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Vocabulary Builder Reference from...

Leah Lagos and Jaspal Ricky Singh: How playing sports benefits your body... and your brain | TED Talk
https://www.ted.com/talks/leah_lagos_and_jaspal_ricky_singh_how_playing_sports_benefits_your_body_and_your_brain

Advanced Words Only

IMPORTANT

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Session 1: Word List

underdog

n. a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context

synonym: loser, victim

(1) cheer for the **underdog**, (2) classic **underdog** story

The **underdog** team pulled off a stunning upset against the heavily favored opponent.

montage

n. a sequence of images, sounds, or clips that are combined to convey a particular message or emotion

synonym: collage, mosaic, compilation

(1) **montage** sequence, (2) photographic **montage**

The film used a **montage** of images to show the progress of the character's journey over time.

glorify

v. to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

synonym: exalt, celebrate, honor

(1) **glorify** god, (2) **glorify** violence

Religious leaders often **glorify** their messengers to

encourage people to follow their teachings.

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

pastime

n. an activity that is enjoyable and done for leisure or entertainment purposes, such as a hobby or game

synonym: hobby, diversion, leisure activity

(1) a familiar **pastime**, (2) national **pastime**

I enjoy gardening as a **pastime** during my free time.

endorphin

n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

synonym: pain reliever, mood elevator

(1) beta- **endorphin**, (2) **endorphin** rush

The release of **endorphins** during exercise can provide a natural high and help to relieve stress.

euphoria

n. a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure

synonym: elevation, bliss, elation

(1) experience **euphoria**, (2) **euphoria-inducing** drug

Winning the lottery brought a feeling of **euphoria** to the lucky winner.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym: attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus

on fostering an entrepreneurial **mindset** in each individual.

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.

hurdle

n. a barrier or obstacle that must be overcome

synonym: obstacle, barrier, challenge

(1) overcome **hurdles**, (2) **hurdle** race

The company faced several **hurdles** in the development of its new product.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

Session 2: Spelling

1. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
2. en_____in rush *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
3. flexible mi_____t *n.* the established set of attitudes or fixed ideas held by someone
4. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
5. beta-en_____in *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
6. national pa_____e *n.* an activity that is enjoyable and done for leisure or entertainment purposes, such as a hobby or game
7. nu_____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
8. classic un_____og story *n.* a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context
9. nu_____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing

ANSWERS: 1. mindset, 2. endorphin, 3. mindset, 4. resilient, 5. endorphin, 6. pastime, 7. nurture, 8. underdog, 9. nurture

10. hu___e race *n.* a barrier or obstacle that must be overcome
11. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
12. gl_____y violence *v.* to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position
13. experience eu_____ia *n.* a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure
14. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
15. eu_____ia-inducing drug *n.* a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure
16. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
17. a familiar pa_____e *n.* an activity that is enjoyable and done for leisure or entertainment purposes, such as a hobby or game
18. photographic mo_____e *n.* a sequence of images, sounds, or clips that are combined to convey a particular message or emotion
19. mo_____e sequence *n.* a sequence of images, sounds, or clips that are combined to convey a particular message or emotion
20. cheer for the un_____og *n.* a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context

ANSWERS: 10. hurdle, 11. resilient, 12. glorify, 13. euphoria, 14. obsess, 15. euphoria, 16. obsess, 17. pastime, 18. montage, 19. montage, 20. underdog

21. overcome hu___es

n. a barrier or obstacle that must be overcome

22. gl_____y god

v. to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

ANSWERS: 21. hurdle, 22. glorify

Session 3: Fill in the Blanks

1. The _____ team pulled off a stunning upset against the heavily favored opponent.
n. a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context
2. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
3. The company faced several _____ in the development of its new product.
n. a barrier or obstacle that must be overcome
4. The release of _____ during exercise can provide a natural high and help to relieve stress.
n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
5. Religious leaders often _____ their messengers to encourage people to follow their teachings.
v. to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position
6. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
7. Winning the lottery brought a feeling of _____ to the lucky winner.
n. a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure

ANSWERS: 1. underdog, 2. resilient, 3. hurdles, 4. endorphins, 5. glorify, 6. obsessed, 7. euphoria

8. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.
- n.* the established set of attitudes or fixed ideas held by someone
9. The film used a _____ of images to show the progress of the character's journey over time.
- n.* a sequence of images, sounds, or clips that are combined to convey a particular message or emotion
10. I enjoy gardening as a _____ during my free time.
- n.* an activity that is enjoyable and done for leisure or entertainment purposes, such as a hobby or game
11. Schools should _____ children's mutual interest spirit.
- v.* to take care of, feed, and protect someone or something while they are growing and developing

ANSWERS: 8. mindset, 9. montage, 10. pastime, 11. nurture