



ALBA PARDO

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Want to know what kind of person jumps out of airplanes? You need to read this article.

## 1 BEFORE YOU READ

- A PAIRS** Extreme sports are activities that are very dangerous and exciting, like skydiving. Do you or does anyone you know do extreme sports?

*My friend likes cave diving. She...*



- B VOCABULARY** ▶ 03-19 Listen. Then listen and repeat.

a risk-taker: a person who does something that involves danger or chance

flight: the act of flying through the air

an adrenaline rush: a feeling that you have when you are excited, afraid, or in danger

in control: able to make decisions and decide what should happen

out of control: not able to make something happen the way you want

a fear: the feeling of being afraid or very worried

focus: to think about one thing only

>> FOR PRACTICE, GO TO PAGE 155

## 2 READ

- A** Read the Reading Skill. Scan the text for the unspoken words. Underline them.

- B PREVIEW** Look at the title and the photograph. What do you think the interview is about?

- C** ▶ 03-20 Listen. Read the interview.

**READING SKILL** Notice text structure: Interviews

Words that are not actually spoken during an interview are usually styled differently, such as in italics.

## Extreme Sports and the Brain

*Why do some people jump out of airplanes? Or ski off cliffs? Are they bored? Or do they just love danger?*

*I recently interviewed Marta Hu—a*

- 5 *BASE jumper who also happens to be a psychologist who studies the brain—to learn more about these risk-takers.*

**Dave Chin:** Hi Marta, it's great to talk with you.

(DC) Can you tell us what BASE jumping is?

- 10 **Marta Hu:** BASE jumping is a sport where people jump off of high places with only a special (MH) suit to help them fly. BASE stands for building, antenna, span (or bridge), and Earth.

Each of these words represents a high object from which BASE jumpers start their flight. **DC:** What can you tell us about people who do extreme sports, such as BASE jumping?

- 15 **MH:** Well, Dave, some people who do extreme sports can find everyday life boring and need to do something unusual to feel an adrenaline rush. When people do extreme sports, their brains create something called dopamine, which makes them feel happy.

**DC:** So, they need to do something that extreme just to feel some excitement?



**BASE jumping:**  
an extreme sport

- 20 **MH:** Well, they know that what they do is dangerous, so they don't take risks. BASE jumpers, for example, learn everything they can about their equipment and the area where they will be jumping. They are actually very smart, careful people who like to be in control.
- DC:** How could jumping off a cliff give someone control? I would feel totally out of control!
- MH:** Well, they need to be in control of their equipment, but mainly they are controlling their fear. People have to focus and think very carefully about what they are doing. They describe
- 25 feeling very relaxed and peaceful.
- DC:** How does BASE jumping make you feel?
- MH:** When I jump, I see the world in a way that I can't on the ground. I push past my fear and I focus. The jump only lasts 35 or 40 seconds, but time slows down, so it feels much longer. In that moment, I feel 100% free.

### 3 CHECK YOUR UNDERSTANDING

**A** Which answer best describes the main idea of the interview?

People do extreme sports because \_\_\_\_.

- a. they are not afraid of anything
- b. they find them relaxing
- c. they feel intensely happy as a result

**B** Read the interview again. Circle the correct answers.

- |   |   |
|---|---|
| 1. BASE jumping is ____.  | 3. When BASE jumpers feel fear, they ____.        |
| a. jumping out of an airplane                                       | a. decide not to jump because it is too dangerous |
| b. jumping without any equipment                                    | b. choose an even more dangerous jump             |
| c. jumping from high objects  | c. focus and think about what they are doing      |
| 2. BASE jumpers are different than Dave expected because they ____. |   |
| a. are careful and plan their jumps                                 |   |
| b. love danger and like feeling afraid                              |   |
| c. are bored with their lives                                       |   |

**C FOCUS ON LANGUAGE** Reread lines 27–29 in the interview. Think about the phrases *push past my fear* and *100%*. Circle the correct answers.

- |   |   |
|---|---|
| 1. When Marta <i>pushes past her fear</i> , she ____. | 2. The expression <i>100%</i> means ____. |
| a. moves to a better place to jump from               | a. a little                               |
| b. feels afraid but jumps anyway                      | b. totally                                |
| c. thinks about the last jump she made                | c. always                                 |

**D PAIRS** What is the interview about? Retell the most important ideas in the interview. Use your own words.

Find out about other extreme sports.



### 4 MAKE IT PERSONAL

**A PAIRS** Do you want to try an extreme sport, such as rock climbing, skydiving, or BASE jumping? Share your reasons with your partner.

*I'd like to try rock climbing because...*

**B WALK AROUND** Continue the conversation with your classmates. Report to the class. How do your classmates feel about extreme sports?