. dive, 231. territory



232. needs of pr\_\_\_\_\_nt women *adj.* having a baby or young animal developing in the uterus
233. pr\_\_\_\_l growth *v.* to move, drive or push something forward or in a particular direction, often with a lot of force
234. de\_\_\_\_\_e this prize *v.* to be worthy of or entitled to something, especially something good or valuable
235. la\_\_\_\_h a spaceship into orbit *v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
236. h\_\_t production *v.* to bring or come to a stop; to force to stop moving or operating
237. su\_\_\_\_\_e you're right *v.* to think that something is likely to be actual or possible
238. ort\_\_\_\_\_ic shoes *adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments
239. a cell phone with an internet  
fa\_\_\_\_\_ty *n.* a building or place that provides a particular service or is used for a particular industry
240. phi\_\_\_\_\_opy organization *n.* the practice of voluntarily helping the poor, especially by giving money
241. a fatal in\_\_\_\_y *n.* harm done to a person's or an animal's body caused by an accident or an attack

ANSWERS: 232. pregnant, 233. propel, 234. deserve, 235. launch, 236. halt, 237. suppose, 238. orthopedic, 239. facility, 240. philanthropy, 241. injury

242. w\_o voters with promises      *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
243. manually op\_\_\_\_\_e a machine      *v.* to work in a particular way; to supervise something
244. a hard and re\_\_\_\_\_nt steel      *adj.* able to withstand or recover quickly from difficult conditions
245. va\_\_\_\_\_y sport      *n.* a team representing a college or university in sports, typically composed of the best players
246. fr\_\_\_\_\_re test      *n.* the breaking or cracking of a rigid material or object such as bone
247. the cy\_\_e of the seasons      *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
248. aw\_\_\_\_\_e mental faculty      *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
249. s\_\_k an employee      *v.* to remove or dismiss someone from a position or place; (noun) a large bag made of strong, rough material, such as burlap, that is used for storing or carrying things
250. env\_\_\_\_\_nt affairs      *n.* the natural world such as air, water, and land in which humans, animals, and plants live
251. the files are in complete di\_\_\_\_\_er      *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

ANSWERS: 242. woo, 243. operate, 244. resilient, 245. varsity, 246. fracture, 247. cycle, 248. awesome, 249. sack, 250. environment, 251. disorder

252. ca\_\_\_\_\_e calculation *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
253. jo\_\_\_\_\_l articles *n.* a newspaper or magazine specialized in a specific topic or profession
254. postdoctoral fel\_\_\_\_\_ip *n.* an association of people who share common interests or goals, typically involving research, study, or a specific profession
255. the s\_\_\_n of a bird's wings *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
256. act as co\_\_\_\_\_r of the committee *n.* a person who shares the position of chair or presiding officer with another person, typically in a meeting or committee; (verb) to act as a cochair
257. re\_\_\_\_\_r a loss *v.* to return to a former condition, health, mind, or strength
258. psy\_\_\_\_\_gy of crowd *n.* the scientific study of mind and behavior
259. re\_\_\_\_\_nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
260. in\_\_\_t capital *v.* to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 252. calorie, 253. journal, 254. fellowship, 255. span, 256. cochair, 257. recover, 258. psychology, 259. recommend, 260. invest

261. at p\_\_k hour *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
262. phy\_\_\_\_\_gy research *n.* the branch of the biological sciences dealing with the functioning of organisms
263. sn\_\_k a cigarette *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
264. pr\_\_\_\_\_le in business *n.* a fundamental law or truth that explains or controls how something happens or works
265. gr\_\_\_\_\_ed flask *adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees
266. bit of good fo\_\_\_\_\_e *n.* a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs
267. tra\_\_\_\_\_ncy during the trials *n.* the condition or quality of being easy to see through
268. people with bipolar di\_\_\_\_\_er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
269. lose pos\_\_\_\_\_um belly fat *adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth

ANSWERS: 261. peak, 262. physiology, 263. sneak, 264. principle, 265. graduated, 266. fortune, 267. transparency, 268. disorder, 269. postpartum

270. poor te_____rk	<i>n.</i> the combined action of a group of people working together towards a common goal
271. exc_____ce in product design	<i>n.</i> the quality of being extremely good
272. nu_____on intake	<i>n.</i> the substances or the process that organisms take into their bodies as food for their growth and health
273. draft a pr_____ol	<i>n.</i> a set of rules or procedures for transmitting data or conducting a process or activity, especially in computer networks or scientific experiments; the initial or original version of an agreement
274. criminal on death r_w	<i>n.</i> an arrangement of objects or people side by side in a line
275. ado_____nt girl	<i>n.</i> a young person who is in the process of developing from a child into an adult
276. ind_____al freedom	<i>n.</i> a single person or thing, as distinct from a group
277. cr__h coffee beans	<i>v.</i> to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
278. gr_____ed taxation	<i>adj.</i> having received a degree from a school, college, or university; marked with or divided into levels or degrees
279. re_____nt population	<i>adj.</i> able to withstand or recover quickly from difficult conditions
280. major airline al_____ces	<i>n.</i> a partnership or association formed for mutual benefit, particularly between nations or organizations.

ANSWERS: 270. teamwork, 271. excellence, 272. nutrition, 273. protocol, 274. row, 275. adolescent, 276. individual, 277. crush, 278. graduated, 279. resilient, 280. alliance

281. jazz imp\_\_\_\_\_ion      *n.* the act of making something up on the spot or creating or performing something without preparation
282. in\_\_\_t in stocks      *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
283. el\_\_e athlete      *adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
284. at the height of pu\_\_\_\_y.      *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
285. boxing wo\_\_\_\_t      *n.* a session of physical exercise or training
286. su\_\_\_\_e beforehand      *v.* to think that something is likely to be actual or possible
287. book ap\_\_\_\_ix      *n.* a small, tube-shaped organ attached to the large intestine in humans and some animals, which is believed to play a role in the immune system and digestion; supplementary material that is collected and appended at the back of a book
288. r\_\_p the benefits      *v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done
289. a fi\_\_\_e animal      *adj.* severe and violent in a way that is frightening

ANSWERS: 281. improvisation, 282. invest, 283. elite, 284. puberty, 285. workout, 286. suppose, 287. appendix, 288. reap, 289. fierce

290. en\_\_\_\_\_ge a sense of affinity      *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
291. w\_o consumers      *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
292. re\_\_\_\_\_ve factors      *adj.* considered and evaluated through comparison with something else
293. ba\_\_\_\_r advertising      *n.* a long strip of cloth or paper bearing a symbol, logo, slogan, or another message, especially carried in a demonstration or procession or hung in a public place; a form of the online advertisement appearing on a web page
294. re\_\_\_\_\_r approval ratings      *v.* to return to a former condition, health, mind, or strength
295. reduce my ca\_\_\_\_\_e intake      *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
296. chaotic env\_\_\_\_\_nt      *n.* the natural world such as air, water, and land in which humans, animals, and plants live
297. imp\_\_\_\_\_ion on stage      *n.* the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 290. encourage, 291. woo, 292. relative, 293. banner, 294. recover, 295. calorie, 296. environment, 297. improvisation

298. do\_\_e a blow *v.* to move quickly and suddenly to avoid something; to evade or sidestep
299. ove\_\_\_\_\_ing reversal effect *n.* engaging in excessive or obsessive amounts of physical training, often to the point of physical or emotional harm
300. political inv\_\_\_\_\_nt *n.* the fact or condition of taking part in something, or the degree to which someone takes part in something
301. sports b\_a *n.* a woman's undergarment designed to support the breasts
302. r\_\_y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
303. urinary inc\_\_\_\_\_nce *n.* the involuntary leakage of urine or feces from the body
304. honor gr\_\_\_\_\_te *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
305. black-and-white bl\_\_ms *n.* a flower, especially one having showy or colorful parts; the best time of youth
306. key co\_\_\_\_\_nt *n.* one of several parts that combines with others to form something bigger
307. com\_\_\_\_\_on number *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
308. l\_\_n athletic figure *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

ANSWERS: 298. dodge, 299. overtraining, 300. involvement, 301. bra, 302. rely, 303. incontinence, 304. graduate, 305. bloom, 306. component, 307. combination, 308. lean



309. tra\_\_\_\_\_on phase *n.* the process or period of changing from one state or circumstance to another
310. in\_\_\_\_\_e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
311. bit of nut\_\_\_\_\_al yeast *adj.* of or relating to the substance required by the body to maintain health and growth
312. la\_\_\_\_\_on period *n.* the secretion of milk by the mammary glands of a female mammal, typically the following pregnancy
313. go to the workplace by cy\_\_\_e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
314. employee da\_\_\_\_\_se *n.* a large amount of data stored in a computer system in such a way that it can be searched and updated easily
315. a jo\_\_t venture *adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
316. say def\_\_\_\_\_ly *adv.* without any question and beyond doubt; clearly
317. recent su\_\_\_y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
318. bio\_\_\_\_\_ics program *n.* the application of statistical methods to biological and health-related data used for research and analysis in fields such as medicine, public health, and ecology

ANSWERS: 309. transition, 310. inspire, 311. nutritional, 312. lactation, 313. cycle, 314. database, 315. joint, 316. definitely, 317. survey, 318. biostatistics

319. private phi\_\_\_\_\_opy      *n.* the practice of voluntarily helping the poor, especially by giving money
320. sc\_\_\_\_\_h out a slogan      *v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
321. the school ori\_\_\_\_\_on      *n.* a person's basic attitudes, beliefs, and preferences about particular things; a course introducing a new situation or environment
322. sn\_\_k out of danger      *v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily
323. eve\_\_\_\_\_ly become obsolete      *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
324. ove\_\_\_\_\_ted job applicant      *adj.* having more education than is necessary for a particular job or position
325. g\_\_t determination      *n.* very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
326. co\_\_\_r honor      *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
327. soil fe\_\_\_\_\_ty      *n.* the state or quality of being able to produce babies, young animals, fruit, or new plants
328. asphalt sh\_\_\_\_\_e      *n.* a thin piece of wood, slate, or other material used as a roof covering or siding

ANSWERS: 319. philanthropy, 320. screech, 321. orientation, 322. sneak, 323. eventually, 324. overeducated, 325. grit, 326. confer, 327. fertility, 328. shingle

329. col\_\_\_\_\_te with the police      *v.* to work with someone else to produce or achieve something
330. j\_\_z club      *n.* a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression
331. a mild degree of mental def\_\_\_\_\_cy      *n.* the state of lack, or not having enough of, something that is essential
332. female ho\_\_\_\_\_e      *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
333. ex\_\_\_\_\_e in anger      *v.* to burst or break open violently and noisily; to cause something to burst or break open
334. s\_\_p across the country      *v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
335. an excellent brain su\_\_\_\_\_n      *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
336. ex\_\_\_e for inaction      *n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt

ANSWERS: 329. collaborate, 330. jazz, 331. deficiency, 332. hormone, 333. explode, 334. skip, 335. surgeon, 336. excuse

337. fe\_\_\_\_\_ty above replacement *n.* the state or quality of being able to produce babies, young animals, fruit, or new plants
338. pre-ado\_\_\_\_\_nt children *n.* a young person who is in the process of developing from a child into an adult
339. de\_\_\_e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
340. temporary me\_\_\_\_\_l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
341. epi\_\_\_\_\_ogy research *n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems
342. earn el\_\_\_e status *adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
343. in\_\_\_\_\_e a feeling of curiosity *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
344. me\_\_\_\_\_al chemistry *adj.* of or relating to the treatment or cure of disease
345. sp\_\_\_y car *adj.* having a stylish, athletic, or active appearance or character
346. r\_\_\_p crops *v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done

ANSWERS: 337. fertility, 338. adolescent, 339. decide, 340. medical, 341. epidemiology, 342. elite, 343. inspire, 344. medicinal, 345. sporty, 346. reap

ANSWERS:

## Session 3: Fill in the Blanks

1. The ad hoc \_\_\_\_\_ met to discuss the proposal.  
*n.* a group of people appointed or elected to perform a specific function or manage a particular task, often within a larger organization
2. He had undergone heart \_\_\_\_\_ years before.  
*n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
3. Despite facing numerous setbacks and obstacles, his \_\_\_\_\_ and determination led him to success.  
*n.* steadfastness in doing something despite difficulty or delay in achieving success
4. To sell the product, the companies have formed an \_\_\_\_\_.  
*n.* a partnership or association formed for mutual benefit, particularly between nations or organizations.
5. The company is set to \_\_\_\_\_ its new product line next month.  
*v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
6. The leaders of the two countries met to \_\_\_\_\_ on the issue.  
*v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
7. The doctor diagnosed me with a \_\_\_\_\_ disorder.  
*n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 1. committee, 2. surgery, 3. perseverance, 4. alliance, 5. launch, 6. confer, 7. hormone

8. John used \_\_\_\_\_ to fix the loose wire on the lamp.
- n.* a tool consisting of two metal arms joined at a pivot, used for gripping, bending, or cutting objects
9. The \_\_\_\_\_ of scientists worked together to conduct research and make important discoveries.
- n.* an association of people who share common interests or goals, typically involving research, study, or a specific profession
10. The sperm count is used as an indicator of male \_\_\_\_\_.
- n.* the state or quality of being able to produce babies, young animals, fruit, or new plants
11. Hydrogen and oxygen \_\_\_\_\_ to form water.
- v.* to join or merge to form a single thing or group
12. The main discussion topic is government \_\_\_\_\_.
- n.* the condition or quality of being easy to see through
13. The average length of a woman's \_\_\_\_\_ cycle is 21 to 35 days.
- adj.* of or relating to the time when a woman menstruates (= to discharge the blood from the uterus) each month
14. The \_\_\_\_\_ demonstrate that poverty and unemployment are genuine problems.
- n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
15. \_\_\_\_\_ is the science of how living things work.
- n.* the branch of the biological sciences dealing with the functioning of organisms

ANSWERS: 8. pliers, 9. fellowship, 10. fertility, 11. combine, 12. transparency, 13. menstrual, 14. statistics, 15. Physiology

16. Some people with eating disorders may engage in \_\_\_\_\_ to purge or compensate for food intake.
- n.* engaging in excessive or obsessive amounts of physical exercise, often to the point of physical or emotional harm
17. He is remembered for his \_\_\_\_\_ and civilization.
- n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
18. My accidental \_\_\_\_\_ got better right away.
- n.* harm done to a person's or an animal's body caused by an accident or an attack
19. Powder coating protects the \_\_\_\_\_ aluminum alloy components.
- adj.* composed of thinner and lighter material than average; not severe or impressive
20. One of the main \_\_\_\_\_ of the new product is its increased efficiency.
- n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
21. The \_\_\_\_\_ art festival is famous and draws artists and art lovers worldwide.
- adj.* occurring every two years
22. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
23. X-ray inspection revealed many \_\_\_\_\_.
- n.* the breaking or cracking of a rigid material or object such as bone

ANSWERS: 16. overexercising, 17. generosity, 18. injury, 19. lightweight, 20. advantages, 21. biennial, 22. medicinal, 23. fractures



24. The majority of students actively \_\_\_\_\_ in the college's intramural sports program.

*v.* to take part in something

25. The \_\_\_\_\_ of the local government in the project has been critical to its success.

*n.* the fact or condition of taking part in something, or the degree to which someone takes part in something

26. He could never go against what \_\_\_\_ Carlos said.

*n.* a Spanish gentleman; a university lecturer, especially a senior member of a college at Oxford or Cambridge

27. Jane made the \_\_\_\_\_ team and was thrilled to compete at the highest level.

*n.* a team representing a college or university in sports, typically composed of the best players

28. This food contains all the \_\_\_\_\_ your dog requires.

*n.* the substances or the process that organisms take into their bodies as food for their growth and health

29. The systems we have developed has accepted as industry \_\_\_\_\_.

*n.* something that is regarded as usual, typical, or standard

30. The \_\_\_\_\_ team worked quickly to save the patient's life.

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

31. This machine is too difficult to \_\_\_\_\_ for me.

*v.* to work in a particular way; to supervise something

ANSWERS: 24. participated, 25. involvement, 26. Don, 27. varsity, 28. nutrition, 29. norms, 30. medical, 31. operate

32. Many employers hire \_\_\_\_\_ trainees to train as managers.

*n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

33. The government should view children as national assets and actively \_\_\_\_\_ in them.

*v.* to put money, effort, time, etc. into something to make a profit or achieve a result

34. The new car has a \_\_\_\_\_ design and a powerful engine, making it fun to drive on winding roads.

*adj.* having a stylish, athletic, or active appearance or character

35. Very few educational \_\_\_\_\_ go to Oxford or Cambridge.

*adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society

36. The paper is \_\_\_\_\_ worth reading thoroughly.

*adv.* without any question and beyond doubt; clearly

37. The senator received \_\_\_\_\_ criticism from his opponent.

*adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

38. She went to the fully equipped \_\_\_\_\_ to work out every day.

*n.* a place equipped for exercise and other physical training

39. The doctor reviewed the patient's medical records to see if they had previously had their \_\_\_\_\_ removed.

*n.* a small, tube-shaped organ attached to the large intestine in humans and some animals, which is believed to play a role in the immune system and digestion; supplementary material that is collected and appended at the back of a book

ANSWERS: 32. graduate, 33. invest, 34. sporty, 35. elites, 36. definitely, 37. severe, 38. gym, 39. appendix

40. There will be an \_\_\_\_\_ lecture for new students this afternoon.  
*n.* a person's basic attitudes, beliefs, and preferences about particular things; a course introducing a new situation or environment
41. \_\_\_\_\_ operational improvements often lead to better environmental performance.  
*adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
42. After his mother died, he got \_\_\_\_\_.  
*adj.* sad and without any hope
43. The unique style of this martial arts \_\_\_\_\_ many action film producers.  
*v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
44. The researchers try to discover a common \_\_\_\_\_ in all types of successful organizations.  
*n.* one of several parts that combines with others to form something bigger
45. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
46. Take a right turn at the next \_\_\_\_\_.  
*n.* a point where two or more roads, lines, etc., cross each other
47. She holds a \_\_\_\_\_ on Tuesday mornings.  
*n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition

ANSWERS: 40. orientation, 41. Lean, 42. depressed, 43. inspired, 44. component, 45. opportune, 46. intersection, 47. clinic

48. He quickly fabricated an \_\_\_\_\_ for not attending the meeting.
- n.* a reason or explanation, either true or invented, given to justify a fault or defend your behavior; (verb) to make someone free from blame or clear from guilt
49. He created a beautiful piece of music using only \_\_\_\_\_.
- n.* the act of making something up on the spot or creating or performing something without preparation
50. The employee \_\_\_\_\_ the promotion for their hard work and dedication.
- v.* to be worthy of or entitled to something, especially something good or valuable
51. The \_\_\_\_\_ in the relationship was causing problems for both partners.
- n.* a problem or fault in a system, organism, or part of the body or machine
52. They \_\_\_\_\_ in a beautiful old house in the countryside.
- v.* to live in a particular place, typically for a prolonged period of time
53. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.
- n.* a single person or thing, as distinct from a group
54. Efficiency isn't an essential \_\_\_\_\_ here; fairness is.
- n.* a fundamental law or truth that explains or controls how something happens or works
55. The conference was organized by two \_\_\_\_\_ persons who worked together to ensure its success.
- n.* a person who shares the position of chair or presiding officer with another person, typically in a meeting or committee; (verb) to act as a cochair

ANSWERS: 48. excuse, 49. improvisation, 50. deserved, 51. dysfunction, 52. reside, 53. individual, 54. principle, 55. cochair

56. Smoking places you at severe risk of \_\_\_\_\_ and respiratory disease.

*adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

57. She is still \_\_\_\_\_ from a shot to her shoulder.

*v.* to return to a former condition, health, mind, or strength

58. The brakes on the car began to \_\_\_\_\_ as the driver suddenly stopped at the intersection.

*v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear

59. She made a collage from \_\_\_\_\_ of paper and fabric from the art supply store.

*n.* a small piece or amount of something, especially leftover from a larger whole

60. Her beauty resulted from a good night's sleep rather than \_\_\_\_\_.

*n.* colored substances used on someone's face to improve or change their appearance

61. The high school \_\_\_\_\_ rate has decreased significantly in recent years thanks to educational initiatives and support programs.

*n.* a person who leaves school, college, or a training program before completing it

62. Excellent speech is a characteristic of an \_\_\_\_\_ man.

*adj.* having received a high standard of education

63. Babies heavily \_\_\_\_\_ on others for food.

*v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

ANSWERS: 56. cardiovascular, 57. recovering, 58. screech, 59. scraps, 60. makeup, 61. dropout, 62. educated, 63. rely

64. Her research team made an important \_\_\_\_\_.
- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
65. Their financing options are reasonable and easy to \_\_\_\_\_.
- v.* to help or benefit; to use or take advantage of
66. Similar \_\_\_\_\_ had already been rejected by the parliament four times.
- n.* a law or a set of laws suggested and then passed by a parliament, or the act of making or enacting laws
67. He does a different \_\_\_\_\_ every day to keep things interesting.
- n.* a session of physical exercise or training
68. The \_\_\_\_\_ approach to solving the problem involved experts from multiple fields working together.
- adj.* involving or combining several academic disciplines or fields of study
69. His dream is to become an Olympic \_\_\_\_\_.
- n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
70. She was a \_\_\_\_\_ student of a prestigious university.
- adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees
71. He drinks an \_\_\_\_\_ amount of beer.
- adj.* beyond belief or understanding and extremely surprising

ANSWERS: 64. discovery, 65. avail, 66. legislation, 67. workout, 68. interdisciplinary, 69. athlete, 70. graduated, 71. unbelievable

72. There is a lot of \_\_\_\_\_ nature and food in Hawaii.

*adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.

73. The children tried to \_\_\_\_\_ out and eat the candy.

*v.* to go somewhere, or take someone or something somewhere secretly or stealthily; to steal or do something secretly or stealthily

74. Each country's officials can access the central \_\_\_\_\_.

*n.* a large amount of data stored in a computer system in such a way that it can be searched and updated easily

75. He has also won many marketing \_\_\_\_\_ awards.

*n.* the quality of being extremely good

76. Cultural norms strongly influence \_\_\_\_\_ expectations.

*n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

77. The cherry blossoms in the park were in full \_\_\_\_\_.

*n.* a flower, especially one having showy or colorful parts; the best time of youth

78. The car was completely \_\_\_\_\_ in the accident.

*v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

79. He \_\_\_\_\_ a significant profit from the listing of his company's stock.

*v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done

ANSWERS: 72. awesome, 73. sneak, 74. database, 75. excellence, 76. gender, 77. bloom, 78. crushed, 79. reaped

80. Their innovative concepts were consistent across their bodies of \_\_\_\_\_.

- n.* the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone

81. The physician is reading the \_\_\_\_\_ related to medicine

- n.* a newspaper or magazine specialized in a specific topic or profession

82. The corporation \_\_\_\_\_ dominated the entire tobacco business.

- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

83. The sperm whale can \_\_\_\_\_ to 1,000 meters.

- v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

84. The train came to a \_\_\_\_\_ at the station.

- v.* to bring or come to a stop; to force to stop moving or operating

85. The food chain causes a material \_\_\_\_\_.

- n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

86. After retiring, he continued to be an \_\_\_\_\_ to politicians.

- n.* a person who gives advice about a particular subject

87. \_\_\_\_\_ of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.

- n.* a person who supports or suggests an idea, development, or way of doing something

ANSWERS: 80. composition, 81. journals, 82. eventually, 83. dive, 84. halt, 85. cycle, 86. adviser, 87. Advocates



88. The \_\_\_\_\_ system regulates many bodily functions, including metabolism and growth.  
*adj.* relating to the glands in the body that secrete hormones directly into the bloodstream to regulate bodily functions and processes
89. They collected a \_\_\_\_\_ specimen for urinalysis.  
*n.* a liquid by-product of metabolism in humans and in many other animals that are released from the body when you urinate
90. The primary purpose of the \_\_\_\_\_ is pain relief.  
*n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
91. Departments may set requirements for a higher \_\_\_\_\_ point average.  
*n.* a particular level of quality, size, importance, etc.
92. It would be \_\_\_\_\_ to dress nicely for the wedding.  
*adj.* suitable or proper in the circumstances; fitting
93. When customers \_\_\_\_\_ their reservations, they lose the deposit they made.  
*v.* to decide that a previously scheduled activity will not take place
94. We \_\_\_\_\_ taking media training every six months.  
*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
95. The \_\_\_\_\_ department at the university is known for its cutting-edge research in epidemiology and clinical trials.  
*n.* the application of statistical methods to biological and health-related data used for research and analysis in fields such as medicine, public health, and ecology

ANSWERS: 88. endocrine, 89. urine, 90. treatment, 91. grade, 92. appropriate, 93. cancel, 94. recommend, 95. biostatistics

96. The three friends formed a tight-knit \_\_\_\_\_ always supporting and helping each other.

*n.* a group of three people or things; a group of three musical notes played in one chord

97. After the summit meeting, the prime ministers issued a \_\_\_\_\_ statement.

*adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton

98. They've decided to \_\_\_\_\_ a ruined castle.

*v.* to build or form something again that has been damaged or destroyed

99. Athletes who engage in \_\_\_\_\_ risk experiencing various physical and mental health problems, including injuries and depression.

*n.* engaging in excessive or obsessive amounts of physical training, often to the point of physical or emotional harm

100. They incorporated the conquered \_\_\_\_\_ into their nation.

*n.* an area under the control of a ruler or state

101. He listened to \_\_\_\_\_ music to relax after a long day at work.

*n.* a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression

102. He grilled the \_\_\_\_\_ meat of a chicken.

*n.* either of the two round soft parts of a woman's chest which secrete milk after childbirth

103. Tech billionaires often spend the majority of their time on \_\_\_\_\_.

*n.* the practice of voluntarily helping the poor, especially by giving money

ANSWERS: 96. triad, 97. joint, 98. reconstruct, 99. overtraining, 100. territory, 101. jazz, 102. breast, 103. philanthropy

104. The roofer installed new \_\_\_\_\_ on the roof to replace the old and worn-out ones.

*n.* a thin piece of wood, slate, or other material used as a roof covering or siding

105. He has the \_\_\_\_ to keep talking about this topic.

*n.* the ability to say or write things or ideas in a clever and humorous way

106. The old building \_\_\_\_\_ in a fiery inferno.

*v.* to burst or break open violently and noisily; to cause something to burst or break open

107. They unfurled the \_\_\_\_\_ in preparation for the ceremony.

*n.* a long strip of cloth or paper bearing a symbol, logo, slogan, or another message, especially carried in a demonstration or procession or hung in a public place; a form of the online advertisement appearing on a web page

108. Vitamin \_\_\_\_\_ can lead to various illnesses.

*n.* the state of lack, or not having enough of, something that is essential

109. She couldn't \_\_\_\_\_ whether to order the pizza or the pasta for dinner.

*v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

110. The doctor prescribed some medicine for the mental \_\_\_\_\_.

*n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

111. She excelled in \_\_\_\_\_ during high school and went on to compete at the collegiate level.

*n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking

ANSWERS: 104. shingles, 105. wit, 106. exploded, 107. banners, 108. deficiency, 109. decide, 110. disorder, 111. athletics

112. Despite his impressive academic achievements, some people thought he was \_\_\_\_\_ and lacked practical experience.

*adj.* having more education than is necessary for a particular job or position

113. There are \_\_\_\_\_ differences between the two wine-producing regions.

*adj.* easy to see, discover or understand

114. The accident caused a cracked \_\_\_\_.

*n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule

115. The battlefield became \_\_\_\_\_ on earth.

*n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

116. He was the leader of the demonstrators and spoke out against the war in the front \_\_\_\_\_.

*n.* an arrangement of objects or people side by side in a line

117. Skill and \_\_\_\_\_ are an unconquered army.

*n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

118. She had to \_\_\_\_\_ the oncoming traffic to cross the busy street safely.

*v.* to move quickly and suddenly to avoid something; to evade or sidestep

119. Could you help me \_\_\_\_\_ some furniture?

*n.* a slight transition in position, direction, or trend

ANSWERS: 112. overeducated, 113. obvious, 114. rib, 115. hell, 116. row, 117. confidence, 118. dodge, 119. shift

120. After missing a deadline, he worked late into the night to \_\_\_\_\_ for his mistake.
- v.* to take excessive or extreme measures to make up for a perceived deficiency or lack, often resulting in an overcorrection
121. That \_\_\_\_\_ shows that people are accepting the tax increase to some extent.
- n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
122. We may frequently \_\_\_\_\_ age with the frequency of disease.
- v.* to have a connection or relationship in which one thing affects or depends on another
123. She has a lot of \_\_\_\_\_ and determination to succeed.
- n.* very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
124. Due to inclement weather, the game has been \_\_\_\_\_ until next week.
- v.* to delay or reschedule something to a later time or date
125. Our company \_\_\_\_\_ numerous disabled athletes.
- v.* to provide funds for a particular event, program, individual, etc. as a way of advertising
126. She bought a new \_\_\_\_\_ that was comfortable and supportive for all-day wear.
- n.* a woman's undergarment designed to support the breasts
127. She is a \_\_\_\_\_ person and has always bounced back from setbacks.
- adj.* able to withstand or recover quickly from difficult conditions

ANSWERS: 120. overcompensate, 121. survey, 122. correlate, 123. grit, 124. postponed, 125. sponsors, 126. bra, 127. resilient

128. Every human is responsible for taking care of the Earth's \_\_\_\_\_.
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
129. The nation's healthcare system is in \_\_\_\_\_ at the moment.
- n.* the process or period of changing from one state or circumstance to another
130. We all should learn how to \_\_\_\_\_ stress.
- v.* to deal with a situation, problem, or strong emotion
131. The club \_\_\_\_\_ does not have absolute power.
- n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
132. This measurement aims to reduce traffic at \_\_\_\_\_ periods.
- n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
133. She vacated the position when she got \_\_\_\_\_.
- adj.* having a baby or young animal developing in the uterus
134. He was \_\_\_\_\_ from his job for stealing company property.
- v.* to remove or dismiss someone from a position or place; (noun) a large bag made of strong, rough material, such as burlap, that is used for storing or carrying things
135. Driving is difficult for me because of my poor \_\_\_\_\_.
- n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

ANSWERS: 128. environment, 129. transition, 130. handle, 131. president, 132. peak, 133. pregnant, 134. sacked, 135. vision

136. The athlete visited the \_\_\_\_\_ surgeon to have her injured knee examined and treated.

*adj.* relating to the branch of medicine concerned with the correction or prevention of deformities, disorders, or injuries of the skeletal system and associated muscles, joints, and ligaments

137. \_\_\_\_\_ your body can lead to fatigue, dizziness, and weakness, so it is important to consume adequate food and nutrients to support your energy needs.

*n.* consuming insufficient amounts of food or fuel to meet the body's energy needs, often leading to malnourishment or fatigue

138. He tried to \_\_\_\_ her with his charm and wit.

*v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

139. The prime minister canceled visits to other countries to resolve \_\_\_\_\_ disputes.

*adj.* of or relating to the inside of something

140. An increase in employment helps \_\_\_\_\_ economic growth.

*v.* to move, drive or push something forward or in a particular direction, often with a lot of force

141. The school's mission is to \_\_\_\_\_ young children and prepare them for the future.

*v.* to provide or receive instruction or training over a period of time at a school, university, etc.

142. He is a skilled \_\_\_\_\_ that has many years of training and experience.

*n.* a doctor who is trained to perform medical operations that involve cutting open a person's body

ANSWERS: 136. orthopedic, 137. Underfueling, 138. woo, 139. internal, 140. propel, 141. educate, 142. surgeon

143. He \_\_\_\_\_ his investigation into a medical clinic.

*v.* to become or make something broader, wider, more extensive

144. She had a master's degree in \_\_\_\_\_.

*n.* the scientific study of mind and behavior

145. Capitalism guarantees the right of ownership of personal \_\_\_\_\_.

*n.* a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs

146. The onset of \_\_\_\_\_ can bring about various physical and emotional changes in women.

*n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55

147. After giving birth, the mother's body produces milk through \_\_\_\_\_.

*n.* the secretion of milk by the mammary glands of a female mammal, typically the following pregnancy

148. \_\_\_\_\_ the text from Italian into English.

*v.* to convert or change words into another language

149. This remote \_\_\_\_\_ is rarely visited.

*n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

150. Billionaires tend to \_\_\_\_\_ private funds on a public undertaking.

*v.* to use or spend time, money, energy, etc.

ANSWERS: 143. widened, 144. psychology, 145. fortune, 146. menopause, 147. lactation, 148. Translate, 149. spot, 150. expend



151. The \_\_\_\_\_ value of the food should be clearly labeled on the packaging.

*adj.* of or relating to the substance required by the body to maintain health and growth

152. She agreed to \_\_\_\_\_ with him in creating new artwork.

*v.* to work with someone else to produce or achieve something

153. The elderly patient is experiencing \_\_\_\_\_ and requires assistance with toileting.

*n.* the involuntary leakage of urine or feces from the body

154. They \_\_\_\_\_ customers with a premium for loyal patronage.

*v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

155. Many women experience \_\_\_\_\_ depression after giving birth.

*adj.* occurring after childbirth or delivery; (noun) the time after delivery when the mother's body begins to recover from the effects of pregnancy and childbirth

156. Our interest began to \_\_\_\_ sharply.

*v.* to move or develop so slowly that you are behind other people, organizations, etc.

157. Harmonious \_\_\_\_\_ is essential to the success of this project.

*n.* the combined action of a group of people working together towards a common goal

158. \_\_\_\_\_ and weather have an impact on every part of our lifestyles.

*n.* the weather in a particular location averaged over some long period

ANSWERS: 151. nutritional, 152. collaborate, 153. incontinence, 154. encouraged, 155. postpartum, 156. lag, 157. teamwork, 158. Climate

159. Timely education about birth control might help reduce \_\_\_\_\_ pregnancies.  
*n.* a young person who is in the process of developing from a child into an adult
160. The \_\_\_\_\_ thunders echoed across the plain.  
*adj.* severe and violent in a way that is frightening
161. I decided to seek counseling on the advice of my \_\_\_\_\_.  
*n.* one of a group of a coworker, especially in a profession or a business
162. Most countries prohibit sexual activity between certain close \_\_\_\_\_.  
*adj.* considered and evaluated through comparison with something else
163. This region has many \_\_\_\_\_ offering higher education.  
*n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
164. We \_\_\_\_\_ the topic because it was too complicated.  
*v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
165. The investigation \_\_\_\_\_ several government agencies and is expected to take several months.  
*v.* to include or affect someone or something as a necessary part of something else
166. The \_\_\_\_\_ to the safe was a secret.  
*n.* a collection of things that have been combined; an assemblage of separate parts or qualities

ANSWERS: 159. adolescent, 160. fierce, 161. colleague, 162. relatives, 163. institutes, 164. skipped, 165. involves, 166. combination

167. What do you \_\_\_\_\_ the culprit's motive was?
- v.* to think that something is likely to be actual or possible
168. He slightly modified the \_\_\_\_\_ of training because it was just before a match.
- n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
169. This company has an entire recycling \_\_\_\_\_ including major reprocessing plants.
- n.* a building or place that provides a particular service or is used for a particular industry
170. It would be best if you burned off \_\_\_\_\_ through vigorous exercise.
- n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
171. The company has a strict \_\_\_\_\_ for handling sensitive information to ensure security.
- n.* a set of rules or procedures for transmitting data or conducting a process or activity, especially in computer networks or scientific experiments; the initial or original version of an agreement
172. The \_\_\_\_\_ of influenza has been well studied over the years, leading to the development of effective vaccines and treatment strategies.
- n.* the study of the distribution and determinants of health-related states or events, including diseases, in specified populations, and the application of this study to the control of health problems
173. In this culture, men are initiated when they reach \_\_\_\_\_.
- n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

ANSWERS: 167. suppose, 168. span, 169. facility, 170. calories, 171. protocol, 172. epidemiology, 173. puberty

ANSWERS: