**专题02**

**运动员奥运之后的心理战**

**1. 精编外刊阅读**

**2. 阅读理解专项**

**3. 语法填空专项**

**4. 外刊中的课标词**

**【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.

**【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.

**【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 \_\_\_\_\_\_\_\_ (anxiety) 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.

**【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** |  |