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**詞彙** : *exercise* 體育鍛鍊

Boxing has been **practised** for centuries – it was even one of the sports in the original Olympic Games in ancient Greece. More recently, boxing has become **mainstream** in the UK, with hundreds of thousands of people **from all walks of life** participating in the sport every week. But why? The answer lies in the **physical, mental** and even social benefits boxing can bring.

Its physical benefits are clear. Whether it's practising with a **punching bag, sparring with a partner** or **facing an opponent in the ring**, boxing can be an intense form of exercise and give a **full-body workout**. It can improve **muscular strength**, and it can also increase **anaerobic fitness** – allowing someone to work out harder, for longer. These can, in turn, have a positive impact on other aspects of physical **well-being**, like heart health and weight management.

But the **high physical demands** of the sport aren't just good for the body – boxing can also **have a positive impact on** someone's mental well-being. Dr Jessica Pinchbeck, Senior Lecturer in Sport and Fitness at the Open University, says that boxing 'can **alleviate** some of the **symptoms** of anxiety and depression'. Exercising regularly is already widely known to be good for mental health, but boxing can also bring a sense of **discipline** and **focus**.

And there is a third benefit to putting on the boxing gloves. Practising punches can be done alone, of course, but boxing is not just an individual activity – it also involves working with others to train and stay safe. Dr Gavin Williams, Senior Lecturer in Education at the Open University, says that this cooperation and teamwork can 'create a **sense of identity... and belonging**'. So, no matter what the reason that attracts someone to boxing, the interactive elements of the sport, mean it can also have profound social benefits.

Good for body, mind and social interactions? It's not surprising that more and more people are stepping into the ring.

**詞彙表**

practise	練習
mainstream	主流的
from all walks of life	來自各行各業
physical	身體的
mental	思想上的, 精神的
punching bag	練習拳擊用的吊袋
spar with	與...練拳擊
face an opponent	面對一名對手
in the ring	在拳擊台內
full-body workout	全身鍛鍊
muscular strength	肌肉力量
anaerobic fitness	無氧適能
well-being	健康
high physical demands of	...對身體素質的高要求
have a positive impact on	有積極的影響
alleviate	減輕, 緩和
symptom	症狀
discipline	紀律, 約束
focus	專注力
sense of identity	認同感
sense of belonging	歸屬感

## 測驗與練習

### 1. 閱讀課文並回答問題。

1. What kind of people do boxing in the UK?
2. True or False? *Boxing is a workout only for the arms.*
3. What impact can boxing have on the symptoms of anxiety and depression?
4. Why is boxing not just an individual sport?
5. What social benefits can cooperation and teamwork in boxing have?

### 2. 選擇意思恰當的單字或片語來完成下列句子。

1. They're a really interesting band! Their music is quite unusual, they're not \_\_\_\_\_ at all.

from all walks of life	profound	mainstream	in the ring
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2. My younger brother and I have always \_\_\_\_\_ each other, but we're close.

had a positive impact on	alleviated	faced an opponent	sparred with
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3. Jumping rope can increase \_\_\_\_\_. It is a short but intense form of exercise.

full-body workout	benefit	anaerobic fitness	symptom
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4. A continuous cough and a high temperature are two \_\_\_\_\_ of Covid-19.

symptoms	benefits	disciplines	focuses
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5. My first teacher in primary school had a very \_\_\_\_\_ effect on me.

profound	mainstream	full-body	physical
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## 答案

### 1. 閱讀課文並回答問題。

1. What kind of people do boxing in the UK?

**There is not one particular group of people that does boxing. People from all walks of life participate.**

2. True or False? *Boxing is a workout only for the arms.*

**False. Boxing is a full-body workout.**

3. What impact can boxing have on the symptoms of anxiety and depression?

**Boxing can alleviate them, make them less severe.**

4. Why is boxing not just an individual sport?

**Boxing also involves cooperation with others and teamwork.**

5. What social benefits can cooperation and teamwork in boxing have?

**Cooperation and teamwork can create a sense of identity and belonging.**

2. 選擇意思恰當的單字或片語來完成下列句子。

1. They're a really interesting band! Their music is quite unusual, they're not **mainstream** at all.

2. My younger brother and I have always **sparred with** each other, but we're close.

3. Jumping rope can increase **anaerobic fitness**. It is a short but intense form of exercise.

4. A continuous cough and a high temperature are two **symptoms** of Covid-19.

5. My first teacher in primary school had a very **profound** effect on me.