

# 《大学英语泛听教程1》

## 图书基本信息

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## 前言

《大学英语泛听教程》自2000年问世以来，受到广大师生和英语学习者的青睐，先后被全国百余所高校选用。该教材编写的最初意图是为校园英语电台提供广播资源，内容上注重趣味性和实用性。由于教材内容和形式的鲜明特点，许多高校还将其用作非英语专业本科生及研究生的听力主干教材。

随着经济全球化进程的加快，社会各方面对大学生的英语应用能力提出了更高的要求。信息与通讯技术（ICT）的迅猛发展，为现代语言学习者学习机会的最大化奠定了坚实的基础。教育部高等教育司2007年7月颁布的《大学英语课程教学要求》规定：“大学英语的教学目标是培养学生的英语综合应用能力，特别是听说能力，使他们在今后工作和社会交往中能用英语有效地进行口头和书面的信息交流，同时增强其自主学习能力，提高综合文化素养，以适应我国社会发展和国际交流的需要。”

教材作为教学改革的重要方面和教学思想的重要载体，理应有其新的功能。基于大学英语学习者对教材的新需求和《大学英语课程教学要求》赋予教材的新使命，我们启动了《大学英语泛听教程（全新版）》的编写项目。该教材于2006年被列入普通高等教育“十一五”国家级规划教材，由河北科技大学、四川大学、华中科技大学等高校的多位英语教学专家和资深教师经过广泛地调研论证及精心地设计，共同编写完成。

1.编写理念 《大学英语泛听教程（全新版）》着眼于大学英语教学改革的新趋势，结合《大学英语课程教学要求》的最新内涵，体现与“基于计算机和课堂的英语教学模式”的对接，营造语言学习环境，让学生在休闲中学习，在沉浸中成长，力求体现现代英语教学的有关理论和方法，突出个性化“教”与“学”，通过大量的真实实用的语言输入，给学习者提供良好的听力练习与模仿机会，为学习者用英语表达自己的思想打好坚实的基础，并使学生在提高听说能力的同时得到精神上的享受，使学习者在愉快中求发展，在发展中求愉快。

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## 内容概要

《大学英语泛听教程(全新版)》全套教材共四册。《大学英语泛听教程(1全新版)》为第一册，包括20个单元，每单元由三部分组成：第一部分Live Input为主体部分，全部选用原版有声资料，如电影片段、新闻、演讲词、访谈等，旨在为学习者提供题材广泛、流畅自然的“活英语”；第二部分Leisure Time为休闲时刻，主要包括歌曲、诗歌和幽默，供听者欣赏放松；第三部分Dills为练习部分，包括短对话、长对话、短文。题型有选择题、判断题、填空听写及复合式听写等。对听力技能进行综合训练，培养学生的快速反应、准确辨别、分析推理、归纳总结、信息处理及记忆和记录等能力。

《大学英语泛听教程(1全新版)》每单元可用于约2学时的课堂教学，使用时可根据情况灵活掌握。书后附有录音原文及参考答案，并配有mp3光盘，以方便学生课外自学。

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## 书籍目录

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## 章节摘录

A listener has written from China for advice about how to lose weight. Michael in Shanghai says he is twenty-six years old and has battled obesity for most of his life. Doctors say obesity, also known as severe overweight, is a complex condition. A doctor may advise medical interventions in addition to changes in behavior. But experts say the most successful weight-loss plans include a well-balanced diet and exercise. People who want to avoid weight gain have to balance the number of calories they eat with the number of calories they use. To lose weight, you can reduce the number of calories you take in, or increase the number you use, or both.

Experts at the National Institutes of Health say to lose weight, a person should do an hour of moderate to intensive physical activity most days of the week. This could include fast walking, sports or strength training. You should also follow a nutritious eating plan and take in fewer calories than your body uses each day. A recent study looked at four of the most popular dieting plans in the United States. Researchers at Stanford University in California studied more than three hundred overweight women, mostly in their thirties and forties. Each woman went on one of the four plans: Atkins, The Zone, Ornish or LEARN. The women attended diet classes and received written information about the food plans. At the end of a year, the women on the Atkins diet had lost the most, more than four and one-half kilograms on average. They also did better on tests including cholesterol levels and blood pressure. Christopher Gardner led the study, reported in the Journal of the American Medical Association. He says the Atkins diet may be more successful because of its simple message to lower the intake of sugars. Also, he says the advice to increase protein in the diet leads to more satisfying meals. He says there was not enough money to also study men, but that men would probably have similar results. But last week, another report suggested that only a small minority of people have long-term success with dieting. The report in the journal American Psychologist was based on thirty-one studies.

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## 精彩短评

- 1、这是我第二次买这本书，同学都觉得不错才下定决心买的！标准的发音、还有各式题型，真的不错！
- 2、Hal
- 3、送来的时候书里面的光盘已经断了，物流有点慢！！！！

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