**专题02**

**运动员奥运之后的心理战**

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**【精编·外刊阅读】**

**For Olympic Athletes, First Come the Games—Then Come the Post-Olympics Blues**

**（文章来源：Scientific American）**

Olympic athletes **pour** everything into training for the Games, routinely pushing their physical and **mental** limits to the limit—and beyond—for a shot at a gold **medal.** But getting into shape for what comes after the closing ceremony can be equally **crucial,** especially if the end of the Games also meansthe end of **professional** competition. Team USA rower Kate Knifton, a first-time Olympian at the 2024 Summer Games in Paris, understands the mental **stress** that a sudden **exit** from the highest levels of competitive life can bring. In 2022 she experienced a near career-ending back **injury.**

Studies have found that top athletes—professional, college and Olympic—often face **a range of** short- and long-term mental health issues, including exhaustion, eating issues, **anxiety** and depression. A study by researchers at the University of Toronto found that 41.4 **percent** of Canadian national team athletes who were training for the 2020 Olympics had depression, anxiety, an eating disorder or more than one of these conditions when surveyed in 2019; in another survey of Olympic and Paralympic athletes in 2018 and 2019, 24 percent reported psychological stress after the Games. And mental health problems are even more common among athletes who are planning to **retire** from the sport, usually as a **response** to a perceived **loss** of goals and **identity.**

Emotions are also intensified by the nature of the **event** itself. The Olympics is a **massive** cultural show—a whirlwind of **global** public attention, **financial investment** and extensive **media coverage.** New international celebrities are created, and some contenders fall from grace during **various** accusations or controversies. Athletes bear the **pressure** of representing their country, and winning medals, in front of a worldwide audience. But then “all of that buzz and intensity around being an Olympian falls off very quickly,” Cogan, a sports psychologist says. Painful decisions can follow: Do I want to keep competing? Should I **pursue** a completely different direction or **occupation**? Such questions can be even more anxiety-causing if athletes have injuries and need **surgery** or recovery, Cogan says.

**【原创·阅读理解】**

1. Why does the author use Kate Knifton's experience as an example?

A. To highlight the difficulty of physical training.

B. To share the joy of winning Olympic medals.

C. To show the mental stress after the Olympics.

D. To describe the process of recovery from injury.

2. What mental health issues are common among top athletes?

A. Depression, anxiety, and eating disorders.

B. Fatigue, sleep problems, and headaches.

C. Physical injuries, muscle pain, and cramps.

D. Financial stress, sponsorship loss, and pressure.

3. How does the nature of the Olympics affect athletes emotionally?

A. It offers chances for new friendships.

B. It causes intense pressure and emotional highs and lows.

C. It helps improve physical fitness.

C. It brings global recognition, fame, and financial rewards.

4. What questions do athletes face after the Games?

A. Whether to continue competing or change careers.

B. When to start training again.

C. Whether to remain in competition or retire entirely.

D. How to find a new coach.

**【答案】**CABA

这是一篇说明文，讨论了奥运会结束后，运动员面临的心理压力和精神健康问题。文章通过举例和研究数据，说明了这些问题的普遍性和严重性，并探讨了奥运会的性质如何影响运动员的情绪。

1. **细节理解题** 根据第一段中“Team USA rower Kate Knifton, a first-time Olympian at the 2024 Summer Games in Paris, understands the mental stress that a sudden exit from the highest levels of competitive life can bring”可知，作者通过Kate Knifton的例子来展示奥运会后运动员面临的心理压力。故选C项。
2. **细节理解题** 根据第二段中“top athletes—professional, college and Olympic—often face a range of short- and long-term mental health issues, including exhaustion, eating issues, anxiety and depression”可知，顶级运动员常见的心理健康问题包括抑郁、焦虑和饮食失调。故选A项。
3. **细节理解题** 根据第三段中“Emotions are also intensified by the nature of the event itself... Athletes bear the pressure of representing their country, and winning medals, in front of a worldwide audience”可知，奥运会的性质使运动员面临强烈的压力和情绪波动。故选B项。
4. **细节理解题** 根据第三段中“Painful decisions can follow: Do I want to keep competing? Should I pursue a completely different direction or occupation?”可知，运动员在奥运会后面临的问题是是否继续比赛或换个职业方向。故选A项。

**【原创·语法填空】**

Olympic athletes dedicate themselves entirely to training, pushing their physical and mental limits for a chance at a gold medal. However, \_\_\_\_1\_\_\_\_ (prepare) for life after the Games is equally crucial, especially if it marks the end of their professional careers. Team USA rower Kate Knifton, \_\_\_\_2\_\_\_\_ first-time Olympian at the 2024 Paris Summer Games, \_\_\_\_\_3\_\_\_\_ (understand) the mental stress of suddenly leaving competitive sports. In 2022, she faced a near career-ending back injury.

Studies show that elite athletes—professional, collegiate, and Olympic—often face various mental health \_\_\_\_4\_\_\_\_ (issue), including exhaustion, eating disorders, anxiety, and depression. A University of Toronto study found that 41.4 percent of Canadian national team athletes training for the 2020 Olympics experienced depression, anxiety, or eating disorders. \_\_\_\_5\_\_\_\_ (additional), 24 percent of Olympic and Paralympic athletes \_\_\_\_6\_\_\_\_ (survey) in 2018 and 2019 reported psychological stress after the Games. Mental health problems are even \_\_\_\_7\_\_\_\_ (common) among athletes planning to retire, often due to a perceived loss of goals and identity.

The Olympics is a grand cultural event, drawing global public attention, significant financial investment, and extensive media coverage. New international stars emerge, while some athletes face public controversies. Competing under the intense pressure of representing their country \_\_\_\_8\_\_\_\_ winning medals before a worldwide audience can be overwhelming. “All the excitement and intensity around \_\_\_\_9\_\_\_\_ (be) an Olympian fades away quickly,” says sports psychologist Cogan. Difficult decisions often follow: Should I continue competing? Should I pursue a different career path? These questions can be even more stressful \_\_\_\_10\_\_\_\_ athletes have injuries and require recovery, Cogan notes.

【答案】

1. preparing 2. a 3. understands 4. issues 5. Additionally

6. surveyed 7. more common 8. and 9. being 10. If

【导语】本文是一篇说明文。文章讲述了奥林匹克运动员在比赛结束后，特别是在职业生涯结束时面临的心理挑战和心理健康问题。

1. 考查动名词。根据句意，“为赛后生活做准备同样重要”，此处需要用动名词形式作为主语。故填preparing。
2. 考查冠词。此处需要用冠词a修饰单数名词first-time Olympian，表示“首次参加奥运会的运动员”。故填a。
3. 考查动词时态和主谓一致。句子的主语是第三人称单数Kate Knifton，因此谓语动词用第三人称单数形式。故填understands。
4. 考查名词复数。根据句意，“面临各种心理健康问题”，此处需要用名词的复数形式。故填issues。
5. 考查副词。此处用副词Additionally表示“此外”来引出新的信息。故填Additionally。
6. 考查动词时态和语态。句意表示“在2018和2019年调查的奥运和残奥运动员中”，此处需用过去分词surveyed表示被动语态。故填surveyed。
7. 考查比较级。根据句意，“心理健康问题在计划退役的运动员中更为常见”，此处需用比较级形式more common。故填more common。
8. 考查连词。此处表示“代表国家比赛并赢得奖牌的压力”，需用连词and连接两个动名词短语。故填and。
9. 考查动名词。根据句意，“成为奥运选手的所有兴奋和强度很快消失”，动名词being在此处作主语。故填being。
10. 考查从属连词。根据句意，“如果运动员有伤病并需要恢复，这些问题会更加严重”，此处需用从属连词if引导条件状语从句。故填if。

**【原创·课标高频词训练】**

1. The constant noise and crowded environment of the city can lead to increased levels of \_\_\_\_\_\_\_\_ (anxious) among its residents.

2. Seeking \_\_\_\_\_\_\_\_ (profession) advice from an experienced counselor can be beneficial for mental well-being.

3. The researcher examined the effects of \_\_\_\_\_\_\_\_ (vary) environmental factors on plant growth over a five-year period.

4. The company's \_\_\_\_\_\_\_\_ (respond) to the customer complaints was swift and aimed at resolving the issues immediately.

5. As a demanding and challenging \_\_\_\_\_\_\_\_ (occupy), emergency medicine requires quick thinking and resilience.

6. The \_\_\_\_\_\_\_\_ (mass) earthquake caused widespread devastation and left thousands homeless.

7. The extensive media \_\_\_\_\_\_\_\_ (cover) of the scandal brought the issue to the forefront of public attention.

8. Diversifying one's portfolio is a wise strategy to minimize risk and maximize returns on \_\_\_\_\_\_\_\_ (invest).

9. The therapist suggested that she should practice mindfulness to improve her \_\_\_\_\_\_\_\_ (mental) well-being.

10. The \_\_\_\_\_\_\_\_ (stress) deadlines at work made it difficult for him to maintain a healthy work-life balance.

11. The project involves \_\_\_\_\_\_\_\_ (range) from data collection to detailed analysis, requiring meticulous planning.

12. Having \_\_\_\_\_\_\_\_ (pursue) a career in law, she now finds great satisfaction in helping others seek justice.

【答案】

1. 考查名词。句意：“城市的持续噪音和拥挤环境会导致居民焦虑水平的增加。”anxiety（焦虑）是名词，修饰前面的形容词increased levels of，故填anxiety。

2. 考查形容词。句意：“向有经验的顾问寻求专业建议有助于心理健康。”professional（专业的）是形容词，修饰名词advice，故填professional。

3. 考查形容词。句意：“研究人员研究了各种环境因素对植物生长的影响，时间跨度为五年。”various（各种各样的）是形容词，修饰名词environmental factors，故填various。

4. 考查名词。句意：“公司对客户投诉的回应迅速，并旨在立即解决问题。”response（回应）是名词，作为句子的主语，故填response。

5. 考查名词。句意：“作为一种要求高且具有挑战性的职业，急诊医学需要快速思考和韧性。”occupation（职业）是名词，作主语，故填occupation。

6. 考查形容词。句意：“这场大地震造成了广泛的破坏，使数千人无家可归。”massive（巨大的）是形容词，修饰名词earthquake，故填massive。

7. 考查名词。句意：“丑闻的广泛媒体报道将问题推到了公众关注的前沿。”coverage（报道）是名词，作为句子的宾语，故填coverage。

8. 考查名词。句意：“分散投资组合是一种明智的策略，可以最大程度地减少风险并最大化投资回报。”investment（投资）是名词，作为介词on的宾语，故填investment。

9. 考查形容词。句意：“治疗师建议她应该练习正念，以改善心理健康。”mental（心理的）是形容词，修饰名词well-being，故填mental。

10. 考查形容词。句意：“工作中的紧迫期限使他难以保持健康的工作与生活平衡。”stressful（有压力的）是形容词，修饰名词deadlines，故填stressful。

11. 考查动词的现在分词。句意：“该项目涉及从数据收集到详细分析的各个方面，需要周密的计划。”ranging（涉及）是动词range的现在分词形式，作状语，表示动作的持续。故填ranging。

12. 考查动词的过去分词。句意：“从事法律职业后，她现在在帮助他人寻求正义方面找到了巨大的满足感。”pursued（追求）是动词pursue的过去分词形式，作定语修饰career，表示动作已完成。故填pursued。

**【梳理·外刊中的课标词】**

|  |  |  |  |
| --- | --- | --- | --- |
| 词汇 | 中文意思 | 词汇 | 中文意思 |
| mental |  | **anxiety** |  |
| stress |  | **professional** |  |
| percent |  | **found** |  |
| various |  | **surgery** |  |
| retire |  | **response** |  |
| range |  | **pursue** |  |
| pressure |  | **pour** |  |
| occupation |  | **media** |  |
| medal |  | **means** |  |
| massive |  | **loss** |  |
| limit |  | **investment** |  |
| injury |  | **identity** |  |
| global |  | **financial** |  |
| exit |  | **event** |  |
| crucial |  | **coverage** |  |
| career |  | **beyond** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| 词汇 | 中文意思 | 词汇 | 中文意思 |
| mental | adj. 心理的，精神的 | **anxiety** | n. 焦虑 |
| stress | n. 压力 | **professional** | adj. 职业的，专业的 |
| percent | n. 百分比 | **found** | v. 发现 |
| various | adj. 各种各样的 | **surgery** | n. 手术 |
| retire | v. 退休 | **response** | n. 反应，回应 |
| range | n. 范围 | **pursue** | v. 追求 |
| pressure | n. 压力 | **pour** | v. 倾泻，倒出 |
| occupation | n. 职业 | **media** | n. 媒体 |
| medal | n. 奖牌 | **means** | n. 方法，手段 |
| massive | adj. 巨大的 | **loss** | n. 损失 |
| limit | n. 限制 | **investment** | n. 投资 |
| injury | n. 伤害，损伤 | **identity** | n. 身份 |
| global | adj. 全球的 | **financial** | adj. 金融的，财政的 |
| exit | n. 退出，离开 | **event** | n. 事件，比赛项目 |
| crucial | adj. 关键的 | **coverage** | n. 报道 |
| career | n. 职业，生涯 | **beyond** | prep. 超越 |