

## Are athletes really getting faster, better, stronger?

*The purpose of listening to David Epstein's TED talk is to analyse the argument that athletes are constantly improving.*

Analyse =      Recognise the key information (main ideas)  
                 Consider the supporting information and decide how relevant and convincing it is

Task:

1. Read the topics below. Be ready to identify why they are important in the talk.
2. Listen to the TED talk.
3. Write down everything you remember about each topic.
4. Listen to the TED talk again.
5. Add all the information that you have now noticed for each topic.
6. Underneath the table, write your own paragraph, IN YOUR OWN words, explaining Epstein's argument, and how each of the topics in the table contributed to that argument.

Topic	Supporting information on this topic	How this topic is relevant to the argument that athletes are constantly improving.
Jesse Owens		

Roger Bannister		
Eddy Merckx		

Big Bang of Body Types

Kenyan distance runners

Kilian Jornet		
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IN YOUR OWN words, summarise Epstein's argument, and explain how each of the topics in the table contributed to that argument.