

## ‘Cussing transforms you into The Hulk’

**Ice Breaker** – The Word SHIT! Define these swear words, how would they be used?

Get Your Shit Together	Dumb Shit/ Shit for Brains	Up Shit Creek	(Holy) Shit
Shit-Faced	I am the Shit	Bullshit	Shoot the Shit
To Be in DeepShit	Shit out of luck	Taste Like Shit	Know Your Shit

**Text**

<b>strength</b>	<b>previous</b>	<b>peril</b>	<b>curse</b>
<b>f-and-blind</b>	<b>nasty</b>	<b>conducted</b>	<b>Peak</b>
<b>muttering</b>	<b>plausible</b>	<b>vain</b>	<b>thumb</b>

According to new research swearing like a trooper might actually boost muscle \_\_\_\_\_ and stamina, researchers suggest cursing could give athletes that extra edge when fighting with themselves competitively.

Psychologists \_\_\_\_\_ tests where candidates had to \_\_\_\_\_ whilst riding a bike, or squeezing a device that measures hand strength. In both experiments talking profanely improved their performance compared with \_\_\_\_\_ "neutral" words.

The research followed up \_\_\_\_\_ work that showed how blaspheming increases pain tolerance, helping explain the common reaction to hitting your \_\_\_\_\_ with a hammer. It had be known from earlier research that cursing makes people more able to tolerate pain.

A \_\_\_\_\_ reason for this is that it stimulates the body's sympathetic nervous system - that's the system that makes your heart beat when you are in \_\_\_\_\_. Scientists agreed that this could be the case for making you stronger too.

In the first experiment, 29 volunteers, averaging around 21 years, pedalled hard on an exercise bike for half a minute while repeating a \_\_\_\_\_ word or a neutral word. \_\_\_\_\_ power was increased by an average 24 watts by shouting obscenities. The second experiment involved 52 participants of similar age testing their hand strength. Again, the volunteers were asked to \_\_\_\_\_ or utter a less aggressive word while readings were taken. It was found taking the lord’s name in \_\_\_\_\_ increased grip strength by an average 2.1 kilograms.

CENTRUM KSZTAŁCENIA  
**Quaderno**

Resources - <http://www.telegraph.co.uk/science/2017/05/04/swearing-really-good/>

**Questions** – True / False

- |   |         |
|---|---------|
| Q1 - Swearing makes you weaker?                                     | (T / F) |
| Q2 - Cussing transforms muscle tone?                                | (T / F) |
| Q3 - Candidates were tested whilst cycling and holding a sponge?    | (T / F) |
| Q4 - The research showed that swearing reduces pain?                | (T / F) |
| Q5 - Swearing increases adrenaline, that's why you become stronger? | (T / F) |
| Q6 - Scientists didn't agree that this might make you stronger?     | (T / F) |
| Q7 - There were 29 candidates, of whom the median age was 31?       | (T / F) |
| Q8 - Candidates cycled for 60 seconds whilst screaming foul words?  | (T / F) |
| Q9 - Candidates increased their strength by less than 2kilograms?   | (T / F) |
| Q10 - How many words for swearing can you find in the text?         | (T / F) |

**Antonym match** – Find the opposite meanings

<b>strength</b>	danger
<b>f-and-blind</b>	carried out
<b>muttering</b>	hold
<b>previous</b>	feasible
<b>nasty</b>	foul words
<b>plausible</b>	narcissistic
<b>peril</b>	pinnacle
<b>conducted</b>	earlier
<b>vain</b>	blaspheme
<b>profanity</b>	utter
<b>Peak</b>	evil
<b>grip</b>	power

**Grammar** - Adverbs / Adjectives. Explain on the board. Use irregularities. Fast, hard, late, straight, daily, well...

He swore at her <i>bad</i> / <i>profusely</i> until she slapped him in the face.
He said something so daft that she laughed at him <i>hilariously</i> / <i>hilarious</i> .
She said that she <i>hard</i> / <i>rarely</i> swears “you fuc@#@@!”
It was very <i>hard</i> / <i>hardly</i> to stop myself from punching him in the face strongly / strong after he called me a “górol”
After swearing at him he ran away very <i>fastly</i> / <i>quickly</i>
He swore very <i>fast</i> / <i>fastly</i> and <i>drunkenly</i> / <i>drunk</i> that the man didn't understand him.
<i>Well</i> / <i>good</i> , I believe swearing is a sign of intelligence and only <i>good</i> / <i>well</i> spoken people use it.
After f – ing and blinding at the old man he was running <i>late</i> / <i>lately</i> for his meeting.
I have noticed <i>recent</i> / <i>lately</i> that Polish people swear more than English people.

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He gave it to her *straight* / *straightly* and told her the truth that she swore like a trooper.

**Discussion** - Cut and hand out. Read out to other students.

What is a swear word?
Why do certain words become swear words?
When do people swear?
What do swear words express?
How often and on what occasions do you swear in your own language? Which swear words do you tend to use?
Do you normally try to avoid swearing or do you swear whenever you feel like it?
How shocked are you when you hear somebody swear?
Is it possible never to use swear words?
How often should we swear: never, hardly ever, sometimes, quite often, very often
In whose presence do you feel comfortable swearing? In whose presence would you never swear?
How much swearing is there on the TV in your country? Do you think swearing on TV and in films should be censored or bleeped out?
Do you think people swear more or less than in the past?
Do swear words and their degree of offensiveness change over time?
Do your parents ever swear in your presence? How do you feel when you hear them swear?.
Most people are taught that it's bad to swear. Do you think swearing is "bad"?
Is it "cool" to swear?
Who swears most: younger people or older people?
Why is it not a good idea to swear in a language that you don't have a very good command of?

Can you imagine a society in which people used swearwords in almost everything they said?

What is the most wonderful swear word you have heard? Why?

**Additional Reading!! F#@!!!!**

Fuck is often used to add emphasis and is the only word that can be an adjective, adverb, adverb enhancing an adjective, a noun, as part of a word, and almost every word in a sentence.

Fuck can be used to describe pain, pleasure, hate, or love.

PG versions – frick, screw, the f word, fudge

**Different Uses**

**Adjective:** “Why am I doing all the fudging work?”

**Adverb:** “That girl talks too fudging much.”

**Adverb enhancing adjective:** “Those Real Life parties are fudging awesome.”

**Noun:** “I don’t give a fudge.” (I don’t care at all)

**As part of a word:** “Abso-fucking-lutely.” or “In- fudging -credible. And, as almost every word in a sentence, “fudge the fudging fuckers.”

It can be used to describe...

**Fraud**—“The car salesman fudged me over.

**Dismay**—“Ahh fudge it.”

**Trouble**—“I guess I’m totally fudged now.”

**Aggression, pain**—“Don’t fuck with me dude or I’ll fudge you up.”

**Inquiry**—“Who the fudge was that?”

**Dissatisfaction**—“I don’t like what the fudge is going on right now.

**Bewilderment**—“What the fudge?”

**Sex**—“Hey baby, you wanna fudge?”

**Stupidity**—“What a dumb fudge”

**Misfortune**—“That’s fudged up.”

**Caring**—“I don’t give a fudge about your problems.”

**Agitation**—“Hey stop fudging with me, it’s annoying.”

**Dismissal**—“Fu#K off.”

**Answers**

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plausible	feasible
peril	danger
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profanity	F and blind
Peak	pinnacle
grip	hold

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