

<<涉外护理英语扩展教程>>

图书基本信息

书名：<<涉外护理英语扩展教程>>

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前言

随着我国教育事业的发展并取得日新月异的成就，培养适合社会各方面需要的专门人才的工作正在向新的、纵深的方向发展。

为此，教育部专门启动了紧缺人才培养工程，而护理专业人才的培养就在其中。

根据卫生部等国家权威机构的预测，今后若干年里，对护理人才需求将有极大的增长，尤其是具有良好素质的涉外护理人员。

本套教材就是专门为涉外护理专业的学生编写的英语教材。

涉外护理作为一个新兴的重点专业，它的英语课程应有自身的独特性。

这种独特性与涉外护理专业的培养对象、培养目标和教学安排等各个环节密切相关。

首先，进入本专业的学生年龄较小，考虑到这一年龄段的特点，教材的内容和形式应适合学习者的需要和爱好；其次，由于学生的专业目标明确，将来要进入涉外护理领域，需要更具针对性的英语学习，以获取实际运用的各项能力；此外，涉外护理专业的英语教学课时多，学生更容易打牢基础，应适当地拓宽英语学习、文化背景等方面的知识面，同时，涉外护理专业本身决定了英语教学的重要性，对英语教学提出了更高的要求。

为了实现涉外护理专业英语教学有所突破的目标，我们对涉外护理专业的学生的实际需要进行了认真的研究，对整个英语教材从内容到形式作了连贯的、整体的、有针对性的设计。

全套教材包括：《涉外护理英语综合教程》（学生用书）（1~8册）《涉外护理英语听说教程》（学生用书）（1~8册）《涉外护理英语扩展教程》（学生用书）（1~8册）《涉外护理英语教程》（教师用书）（1~8册）《涉外护理英语综合教程》

旨在传授英语学习的核心知识和技能，帮助学生获取全面的语法、词汇、句型等基本而又是在必备的语言知识，提供必需的知识性和技能性操练。

《涉外护理英语听说教程》旨在培养涉外护理人员必需的口头交际能力和以听的方式获取信息的能力。

大量的听说材料和有针对性的练习帮助学生达到这一目的。

《涉外护理英语扩展教程》旨在提供扩大接触英语的机会，为学生进一步打开使用英语的窗户。大量的阅读材料使学生不仅熟悉语言，更了解各种知识和国外情况。

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内容概要

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《涉外护理英语扩展教程》（学生用书）7在第5、6册的基础上，依照《涉外护理英语综合教程》（学生用书）7的难易度进行编写。

本册书共分为15个单元，以话题为中心按由易到难顺序编排。

每个单元由A、B课文、词汇、词组、注释、课后练习等几个部分组成。

A课文可用于课堂讲授，课文的语言难度、篇幅长度等都有别于B课文，学生需要在教师的帮助下才能更好地领会和掌握。

B课文可用于学生课后自学。

A、B课文后设计了不同类型的练习，如词汇扩展训练，通过前缀、后缀以及词形变化扩充学生基础英语词汇量，特别是医学英语词汇量等。

为便于教师和学生使用该教材，每单元的词汇、词组、注释等除标注中英文意思外，还以数字上标形式标注该单词、词组、注释等内容在文中出现的段落。

另外，书后均附有课文参考译文以及练习参考答案。

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certainly help athletic performance , they also help reduce the risk of injury. Stronger , limber muscles are less susceptible to strain and sprain. Better posture Poor posture is a major cause of injury , and often leads to big problems later in life. Exercising in proper form promotes better posture , as well as the strengthening and stretching of muscles that help you stand up straight. Fat loss Aerobic exercises can result in weight loss when combined with a calorie reducing diet. Without exercise , dieting can cause the loss of muscle as well as fat , An aerobic exercise regimen burns fat , while building muscle. This may mean less dramatic weight loss , but since muscle tissue burns more calories than fat tissue , the result is longer lasting. Improved heart health

Though the symptoms of heart disease may not surface until middle age , the onset of disease can start taking place as early as the teens. Exercising for 20 to 30 minutes three times a week can reverse years of cardio-neglect. In fact , consistent , regular exercise actually strengthens the heart , resulting in more blood and oxygen flow throughout the body. At the same time , aerobic exercise lowers blood pressure and cholesterol levels. Heightened self-image A fitness regimen offers many psychological benefits , but the biggest payoff comes from an improved self-image. Achieving fitness goals leads to self confidence , improved body image , self-awareness and esteem. Athletes often recount the first time they surpassed what they believed the limit of their skills , and how this affected , their opinions of themselves. In addition , the discipline necessary to accomplish personal fitness goals can have a Positive effect on your professional career.

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