

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

### 13. Speaking as a Language Skill

## **BVPT-104: English & Communication**

**Unit 3: Developing Pronunciation and Vocabulary** 

Topic: Speaking as a Language Skill — Enhancing Fluency and Confidence in Spoken English

### ☐ What Is Speaking as a Language Skill?

Speaking is one of the **four core language skills**—along with listening, reading, and writing. In communication, especially in the field of **physiotherapy**, speaking plays a **vital role**. It is how you:

- Greet and guide patients
- Explain exercises and postures
- Discuss progress with doctors
- · Participate in academic or clinical discussions

Being a fluent and confident speaker improves your professionalism, teamwork, and patient trust.

## ☐ What Is Fluency?

Fluency means being able to speak:

- Clearly
- Smoothly
- Without frequent pauses
- At a natural pace

It does not mean speaking fast. Fluency is about speaking comfortably and effectively.

# ☐ Common Problems Faced by Students

Challenge Example

Speaking too slowly or too fast "I...am...physio....student" / "lamaphysio..."
Searching for words while speaking "Umm... you know... like... stretching?"

Fear of grammar mistakes "What if I say wrong tense?"

Shyness or low confidence Avoids speaking in front of groups
Influence of mother tongue Mispronunciation or unnatural stress

# ☐ How to Improve Fluency and Confidence

### 1. Speak English Daily

Practice speaking **every day**—even for 10-15 minutes. Talk about:

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- · Your daily routine
- Your physiotherapy classes
- Any topic you like

П	Tip:	Speak	in	front	of .	а	mirror	or	record	yourse	lf
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### 2. Use "Thinking in English" Technique

Instead of forming sentences in your mother tongue and translating, try to think directly in English.

□ Example:

Instead of: "Mujhe paani peena hai." → then translate

Think: "I want to drink water." (directly)

### 3. Practice with Common Phrases

Learn and use everyday expressions like:

#### Situation Phrases You Can Use

Greeting a patient "Good morning, how are you feeling today?"

Giving advice "Try to keep your back straight while walking."

Asking for info "Can you describe where the pain is?"

## 4. Do Pair/Group Conversations

Practice role-plays with classmates:

- Doctor-patient simulation
- Case presentation
- Explanation of an exercise

Focus on clarity	tone,	and	vocabular	٧.
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## 5. Watch and Repeat (Shadowing Technique)

Watch **English videos or interviews** and repeat what the speaker says.

- $\hfill \square$  Use: TED Talks, YouTube (BBC Learning English), podcasts
- $\hfill \square$  Focus on: pronunciation, pace, sentence structure

#### 6. Don't Fear Grammar Mistakes

Fluency comes **before perfection**. You will make mistakes—and that's okay.

☐ The goal is to **be understood**, not to sound like Shakespeare!

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### 7. Use Speech Apps & Tools

Use tools to improve:

- Elsa Speak (Al pronunciation trainer)
- HelloTalk (speak with native English learners)
- Google Translate voice mode (for quick feedback)

## ☐ Sample Speaking Practice Topics

- 1. Introduce yourself in 30 seconds.
- 2. Describe your daily college routine.
- 3. Explain a simple physiotherapy exercise to a "patient".
- 4. Talk about your favourite sport or movie.

## □ Daily Fluency Practice Routine

### Time Activity

5 min Read aloud an English article

5 min Record yourself speaking

5 min Learn 3 new speaking phrases

5 min Practice a role-play or topic talk

☐ Total: Just 20 minutes/day

## ☐ Tips to Boost Confidence

- ✓ Start with short sentences
- ✓ Use simple words and clear voice
- ✓ Accept feedback as learning, not criticism
- ✓ Celebrate small improvements
- ✓ Smile and maintain eye contact while speaking

## □ Summary

- Speaking is essential in healthcare and everyday life
- Fluency means clear, smooth, confident speaking
- Daily practice using real-life phrases is the key
- Don't fear mistakes progress > perfection

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