


GAMING YOUR WAY TO BETTER Health

1 FOCUS ON THE TOPIC

1. Look at the photo. What are the people doing?
2. Read the title of the unit. Do you think that video games can help us to improve our health? What are some negative effects of video games on our health?
3. *Technology* means new kinds of machines or ways of doing things using science and knowledge. What are some ways that technology can help us to stay healthy?

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VOCABULARY

- 1  Read and listen to the website about a serious disease: diabetes.

SOME FREQUENTLY ASKED QUESTIONS (FAQS) ABOUT DIABETES

HOME

Diabetes is a very serious public health problem in the United States today. Here are some important facts about this **illness**.

CONTACT

What is diabetes?

In diabetics, too much sugar collects in the blood. This can lead to very serious health problems.

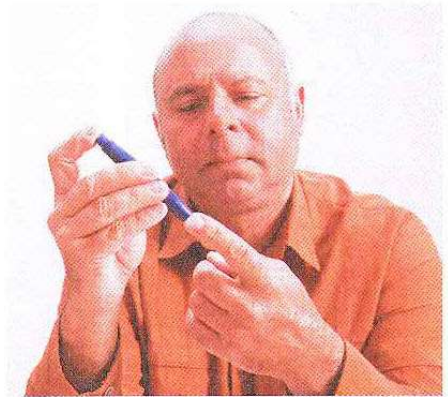
ABOUT US

How serious is the problem?

In the United States, diabetes affects one out of 10 adults, and one out of 400 children.

How does diabetes affect everyday life?

- *Careful control of sugar:* Diabetics have to carefully control how much sugar they eat. This is an important part of the **treatment** for diabetes. However, it can be very hard for children to stay away from sugary foods and drinks.
- *Blood sugar level tests:* To check their blood sugar levels, diabetics must test their blood several times a day. They do this by pricking a finger with a small **needle**. Children with diabetes find it especially hard to **follow instructions** and do what the doctor says. After all, most children hate needles, so they don't have the **motivation** to take care of their health.
- *Exercise:* **Physical** exercise is very important for diabetics. As we all know, young people today spend a lot of time indoors, sitting in front of a television or computer screen rather than running around and playing. In fact, there is a **connection** between not getting exercise and developing diabetes. Exercise helps patients control their blood sugar, and people who don't exercise are more likely to develop this disease.
- *How can doctors **motivate** diabetic **patients** to follow their instructions?* Are rewards the answer, for example, giving patients special prizes for making healthy choices? Some leaders in healthcare think so. They are working with computer game designers to make games that will help patients take care of their health.
- *Are games and rewards really the answer?* Other healthcare leaders do not believe that games are a serious solution. They think that games just **put a Band-Aid®** on the problem. According to them, the problem is that we are a society of **couch potatoes**. We spend too much time indoors, eating junk food and not getting enough exercise. They **criticize** video games, saying they are a part of the problem, not the solution. They believe that dealing with illnesses such as diabetes will take deeper changes in society. These include changes in eating habits and levels of physical activity.




2 Match the words on the left with the definitions on the right.

- | | |
|----------------------------|--|
| ___ 1. needle | a. someone who spends a lot of time sitting, usually watching television |
| ___ 2. follow instructions | b. interest in and willingness to do something without needing to be told or forced to do it |
| ___ 3. treatment | c. a sickness |
| ___ 4. physical | d. create a solution that is temporary and won't solve a problem |
| ___ 5. connection | e. to talk about the problems or faults of someone or something |
| ___ 6. patient | f. something that is done to help someone who is injured or ill |
| ___ 7. motivation | g. having to do with our bodies |
| ___ 8. motivate (someone) | h. to do something in the way someone has told you to do it |
| ___ 9. put a Band-Aid on | i. a very thin pointed steel tube that is pushed through the skin to put a drug into the body or to take blood out |
| ___ 10. couch potato | j. someone who is getting help from a doctor or is in a hospital |
| ___ 11. criticize | k. relationship; the way in which two facts, ideas, events, etc. are related to each other, and one is affected or caused by the other |
| ___ 12. illness | l. to give someone a reason for doing something |

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PREVIEW

A hospital administrator (manager) is leading a meeting.



 Listen to the beginning of the meeting. Circle the letter of the correct answer to each question.


1. Who is the administrator talking to?
 - a. patients
 - b. doctors
 - c. video game designers
2. What is the purpose of the meeting?
 - a. to help doctors understand technology
 - b. to teach doctors how to play video games
 - c. to introduce doctors to video games that will help them and their patients

How do you think video games can help doctors and patients? List three ideas.

1. _____
2. _____
3. _____

MAIN IDEAS

  Listen to the complete meeting. Look again at your answers from the Preview section. Were any of your answers correct? Did your answers help you understand the meeting?

 Circle the correct answers.

1. What is it sometimes difficult for doctors to get patients to do?
 - a. to follow their instructions
 - b. to stop playing video games
 - c. to get rewards for being healthy


2. How might video games help patients?
 - a. They might teach patients about their illnesses.
 - b. They might motivate patients to stay healthy.
 - c. They might help patients to have fun.

3. What types of games does the administrator mention?
 - a. games for children
 - b. games for adults
 - c. games for children and adults

4. Which health problems can these games help with?
 - a. diabetes and burns
 - b. diabetes and cancer
 - c. cancer and burns

5. Do the doctors agree that video games will be useful for their patients?
 - a. Some do, but others are not sure.
 - b. They disagree.
 - c. They agree.

DETAILS

 Listen again. Then read each statement. Write *T* (true) or *F* (false). Then, correct the false statements.

- ___ 1. The doctors think that people who play video games are healthy and thin.
- ___ 2. Video games motivate people because they are fun.
- ___ 3. The first doctor, Sam, thinks video games will motivate patients to care about their health.
- ___ 4. In one game, the kid with diabetes is a superhero.

(continued on next page)

- _____ 5. In this game, patients get a reward for following their doctor's treatment plan.
- _____ 6. Children with diabetes don't mind checking their blood sugar.
- _____ 7. The doctors at the meeting treat mostly children, rather than adults.
- _____ 8. *Snow World* is a video game for children with diabetes.
- _____ 9. In *Snow World*, patients wear special glasses and earplugs.
- _____ 10. *Snow World* works because patients have more fun during treatment.


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MAKE INFERENCES

PERSUASION

An inference is a guess about something that is not directly stated. To make an inference, use information that you understand from what you hear.

In this meeting, the administrator tries to *persuade* the doctors to agree with her. That is, she tries to get them to agree with her. To do this, she does two things. First, she shows that she understands why they may disagree. Then, she uses words and phrases that will get them to agree with her opinion.

 Listen to the example. Listen for what the speaker says to show her understanding of why the doctors may disagree with her ideas. Then decide what the speaker's *intended meaning* is. That is, decide the true meaning of what the speaker is saying.


Example

I know that people criticize video games—and that we don't usually hear the words “video game” and “good health” together in one sentence. In fact, just the opposite, right?

What is the administrator's intended meaning?

- a. Most people think video games are not good for health.
- b. Most people think video games are good for health.

By saying “I know that people criticize video games,” the administrator shows that she understands what listeners' opinion or attitude toward the subject is. She understands that many doctors have the opinion that video games are not good for our health.

 Listen to the excerpts. What is the speaker's intended meaning?

Excerpt One

- a. In the past she thought video games were always bad for children's health, but then she changed her mind.
- b. She understands why children play video games, but she thinks they must stop spending so much time playing them.

How do you know? What key words does she use to show her intended meaning?

Excerpt Two

- a. She agrees with Sam.
- b. She disagrees with Sam.

How do you know? What key words does she use to show her intended meaning?

EXPRESS OPINIONS

Work with two other students. Answer the questions. Give reasons for your opinions.

1. Do you think that video games are a good way to motivate patients? Why or why not? Did the administrator persuade you to agree with her?
2. What are some other ways to motivate people to take care of their health?
3. Do you like to play video games? What are some advantages and disadvantages of playing video games?

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VOCABULARY



Medical students training with a dummy patient

Say the words in the box aloud. Then read the sentences and circle the letter of the answer that best explains the meaning of the boldfaced word.


convinced enthusiasm simulation support traditional

1. A: You can't just give your opinion. You need to **support** it with facts.
 B: But what if I don't have any facts?
 A: Then you need to do some research.
 a. find
 b. make it stronger
2. A: I'm not **convinced** that this treatment is the best way to deal with my son's illness.
 B: Why not? The doctor recommended it, didn't he?
 A: Yes, but I would like to talk to a few more doctors. I want more information before making such a big decision.
 a. happy
 b. sure
3. A: How do you like your new flight **simulation** video game?
 B: I love it! I really feel like I'm flying a real airplane.
 A: Sounds fun. I'll have to come over and try it out sometime.
 a. copying a situation that is similar to a real one
 b. making a game that is fun to play

4. **A:** My new students are great.
B: What makes them so special?
A: They have a lot of **enthusiasm** for medicine. They spend extra hours in the lab and always ask me a lot of good questions to learn more.
- a. excitement and interest
 - b. knowledge
5. **A:** So how do you like our new teacher?
B: He's OK, but his teaching is so **traditional**.
A: What do you mean?
B: Well, he's doesn't use any new teaching strategies or technology. I think he teaches us in the same way he learned when he was a kid.
- a. following old ideas and ways instead of new ones
 - b. boring and not interesting

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COMPREHENSION


 Listen to a conversation between two medical school professors. One is male and the other is female. Write **M** next to phrases that refer to the male professor and **F** next to phrases that refer to the female professor.

- ___ 1. is enthusiastic about his/her new students
- ___ 2. uses a reward system with his/her students
- ___ 3. is enthusiastic about the simulation lab
- ___ 4. knows about the research regarding simulations and medical training
- ___ 5. thinks that traditional ways of training doctors are better than the current ones
- ___ 6. might be open to changing his/her mind about technology and medical training

LISTENING SKILL

UNDERSTANDING DOUBT

In this meeting, the doctors hear about some new and unusual medical technology: video games and simulations. Some of them express *doubt* that this technology is a good idea. They aren't convinced that it will work well in healthcare. You can hear their attitudes in their words and intonation.

 Listen to the example.

Example

Video games can help you motivate your patients to make the right choices, to follow your instructions, and to stay healthy. It's really that simple. Yes, Sam? You have a question?

Hmmm . . . I don't know about this. I mean, I know it's sometimes hard to get patients to do what's best for their health, but I'm not sure games are the answer. Isn't that just putting a Band-Aid on a much deeper problem?

In this example, the doctor expresses his doubt when he says *Hmmm . . . I don't know about this . . .* He uses a flat intonation to mean that he isn't convinced video games are a good idea.

Here are some expressions that are used to express doubt:

Hmmm . . . /Well/Yeah . . . (with flat intonation)


Maybe, but . . .

I can see . . . but . . .

I don't know . . .

Do you really think . . . ?

Are you sure?

 Listen to the excerpts. How does the speaker express doubt? Then circle the letter of the statement that shows the second speaker's intended meaning.

Excerpt One

What expression does the speaker use to express doubt?

What is her intended meaning?

- a. I am not convinced that video games will work with kids.
- b. I am not convinced that video games will work with adults.

Excerpt Two

What two expressions does the second speaker use to show doubt?

What is his intended meaning?

- a. I am not convinced your students are learning anything.
- b. I am not convinced your students can learn communication skills

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CONNECT THE LISTENINGS

STEP 1: Organize

Complete the chart with details from Listenings One and Two.

VIDEO GAMES IN HEALTHCARE	ADVANTAGES	DISADVANTAGES
LISTENING 1: FOR PATIENTS	Motivate patients to _____ Examples: - <u>Diabetics</u> - _____	Too much time <u>indoors</u> Not enough _____
LISTENING 2: FOR MEDICAL STUDENTS	<u>Enthusiasm</u> _____ _____	Not doing _____ Not practicing on _____

STEP 2: Synthesize

Work with a partner. Student A, you are enthusiastic about the use of video games to help people live healthier lives and train medical students. Student B, you are uncertain about these uses of video games. Use the information from the notes you completed in Step 1: Organize.

Example

- A: Video games are a good idea. If kids have serious illnesses, they can learn to follow their doctors' instructions.
- B: I'm not so sure about that. Don't you think children spend enough time in front of computer screens?

Now switch roles. Student A is now uncertain about the use of video games in helping people to get and stay healthy. Student B is now enthusiastic.

 GO TO MyEnglishLab TO CHECK WHAT YOU LEARNED.