

Title:	Study reveals youth football linked to brain damage
Source:	ABC's The World Today
Minutes:	3:12
Audio & Script:	http://www.abc.net.au/worldtoday/content/2015/s4171049.htm
Summary:	New research says young people who sustain repeated knocks to the head while playing contact sports could suffer serious long term effects later in life.
Related Stories:	<ul style="list-style-type: none"> • www.usnews.com/news/articles/2015/01/28/youth-football-linked-to-long-term-brain-damage-in-nfl-players • www.theguardian.com/sport/2015/mar/22/youth-football-49ers-chris-borland-retires

KEY WORDS

Below is a list of words which appear in the report - which ones don't you know or you are unsure what they mean?

- | | | |
|---|---|---|
| <input type="checkbox"/> sustain knocks (v) | <input type="checkbox"/> potentially (adv) | <input type="checkbox"/> critical time (adj) |
| <input type="checkbox"/> particularly vulnerable (adj) | <input type="checkbox"/> prior to (adj) | <input type="checkbox"/> milestone (n) |
| <input type="checkbox"/> contrast with (v) | <input type="checkbox"/> reasoning (n) | <input type="checkbox"/> structural change (adj) |
| <input type="checkbox"/> safety protocol (n) | <input type="checkbox"/> memory impairment (n) | <input type="checkbox"/> incidence (n) |
| <input type="checkbox"/> exposure (n) | <input type="checkbox"/> associated with (n) | <input type="checkbox"/> cognitive decline (adj) |

DEFINITION MATCH

Can you match the words with their correct definition? Use a dictionary to help you if you aren't sure.

ability of the mind to think and understand things in a logical way	
an important point in the progress or development of something	
being affected by something or experiencing something	
damage, weakening, loss	
differ, compare	
experience, endure	
occurrence, frequency, the rate at which something happens	
possibly, capable of becoming reality	
previous, past, former	
related, linked, connected	
relating to mental activities	
relating to the way something is built or organized, physical	
susceptible, easily hurt or harmed	
system of rules, procedures or conduct	
very important, crucial	

sustain (v)
vulnerable (adj)
contrast (v)
protocol (n)
exposure (n)
potentially (adv)
prior (adj)
reasoning (n)
impairment (n)
associated (n)
critical (adj)
milestone (n)
structural (adj)
incidence (n)
cognitive (adj)

FOCUS QUESTIONS

- In which contact sports are knocks to the head most common?
- The report tested three measures of performance - estimated verbal IQ, executive function and memory impairment. What are they?
- It was previously thought that greater plasticity in a child's developing brain would better support recovery following a head injury or concussion – what does this mean?
- Why do you think sport related brain injuries is becoming more of an issue these days?
- What can be done about this problem?
- Neurologist Dr Paul Darveniza, from Sydney's St Vincent's' Hospital, says it's a very controversial topic because "there's a lot of money riding on this". What does he mean?
- If repeated knocks to the head could have serious long term effects on the brain later in life, should parents stop their children from playing certain sports?

PRE-LISTENING

Try to complete the following exercise before you listen to the report

- Try to write a question for the information below:

Before the age of 12 in particular – Before which age ...
- The report studied 42 retired players between the ages of 40 and 69 in which country or sport?
.....
- Dr Julie Stamm, one of the researchers who conducted the study, says more research needs to be done to include other sports and also

LISTENING

Listen to the report and check your answers

COMPREHENSION QUESTIONS

After listening to the report, try to answers the following questions

1. The report found that people who started playing football before the age of 12 performed significantly worse on ... **a. one of three tests.** **b. all three tests.**

2. Popular Australian sports like rugby league, union and the AFL were also discussed in the report.
True / False

3. Dr Julie Stamm, one of the researchers who conducted the study, says more research needs to be done to include women – why?
 - A. Female brains are wired differently**
 - B. The stages of their brain development occur at different times to men**
 - C. They don't normally suffer from concussions**

4. Neurologist Dr Paul Darveniza, from Sydney's St Vincent's' Hospital, believes long-term cognitive damage through contact sports is ... **a. not a big concern.** **b. a genuine concern.**

5. Dr Paul Darveniza says it's a very controversial topic, especially in

6. What do the authors of the study believe?
 - A. Playing sport is not so important for children**
 - B. Parents shouldn't allow their children to play any sport if there is a risk of a head injury.**
 - C. Those in charge of sports need to look at how they can be made safer**

CLOZE

Use the words to complete the sentences – you may have to change the form of the word

- | | | |
|-------------------------------------|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> sustain | <input type="checkbox"/> potentially | <input type="checkbox"/> critical |
| <input type="checkbox"/> vulnerable | <input type="checkbox"/> prior to | <input type="checkbox"/> milestone |
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| <input type="checkbox"/> protocol | <input type="checkbox"/> impairment | <input type="checkbox"/> incidence |
| <input type="checkbox"/> exposure | <input type="checkbox"/> associated | <input type="checkbox"/> cognitive |

- During his 15 years of playing professionally, the footballer had numerous minor injuries and some major ones too, including breaking his leg 3 times.
- Studies have shown that a rapid increase training intensity and training at consistently high levels can make athletes moreto injury, especially muscle strains and stress fractures.
- The football team finished the season with only one loss. This was in starkto the year before when it only managed to win 2 games.
- In the football competition, coaches have to follow specificin the case of a footballer sustaining a head injury. If they are diagnosed with a concussion, they are unable to return to the field for the rest of the match and they not allowed to play another game for at least 2 weeks.
- Although our bodies need some amount of sunlight to maintain healthy vitamin D levels, prolongedto UV rays can increase the risk of skin cancer.
- The football association announced it would introduce new safety protocols which included banningdangerous head high tackles.
-to becoming a highly paid professional footballer, Dennis had been an elite basketballer.
- A new study of high school students found that many lack basicand problem solving skills in mathematics. It also showed that students at schools in poorer neighbourhoods performed worse but there was virtually no difference between the performance of male and female students.
- Paralympic sports provide athletes with physical, vision or intellectualwith equal opportunities to compete and be successful in sport.
- Although there is always the risk of injury in most sports, especially contact ones, the important health benefits..... with physical activity and exercise shouldn't be overlooked.
- Along with talent, there are several factorsto the success of any professional sportsperson, including mental strength.
- Despite not winning the World Cup with Argentina, FC Barcelona star Lionel Messi reached a newin his career when he scored his 400th professional goal.
- Awkward movements, falls and collisions, sudden twists, excessive force or overuse can result in a range of injuries to the knee joint and thesupporting it.
- As we age ourfunctions, like short-term memory, tend to slow. At the same time though some functions can improve with age, such as vocabulary and other word-related language skills.
- Research shows that theof physical injuries requiring hospitalization in contact sports like as rugby league were highest among 25 to 34 year olds

ANSWERS

<ul style="list-style-type: none"> • Before which age ... do repeated knocks to the head have the potential to cause serious long term effects on the brain? • The US / NFL • women 	<ol style="list-style-type: none"> 1. on all of the measures 2. F 3. Stages of their brain development occur at different times 4. genuine concern 5. the US 6. Those in charge of sports need to look at how they can be made safer
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ability of the mind to think and understand things in a logical way	reasoning (n)
an important point in the progress or development of something	milestone (n)
being affected by something or experiencing something	exposure (n)
damage, weakening, loss	impairment (n)
differ, compare	contrast with (v)
experience, endure	sustain (v)
occurrence, frequency, the rate at which something happens	incidence (n)
possibly, capable of becoming reality	potentially (adv)
previous, past, former	prior (adj)
related, linked, connected	associated (n)
relating to mental activities	cognitive (adj)
relating to the way something is built or organized, physical	structural (adj)
susceptible, easily hurt or harmed	vulnerable (adj)
system of rules, procedures or conduct	protocol (n)
very important, crucial	critical (adj)

1. During his 15 years of playing professionally, the footballer had **sustained** numerous minor injuries and some major ones too, including breaking his leg 3 times.
2. Studies have shown that a rapid increase training intensity and training at consistently high levels can make athletes more **vulnerable** to injury, especially muscle strains and stress fractures.
3. The football team finished the season with only one loss. This was in stark **contrast** to the year before when it only managed to win 2 games.
4. In the football competition, coaches have to follow specific **protocols** in the case of a footballer sustaining a head injury. If they are diagnosed with a concussion, they are unable to return to the field for the rest of the match and they not allowed to play another game for at least 2 weeks.
5. Although our bodies need some amount of sunlight to maintain healthy vitamin D levels, prolonged **exposure** to UV rays can increase the risk of skin cancer.
6. The football association announced it would introduce new safety protocols which included banning **potentially** dangerous head high tackles.
7. **Prior** to becoming a highly paid professional footballer, Dennis had been an elite basketballer.
8. A new study of high school students found that many lack basic **reasoning** and problem solving skills in mathematics. It also showed that students at schools in poorer neighbourhoods performed worse but there was virtually no difference between the performance of male and female students.
9. Paralympic sports provide athletes with physical, vision or intellectual **impairments** with equal opportunities to compete and be successful in sport.
10. Although there is always the risk of injury in most sports, especially contact ones, the important health benefits **associated** with physical **activity** and exercise shouldn't be overlooked.
11. Along with talent, there are several factors **critical** to the success of any professional sportsperson, including mental strength.
12. Despite not winning the World Cup with Argentina, FC Barcelona star Lionel Messi reached a new **milestone** in his career when he scored his 400th professional goal.
13. Awkward movements, falls and collisions, sudden twists, excessive force or overuse can result in a range of injuries to the knee joint and the **structures** supporting it.
14. As we age our **cognitive** functions, like short-term memory, tend to slow. At the same time though some functions can improve with age, such as vocabulary and other word-related language skills.
15. Research shows that the **incidence** of physical injuries requiring hospitalization in contact sports like as rugby league were highest among 25 to 34 year olds