



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” / “Iamaphysio...”
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:



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

Tip: Speak in front of a mirror or record yourself.

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 vocabulary.

5. Watch and Repeat (Shadowing Technique)

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

- Use: TED Talks, YouTube (BBC Learning English), podcasts
- 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!



7. Use Speech Apps & Tools

Use tools to improve:

- **Elsa Speak** (AI 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**