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Vocabulary Builder Reference from...

Malachy McHugh: How stretching actually changes your muscles | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

hamstring

n. a group of three muscles located on the back of the thigh that are responsible for flexing the knee joint and extending the hip joint; (verb) to impair or disable someone or something by damaging their effectiveness, strength, or power, particularly in a way that restricts movement or agility

synonym: leg muscle, (verb) impede, (verb) hinder

(1) **hamstring** injury, (2) **hamstring** his effort

Physical therapy can be useful in rehabilitating a **hamstring** injury.

viscoelastic

adj. exhibiting properties of both viscosity (= resistance to flow) and elasticity (= ability to return to original shape after being stretched or compressed)

synonym: elastic, flexible, stretchy

(1) **viscoelastic** fluid dynamics, (2) **viscoelastic** material

Viscoelastic properties allow the material to be molded and shaped without losing its original form.

tendon

n. a strong, fibrous cord of tissue that connects muscle to bone

synonym: tissue, sinew, ligament

(1) **tendon** grafting, (2) **tendon** collagen

Tendon injuries are common among athletes.

collagen

n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

synonym: gelatin, protein, tissue

(1) **collagen** supplement, (2) **collagen** production

Our natural **collagen** production decreases as we age, leading to wrinkles, sagging skin, and joint pain.

elastin

n. a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries

synonym: connective tissue, protein, fiber

(1) **elastin** fibers, (2) **elastin** production

Certain medical conditions can cause **elastin** loss, weakening tissue and organ function.

elongate

v. to extend something in length; to lengthen, stretch out, or to make longer

synonym: stretch, lengthen, extend

(1) **elongate** muscles, (2) **elongate** a dress

The yoga instructor told us to **elongate** our spines during the practice.

skeletal

adj. of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated

synonym: bony, emaciated, gaunt

(1) **skeletal** system, (2) **skeletal** muscles

The older man was skinny and **skeletal** and not in good health.

sarcomere

n. the basic unit of contraction in skeletal and cardiac muscle, consisting of overlapping thick and thin filaments arranged in repeating units along the length of the muscle fiber

synonym: muscle fiber, contractile unit, myofibril

(1) **sarcomere** contraction, (2) **sarcomere** length

The shortening of the **sarcomere** initiates the contraction of a muscle fiber.

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.

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**.

elevate

v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

synonym: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

retract

v. to take back, withdraw, or revoke something that has been said or done; to disavow or repudiate a statement or assertion that one has previously made

synonym: withdraw, take back, revoke

(1) **retract** a promise, (2) **retract** a lawsuit

I need to **retract** my statement because I realized it was incorrect.

subtract

v. to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole

synonym: deduct, take away, remove

(1) **subtract** numbers, (2) **subtract** one from the total
I need to **subtract** the cost of my expenses from my income
to see how much money I have left.

regimen

n. a prescribed course of medical treatment, diet, or
exercise for the promotion or restoration of health
synonym: routine, program, schedule

(1) fitness **regimen**, (2) **regimen** of chemotherapy
My doctor prescribed a strict **regimen** of exercise and healthy
eating to help me lose weight.

Session 2: Spelling

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|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. el____te a dress | <i>v.</i> to extend something in length; to lengthen, stretch out, or to make longer |
| 2. co____en production | <i>n.</i> a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues |
| 3. sa____re contraction | <i>n.</i> the basic unit of contraction in skeletal and cardiac muscle, consisting of overlapping thick and thin filaments arranged in repeating units along the length of the muscle fiber |
| 4. el____n production | <i>n.</i> a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries |
| 5. imp____ion on stage | <i>n.</i> the act of making something up on the spot or creating or performing something without preparation |
| 6. co____en supplement | <i>n.</i> a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues |
| 7. ha____ng injury | <i>n.</i> a group of three muscles located on the back of the thigh that are responsible for flexing the knee joint and extending the hip joint; (verb) to impair or disable someone or something by damaging their effectiveness, strength, or power, particularly in a way that restricts movement or agility |

ANSWERS: 1. elongate, 2. collagen, 3. sarcomere, 4. elastin, 5. improvisation, 6.

collagen, 7. hamstring

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| 8. re_____t a promise | <i>v.</i> to take back, withdraw, or revoke something that has been said or done; to disavow or repudiate a statement or assertion that one has previously made |
| 9. re_____t a lawsuit | <i>v.</i> to take back, withdraw, or revoke something that has been said or done; to disavow or repudiate a statement or assertion that one has previously made |
| 10. re_____n of chemotherapy | <i>n.</i> a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health |
| 11. el_____e educational standards | <i>v.</i> to raise something from a lower to a higher position; to give a promotion to or assign to a higher position |
| 12. el_____te muscles | <i>v.</i> to extend something in length; to lengthen, stretch out, or to make longer |
| 13. el_____e a close relationship | <i>v.</i> to raise something from a lower to a higher position; to give a promotion to or assign to a higher position |
| 14. jazz imp_____ion | <i>n.</i> the act of making something up on the spot or creating or performing something without preparation |
| 15. vis_____tic fluid dynamics | <i>adj.</i> exhibiting properties of both viscosity (= resistance to flow) and elasticity (= ability to return to original shape after being stretched or compressed) |
| 16. sa_____re length | <i>n.</i> the basic unit of contraction in skeletal and cardiac muscle, consisting of overlapping thick and thin filaments arranged in repeating units along the length of the muscle fiber |

ANSWERS: 8. retract, 9. retract, 10. regimen, 11. elevate, 12. elongate, 13. elevate, 14. improvisation, 15. viscoelastic, 16. sarcomere

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| 17. sk____al system | <i>adj.</i> of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated |
| 18. su____ct one from the total | <i>v.</i> to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole |
| 19. pr____l growth | <i>v.</i> to move, drive or push something forward or in a particular direction, often with a lot of force |
| 20. ha_____ng his effort | <i>n.</i> a group of three muscles located on the back of the thigh that are responsible for flexing the knee joint and extending the hip joint; (verb) to impair or disable someone or something by damaging their effectiveness, strength, or power, particularly in a way that restricts movement or agility |
| 21. te____n grafting | <i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone |
| 22. vis_____tic material | <i>adj.</i> exhibiting properties of both viscosity (= resistance to flow) and elasticity (= ability to return to original shape after being stretched or compressed) |
| 23. sk____al muscles | <i>adj.</i> of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated |
| 24. su____ct numbers | <i>v.</i> to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole |
| 25. pr____l the ship | <i>v.</i> to move, drive or push something forward or in a particular direction, often with a lot of force |

ANSWERS: 17. skeletal, 18. subtract, 19. propel, 20. hamstring, 21. tendon, 22. viscoelastic, 23. skeletal, 24. subtract, 25. propel

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| 26. fitness re____n | <i>n.</i> a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health |
| 27. el____n fibers | <i>n.</i> a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries |
| 28. te____n collagen | <i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone |

ANSWERS: 26. regimen, 27. elastin, 28. tendon

Session 3: Fill in the Blanks

1. Certain medical conditions can cause _____ loss, weakening tissue and organ function.
 - n.* a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries
2. 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
3. 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
4. I need to _____ my statement because I realized it was incorrect.
 - v.* to take back, withdraw, or revoke something that has been said or done; to disavow or repudiate a statement or assertion that one has previously made
5. Eating food in a hurry _____ blood glucose levels.
 - v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
6. I need to _____ the cost of my expenses from my income to see how much money I have left.
 - v.* to take away or deduct a quantity or amount from a total; to remove or eliminate something from a larger whole
7. The shortening of the _____ initiates the contraction of a muscle fiber.
 - n.* the basic unit of contraction in skeletal and cardiac muscle, consisting of overlapping thick and thin filaments arranged in repeating units along the length of the muscle fiber

ANSWERS: 1. elastin, 2. improvisation, 3. propel, 4. retract, 5. elevates, 6. subtract, 7. sarcomere

8. Our natural _____ production decreases as we age, leading to wrinkles, sagging skin, and joint pain.
- n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
9. _____ injuries are common among athletes.
- n.* a strong, fibrous cord of tissue that connects muscle to bone
10. My doctor prescribed a strict _____ of exercise and healthy eating to help me lose weight.
- n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
11. _____ properties allow the material to be molded and shaped without losing its original form.
- adj.* exhibiting properties of both viscosity (= resistance to flow) and elasticity (= ability to return to original shape after being stretched or compressed)
12. The yoga instructor told us to _____ our spines during the practice.
- v.* to extend something in length; to lengthen, stretch out, or to make longer
13. The older man was skinny and _____ and not in good health.
- adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
14. Physical therapy can be useful in rehabilitating a _____ injury.
- n.* a group of three muscles located on the back of the thigh that are responsible for flexing the knee joint and extending the hip joint; (verb) to impair or disable someone or something by damaging their effectiveness, strength, or power, particularly in a way that restricts movement or agility

ANSWERS: 8. collagen, 9. Tendon, 10. regimen, 11. Viscoelastic, 12. elongate, 13. skeletal, 14. hamstring

ANSWERS: