
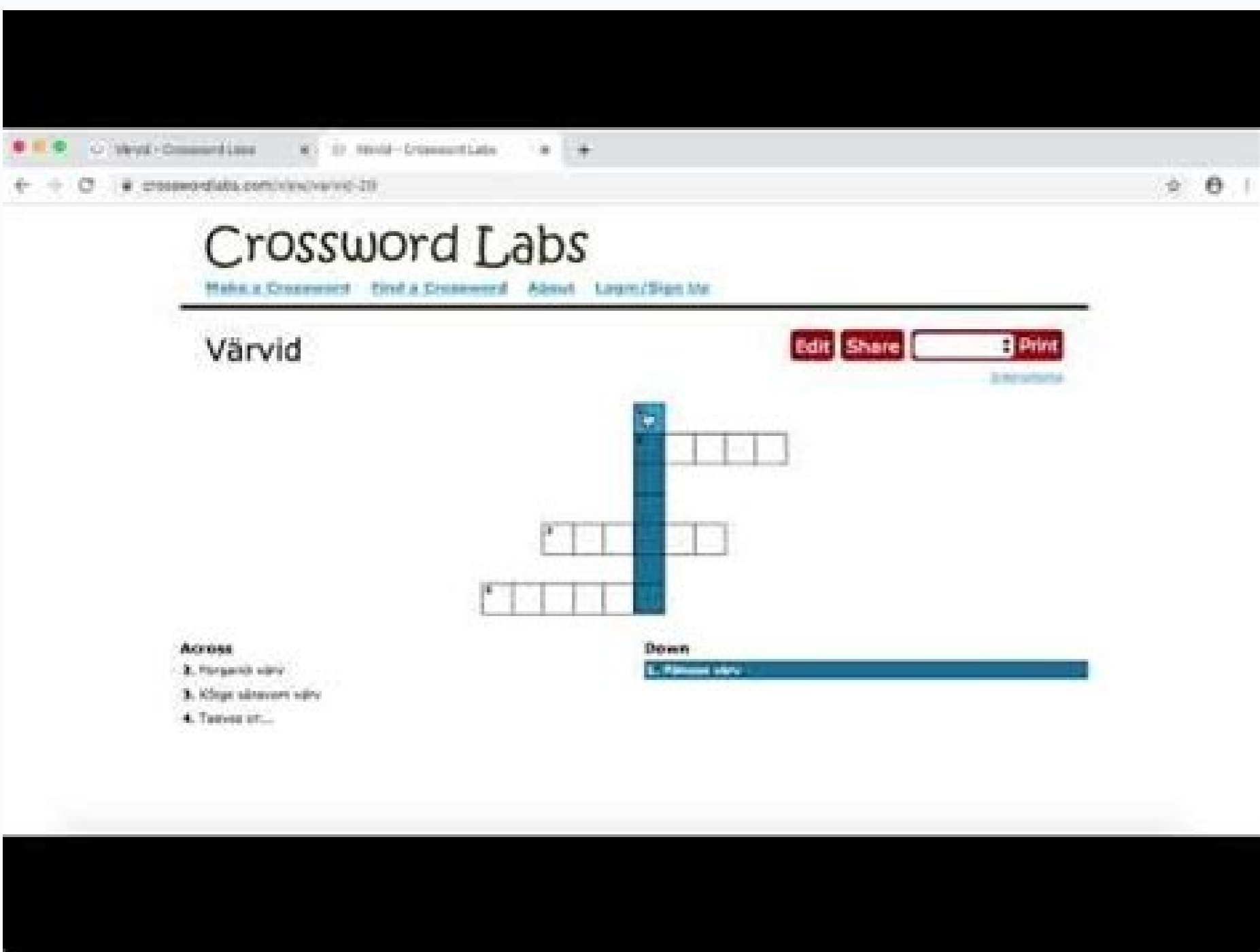


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8. The laws **degraded** African Americans because they were treated unfairly and didn't have the same rights as other people.

9. Some white people believed that African American protesters were acting **arrogantly** because the African Americans wanted the same rights the white people had.

10. Rosa Parks was found **guilty**.

11. The Supreme Court order to integrate the buses proved that African Americans were not second-class citizens.

12. "Triumph" means "to win."

13. The African American people sitting next to Rosa Parks **vacated** their seats.

14. Sample response: A ceremony honoring Rosa Parks might have speeches about her courage or award a scholarship in her honor.

15. **Violate** means "to break, as a law or promise."

**Lesson 3**

**3A Finding Meaning** p. 27

1. c—d
2. d—b
3. c—d
4. c—a
5. a—d
6. a—d
7. b—d
8. c—b

**3B Just the Right Word** p. 28

1. sanctuary
2. grazed
3. hondes
4. inhabitants
5. hectic
6. rural
7. distinct
8. arid
9. splendor
10. peninsula
11. terrain
12. abundance

**3C Applying Meanings** p. 29

1. b, c
2. d
3. a, c, d
4. a, b
5. a, b
6. a, b, c, d
7. d
8. a, b

**3D Word Study: Analogies** p. 30

1. d
2. a
3. b
4. a
5. d
6. a

**3E Vocabulary in Context** p. 31

(Possible answers: students' sentences may vary.)

1. **Terrain** means "the surface features of a region."
2. Many Thai people would be unaccustomed to city life because they live in rural areas.
3. The squalid parts of Bangkok would not be shown in tourist brochures.
4. New hotels have been built because there are hordes of people who go to Bangkok each year and need places to stay.
5. Daily life in Bangkok is probably more hectic than it is in Chiang Mai because Bangkok is much bigger.
6. Because Malaysia is a **peninsula**, no one lives far from the sea.
7. Sample response: The huge Grand Palace where the rulers of Thailand once lived is among the **splendid** sights in Bangkok.

8. Thailand's tropical rainforest has an incredible variety of plant and animal life.

9. **Distinct** means "not the same; different."

10. There are over one thousand different kinds of butterflies in Thailand.

11. **Sanctuary** means "a place of safety."

12. The northeastern part of Thailand gets the least amount of rain because it is the only part with an arid climate.

13. Over sixty-five million people live in Thailand.

14. The humid climate of the rainforest would make you sweat.

15. **Graze** means "to feed on growing grass."

**Lesson 4**

**4A Using Words in Context** p. 38

1a. C	2a. C	3a. I	4a. C	5a. C
1b. I	2b. I	3b. C	4b. C	5b. I
1c. C	2c. C	3c. C	4c. C	5c. I
1d. C	2d. I	3d. I	4d. I	5d. I

**4B Making Connections** p. 39

1. b, d
2. a, b, c
3. a, c
4. a, c, d
5. a, b, d
6. b
7. b
8. b, d
9. b, c, d
10. a, b

**4C Determining Meanings** p. 40

1. a, b, c
2. a, b
3. a, d
4. a, b
5. c, d
6. a, b, c
7. a, b
8. b, d

**4D Completing Sentences** p. 41

1. An elusive idea is one that is (idea: hard to explain).
2. One way you can put yourself in jeopardy is to (idea: ride in a car without a seatbelt).
3. Something that can cause pollution is (idea: oil).
4. To be a superb leader, you should (idea: be a good listener).
5. A goal I would like to attain is (idea: finishing sixth grade).
6. My favorite item at a buffet is (idea: scrambled eggs).
7. We need to be careful with flammable materials because (idea: they can start a fire).
8. Something that swivels is (idea: a bike's handlebars).
9. A stationary target is easy to hit because (idea: it stays in one place).
10. Something you can inflate is (idea: a life jacket).

**4E Vocabulary in Context** p. 42

(Possible answers: students' sentences may vary.)

1. Helium weighs less than air, and it is not flammable.
2. The envelope stays inflated until it needs major repairs.

2. Wordly Wise 3000 - Student Book Answer Key 6



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**Abstract.** The purpose of this review is to provide a comprehensive overview of the current state of research on the effects of physical activity on mental health. The review focuses on the effects of physical activity on mood, anxiety, depression, and overall mental well-being. The review is organized into sections that discuss the theoretical background, the empirical evidence, and the clinical implications of the research. The review concludes with a discussion of the future directions of research in this area.

**Keywords:** physical activity, mental health, mood, anxiety, depression, mental well-being.

**Introduction.** Physical activity is a key component of a healthy lifestyle and has been shown to have numerous benefits for mental health. Regular physical activity has been found to reduce the risk of depression and anxiety, improve mood, and increase overall mental well-being. The purpose of this review is to provide a comprehensive overview of the current state of research on the effects of physical activity on mental health.

The review is organized into several sections. The first section discusses the theoretical background of the research, including the role of physical activity in the pathophysiology of mental health disorders. The second section discusses the empirical evidence, including the results of randomized controlled trials and observational studies. The third section discusses the clinical implications of the research, including the use of physical activity as a treatment for mental health disorders. The review concludes with a discussion of the future directions of research in this area.

**Theoretical Background.** Physical activity is thought to have a variety of effects on mental health. One of the most well-studied effects is the reduction of depression and anxiety. Regular physical activity has been found to reduce the risk of depression and anxiety, and to improve mood in individuals with these conditions. The mechanisms underlying these effects are not fully understood, but it is thought that physical activity may act through a variety of pathways, including the release of endorphins, the regulation of neurotransmitters, and the promotion of neurogenesis.

Another area of research has focused on the effects of physical activity on overall mental well-being. Regular physical activity has been found to be associated with higher levels of life satisfaction, positive affect, and psychological resilience. The mechanisms underlying these effects are also not fully understood, but it is thought that physical activity may act through a variety of pathways, including the release of endorphins, the regulation of neurotransmitters, and the promotion of neurogenesis.

**Empirical Evidence.** The empirical evidence for the effects of physical activity on mental health is extensive. Numerous randomized controlled trials and observational studies have been conducted in this area. The results of these studies generally support the hypothesis that physical activity has beneficial effects on mental health.

For example, a meta-analysis of 35 randomized controlled trials found that physical activity significantly reduced the risk of depression and anxiety (Barton & Foster, 2011). Another meta-analysis found that physical activity significantly improved mood in individuals with depression (Cohen & Wolkstein, 1985). Observational studies have also found that regular physical activity is associated with higher levels of life satisfaction and psychological resilience (Sallis, Frank, & Saelens, 2000).

**Clinical Implications.** The clinical implications of the research on the effects of physical activity on mental health are significant. Physical activity is now widely recognized as an important component of the treatment of mental health disorders. Regular physical activity is recommended for individuals with depression and anxiety, and for individuals who are at risk of these conditions.

Physical activity is also recommended for individuals who are looking to improve their overall mental well-being. Regular physical activity can be used as a preventive measure against mental health disorders, and it can be used as a complementary treatment for these conditions.

**Future Directions.** There are several areas in which further research is needed. One area of interest is the role of physical activity in the pathophysiology of mental health disorders. Further research is needed to understand the mechanisms underlying the effects of physical activity on mental health.

Another area of interest is the role of physical activity in the treatment of mental health disorders. Further research is needed to determine the optimal type, intensity, and duration of physical activity for the treatment of these conditions.

