

ДЕПАРТАМЕНТ ОБРАЗОВАНИЯ И МОЛОДЁЖНОЙ ПОЛИТИКИ
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**Кафедра лингвистического образования
и межкультурной коммуникации**

ENGLISH FOR STUDENTS OF PHYSICAL CULTURE AND SPORTS

УЧЕБНО-МЕТОДИЧЕСКОЕ ПОСОБИЕ

для студентов направлений подготовки

050100.62 Педагогическое образование

Профиль «Физкультурное образование»

050104.00.65 Безопасность жизнедеятельности

с дополнительной специальностью «Физическая культура»

032102.65 Физическая культура для лиц с отклонениями

в состоянии здоровья (адаптивная физическая культура)

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Представленное пособие подготовлено в рамках изучения дисциплины «Иностранный язык» и составлено в соответствии с требованиями Федерального государственного образовательного стандарта Российской Федерации по программе подготовки бакалавров по направлению 050100.62 Педагогическое образование (профиль Физкультурное образование, 050104.00.65 Безопасность жизнедеятельности с дополнительной специальностью Физическая культура, 032102.65 Физическая культура для лиц с отклонениями в состоянии здоровья (адаптивная физическая культура).

Данное учебно-методическое пособие направлено на формирование навыков чтения текстов профессиональной направленности с целью извлечения необходимой информации, овладение спортивной терминологией, а также на расширение кругозора и повышение общей культуры студентов. Пособие содержит два тематических модуля («Keeping Fit» и «World of Sport»), отражающих профессиональную сферу общения, англо-русский словарь спортивных терминов и библиографический список.

Адресуется бакалаврам очной и заочной форм обучения по направлению подготовки 050100.62 Педагогическое образование (профиль Физкультурное образование, 050104.00.65 Безопасность жизнедеятельности с дополнительной специальностью Физическая культура, 032102.65 Физическая культура для лиц с отклонениями в состоянии здоровья (адаптивная физическая культура).

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ПРЕДИСЛОВИЕ

В последние десятилетия в российском обществе произошли существенные изменения, в связи, с чем значительно повысились требования, предъявляемые к работникам всех сфер деятельности. Сегодня наряду с высоким профессионализмом специалист должен обладать инициативностью, рационализмом, динамичностью, способностью быстро реагировать на ситуацию, отличаться здоровым оптимизмом и коммуникабельностью.

Иностранный язык как учебный предмет имеет большое значение, так как владение иностранным языком способствует формированию важных для будущего специалиста деловых качеств и профессиональных умений делового общения. Будучи тесно связанным со всеми сферами жизни общества – экономикой, политикой, искусством, образованием, иностранный язык отражает менталитет, культуру и традиции страны. Кроме того, иностранный язык служит средством не только межличностного, но и межнационального, межгосударственного общения. Без знания иностранного языка, особенно английского, в наше время невозможно успешное продвижение по карьерной лестнице, контакты с зарубежными специалистами в выбранной профессиональной сфере деятельности, знакомство с новейшими достижениями в интересующей области.

Настоящее пособие «Английский язык» предназначено для студентов по направлению подготовки 050100.62 Педагогическое образование (профиль Физкультурное образование), 050104.00.65 Безопасность жизнедеятельности с дополнительной специальностью Физическая культура, 032102.65 Физическая культура для лиц с отклонениями в состоянии здоровья (адаптивная физическая культура) и составлено в соответствии с требованиями Федерального государственного образовательного стандарта Российской Федерации к обязательному минимуму содержания основной образовательной программы дисциплины «Иностранный язык».

Общая трудоемкость курса рассчитана на 1 семестр (третий), составляет 3 зачетные единицы, 108 часов, из них:

- аудиторная работа (практические занятия, интерактивные формы занятий) – 32 часа;
- самостоятельная работа – 62 часа;
- текущий контроль успеваемости и промежуточной аттестации – 14 часов;
- итогом освоения курса является экзамен.

Согласно ФГОС ВПО данный курс направлен на формирование *следующих общекультурных и профессиональных компетенций* студентов:

- владеет одним из иностранных языков на уровне, позволяющем получать и оценивать информацию в области профессиональной деятельности из зарубежных источников (ОК-10);
- готов к толерантному восприятию социальных и культурных различий, уважительному и бережному отношению к историческому наследию и культурным традициям (ОК-14);
- владеет одним из иностранных языков на уровне профессионального общения (ОПК-5).

Цель пособия – формирование и развитие профессионально значимых знаний, умений и навыков, обеспечивающих достижение уровня языковой компетенции, необходимого и достаточного для реализации целей профессиональной коммуникации.

Цель реализуется в следующих задачах:

1. Уметь переводить аутентичные тексты среднего уровня сложности.
2. Уметь обрабатывать и извлекать необходимую информацию из предложенных текстов по профилю специальности.
3. Уметь поддерживать беседу на английском языке и делать сообщения в рамках изучаемых тем.
4. Овладеть базовым минимумом лексических единиц терминологического характера по специальности.

Необходимость решения поставленных задач предопределила структуру пособия. Пособие содержит два тематических модуля («Keeping Fit» и «World of Sport»), отражающих профессиональную сферу общения, англо-русский словарь спортивных терминов и библиографический список. В свою очередь каждый модуль состоит из пяти разделов, тематика которых взаимосвязана и отражает сферы общения при обучении иностранным языкам: *повседневно-бытовую* («You Are What You Eat», «Mental Health», «Life Is Motion»), *социокультурную* («Healthy Body, Healthy Mind», «Olympic Games», «Kids and Sports») и *профессиональную* («Fitness Techniques», «Careers in Sport», «Extreme Sports», «Sports Facilities and Equipment»).

Все разделы построены по единой схеме, хотя и отличаются разнообразием содержания наполнения. Тексты, включенные в данное пособие, являются оригинальными и неадаптированными. Они были подвергнуты некоторым сокращениям, что продиктовано учебными целями пособия. Каждый раздел состоит из:

- предтекстового вводного задания, направленного на выявление знаний по определенной тематике;
- аутентичного основного текста и глоссария, который содержит слова и выражения, необходимые для точного перевода текста и связного высказывания на заданную тематику;
- послетекстовых заданий, нацеленных на проверку понимания прочитанного и контролирующих степень сформированности умений использования полученной информации;
- дополнительного текста по схожей тематике и упражнений к нему, что значительно расширяет потенциальный словарный запас студентов профессиональной направленности;
- итогового творческого задания, предполагающего как аудиторную, так и самостоятельную работу студентов (подготовку презентаций, докладов, проектных работ).

Все упражнения и задания направлены на достижение основной цели данного пособия. Информативная ценность текстов и их профессиональная направленность дают возможность подготовить будущих специалистов к практическому использованию иностранного языка в профессиональной сфере.

На каждый раздел пособия рекомендуется отводить 2–3 занятия (4–6 часов), хотя в зависимости от уровня подготовленности студентов программа может меняться. Работу над уроками рекомендуется построить следующим образом:

- 1) выполнение упражнений, служащих для активизации фонетического и лексического материала;
- 2) работа основным текстом и глоссарием: чтение и перевод текста;
- 3) речевая тренировка с помощью подстановочных лексических таблиц;
- 4) выполнение упражнений, направленных на проверку понимания прочитанного текста;
- 5) решение учебных ситуаций и творческих заданий (подготовка презентаций, докладов, проектных работ).

Апробация материалов данного пособия проводилась на занятиях по английскому языку для студентов, обучающихся по направлению подготовки 050100.62 Педагогическое образование (профиль Физкультурное образование), 050104.00.65 Безопасность жизнедеятельности с дополнительной специальностью Физическая культура, 032102.65 Физическая культура для лиц с отклонениями в состоянии здоровья (адаптивная физическая культура).

ФУНКЦИОНАЛЬНАЯ КАРТА КОМПЕТЕНЦИИ

050100.62 Педагогическое образование (профиль Физкультурное образование),
 050104.00.65 Безопасность жизнедеятельности с дополнительной специальностью Физическая культура,
 032102.65 Физическая культура для лиц с отклонениями в состоянии здоровья
 (адаптивная физическая культура) ОК-10

10. Владение английским языком на уровне, позволяющем получать и оценивать информацию в области профессиональной деятельности из зарубежных источников (ОК-10)

| Знаниевый | № | Ориентировочный | № | Операциональный | № | Опыт | |
|--|-------------------|--|-----------------------|--|--------------------|---|------------|
| 1 | | 2 | | 3 | | 4 | |
| ОК-10.1.1. Знание основных языковых норм иностранного языка (произносительной, графической, грамматической, лексической) | 1, 44, 45, 48, КВ | ОК-10.2.1. Владение схемой выделения существенных характеристик языковых единиц в специальном тексте | 1, 44, 45, 48, 47, КВ | ОК-10.3.1. Владение лексическим минимумом в рамках профессиональной сферы общения на иностранном языке | 44, КВ | ОК-10.4.1. Опыт извлечения информации из одноязычных и двуязычных специализированных словарей | 45, КВ, 46 |
| ОК-10.1.2. Знание основных лингвостилистических особенностей специального текста на иностранном языке | 47 | ОК-10.2.2. Владение набором действий по анализу и интерпретации языковых единиц в специальном тексте | 1, 44-47, КВ | ОК-10.3.2. Владение навыками анализа иноязычных лексических единиц и грамматических явлений в специальном тексте | 44, 45, 48, 47, КВ | ОК-10.4.2. Опыт анализа лексических единиц и грамматических явлений в специальном тексте на иностранном языке | 45, КВ |

Продолжение

| Знаниевый | № | Ориентировочный | № | Операциональный | № | Опыт | |
|---|----|---|--------|---|--------|---|--------|
| 1 | | 2 | | 3 | | 4 | |
| ОК-10.1.3. Знание способов поиска и критериев оценивания информации в области профессиональной деятельности на иностранном языке из зарубежных источников | 45 | ОК-10.2.3. Владение схемой оценивания информации в области профессиональной деятельности из зарубежных источников | 44, КВ | ОК-10.3.3. Владение навыками просмотрового, поискового, изучающего и ознакомительного чтения специального текста | 45, КВ | ОК-10.4.3. Опыт применения различных стратегий чтения иноязычного специального текста | 45, КВ |
| | | | | ОК-10.3.4. Владение навыками аудирования иноязычного специального текста | 45, КВ | ОК-10.4.4. Опыт аудирования специальных текстов на иностранном языке с целью поиска конкретной информации, общего или полного понимания содержания | 45, КВ |
| | | | | ОК-10.35. Владение навыками поиска и оценивания информации в области профессиональной деятельности на иностранном языке из зарубежных источников; работа с иностранными сайтами | 45, КВ | ОК-10.4.5. Опыт поиска и оценивания информации в области профессиональной деятельности на иностранном языке из зарубежных источников; работа с иностранными сайтами | 45, КВ |

MODULE 1

KEEPING FIT



Unit 1

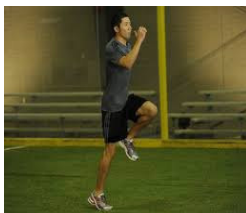
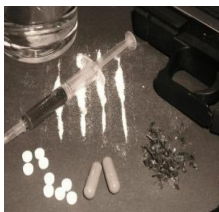
Healthy Body, Healthy Mind



BEFORE READING

Look at the pictures and answer the following questions:

1. What pictures a healthy lifestyle is represented on?
2. Do you adhere to the principles of a healthy lifestyle?



Healthy Living

What does a healthy lifestyle *mean*? According to the dictionary, lifestyle is a way of life or style of living that *reflects* the *attitudes* and value of a person or group. A healthy lifestyle would be a way of living that would *result* in a healthy mind, body and spirit.

A healthy lifestyle *comprises* of many components. Healthy eating means eating food that are nutritional and good for the body like fresh fruits and vegetables, low fat diets, *unrefined* carbohydrates, etc. It includes avoiding food that is bad for you like refined carbohydrates, fatty foods, alcohol, etc. Eating in *moderation* is the essential component of healthy eating.



Regular exercise is an important part of a healthy lifestyle. Aerobic exercise is good for your heart and your body. Yoga has a therapeutic affect and also helps to *reduce* your stress level. Pilates are great for strengthening your «*core*» muscles which are situated around your *midsection*. You could consider some other forms of exercise like Tai Chi, martial arts and Qi Gong. It is essential that you *incorporate* any kind of exercises in to your daily life to help keep you fit and *maintain* your weight at a healthy level.

Managing stress *efficiently* is a critical part of a healthy lifestyle. *Failure* to manage stress effectively can *harm* your body and *affect* your relationship with others. If left unattended, stress can also lead to alcohol or drug *addiction*.

Sleeping right, having a positive *outlook* about life and having a balanced life are also the necessary components of a healthy lifestyle. If you go without sleep for a period of time, every area of your life will be ultimately affected. If it becomes a regular *pattern* in your life, you could *endanger* your health and reduce your overall performance. This can ultimately affect all other areas of your life, personal *as well as* professional.

Living a healthy lifestyle takes discipline. You must *make up your mind* and choose things that are good for you and your loved ones. Living a healthy lifestyle involves *taking care* of your physical, mental and spiritual health. You need to *arm* yourself with appropriate knowledge that will *ensure* that you get the result you want.

The physical, mental and spiritual aspects of your life are *intertwined*. To be happy and healthy, you need to keep all these aspects of your life balanced.

Healthy Living: MedlinePlus [Электронный ресурс]. – Режим доступа: www.nlm.nih.gov/.../healthyliving.html

Topical Vocabulary

| | |
|---|----------------------|
| mean [mi:n], <i>v</i> | значить |
| reflect [rɪ'flekt], <i>v</i> | отражать |
| attitude ['ætɪtju:d], <i>n</i> | отношение |
| result [rɪ'zʌlt], <i>v</i> | иметь результатом |
| comprise [kəm'praɪz], <i>v</i> | включать в себя |
| unrefined ['ʌnrɪ'faɪnd], <i>p.p.</i> | нерафинированный |
| moderation [mɒdə'reɪʃn], <i>n</i> | умеренность |
| reduce [rɪ'dju:s], <i>v</i> | снижать |
| core [kɔ:], <i>n</i> | туловище |
| midsection ['mɪdsekʃn], <i>n</i> | средняя линия |
| incorporate [ɪn'kɔ:pəɪt], <i>v</i> | включать |
| maintain [meɪn'teɪn], <i>v</i> | поддерживать |
| efficiently [ɪ'fɪʃntli], <i>adv</i> | эффективно |
| manage ['mænɪdʒ], <i>v</i> | справляться |
| failure ['feɪljə], <i>n</i> | неспособность |
| harm [hɑ:m], <i>v</i> | вредить |
| affect [ə'fekt], <i>v</i> | наносить ущерб |
| addiction [ə'dɪkʃn], <i>n</i> | пагубная привычка |
| outlook ['aʊtlʊk], <i>n</i> | взгляд |
| pattern ['pætən], <i>n</i> | модель |
| endanger [ɪn'deɪndʒə], <i>v</i> | подвергать опасности |
| as well as | так же, как |
| make up one's mind | принимать решение |
| take care [teɪk keə], <i>v</i> | заботиться |
| arm [ɑ:m], <i>v</i> | вооружаться |
| ensure [ɪn'ʃʊə], <i>v</i> | гарантировать |
| intertwine [ɪntə'twɪn], <i>v</i> | переплетаться |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

dictionary ['dɪkʃənəri], nutritional [nju:'triʃənl], diet ['daɪət], carbohydrate ['kɑ:bəʊ'hɑ:dreɪt], therapeutic [θerə'pjʊ:tɪk], muscle [mʌsl], discipline ['dɪsɪplɪn], spiritual ['spɪrɪtʃʊəl].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

martial, ultimately, involve, appropriate, performance, essential, avoid.

Exercise 3. Match the words with the opposite meaning:

- a) healthy, ensure, fatty, reduce, harm, endanger.
- b) enlarge, favor, guard, neglect, lean, lifeless.

Exercise 4. Match the words with the similar meaning:

- a) regular, value, essential, failure, nutritional, comprise.
- b) nourishing, daily, inability, contain, worth, vital.

Exercise 5. Read and translate the text «Healthy Living» consulting the topical vocabulary. Find in the text the information about:

- a) the importance of sleeping well;
- b) the definition of a healthy lifestyle;
- c) different physical activities.

Exercise 6. Complete the sentences with the phrases from the text.

- 1. Lifestyle is a way of life that ...
- 2. To be happy and healthy, you need ...
- 3. Healthy eating means ...
- 4. You should incorporate any kind of exercises in to your daily life to ...
- 5. Failure to manage stress effectively ...
- 6. Living a healthy lifestyle involves ...

Exercise 7. Fill in the gaps with the words from the box.

| |
|---|
| to make up one's mind, to incorporate, to arm, efficiently, to reduce, to take care, to maintain, to comprise, outlook, to result, to ensure, to intertwine |
|---|

- 1. The physical, mental and spiritual aspects of your life ...
- 2. A healthy lifestyle would be a way of living that would ... in a healthy mind, body and spirit.

3. Sleeping right, having a positive ... about life and having a balanced life are also the necessary components of a healthy lifestyle.

4. Yoga has a therapeutic affect and also helps to ... your stress level.

5. Living a healthy lifestyle involves ... of your physical, mental and spiritual health.

6. Managing stress ... is a critical part of a healthy lifestyle.

7. It is essential that you ... any kind of exercises in to your daily life to help keep you fit and ... your weight at a healthy level.

8. You need to ... yourself with appropriate knowledge that will ... that you get the result you want.

9. A healthy lifestyle ... of many components.

10. You must ... and choose things that are good for you and your loved ones.

Exercise 8. Read the text «Healthy Living» and answer the following questions.

1. How can you define a healthy living?
2. What components a healthy lifestyle comprises of?
3. What food should be avoided?
4. What kind of exercises should you incorporate in your daily life?
5. How can stress affect your life?
6. Is it important to have a positive outlook about life?
7. What living a healthy living involves?

Exercise 9. Read and translate the following article into Russian with the help of a dictionary. Entitle the article and express its main idea in several sentences.

Alcohol is not an ordinary commodity. It has been part of human civilization for thousands of years, and while it is linked with connotations of pleasure and sociability in the minds of many, its use also has harmful consequences.

When a person drinks alcohol, it is absorbed by the stomach, enters the bloodstream, and goes to all the tissues.



Most people who have alcohol-related health problems aren't alcoholics. They're simply people who have regularly drunk more than the recommended levels for some years. Alcohol's hidden harms usually only emerge after a number of years. And by then, serious health problems can have developed.

A series of diseases are entirely caused by alcohol, such as alcohol dependence and alcoholic liver cirrhosis. Alcohol consumption also clearly increases the risk of some cancers (including lip, tongue, throat, esophagus, liver, and breast cancer). Depending on the drinking pattern, alcohol can have a damaging or a protective role in the development of diseases of the heart and blood vessels.

The fetus is at risk when the mother consumes alcohol during pregnancy. Effects range from slow growth to birth defects and mental retardation. Maternal drinking can also cause spontaneous abortion or premature birth.

There is also a link between drinking too much alcohol and mental health problems such as depression. Heavy long-term drinking can also risk problems with memory loss.

About 2 billion people across the world consume alcoholic drinks. Alcohol consumption can harm health as well as social relations, but the nature and the severity of the effects depend on both the amount of alcohol consumed over time, and the pattern of drinking.

Alcoholism and Alcohol Abuse – Helpguide.org [Электронный ресурс]. –
Режим доступа: www.helpguide.org/.../alcohol_abuse_alcoholis...

Exercise 10. Read the statements and mark them as true (T) or false (F). Prove your point. In your arguments use: *I quite agree with...; I don't think so...; I can't agree with...; I guess...; on the contrary; quite so; exactly; from my point of view; as for me; to tell you the truth.*

1. Alcohol consumption can harm health as well as social relations.

2. Alcohol is linked with connotations of pleasure and sociability.

3. The effects of alcohol on your health will depend on how much you drink.

4. Most people who have alcohol-related health problems are alcoholics.

5. Alcohol consumption increases the risk of some cancers. □
6. Health effects of alcohol have been observed in nearly every organ of the body. □
7. Moderate alcohol consumption has been shown to lower some specific health risks. □

Exercise 11. Find information on a healthy lifestyle. Speak on your experience of maintaining your health.

Exercise 12. In groups make a list of facts proving that a healthy living is very important to many people. Compare your list with other groups.

Exercise 13. Comment on the proverbs:

- a) There are no riches like health.
- b) Health is not valued until sickness comes.
- c) Every human being is the author of his own health or disease.
- d) Prevention is better than cure.

Recall examples from life or literature to prove the proverb.

Unit 2

You Are What You Eat



BEFORE READING

Look at the pictures and answer the following questions:

1. What products that you can see in the pictures can be defined as unhealthy?
2. What products prevail in your diet?



Healthy Eating

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables and *whole grains* and cutting back on foods that have a lot of fat, salt and sugar.



To feel great, have more energy, and keep yourself as healthy as possible – all of which can be achieved by learning some *nutritional* basics and using them in a way that works for you. A change to healthier eating also includes learning about balance, variety, and moderation. Most days eat from each food group – vegetables and fruit, grain products, milk and *alternatives*, meat and alternatives. Listen to your body. Eat when you're hungry. Stop when you feel *satisfied*. Be *adventurous*. Choose different foods in each food group. For example, don't *reach for* an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the *nutrients* you need. Don't have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be okay.

Healthy eating will help you get the right balance of vitamins, minerals, and other nutrients. It will help you feel your best and have *plenty of* energy. It can help you *handle* stress better.

Healthy eating is one of the best things you can do to *prevent* and control many health problems, such as: heart disease, high *blood pressure*, diabetes, some types of cancer.

Healthy eating is not a diet. It means making changes you can live with and enjoy for the *rest of* your life. Diets are *temporary*. Because you *give up* so much when you diet, you may be hungry and think about food all the time. And after you stop dieting, you also may *overeat* to *make up* for what you *missed*.

Eating a healthy, balanced variety of foods is far more satisfying. And if you *match* that with more physical activity, you *are* more *likely* to get to a healthy weight and stay there than if you diet.

You Are What You Eat | FactMonster.com [Электронный ресурс]. –
Режим доступа: www.factmonster.com > Science > Food

Topical Vocabulary

| | |
|---|-----------------------|
| whole grains | цельное зерно |
| nutritional [nju:'trɪʃənl], <i>adj</i> | относящийся к питанию |
| alternative [ɔ:'lʌtə:nətɪv], <i>n</i> | альтернатива |
| satisfied ['sætɪsfaid], <i>p.p.</i> | удовлетворенный |
| adventurous [əd'ventʃərəs], <i>adj</i> | оригинальный |
| reach [ri:tʃ] for , <i>v</i> | тянуться |
| nutrients ['nju:trɪənts], <i>n</i> | питательные вещества |
| plenty of | множество |
| handle [hændl], <i>v</i> | справляться |
| prevent [prɪ'vent], <i>v</i> | предотвращать |
| blood pressure | кровеное давление |
| rest of | остаток |
| temporary ['tempərəri], <i>adj</i> | временный |
| give up [gɪv ʌp], <i>v</i> | отказаться |
| overeat ['əʊvər'i:t], <i>v</i> | переедать |
| make up [meɪk ʌp], <i>v</i> | компенсировать |
| miss [mɪs], <i>v</i> | потерять |
| match [mætʃ], <i>v</i> | согласовать |
| be likely | вероятно |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

vegetables ['vedʒɪtəblz], sugar [ʃʊgə], energy ['enədʒɪ], basics ['beɪsɪks], balance ['bæləns], vitamins ['vɪtəmiːnz], diabetes [daɪə'bi:ti:z], diet ['daɪət].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

achieve, include, variety, moderation, cancer, weight.

Exercise 3. Match the words with the opposite meaning:

- a) overeat, add, achieve, best, balance, prevent.
- b) worst, disproportion, allow, reduce, fail, diet.

Exercise 4. Match the words with the similar meaning:

- a) choose, moderation, enjoy, handle, temporary.
- b) cope, short-lived, temperance, like, select.

Exercise 5. Read and translate the text «Healthy Eating» consulting the topical vocabulary. Find in the text the information about:

- a) the difference between healthy eating and keeping a diet;
- b) the best pattern of healthy eating;
- c) direct recommendations of a balanced diet.

Exercise 6. Complete the sentences with the phrases from the text.

1. A change to healthier eating includes ...
2. Healthy eating starts with ...
3. Eating a variety of foods each day ...
4. Healthy eating will help you get ...
5. Healthy eating can help you ...
6. If you match healthy eating with more physical activity ...

Exercise 7. Fill in the gaps with the words from the box.

to miss, temporary, to be likely, nutrients, to prevent, satisfied, to give up, to make up, to handle, blood pressure, to match, whole grains, to overeat, rest of, adventurous

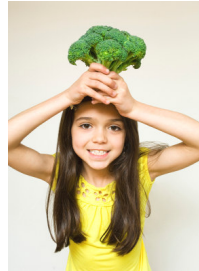
1. Healthy eating means making changes you can live with and enjoy for the ... your life.
2. Stop when you feel Be
3. Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and
4. Because you ... so much when you diet, you may be hungry and think about food all the time.
5. Healthy eating is one of the best things you can do to ... and control many health problems, such as: heart disease, high ..., diabetes, some types of cancer.
6. Eating a variety of foods each day will help you get all the ... you need.
7. After you stop dieting, you also may ... to ... for what you
8. If you ... healthy eating with more physical activity, you ... more ... to get to a healthy weight and stay there than if you diet.
9. Healthy eating can help you ... stress better.
10. Diets are

Exercise 8. Read the text «Healthy Eating» and answer the following questions.

1. What healthy eating starts with?
2. What food should be excluded from your diet?
3. What are the main principles of healthy eating?
4. How can you get all the nutrients you need?
5. Do you agree that healthy eating can prevent some health problems?
6. What's the difference between healthy eating and being on a diet?

Exercise 9. Do the quiz and score the result.

1. What vegetable is supposed to give you better eyesight?
 - a) lettuce
 - b) broccoli
 - c) carrots
2. Which of the following is a good source of calcium?
 - a) apples
 - b) milk
 - c) beef
3. We need calcium to maintain
 - a) strong muscles
 - b) healthy teeth and bones
 - c) good eyesight
4. Which of the following foods contains a lot of starch, which is not recommended if you go on a diet?
 - a) oranges
 - b) yoghurt
 - c) potatoes
5. You can get a lot of fibre which is useful for your body from
 - a) fruit and vegetables
 - b) beef and pork
 - c) milk and eggs
6. When you go on a diet you shouldn't lose more than
 - a) 0.5–1 kilo a week
 - b) 1–2 kilos a week
 - c) 2–4 kilos a week



7. The best way to lose weight is to cut out food containing
- fat
 - proteins
 - vitamins
8. The substance which helps your body to grow and keeps it strong is
- fibre
 - protein
 - fat
9. Proteins can be found in food such as
- meat and beans
 - fruit and vegetables
 - sweets and chocolate
10. If you feel you are putting on weight you should first of all
- go to the doctor
 - buy bigger clothes
 - give up eating 5 chocolate bars a day
11. To keep fit you should exercise at least
- 20 minutes a day
 - 30 minutes a day
 - 40 minutes a day
12. The best way to end physical exercise is to have
- a good stretch
 - a cup of coffee
 - a chat with your trainer
13. Which of these is not one of the components of fitness?
- muscular endurance
 - healthy diet
 - weight loss

Score

- 1–7 correct answers:** You are taking the first steps to a healthy lifestyle: now you know more than at the beginning of the lesson. That's a good point!
- 8–11 correct answers:** You are obviously interested in the issue. Keep going!
- 12–14 correct answers:** Do you use your knowledge in your everyday life? It's never too late to start.

Exercise 10. On a sheet of paper write:

1. something that makes you feel good
2. something that you like to eat and get proteins from
3. your favourite source of sugar
4. the last time you went on a diet
5. whether you think you have endurance
6. a food you would never agree to cut out
7. an unhealthy habit you want to give up
8. something that makes you put on weight
9. how many times a day you stretch
10. whether you would like to have bigger muscles
11. a starchy food you can't do without
12. whether you find it easy to keep fit
13. something you often eat which is rich in fibre
14. something healthy you have done today
15. something unhealthy you did yesterday

• **What you write should be very short.**

• **Write all over the page in a jumbled order.**

• **Do not number your answers.**

• **In pairs ask your partner questions to find out what your partner means.**

Example:

A: *Chocolate.*

Q1: *Is chocolate the food you would never agree to cut out?*

A: *No.*

Q1: *Is chocolate something that makes you feel good?*

A: *Yes.*

Exercise 11. Find more information about food. Speak on the healthy eating.

Exercise 12. In groups make a list of facts proving that a healthy eating is very important to many people. Compare your list with other group.

Exercise 13. Comment on the proverbs and quotes.

1. After dinner sit awhile, after supper walk a mile.
2. Eat to live, not live to eat.
3. An apple a day keeps a doctor away.
4. All happiness depends on a leisurely breakfast.
5. The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

Recall examples from life or literature to prove the proverb and quotes.

Unit 3

Life Is Motion



BEFORE READING

Look at the pictures and answer the following questions:

1. Which of these activities can be defined as conducing to good health?
2. Are you physically active?



Physical Fitness and Its Benefits

Individuals are physically fit when they can meet both the ordinary and the unusual *demands* of daily life safely and effectively without being overly *fatigued* and still have energy left for *leisure* and *recreational* activities. Physical fitness can be classified into health-related and skill-related fitness. Health-related fitness has four components: cardiorespiratory endurance, muscular strength and endurance, muscular *flexibility*, and *body composition*.

The components of skill-related fitness are *agility*, balance, coordination, power, reaction time, and speed. Skill-related fitness is crucial for success in sports and athletics, and it also contributes to *wellness*.

Physical activity is any activity that you may do to *improve* or maintain your physical fitness as well as your health in general. It can include everyday activities (e.g. walking or cycling to work or school, doing housework, gardening or any active or *manual* work that you may do as part of your job); active recreational activities (dancing, active play amongst children, walking or cycling for recreation); sport (exercise and fitness training at a gym or during an exercise class, swimming and competitive sports such as football, rugby and tennis etc.).



Adults should aim to do a mixture of *aerobic* activities and *muscle-strengthening* activities.

Aerobic activities are any activity that makes your heart and *lungs* work harder. To *gain* health benefits, it is suggested that you should do at least 30 minutes of moderate intensity physical activity on most days of the week. 30 minutes is probably the minimum to gain health benefits. However, you do not have to do this all at once. For example, cycling to work and back for 15 minutes each way adds up to 30 minutes. Moderate intensity physical activity means that you get warm, mildly *out of breath*, and mildly sweaty. For example, *brisk* walking, jogging, swimming, cycling, dancing, badminton, tennis, etc.

In addition to the above aerobic activities, adults should also aim to do a minimum of two sessions of muscle-strengthening activities per week, although these should not be on *consecutive* days.

Muscle-strengthening activities can include *climbing* stairs, walking uphill, lifting or carrying shopping, *digging* the garden, weight training, pilates, yoga or similar *resistance* exercises that use the major muscle groups. Ideally, the activities and exercises should not only aim to improve or maintain your muscle strength, but also aim to maintain or improve your flexibility and balance. A session at a gym is possibly ideal, but activities at home may be equally as good. For example, stair climbing, *stretching* and resistance exercises can be done at home without any special clothing or *equipment*.

A *session* should be a minimum of 8–10 exercises using the major muscle groups. Ideally, to help build up your muscle strength, use some sort of resistance (such as a weight for arm exercises) and do 8–12 *repetitions* of each exercise. The level (weight) of each exercise should be so that you can do 8–12 repetitions before the mus-

cle group gets *tired*. So, for example, for the upper arm muscles, hold a weight in your hand and *bend* your arm up and down 8–12 times. This should make your arm muscles tire.

Physical activity is thought to help ease stress, *boost* your energy levels and improve your general wellbeing and *self-esteem*.

The Benefits of Physical Activity | The Nutrition Source ... [Электронный ресурс]. – Режим доступа: www.hsph.harvard.edu/.../staying-active-full-st...

Topical Vocabulary

| | |
|---|--------------------------|
| demand [dɪ'mɑ:nd] <i>n</i> | запрос |
| fatigued [fə'ti:gd] <i>p.p.</i> | утомленный |
| leisure ['leɪzə] <i>n</i> | отдых |
| recreational [rekrɪ'eɪʃənl] <i>adj</i> | оздоровительный |
| endurance [ɪn'dʒʊərəns] <i>n</i> | выносливость |
| flexibility [fleksə'bɪlɪtɪ] <i>n</i> | гибкость |
| body composition | композиция тела |
| agility [ə'dʒɪlɪtɪ] <i>n</i> | ловкость |
| wellness ['welnəs] <i>n</i> | хорошее здоровье |
| improve [ɪm'pru:v] <i>n</i> | улучшать |
| manual ['mænjʊəl] <i>adj</i> | физический |
| aerobic [ɪ'rəʊbɪk] <i>adj</i> | аэробный |
| muscle-strengthening | укрепление мышц |
| lungs | легкие |
| gain [geɪn] <i>n</i> | добиваться |
| out of breath | запыхавшийся |
| brisk [brɪsk] <i>adj</i> | энергичный |
| store up [stɔ: ʌp] <i>v</i> | накапливать |
| consecutive [kən'sekjʊtɪv] <i>adj</i> | следующий друг за другом |
| climb [klaɪm] <i>v</i> | взбираться |
| dig [dɪg] <i>v</i> | копать |
| resistance [rɪ'zɪstəns] <i>n</i> | выносливость |
| stretching ['stretʃɪŋ] <i>n</i> | растяжка |
| equipment [ɪ'kwɪpmənt] <i>n</i> | оборудование |
| session [seʃn] <i>n</i> | тренировка |
| repetition [reprɪ'tɪʃn] <i>n</i> | повтор |
| tired ['taɪəd] <i>p.p.</i> | уставший |
| bend [bend] <i>v</i> | сгибать |
| boost [bu:st] <i>v</i> | увеличивать |
| self-esteem [self ɪs'ti:m] <i>n</i> | самооценка |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

muscles [mʌslz], strength [streŋθ], ideally [aɪ'di:əli], addition [ə'dɪʃn], moderate ['mɒdəreɪt], athletics [æθ'letɪks].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

pilates, although, cycling, competitive, crucial, success, intensity, sweaty, ease.

Exercise 3. Match the words with the opposite meaning:

- a) improve, upper, brisk, gain, wellness, leisure,
- b) work, disease, waste, worsen, lower, lifeless,

Exercise 4. Match the words with the similar meaning:

- a) endurance, ideal, tire, boost, power, major.
- b) increase, force, perfect, main, resistance, weary.

Exercise 5. Read and translate the text «Physical Fitness and its Benefits» consulting the topical vocabulary. Find in the text the information about:

- a) different types of physical activity;
- b) aerobic activities for adults;
- c) muscle-strengthening activities.

Exercise 6. Complete the sentences with the phrases from the text.

1. Individuals are physically fit when...
2. Physical fitness can be classified into...
3. Physical activity can include...
4. Physical activity is any activity that you may do...
5. Aerobic activities are...
6. Moderate intensity physical activity means...
7. Muscle-strengthening activities can include...
8. A session should be...
9. Physical activity helps...

Exercise 7. Fill in the gaps with the words from the box.

equipment, to bend, repetition, aerobic, to improve, flexibility, to gain, self-esteem, muscle-strengthening, session, to boost, stretching

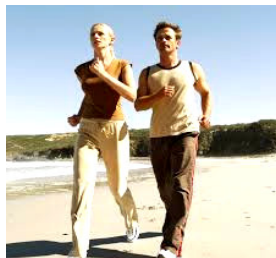
1. Physical activity is thought to help ease stress, ... your energy levels and improve your general wellbeing and
2. Ideally, the activities and exercises should aim to maintain or improve your ... and balance.
3. A ... should be a minimum of 8–10 exercises using the major muscle groups.
4. Adults should aim to do a mixture of ... activities and ... activities.
5. Physical activity is any activity that you may do to ... or maintain your physical fitness as well as your health in general.
6. To help build up your muscle strength, use some sort of resistance and do 8–12 ... of each exercise.
7. Stair climbing ... and resistance exercises can be done at home without any special clothing or
8. For the upper arm muscles, hold a weight in your hand and ... your arm up and down 8–12 times.
9. To ... health benefits, it is suggested that you should do at least 30 minutes of moderate intensity physical activity on most days of the week.

Exercise 8. Read the text «Physical Fitness and its Benefits» and answer the following questions.

1. How can be physical fitness classified into?
2. What are the main components of health-related fitness?
3. What are the main components of skill-related fitness?
4. How can you define physical activity?
5. What does physical activity include?
6. How much aerobic activity should adults have per day?
7. What aerobic activities can you enumerate?
8. What are muscle-strengthening activities?
9. How many exercises should a session include?
10. What are the benefits of physical activity?

Exercise 9. Read and translate the following article into Russian with the help of a dictionary. Entitle the article and express its main idea in several sentences.

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. Walking is a form of exercise accessible to just about everybody. It's safe, simple and doesn't require practice. And the health benefits are many. Walking can help you lower lowdensity lipoprotein (LDL) cholesterol (the «bad» cholesterol), raise highdensity lipoprotein (HDL) cholesterol (the «good» cholesterol), lower your blood pressure, reduce your risk of or manage type 2 diabetes, manage your weight; improve your mood, stay strong and fit.



Walking is a great exercise because it's so simple to do. But using the correct posture and movements is essential. Spend about five minutes walking slowly to warm up your muscles. After warming up, stretch your muscles before walking. Include the calf stretch, quadriceps stretch, hamstring stretch and side stretch. To reduce stress on your heart and muscles, end each walking session by walking slowly for about five minutes. Then, repeat your stretches.

Measure the intensity of your workout. As you walk, measure the intensity of your workout by checking your heart rate. Knowing your heart rate allows you to increase the intensity to maximize your workout or slow down to avoid overdoing it.

Walking for good health | Better Health Channel... [Электронный ресурс]. –
Режим доступа: www.betterhealth.vic.gov.au/.../walking_for_g...

Exercise 10. Read the statements and mark them as true (T) or false (F). Prove your point. In your arguments use: *I quite agree with...; I don't think so...; I can't agree with...; I guess...; on the contrary; quite so; exactly; from my point of view; as for me; to tell you the truth.*

1. Walking is a high-impact exercise.
2. Walking is a form of exercise accessible to just about everybody.
3. Walking requires practice.

4. Walking can help you to prevent different health problems.
5. You can start walking without warming up or stretching.
6. You should end each walking session by walking slowly for about five minutes.
7. To find out the right intensity of your workout, check your pulse.

Exercise 11. Find more information about physical activities. Speak on another way of being fit and more active.

Exercise 12. In groups make a list of facts proving that physical activities are very important to many people. Compare your list with other groups.

Exercise 13. Comment on the proverbs and quotes.

1. Early to bed and early to rise, makes a man healthy, wealthy and wise.
2. Those who do not find time for exercise will have to find time for illness.
3. He, who has health, has hope; and he who has hope has everything.

Recall examples from life or literature to prove the proverb and quotes.

Unit 4

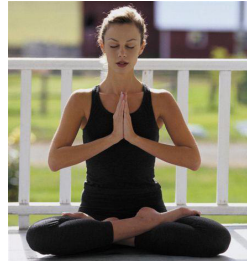
Fitness Techniques



BEFORE READING

Look at the pictures and answer the following questions:

1. What fitness techniques are shown in these pictures?
2. Have you ever practiced any of these techniques?



Health and Fitness Trends

There are lots of positive reasons for getting fitter, including meeting new people, discovering new interests and generally feeling better. Where exercise is *concerned*, there are a variety of *regimens* to choose from that promote physical fitness, health and wellness. Weight training, yoga and pilates are among the most common *workouts* today.

Weight training is a type of *strength* training that uses weights for *resistance*. Weight training challenges your muscles by providing a stress to the muscle that causes it to adapt and get stronger. Weight training can be performed with free weights, such as *barbells* and *dumbbells*, or by using weight machines.

Many people associate strength (weight) training only with athletes. At one time, perhaps, strength training was reserved only for athletes. Certainly the world of muscle building (apart from body building) was *relatively* unknown. But all that has changed in the last few *generations* as the health benefits of muscle strength and endurance have become known for men and women of all ages.

Yoga is considered a mind-body type of *complementary* and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve *peacefulness* of body and mind, helping you relax and manage stress and *anxiety*.

Yoga has many styles, forms and intensities. Hatha yoga, *in particular*, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and some beginners find it easier to practice because of its slower *pace* and easier movements. But most people can benefit from any style of yoga – it's all about your personal *preferences*. The core components of hatha yoga and most general yoga classes are poses and *breathing*. Yoga poses, also called *postures*, are a series of movements designed to increase strength and flexibility. Poses *range* from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits. Controlling your breathing is an important part of yoga. In yoga, breath *signifies* your *vital* energy.

Pilates is named for its creator, Joseph Pilates, who developed the exercises in the early 1900s. It is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates *emphasizes* use of the *abdominals*, lower back, *hips* and *thighs*. A pilates *routine* typically includes 25 to 50 *repetitive* strength training exercises. Pilates is similar to calisthenics, such as sit-ups and pushups. In fact, some people call pilates the ultimate form of calisthenics. By practicing pilates regularly, you can achieve a number of health benefits, including improvement of core stability, posture, balance, flexibility and *prevention* and treatment of back pain.

Health & Fitness – Special Feature Stories and News – WebMD [Электронный ресурс]. – Режим доступа: www.webmd.com/fitness-exercise/news-features

Topical Vocabulary

| | |
|---|-----------------------|
| concern [kən'sɜ:n] <i>v</i> | затрагивать |
| regimen ['redʒɪmən] <i>n</i> | режим |
| workout ['wɜ:kaut] <i>n</i> | тренировка |
| strength [streŋθ] <i>n</i> | сила |
| resistance [rɪ'zɪstəns] <i>n</i> | сопротивление |
| barbell ['bɑ:bəl] <i>n</i> | штанга |
| dumbbell ['dʌmbəl] <i>n</i> | гантель, гиря |
| relatively ['relətɪvli] <i>adv</i> | сравнительно |
| generation [dʒenə'reɪʃn] <i>n</i> | поколение |
| complementary [kɒmplɪ'mentəri] <i>adj</i> | дополнительный |
| peacefulness ['pi:sflnəs] <i>n</i> | миролюбие |
| anxiety [æŋ'zæti] <i>n</i> | беспокойство |
| in particular | в частности |
| pace [peɪs] <i>n</i> | темп |
| preference ['prefərəns] <i>n</i> | предпочтение |
| posture ['pɒstʃə] <i>n</i> | поза |
| breathing ['bri:ðɪŋ] <i>n</i> | дыхание |
| range [reɪndʒ] <i>v</i> | варьироваться |
| signify ['sɪgnɪfaɪ] <i>v</i> | символизировать |
| vital [vaɪtl] <i>adj</i> | жизненный |
| emphasize ['emfəsaɪz] <i>v</i> | акцентировать |
| abdominals [æb'dɒmɪnlz] <i>n</i> | мышцы брюшного пресса |
| hips [hɪps] and thighs [θaɪz] | бедр |
| routine [ru:'ti:n] <i>n</i> | упражнение |
| repetitive [rɪ'petɪtɪv] <i>adj</i> | повторяющийся |
| prevention [prɪ'venʃn] <i>n</i> | предупреждение |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

weight [weɪt], medicine ['medsɪn], machine [mə'ʃi:n], associate [ə'səʊʃɪət], breathing ['bri:ðɪŋ], endurance [ɪn'dʒʊərəns].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

certainly, challenge, cause, core, reserve, creator, increase.

Exercise 3. Match the words with the opposite meaning:

- a) wellness, similar, workout, weakness, creator, mental.
- b) destroyer, physical, illness, unlike, inactivity, energy.

Exercise 4. Match the words with the similar meaning:

- a) essential, symbolize, additional, preference, alarm, calmness.
- b) complementary, vital, anxiety, signify, favor, peacefulness.

Exercise 5. Read and translate the text «Health and Fitness Trends» consulting the topical vocabulary. Find in the text the information about:

- a) styles of yoga;
- b) main reasons for getting fitter;
- c) the method of exercise that consists of low-impact flexibility, muscular strength and endurance movements.

Exercise 6. Complete the sentences with the phrases from the text.

1. Where exercise is concerned, there are a variety ...
2. Weight training is ...
3. Weight training can be performed with ...
4. Yoga is considered ...
5. The core components of hatha yoga are ...
6. Poses range from ...
7. Pilates is a method ...
8. By practicing pilates regularly, you can achieve ...

Exercise 7. Fill in the gaps with the words from the box.

to emphasize, workout, preference, peacefulness, abdominals, breathing, to signify, regimen, relatively, strength, routine, hips and thighs, to concern, repetitive, resistance, vital

1. A pilates ... typically includes 25 to 50 ... strength training exercises.
2. Where exercise ..., there are a variety of ... to choose from that promote physical fitness, health and wellness.
3. Most people can benefit from any style of yoga – it's all about your personal

4. The core components of hatha yoga and most general yoga classes are poses and
5. Weight training, yoga and pilates are among the most common ... today.
6. Pilates ... use of the ..., lower back,
7. Yoga brings together physical and mental disciplines to achieve ... of body and mind.
8. Weight training is a type of ... training that uses weights for
9. In yoga, breath ... your ... energy.
10. The world of muscle building (apart from body building) was ... unknown.

Exercise 8. Read the text «Physical Fitness and its Benefits» and answer the following questions.

1. What are the most common workouts today?
2. What is weight training?
3. What health benefit does weight training provide?
4. What kind of sports equipment weight training is performed with?
5. What is yoga?
6. What is the most popular style of yoga?
7. What core components of hatha yoga do you know?
8. Who is a creator of pilates?
9. What parts of the body are worked out in pilates?
10. What exercises does pilates include?

Exercise 9. Read and translate the following article into Russian with the help of a dictionary and choose the right heading. Match the right heading of the article and express its main idea in several sentences.

Massage: past and future

Massage: another health care tool

Massage techniques

Massage is a «hands-on» treatment in which a therapist manipulates muscles and other soft tissues of the body to improve health and well-being. Varieties of massage range from *gentle stroking* and *kneading* of muscles and other soft tissues to deeper manual techniques. Massage has been practiced as a *healing* therapy for centuries



in nearly every culture around the world. It helps *relieve* muscle *tension*, reduce stress, and *evoke* feelings of *calmness*. Although massage affects the body as a *whole*, it particularly influences the activity of the musculoskeletal, circulatory, lymphatic, and nervous systems.

The use of massage for healing purposes dates back 4,000 years in Chinese medical literature and continues to be an important part of Traditional Chinese Medicine.

In the early 20th century, the rise of technology and *prescription* drugs began to *overshadow* massage therapy. For the next several decades, massage remained *dormant*, with only a few therapists continuing to practice the ancient technique. During the 1970s, however, both the general public and the medical profession began to *take notice* of alternative medicine and mind-body therapies, including massage therapy.

There are many different types of massage, including these common types.

Swedish massage is a *gentle* form of massage that uses long strokes, kneading, deep circular movements, vibration and *tapping* to help relax and energize you.

Deep-tissue massage technique uses slower, more *forceful* strokes to *target* the deeper layers of muscle and *connective tissue*, commonly to help with muscle damage from injuries.

Sports massage is similar to Swedish massage but is *geared* toward people involved in sport activities to help prevent or treat injuries.

Trigger point massage focuses on trigger points, or sensitive areas of *tight* muscle *fibers* that can form in your muscles after injuries or *overuse*.

Massage Therapy as a health care tool... [Электронный ресурс]. – Режим доступа: utopiamassage.biz/HealthCareTool.aspx

Exercise 10. Find more information about health and fitness trends and speak on your favourite one.

Exercise 12. In groups make a list of fitness techniques and prove that physical activities are very important to many people. Compare your list with other groups.

Exercise 13. Comment on the proverbs and quotes.

1. The reason I exercise is for the quality of life I enjoy.
2. Health is a relationship between you and your body.
3. You wouldn't have won if we'd beaten you.

Recall examples from life or literature to prove the proverb and quotes.

Unit 5

Mental Health



BEFORE READING

Look at the pictures and answer the following questions:

1. Does our mental health relate to our wellbeing?
2. Do you know any methods to handle stress?



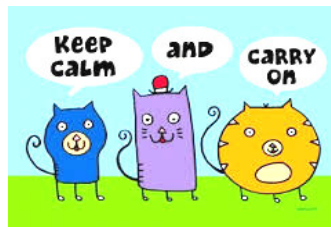
Stress Management

Stress may be considered as any physical, chemical, or emotional factor that *causes* bodily or mental *unrest* and that may be a factor in disease *causation*. Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort. Emotional causes of stress and *tension* are numerous and varied. While many people associate the term «stress» with psychological stress, scientists and physicians use this term to *denote* any *force* that *impairs* the stability and balance of bodily functions.

If stress *disrupts* body balance and function, then is all stress bad? Not necessarily. A *mild* degree of stress and tension can sometimes be beneficial. For example, feeling mildly stressed when *carrying out* a project or *assignment* often *compels* us to do a good job, focus better, and work energetically.

Likewise, exercising can produce a *temporary* stress on some body functions, but its health benefits are *indisputable*. It is only when stress is overwhelming, or poorly managed, that its negative effects appear.

An important goal for those under stress is the management of life stresses. *Elimination* of stress is unrealistic, since stress is a part of normal life. It's impossible to completely eliminate stress, and it would not be advisable to do so. *Instead*, we can learn to manage stress so that we have control over our stress and its effects on our physical and mental health.



Stress is related to both *external* and *internal* factors. External factors include your physical *environment*, your job, relationships with others, your home, and all the situations, challenges, difficulties, and *expectations* you're *confronted* with on a daily basis. Internal factors *determine* your body's ability to *respond* to, and *deal with*, the external stress-inducing factors. Internal factors which *influence* your ability to *handle* stress include your nutritional status, *overall* health and fitness levels, emotional well-being, and the amount of sleep and *rest* you get.

Managing stress, therefore, can *involve* making changes in the external factors which confront you or with internal factors which strengthen your ability to deal with what comes your way.

Stress Management – Helpguide.org [Электронный ресурс]. – Режим доступа: www.helpguide.org/.../stress_management_relief...

Topical Vocabulary

| | |
|--|------------------|
| cause [kɔ:z] <i>v</i> | вызывать |
| unrest [ʌn'rest] <i>n</i> | расстройство |
| causation [kɔ:'zɛɪʃn] <i>n</i> | этиология |
| tension [tenʃn] <i>n</i> | напряжение |
| denote [dɪ'nəʊt] <i>v</i> | обозначать |
| force [fɔ:s] <i>n</i> | сила |
| impair [ɪm'peə] <i>v</i> | ослаблять |
| disrupt [dɪs'rʌpt] <i>v</i> | подрывать |
| mild [maɪld] <i>adj</i> | умеренный |
| carry out ['kæri aʊt] <i>v</i> | выполнять |
| assignment [ə'saɪnmənt] <i>n</i> | задание |
| compel [kəm'pel] <i>v</i> | заставлять |
| likewise ['lɪkwaɪz] <i>adv</i> | подобным образом |
| temporary ['tempərəri] <i>adj</i> | временный |
| indisputable ['ɪndɪs'pjʊ:təbl] <i>adj</i> | бесспорный |
| elimination [ɪlɪmɪ'neɪʃn] <i>n</i> | устранение |
| instead [ɪn'sted] <i>adv</i> | вместо |
| external [eks'tɜ:nl] <i>adj</i> | внешний |
| internal [ɪn'tɜ:nl] <i>adj</i> | внутренний |
| environment [ɪn'vaɪərənmənt] <i>n</i> | окружение |
| expectation [ekspek'teɪʃn] <i>n</i> | ожидание |
| confront [kən'frʌnt] <i>v</i> | сталкиваться |
| determine [dɪ'tɜ:mɪn] <i>v</i> | определять |
| respond [rɪs'pɒnd] <i>v</i> | реагировать |
| deal [di:l] <i>v</i> | справляться |
| influence ['ɪnfluəns] <i>n</i> | влияние |
| handle [hændl] <i>v</i> | управлять |
| overall ['əʊvəɔ:l] <i>adj</i> | общий |
| rest [rest] <i>n</i> | отдых |
| involve [ɪn'vɒlv] <i>v</i> | заключать в себе |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

chemical ['kemɪkəl], psychological [saɪkə'lɒdʒɪkəl], scientist ['saɪəntɪst], physician [fɪ'zɪʃn], tension [tenʃn], trauma ['trɔ:mə], injuries ['ɪndʒərɪz].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

overwhelming, advisable, strengthen, eliminate, varied, beneficial, appear, challenge, bothering.

Exercise 3. Match the words with the opposite meaning:

a) emotional, mildly, questionable, temporary, strengthen, unrest.
b) permanent, lessen, happiness, apathetic, harshly, indisputable.

Exercise 4. Match the words with the similar meaning:

a) trauma, nutritional, handle, likewise, rest, environment.
b) recreation, surroundings, hurt, nourishing, cope, also.

Exercise 5. Read and translate the text «Stress Management» consulting the topical vocabulary. Find in the text the information about:

a) factors that can cause stress;
b) benefits of a mild degree of stress;
c) the definition of stress.

Exercise 6. Complete the sentences with the phrases from the text.

1. Stress may be considered as ...
2. Scientists and physicians use the term «stress» to ...
3. Feeling mildly stressed often compels us to
4. Exercising can produce ...
5. Stress is related to ...
6. External factors include ...
7. Internal factors determine ...

Exercise 7. Fill in the gaps with the words from the box.

expectation, to handle, causation, assignment, elimination, external, to influence, to determine, indisputable, to confront, unrest, to carry out, rest, to deal with, environment, to involve, to respond, temporary, internal, to cause, overall, to compel

1. Managing stress can ... making changes in the external factors.
2. Stress may be considered as any physical, chemical, or emotional factor that ... bodily or mental
3. Stress is related to both ... and ... factors.
4. Feeling mildly stressed when ... a project or ... often ... us to do a good job, focus better, and work energetically.
5. Internal factors which ... your ability to ... stress include your nutritional status, ... health and fitness levels, emotional well-being, and the amount of sleep and ... you get.
6. Exercising can produce a ... stress on some body functions, but its health benefits are
7. ... of stress is unrealistic, since stress is a part of normal life.
8. External factors include your physical ..., your job, relationships with others, your home, and all the situations, challenges, difficulties, and ... you ... with on a daily basis.
9. Stress may be a factor in disease
10. Internal factors ... your body's ability to ... to, and ..., the external stress-inducing factors.

Exercise 8. Read the text «Stress Management» and answer the following questions.

1. What is definition of stress?
2. What physical and chemical factors can cause stress?
3. Is all stress bad for our health?
4. Is it necessary to eliminate stress from our life?
5. What external factors can influence people's mental health?
6. What are internal factors which influence our ability to handle stress?
7. What managing stress involves?

Exercise 9. Read the following recommendations and divide them into two categories – things you should or shouldn't do to handle stress. Which of them do you follow and find especially useful?

YOU SHOULD

YOU SHOULDN'T

- 1) ... stay in bed;
- 2) ... seek out someone to talk;
- 3) ... listen to music;
- 4) ... go out and take a walk;
- 5) ... make a schedule to manage your time;
- 6) ... take good care of yourself;
- 7) ... write about the things that are bothering you;
- 8) ... make regular exercise;
- 9) ... let your feelings out;
- 10) ... do something positive for someone else.

Exercise 10. It seems to you that your friend is lack of time. He doesn't like his study; he is always tired and nervous. In 120-150 words suggest some recommendations for your friend how to avoid stress and how to gather good emotions and energy.

Exercise 11. In groups make a list of factors that can cause stress and prove that mental health is very important to many people. Compare your list with other groups.

Exercise 12. Comment on the sayings.

1. People who laugh actually live longer than those who don't laugh.
2. Diseases of the soul are more dangerous and more numerous than those of the body.
3. A good laugh and a long sleep are the best cures in the doctor's book.
4. To wish to be well is a part of becoming well.

Recall examples from life or literature to prove the sayings.

MODULE 2

WORLD OF SPORT



Unit 6

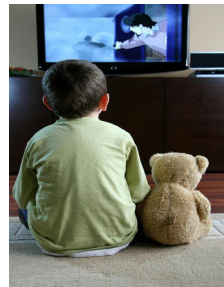
Kids and Sports



BEFORE READING

Look at the pictures and answer the following questions:

1. Which picture shows the healthiest way of life for children?
2. What is the easiest way for children to become healthy?



Physical Activity in Teenagers

A negative health *consequence* of not *engaging* in *adequate* amounts of physical activity is *obesity*. It is important in today's society to continue to be physically active in order to *maintain* a healthy body. Several studies have found a positive association between the time spent viewing television and increased *prevalence* of obesity in children. In order to maintain a healthy body children and teenagers need an hour of physical activity a day. However, the recommended hour of physical activity does not have to be all at one time. Doing smaller tasks *throughout* the day also *count* as physical activ-

ity. To be more active in their lives teens need to find fun and easy ways to become more active: walk to school, ride a bike, play a sport, etc. The most important thing is to start developing healthy *behaviors* now that they can maintain throughout their lives.

Teens need more physical activity to *avoid* health problems in the future. Teens that are obese are extremely likely to become obese adults. This leads to many health problems such as: diabetes, cancers, and many *cardiovascular* diseases.

Excessive time spent in front of a *screen* has its *adverse* effects. Research has shown that high levels of electronic media can lead to school problems, attention difficulties, sleep disorders, eating disorders, and obesity from a *lack* of physical activity.



There are many *benefits* to physical activity outside of the obvious obesity problems. Physical activity can help teens to perform better in school, feel better about themselves, develop skills in sports, build strength and *endurance*. To have more sports is a great way to become active and develop other skills such as leadership and teamwork.

However not everyone wants to play a sport because of time commitments or other various reasons. There are many other ways to get the amount of physical activity that you need. Some of the more simple ideas for daily activity include taking a walk, dancing, walking the dog, riding a bike, taking the stairs, playing ball in the back yard, washing cars, doing yard work, swimming, taking classes such as yoga or aerobics, weight lifting, going to the local park, or going *in-line skating*.

Physical activity in children and teenagers [Электронный ресурс]. –
Режим доступа: www.mydr.com.au › Sports & Fitness

Topical Vocabulary

| | | |
|---------------------------|------------|--------------------------------|
| consequence ['kɒnsɪkwəns] | <i>n</i> | (по)следствие |
| engage [ɪn'geɪdʒ] | <i>v</i> | заниматься |
| adequate ['ædɪkwɪt] | <i>adj</i> | достаточный |
| obesity [əʊ'bi:stɪ] | <i>n</i> | ожирение |
| maintain [meɪn'teɪn] | <i>v</i> | поддерживать |
| prevalence ['prevələns] | <i>n</i> | распространенность |
| throughout [θru:'aʊt] | <i>adv</i> | на всем протяжении (о времени) |
| count [kaʊnt] | <i>v</i> | считать |
| behaviour [br'heɪvjə] | <i>n</i> | поведение |
| avoid [ə'vɔɪd] | <i>v</i> | избегать |
| cardiovascular | | сердечно-сосудистый |
| [kɑ:diə'væskjʊlə] | <i>adj</i> | |
| screen [skri:n] | <i>n</i> | экран |
| adverse ['ædvɜ:s] | <i>adj</i> | вредный |
| lack [læk] | <i>n</i> | отсутствие (чего-либо) |
| benefit ['benɪfɪt] | <i>n</i> | польза |
| endurance [ɪn'dʒʊərəns] | <i>n</i> | выносливость |
| in-line skating | | катание на роликовых коньках |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

society [sə'saɪətɪ], body ['bɒdɪ], association [ə'səʊsɪ'eɪʃn], hour ['aʊə], positive ['pɒzətɪv], disease [dɪ'zi:z], excessive [ɪk'sesɪv].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

obese, amount, however, develop, cancer, disorder, commitment.

Exercise 3. Match the words with the opposite meaning:

- a) teen, negative, local, adverse, excessive, disease.
- b) extra, good, adult, health, abroad, favorable.

Exercise 4. Match the words with the similar meaning:

- a) overweight, lack, engage, frustration, ability adequate.
- b) participate, sufficient, skill, obesity, absence, disorder.

Exercise 5. Read and translate the text «Physical Activity in Teenagers» consulting the topical vocabulary. Find in the text the information about:

- a) skills that sport can develop;
- b) simple ideas for daily activity;
- c) healthy behaviors for teens.

Exercise 6. Fill in the gaps with the words from the box.

to maintain, adverse, to avoid, adequate, benefits, obesity, endurance, throughout, screen, lack, consequence

1. There are many ... to physical activity outside of the obvious obesity problems.
2. Doing smaller tasks ... the day also counts as physical activity.
3. A negative health ... of not engaging in ... amounts of physical activity is
4. Physical activity can help teens to build strength and
5. In order ... a healthy body children and teenagers need an hour of physical activity a day.
6. Teens need more physical activity ... health problems in the future.
7. Excessive time spent in front of a ... has its ... effects.
8. Research has shown that high levels of electronic media can lead to school problems, eating disorders, and obesity from a ... of physical activity.

Exercise 7. Read the statements and mark them as true (T) or false (F). Prove your point. In your arguments use: *I quite agree with...; I don't think so...; I can't agree with...; I guess...; on the contrary; quite so; exactly; from my point of view; as for me; to tell you the truth.*

1. It is important in today's society to be physically active in order to maintain a healthy body.
2. Children and teenagers need four hours of physical activity a day.
3. Doing smaller tasks throughout the day doesn't count as physical activity.

4. Teens that are obese are extremely likely to become obese adults.
5. High levels of electronic media can lead to school problems, attention difficulties, sleep disorders, eating disorders among teens.
6. Physical activity builds strength and endurance.
7. We don't want to play a sport because of time commitments.

Exercise 8. Read the text «Physical Activity in Teenagers» and answer the following questions.

1. Is it important to be physically active? Why?
2. How much time children need to be fit?
3. What health problem is observed among children nowadays?
4. What are fun and easy ways for children to become more active?
5. What health problems obesity leads to?
6. What are the benefits of being engaged in sport for teens?

Exercise 9. Read the statements about how sports promote healthy child development in many areas with positive effects. Name some disadvantages for kids who don't do sports.

Sports help physical development. Kids who do sports:

- ✓ build muscle and bones;
- ✓ improve reflexes, attention, focus, and thinking;
- ✓ reduce the likelihood of obesity;
- ✓ reduce symptoms of stress and depression.

Sports help cognitive and academic development. Kids who do sports:

- ✓ get better grades – often in the semester that they play sports;
- ✓ manage time better;
- ✓ improve their ability to think while their bodies are engaged;
- ✓ make quick decisions, problem solve and think strategically
- ✓ incorporate different kinds of information simultaneously – watch opponents, keep track of teammates, check environmental conditions, listen to coaching instructions;
- ✓ adolescents who do sports have higher education and occupational outcomes and are more likely to finish high school and college.

Sports help psychological development. Kids who do sports:

- ✓ have higher self-esteem;
- ✓ have less anxiety and depression, are less likely to consider suicide, engage in less risky behaviors, such as alcohol and drugs;
- ✓ as adults, they feel better about their physical and social selves.

Sports help social development (games and teams are miniature social systems). Kids who do sports:

- ✓ develop leadership and teambuilding skills;
- ✓ enhance their knowledge of social rules and roles;
- ✓ experience supportive relationships with adults;
- ✓ form relationships with peers;
- ✓ have the opportunity to experience interacting with children of other backgrounds and cultures.

Sports help character development. Kids who do sports:

- ✓ learn to define goals, determine the steps necessary to achieve them;
- ✓ derive pleasure from accomplishment and deal with the let-down of defeat;
- ✓ pursue excellence by setting increasingly higher standards;
- ✓ persevere in the face of disappointment, refocus and work hard;
- ✓ cope with frustration and learn to profit from challenge;
- ✓ encounter and enact moral values (i.e., resolve the conflict between the norms of fair play and the desire to win);
- ✓ contribute to their communities.

Kids and Sports: Creating a Healthy Experience for Every Child ... [Электронный ресурс]. – Режим доступа: www.aboutourkids.org/.../kids_sports_creating...

Exercise 10. Read and translate the following article into Russian with the help of a dictionary and give the heading.

Born in Maryland on June 30, 1985, Michael Phelps started swimming when he was seven years old. At the age of 15, he placed fifth in the 200-meter butterfly at the 2000 Olympics, where he was the youngest male to compete in the games since 1932. At the 2001

Spring Nationals in the United States, Phelps became the youngest man ever to break a world record in swimming, at the age of 15 years and 9 months.

Phelps also became the first swimmer in history to break five individual world records at one meet, at the 2003 World Championships in Barcelona. At the age of 18, in 2003, Phelps won the Sullivan Award as the top amateur athlete in the United States. He has been World Swimmer of the Year in 2003, 2004, 2006, 2007 and 2008; and has been American Swimmer of the Year for 2001, 2002, 2003, 2004, 2006, 2007 and 2008.



At the 2008 Summer Olympics in Beijing, Phelps won eight gold medals, breaking the record of seven golds in one Olympics set by Mark Spitz in 1972. He holds a total of 16 Olympic medals of which two are bronze and the rest gold.

Michael Phelps Biography – Facts, Birthday, Life Story ... [Электронный ресурс]. – Режим доступа: www.biography.com/people/michael-phelps-345192

Exercise 11. Put the facts from Michael Phelps’s career in right order.

1. He won eight gold medals in Beijing.
2. He became the first swimmer in history to break five individual world records at one meet.
3. He placed fifth in the 200-meter butterfly and became the youngest male to compete in the games since 1932.

Exercise 12. Find information on a sport celebrity. Speak on your favourite sport celebrity.

Unit 7

Careers in Sport



BEFORE READING

Look at the pictures and answer the following questions:

1. Do you know what the occupations of these people are?
2. Would you like to have any of these jobs?



Sports Related Careers

Sports related careers are *aspired* by a huge number of people who are skilled and talented in some type of sport. There are a number of careers *related* to the various sports. Not only the sports persons or players can make a career in this very field, but also, the coaches, *umpires*, referees, physiotherapists etc. However, like the entertainment industry, the *rate* of success in this field entirely depends on the skill of the professionals. The *tasks* of the professionals in sports related careers depend on the role and job type. The athletes, coaches, umpires, doctors, all have different tasks to perform.

The athletes are the *key aspect* of these careers. They are *required* to practice and perform thoroughly. They are supposed to *obey* their coaches and trainers for better results.



The coaches train and teach the players various tactics and techniques to win. They make them practice and help them to *enhance* their physical *stamina*. They induce unity and sportsmanship within the players. The coaches hold major part of the responsibility of the victory or *defeat* of the team.

Umpires (referees) are present on the ground along with the competing teams. They keep a *keen* observation on the players and declare decisions like *dismissals*, winning points, faults, *fines*, penalties etc. They play a crucial role in keeping the players in discipline and ensuring a fair play.

Doctors, physiotherapists and remaining medical team assist and accompany the players at all venues and locations. They *provide* immediate help to the players in case of injuries, *bruises*, *cramps*, muscle-pulls etc.

Team managers, board members are the professionals who take care of the official work and arrangements of the team, coaches and other assistances. They organize and *schedule* various events and leagues. They handle the department of *hiring* and *firing* the players and other professionals. They even take care of the *profits* and *losses* of the boards, leagues or business of the same.

Commentators are the professionals who give a live or recorded description of the sports events that are taking place, or which have already occurred. Their task is to give a *vivid* elaboration of all the action that took place in the game.

Article on Careers in the Sports Industry [Электронный ресурс]. – Режим доступа: <http://careerplanning.about.com/library/weekly/aa050499.htm>

Topical Vocabulary

| | |
|--------------------------------|-------------------|
| aspire [ə'spaɪə] <i>v</i> | стремиться |
| coach [kəʊtʃ] <i>n</i> | тренер |
| umpire ['ʌmpaɪə] <i>n</i> | арбитр |
| rate [reɪt] <i>n</i> | показатель |
| task [tɑːsk] <i>n</i> | задача |
| key aspect | ключевая фигура |
| require [rɪ'kwaɪə] <i>v</i> | требовать |
| obey [ə'beɪ] <i>v</i> | подчиняться |
| enhance [ɪn'hɑːns] <i>v</i> | увеличивать |
| stamina ['stæmɪnə] <i>n</i> | выносливость |
| defeat [dɪ'fi:t] <i>n</i> | поражение |
| keen [ki:n] <i>adj</i> | проницательный |
| dismissal [dɪs'mɪsəl] <i>n</i> | удаление |
| fine [faɪn] <i>n</i> | штраф; пенальти |
| provide [prə'vaɪd] <i>v</i> | оказывать |
| bruise [bruːz] <i>n</i> | ушиб |
| cramp [kræmp] <i>n</i> | спазм |
| schedule ['ʃedju:l] <i>v</i> | составлять график |
| hire ['haɪə] <i>v</i> | нанимать |
| fire ['faɪə] <i>v</i> | увольнять |
| profit ['prɒfɪt] <i>n</i> | прибыль |
| loss [lɒs] <i>n</i> | потеря |
| vivid ['vɪvɪd] <i>adj</i> | яркий |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

career [kə'ɪə], various ['veəriəs], physiotherapist [fɪziəʊ'θerəpɪst], observation [ɒbzə:'veɪʃn], penalty ['penltɪ], crucial ['kruːʃəl].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

huge, elaboration, thoroughly, venue, ensure, occur, league.

Exercise 3. Match the words with the opposite meaning:

a) obey, enhance, hire, keen, victory, disagreement.

b) unity, indifferent, failure ignore, lessen, fire.

Exercise 4. Match the words with the similar meaning:

- a) schedule, vivid, profit, defeat, loss, stamina, aspire.
- b) income, fallout, aim, destruction, plan, resistance, bright.

Exercise 5. Read and translate the text «Sports Related Careers» consulting the topical vocabulary. Find in the text the information about:

- a) the arrangements that team managers take care of;
- b) people who can make a career in sport;
- c) the professionals who give a description of the sports event.

Exercise 6. Complete the sentences with the phrases from the text.

- 1. Sports related careers are aspired by...
- 2. The athletes are required to...
- 3. The coaches train and teach the players...
- 4. Umpires (referees) play a crucial role in...
- 5. The medical team provides...
- 6. Team managers, board members are...
- 7. The commentators' task is...

Exercise 7. Fill in the gaps with the words from the box.

| |
|---|
| fine, key aspect, to obey, keen, hiring, stamina, to schedule, firing, to enhance, dismissal, to be aspired |
|---|

1. Sports related careers ... by a huge number of people who are skilled and talented in some type of sport.

2. Team managers organize and ... various events and leagues.

3. Umpires keep a observation on the players and declare decisions like ..., winning points, faults, ... penalties etc.

4. The coaches make them practice and help them to ... their physical

5. Team managers handle the department of ... and ... the players.

6. The athletes are the ... of sports careers.

7. The athletes are supposed to ... their coaches and trainers for better results.

Exercise 8. Read the statements and mark them as true (T) or false (F). Prove your point. In your arguments use: I quite agree with...; I don't think so...; I can't agree with...; I guess...; on the contrary; quite so; exactly; from my point of view; as for me; to tell you the truth.

1. Only the sports persons or players can make a career in this very field.
2. The tasks of the professionals in sports related careers depend on the role and job type.
3. The athletes are the key aspect of sports careers.
4. The athletes hold major part of the responsibility of their victory or defeat.
5. The umpires (referees) play a crucial role in keeping the players in discipline and ensuring a fair play.

Exercise 9. Read the text «Sports Related Careers» and answer the following questions.

1. Are only sports persons or players can make a career in sport?
2. What is the main task of a coach?
3. Can you name any famous coach?
4. Who keeps the players in discipline and ensure a fair play?
5. What is the main task of the medical team?
6. Which issues a team manager deals with?

Exercise 11. Read and translate the following text about various coaching styles into Russian with the help of a dictionary. Decide which style best describes you or your coach? Prove your point of view.

What makes a successful coach?

Successful coaches must have good knowledge of the sport sciences, sport management, and techniques and tactics. Successful coaches rank their program objectives in the right priority. To be successful, coaches adopt a coaching style compatible with those objectives. There are three other attributes of successful coaches: knowledge of the sport, motivation, and empathy.

Coaches often list many specific goals they hope to achieve when coaching their athletes. Usually, their goals fall under three broad objectives:

- ✓ to have a winning team;
- ✓ to help young people have fun;
- ✓ to help young people develop physically, psychologically and socially.

Successful coaches know the difference between their objectives for the contest, their objectives for their athletes' participation, and their personal objectives.

Most coaches lean toward one of three coaching styles: the command style (*the dictator*), the submissive style (*the babysitter*), or the cooperative style (*the teacher*).

In **the command style** of coaching, the coach makes all the decisions. The role of the athlete is to respond to the coach's commands. The assumption underlying this approach is that because the coach has knowledge and experience, it is his or her role to tell the athlete what to do. The athlete's role is to listen, to absorb, and to comply.

Coaches who adopt **the submissive style** make as few decisions as possible. It is a throw-out-the-ball-and-have-a-good-time approach. The coach provides little instruction, provides minimal guidance in organizing activities, and resolves discipline problems only when absolutely necessary. Coaches who adopt this style either lack the competence to provide instruction and guidance, are too lazy to meet the demands of their coaching responsibilities, or are very misinformed about what coaching is. The submissive-style coach is merely a babysitter – and often a poor one at that.

Coaches who select **the cooperative style** share decision making with athletes. Although they recognize their responsibility to provide leadership and guide young people toward achieving the set objectives, cooperative-style coaches also know that youngsters cannot become responsible adults without learning to make decisions.

Principles of sport training and teaching physical education [Электронный ресурс]. – Режим доступа: www.ftvs.cuni.cz/eknihy/.../7-Principles.html

Exercise 11. Find some interesting information about sports related careers. Speak on a prominent coach.

Unit 8

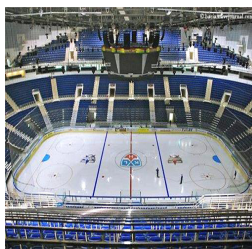
Sports Facilities and Equipment



BEFORE READING

Look at the pictures and answer the following questions:

1. Can you name the sports facilities in the pictures?
2. Do you know what sports are practiced there?



Sports Venues

A playing field is a field used for playing sports or games. They are generally outdoors, but many large structures exist to *enclose* playing fields from bad weather. Generally, playing fields are wide *expanses* of grass, dirt or sand without many *obstructions*. There is a variety of different commonly used fields, including: American football field, Association football (soccer) *pitch* (field), Australian rules football playing field, Baseball field, Cricket field containing the cricket pitch, Lacrosse field, Rugby league playing field (pitch or *paddock*), Rugby union playing field (pitch or paddock). In other sports, the field of play is called a «court»: basketball court, tennis court, volleyball court.

Some sports take place on the outdoor or indoor tracks, for example cycling. A shooting range or firing range is a specialized facility designed for firearms practice. A hippodrome was a Greek stadium for horse racing and chariot racing. Some present-day horse racing tracks are also called hippodromes, for example the Central Moscow Hippodrome. Water sports are held in swimming pools.

As for winter sports there is also a wide variety of sports *venues*. Some sporting events are held on different types of *rinks* (speed skating, ice hockey, curling), tracks (luge, skeleton, bobsleigh) or on the natural *terrain* – smooth or bumpy (mogul, skiing, snowboarding etc.). An ice hockey rink is an ice rink that is specifically designed for ice hockey, a team sport.

Rink, a Scottish word meaning «course», was used as the name of a place where another game, curling, was played. Early in its history, ice hockey was played mostly on rinks constructed for curling. The name was *retained* after hockey-specific facilities were built. As for tracks there are a total of sixteen tracks in the world, in use for competitions in bobsleigh, luge, and skeleton. All of the tracks except St. Moritz, Switzerland, which is naturally refrigerated, are constructed of reinforced *concrete* and piped with ammonia refrigeration to cool the track down *prior to* its run.

Sport venue [Электронный ресурс]. – Режим доступа: en.wikipedia.org/wiki/Sport_venue

Topical Vocabulary

| | |
|--|------------------------|
| enclose [ɪn'kləʊz] <i>v</i> | огораживать |
| expanse [ɪks'pæns] <i>n</i> | (широкое) пространство |
| obstruction [əb'strʌkʃn] <i>n</i> | препятствие |
| pitch [pɪtʃ] <i>n</i> | поле |
| paddock ['pædək] <i>n</i> | площадка |
| venue ['venju:] <i>n</i> | место проведения |
| rink [rɪŋk] <i>n</i> | каток |
| terrain ['terɪn] <i>n</i> | территория |
| retain [rɪ'teɪn] <i>v</i> | сохранять |
| concrete ['kɒnkri:t] <i>n</i> | бетон |
| prior to ['praɪə tu:] <i>adj</i> | перед |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

soccer ['sɒkə], league [li:g], structure ['strʌktʃə], weather ['weðə], court [kɔ:t], hippodrome ['hɪpədroum], stadium ['steɪdjəm], course [kɔ:s].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

luge, bobsleigh, cycling, curling, mogul, skiing, rugby, horse racing, chariot racing.

Exercise 3. Match the words with the opposite meaning:

- a) wide, bumpy, team, enclose, reinforce, indoor.
- b) outdoor, weaken, narrow, smooth, individual, free.

Exercise 4. Match the words with the similar meaning:

- a) venue, retain, refrigerate, facility, firearm, total.
- b) freeze, equipment, gun, general, playground, save.

Exercise 5. Read and translate the text «Sports Venues» consulting the topical vocabulary. Find in the text the information about:

- a) sports venues for winter sports;
- b) playing fields in general;
- c) sports venues for firearms practice.

Exercise 6. Fill in the gaps with the words from the box.

| |
|---|
| terrain, prior to, to retain, expanse, obstruction, concrete, to enclose, venue, rink |
|---|

1. Playing fields are generally outdoors, but many large structures exist to ... playing fields from bad weather.

2. Some sporting events are held on different types of ..., tracks or on the natural

3. Playing fields are wide ... of grass, dirt or sand without many ...

4. All of the tracks except St. Moritz, Switzerland are constructed of reinforced ... and piped with ammonia refrigeration to cool the track down ... its run.

5. The name was ... after hockey-specific facilities were built.
6. As for winter sports there is also a wide variety of sports

Exercise 7. Read the text «Sports Venues» and answer the following questions.

1. Why are some playing fields built indoors?
2. What surfaces are used for playing fields?
3. Which types of playing fields are mentioned in the text?
4. What venues are winter sports held on?

Exercise 8. There are some names of special places for practicing sport and playing games. Match the sport with the location.

- | | |
|---------------|------------|
| 1.golf | a) rink |
| 2.boxing | b) field |
| 3.tennis | c) pool |
| 4.swimming | d) ring |
| 5.football | e) court |
| 6.athletics | f) course |
| 7.ice-skating | g) stadium |

Put your answers in this table:

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | |
| | | | | | | | |

Exercise 9. Guess what sports and games are described here.

- 1) the sport of fighting with fists;
- 2) the sport of riding in a small boat with sails;
- 3) the sport of one who swims;
- 4) the sport of playing a type of football with an oval ball;
- 5) a game for two people who use rackets, a small soft ball and a low net;
- 6) the sport of moving through the water in a boat without sails;
- 7) the sport of going on horseback;

8) a game played by two teams of 6 players each that is played on an ice field;

9) an outdoor game, popular in Britain played in summer with a small ball by two teams of 11 players each, usually dressed in white.

Put your answers in this table:

| | | | | | | | | |
|--|--|--|--|--|--|--|--|--|
| | | | | | | | | |
| | | | | | | | | |

Exercise 10. Name things you can do with a ball:

✓ 5 games where you can hit the ball (with various kinds of equipment).

✓ 4 games where you can pass the ball.

✓ 3 games where you can catch the ball.

✓ 2 games where you can kick the ball.

✓ 1 game where you can hit the ball with your head.

Exercise 11. Read and translate the following article into Russian with the help of a dictionary. Entitle the article and express its main idea in several sentences.

We study at the Lesgaft State University of Physical Education. The students of our University take up different kinds of sports.

They train in different places: gymnasts – in the gymnasium, basketball, volleyball and handball players – on the indoor and outdoor sports grounds or in sports halls, tennis players – on the tennis courts, track-and-field athletes usually train on the stadiums in the open air.

Three times a week we have special training lessons. As a rule, each training lasts about 3 hours. Every training session begins with a warming-up period which lasts about 20 minutes. It consists of slow running for about a half mile, then fast running for about a quarter mile. Next, the sportsmen do a few exercises which depend on their event. After the warming-up we rest for about 5 minutes before we start practising. The warm-up of the body is very important. It helps to prevent pulled muscles. We train according to the trainer's instructions. The coach enjoys athletes' perfecting their skills. He or she pays great attention to mastering technique, tactics and the main elements of sports. Sometimes we train with a team or a partner. We perform different exercises and get ready for contests.

Exercise 12. Write your composition «My Training» (120–50 words) using the questions (box 1) and the linking expressions (box 2):

BOX 1:

Questions:

1. How often do you have your training?
2. Who is your coach?
3. Where do you train?
4. When do you attend your special training lessons?
5. Have you a coach or do you train by yourself?
6. How long does your training last?
7. What do you begin your training with?
8. How long do you warm up?
9. What is the aim of your training?

BOX 2:

Linking expressions:

*The question is ...
I've chosen ...*

*I am interested ...
I'm keen on ...
The topic is very interested ...
I know a lot about...
I want to ...
I like ...*

*I want to start with ...
I'd like to tell you about ...
I want to draw your attention to ...
The problem of ... is ...*

*As you know ...
When speaking about ...
In connection with what has been said, I'd ...
Some more facts, ideas about ...
What I mean is ...
I'd like to give you some more details about ...*

*To finish up ...
In the end ...
To sum up ...
To sum everything up ...
In conclusion ...
So, in short ...
So, ...
All in all ...*

Unit 9

Extreme Sports



BEFORE READING

Answer the following questions:

1. Can you name the extreme sports in the pictures?
2. Are you keen on extreme sports?
3. What do you know about extreme sports?



Extreme Sports

Many young people nowadays are totally *dedicated* to doing extreme sport activity. What makes extreme sports so attractive? Let's learn the aspect perfectly well and discover the reasons for the popularity of extreme sports and study the definition «extreme».

If you try to follow the direct meaning of the word «extreme» you'll have it as something extraordinary, *abnormal* and especially *complicated*. According to this we can *state* that an *extreme sport* is any sport featuring speed, height, danger, a high level of physical energy, highly *specialized equipment*, or *spectacular aerial tricks*.

A feature of such activities is their so-called *capacity to induce* a so-called *adrenaline rush* in participants. Another characteristic of activities is that they tend to be individual rather than team sports. Extreme sports can include both *competitive* and non-competitive activities.

Extreme sport activities are closely connected with *lethal risk* and great dangers of being badly *injured* and hurt. In fact if you think of the idea of sport activity in general, you're likely *to confirm* that any kind of sport can lead to death or traumatism. Think of gymnastics, football, figure skating, hockey...

However, neither *chess* nor running, for example, is called extreme sport.

Extreme sports are often associated with young adults wishing to push themselves to the limits of their *physical ability* and fear, in turn pushing the boundaries of a particular sport. This *youthful* demographic accounts too for extreme sports' frequent association with youth culture, including its clothing, fashions, and music. Some argue that the distinction between an extreme sport and the usual one is as much to do with marketing as it is to do with perceptions about levels of danger involved or the amount of adrenaline generated. Snowboarding thus has a more extreme image than skiing due to differing marketing strategies and the fact of being a newer sport, even though skiing is a faster and at least equally dangerous activity. Furthermore a sport like rugby union, though dangerous and adrenaline-inducing, would not fall into the category of extreme sports due to its traditional image. Scuba diving is not often categorized as an extreme sport these days, despite the level of danger and *physical exertion*, because of its primarily adult demographic. Another example: compare the perception of *demolition derby*, not usually thought of as an extreme sport, to that of BMX racing. Demolition derby has an adult demographic, BMX is a youth sport.

Other explanation can be that the risk connected with usual sports is comparatively small; it doesn't *depend on the peculiarities* of sport itself. It's not controlled by a person like all *unforeseen circumstances* if a person does extreme sport; he purposely subjects himself to danger, risk and death. That doesn't mean that a person doing extreme sport wants to die or is consciously expected to be hurt or injured. He thinks *thoroughly* about all the necessary equipment and *gear* and of course about *insurance measures*.

What is more, extreme sport intensifies all the *human senses*: eyesight, hearing, taste, intuition, a sense of smell, a sense of touch. The result of all training and competitions often depends on the concentration of all these senses.

Despite the fact that you are a real enthusiast and ready to experience something beyond your mind be ready to spend quite a lot of money on the gear, which is really expensive. The right kind of equipment should really *serve for protection and defense*, that's why the responsibility for this aspect is taken at the production scale. It's of high quality and of high price as well.

What do people experience while doing extreme sport? The answer is – excitement and *complete feeling of satisfaction*.

Extreme sport [Электронный ресурс]. – Режим доступа: en.wikipedia.org/wiki/Extreme_spor

Topical Vocabulary

| | |
|--|------------------------------------|
| dedicated ['dedɪkeɪtɪd] <i>adj</i> | посвятивший себя чему-л. |
| abnormal [æb'nɔ:m(ə)] <i>adj</i> | необычный |
| complicated ['kɒmplɪkeɪtɪd] <i>adj</i> | сложный |
| state [steɪt] <i>v</i> | устанавливать |
| specialized equipment [ˈspɪʃəlaɪzɪd ɪkwɪpmənt] | специализированное оборудование |
| spectacular [spek'tækjələ] | захватывающие воздушные |
| aerial ['eəriəl] tricks | трюки |
| capacity [kə'næsəti] to induce | способность вызывать |
| adrenaline [ə'drenəlɪn] rush [rʌʃ] | выброс адреналина |
| competitive [kəm'petɪtɪv] <i>adj</i> | соревновательный |
| lethal ['li:θ(ə)] risk | смертельная опасность |
| injured ['ɪndʒəd] <i>adj</i> | раненый |
| confirm [kən'fɜ:m] <i>v</i> | подтверждать |
| chess [tʃes] <i>n</i> | шахматы |
| physical ability [ə'biləti] | физическая способность |
| youthful ['ju:θf(ə)] <i>adj</i> | юношеский |
| physical exertion [ɪg'zɜ:f(ə)n] | физическое напряжение |
| demolition [,demə'liʃ(ə)n] | гонки на выживание |
| derby ['dɑ:bi] | |
| depend on the peculiarity [pɪ,kju:lɪ'æriəti] | зависеть от особенностей |

| | |
|---|------------------------------|
| unforeseen [ˌʌnfɔː'si:n] | непредвиденное |
| circumstance ['sɜ:kəmstæn(t)s] | обстоятельство |
| thoroughly ['θɹɹəʊlɪ] <i>adv</i> | полностью |
| gear [gɪə] <i>n</i> | приспособление |
| insurance [ɪn'juərə(ə)n(t)s] | мера предосторожности |
| measure ['meɜzə] | |
| human senses | человеческие чувства |
| serve for protection and defense [dɪ'fens] | служить для защиты и обороны |
| complete feeling | полное ощущение |
| of satisfaction [ˌsætɪs'fækj(ə)n] | удовлетворенности |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

equipment [ɪ'kwɪpmənt], satisfaction [ˌsætɪs'fækj(ə)n], youthful ['ju:θf(ə)], exertion [ɪg'zɜ:f(ə)n], derby ['dɜ:bɪ], peculiarity [pɪ'kjʊ:lɪ'ærəɪtɪ], gear [gɪə], insurance [ɪn'juərə(ə)n(t)s], measure ['meɜzə], aerial ['eəriəl].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

discover, popularity, extraordinary, height, participants, traumatism, figure, consciously, intuition, eyesight.

Exercise 3. Match the words with the opposite meaning:

a) young, nowadays, expensive, capacity, risk, distinction, satisfaction, dangerous

b) displeasure, safety, mature, cheap, resemblance, disability, before, harmless.

Exercise 4. Match the words with the similar meaning:

a) danger, discover, participant, confirm, death, enthusiast, primarily.

b) corroborate, ascertain, peril, firstly, decease, fanatic, partaker.

Exercise 5. Read and translate the text «Extreme Sports» consulting the topical vocabulary.

Exercise 6. Complete the sentences with the phrases from the text.

1. If you try to follow the direct meaning of the word «extreme» you'll have it as something ...
2. We can state that an *extreme sport* is any sport featuring ...
3. Extreme sports can include both ...
4. Extreme sport activities are closely connected with lethal risk and great dangers of being badly ...
5. This youthful demographic accounts too for extreme sports' frequent association with youth culture, including its ...
6. Extreme sport intensifies all the human senses: ...

Exercise 7. Fill in the gaps with the words from the box.

lethal risk, human senses, adrenaline rush, insurance measures, competitive, abnormal, specialized equipment

1. If you try to follow the direct meaning of the word «extreme» you'll have it as something extraordinary, ... and especially complicated.
2. A feature of such activities is their so-called capacity to induce a so-called ... in participants.
3. Extreme sports can include both ... and non-competitive activities.
4. He thinks thoroughly about all the necessary equipment and gear and of course about
5. What is more, extreme sport intensifies all the ... : eyesight, hearing, taste, intuition, a sense of smell, a sense of touch.
6. According to this we can state that an *extreme sport* is any sport featuring speed, height, danger, a high level of physical energy, highly ... , or spectacular aerial tricks.
7. Extreme sport activities are closely connected with ... and great dangers of being badly injured and hurt.

Exercise 8. Read the text «Extreme Sports» and answer the following questions.

1. What is featuring any sport?
2. Which activities can extreme sports include?
3. What should one be ready to spend quite a lot of money on the gear?
4. What kinds of sport are called extreme ones?
5. What attracts people in extreme sports?
6. What does a person experience while doing extreme sport?
7. Can you give any examples of extreme sports?

Exercise 9. Match the pictures with six of the extreme sports.

| | | |
|----------------|---------------|---------------------|
| BMX biking | rock climbing | snowboarding |
| bungee jumping | scuba diving | surfing |
| hang gliding | skateboarding | water skiing |
| para surfing | sky diving | white water rafting |



Exercise 10. Use the words in Box B to complete the names of extreme sports in Box A.

| Box A | Box B |
|-----------------|-------------|
| BMX ... | boarding x2 |
| Bungee ... | biking |
| hang ... | climbing |
| kite ... | diving x2 |
| rock ... | gliding |
| scuba ... | jumping |
| skate ... | rafting |
| sky ... | skiing |
| snow ... | surfing |
| water ... | |
| white water ... | |

Exercise 11. Now answer the questions about the sports. In which sport(s) ...

- a) is balance not as important as the ability to use the breathing apparatus?
- b) do you use crampons?.....
- c) do you use an inflatable boat?.....
- d) do you use a kite and wind power?.....
- e) do you use paddles?.....
- f) do you freefall?

Which two sports ...

- g) involve a rope or cord tied to yourself?.....
- h) are done on wheels?.....

Exercise 12. Now complete these definitions with the names of extreme sports.

1. ... is a form of competition cycling on bicycles with special wheels, which originated in California in the 1970s. It is now an Olympic sport.

2. ... is swimming underwater, carrying your own source of breathing gas (usually compressed air). You can stay underwater longer than you can if you are snorkelling.

3. ... is an activity in which you jump from a high place (often a bridge over a river) with one end of an elastic cord attached to your ankles and the other end to the jumping-off point. When you jump, the cord stretches to take up the energy of the fall, then you fly upwards as the cord snaps back. You go up and down until the energy created by the jump has finished.

4. ... is a sport that involves going down a snow-covered slope on a board attached to your feet using a special boot. It was inspired by surfing and skateboarding, and the sport shares superficial similarities with skiing. It became a winter Olympic sport in 1998.

5. ... is an air sport in which you hang by flexible straps from a machine made of a fabric wing in an aluminium frame. The machine is controlled by shifting your body weight, although some have aircraft flight control systems.

6. ... involves jumping out of an aircraft and then freefalling, before releasing a parachute.

Exercise 13. In groups answer the questions about the extreme sports (see Ex. 9). Then share your answers with other groups.

1. Has anyone in the group or anyone you know tried any of these activities? If so, share any stories with the rest of the group.

2. Which of the activities appeal to you and why?

3. Which of them don't appeal to you? Why not?

4. If you had the chance to do one of them this weekend, which one would you choose?

5. Are there any other extreme sports you would like to try (if money was no object)?

Unit 10

Olympic Games



BEFORE READING

Answer the following questions:

1. What do you know about the Olympic Games?
2. Who was the founder of the Olympic Games?
3. Are you keen on the Olympic Games?



The Olympic Games

Nobody knows exactly when the Olympic Games began. Some historians think it was over 3500 years ago. The Greeks emphasized *physical fitness and strength* in their education of youth. Therefore *contests in running, jumping, discus and javelin throwing, boxing and horse and chariot racing* were held in individual cities, and the winners competed every four years at Mount Olympus. *Winners were greatly honored* by having olive wreaths placed on their heads and having poems sung about their deeds. Originally these were held as games of friendship, and any wars in progress were halted to allow the games take place.

The Greeks *attached so much importance to* these games that they calculated time in four-year cycles called «Olympiads». In 394 A.D. the Games *were abolished* and were not renewed until many centuries later. Renewal of the Games came in 1896, when the first modern Olympic Games were held in Athens due to the French educator Baron Pierre de Coubertin. The first Olympiad was held in Athens and *followed the pattern set by the ancient Olympic Games*. Some events, like *marathon race*, have been added, and the *inclusion of women*, and also the series of winter sports. Otherwise, the framework elaborated for the first Games, *has stood the test of time*. The modern Games have *maintained the original ideal of amateurism*.

In 1896 *the International Olympic Committee (IOC) was set up*. It is *the central policy-making body of the Olympic movement*, formed by the *representatives of participant countries*. The IOC *makes the ultimate decision* as to the program of the Games, the number of participants and as to where the Games of the next Olympiad are to be held. The Games *are allocated to a city*, not to a country. Over 150 countries are represented in the IOC at present.

Much importance is attached to opening ceremony. At the opening of the Games the International Olympic Committee appears as host. *The national anthem* of the host country is played, and all the participants *march past the Lodge of Honour*. The Head of the *host country* declares the Games open, then the Olympic flag is raised and *the Olympic hymn* is sung. Then *the Olympic flame is lit* that will burn till the end of the Games. *The Olympic torch* has been carried from Olympia by torch bearers, one for each kilometre.

The Olympic flag has five coloured interlaced rings, representing the five parts of the world, on a white background. The *motto* of the Olympic Games is «Citius, Altius, Fortius» (Faster, Higher, Stronger).

Russia joined the Olympic movement in 1952. Since then, Soviet sportsmen and sportswomen have *collected* a great lot of gold, silver and bronze *medals*, not to mention the numerous *Olympic and world records they have broken*. In 1980 Moscow *hosted the 22nd Olympic Games*.

The importance of the Olympic Games was well expressed by Coubertin: «The most important thing in the Olympic Games is not win, but to take part, just as the most important thing in life is not the triumph but the struggle».

Topical Vocabulary

| | |
|---|---|
| physical fitness and strength | хорошая физическая форма и сила |
| contest in discus and javelin throwing | соревнования по метанию диска и копья |
| horse and chariot racing | гонки на колесницах |
| honored winner | награждать победителя |
| attach much importance to smth | придавать большое значение чему-либо |
| be abolished | быть отмененным |
| follow the pattern | следовать модели, |
| set by smb | установленной кем-либо |
| the ancient Olympic Games | древние Олимпийские игры |
| a marathon race | марафон |
| inclusion of women | включение женщин |
| to stand the test of time | выдержать проверку временем |
| maintain the ideal of amateurism | сохранять идеал любительства (любительского спорта) |
| the International Olympic Committee | Международный Олимпийский комитет |
| be set up | быть основанным |
| central policy-making body | центральный орган, определяющий политику |
| the Olympic movement | Олимпийское движение |
| representative | представитель стран-членов |
| of participant countries | движения |
| make the ultimate decision | принять окончательное решение |
| be allocated to a city | приписываться городу |
| the national anthem | национальный гимн |
| march past the Lodge of Honour | пройти мимо почетной ложи |
| host country | страна-хозяйка |
| the Olympic hymn | Олимпийский гимн |
| light the Olympic flame | зажигать Олимпийский огонь |
| the Olympic torch | Олимпийский факел |
| motto | девиз |
| to collect medals | получить медали |
| break Olympic and world records | побить олимпийские и мировые рекорды |
| host the Olympic Games | принимать Олимпийские игры |

EXERCISES

Exercise 1. Practice the pronunciation of the following words:

marathon ['mərəθən], honor ['ɒnə], ancient ['eɪnfənt], inclusion [ɪn'klu:ʒən], amateurism ['æmətə(:)rɪz(ə)m], Committee [kə'mɪtɪ], ultimate ['ʌltɪmɪt], representative [reprɪ'zentətɪv], decision [dɪ'sɪʒən].

Exercise 2. Find the correct pronunciation of these words in the dictionary, read and translate them into Russian:

torch, motto, join, mention, emphasize, wreath, javelin, deed, abolish, participant, struggle.

Exercise 3. Match the words with the opposite meaning:

a) ideal, modern, host, compete, renew, youth, triumph, ultimate.
b) give up, destroy, first, common, adulthood, failure, ancient, guest.

Exercise 4. Match the words with the similar meaning:

a) exactly, importance, winner, war, progress, renewal, competition, greatly.
b) advance, contest, battle, extremely, rebirth, significance, absolutely, champion.

Exercise 5. Read and translate the text «The Olympic Games» consulting the topical vocabulary.

Exercise 6. Look through the text and match the English with the Russian words and word combinations.

| | |
|------------------------------------|--|
| to compete | быть возобновленным |
| to honour winners | принять окончательное решение |
| to be abolished | быть запрещенным |
| to be renewed | соревноваться |
| to stand the test of time | выдержать проверку временем |
| to appear as host | установить Олимпийские и мировые рекорды |
| to make the ultimate decision | чествовать победителей |
| to join the Olympic movement | зажечь Олимпийский огонь |
| to break Olympic and world records | вступить в Олимпийское движение |
| to light the Olympic flame | выступать в качестве хозяина |

Exercise 7. Complete the sentences with the phrases from the text.

1. Therefore contests in running, jumping, discus and javelin throwing, boxing and horse and chariot racing were held in individual cities, and the winners competed every four years at
2. The Greeks attached so much importance to these games that they calculated time in four-year cycles called
3. Renewal of the Games came in 1896, when the first modern Olympic Games were held in Athens due to the French educator
4. The modern Games have maintained the original ideal of
5. At the opening of the Games the International Olympic Committee appears as
6. In 1896 the International Olympic Committee (IOC) was

Exercise 8. Fill in the gaps with the words from the box.

march past the Lodge of Honour, five coloured interlaced, 22nd Olympic Games, the International Olympic Committee, physical fitness and strength, were abolished, lit

1. The Greeks emphasized ... in their education of youth.
2. In 394 A.D. the Games ... and were not renewed until many centuries later.
3. In 1896 ... was set up.
4. The national anthem of the host country is played, and all the participants
5. Then the Olympic flame is ... that will burn till the end of the Games.
6. The Olympic flag has ... rings.
7. In 1980 Moscow hosted the

Exercise 9. Say whether the following sentences are true or false. Prove your point. In your arguments use: *I quite agree with...; I don't think so...; I can't agree with...; I guess...; on the contrary; quite so; exactly; from my point of view; as for me; to tell you the truth.*

1. Everybody knows exactly when the Olympic Games began.

2. The contests were held in individual cities and the winners competed every two years at Mount Olympus.
3. The Greeks emphasized physical strength and attached so much importance to these games.
4. The first modern Olympic Games were held in Athens due to the German educator Baron Pierre de Coubertin.
5. The Games are allocated to a country, not to a city.
6. At the opening of the Games the International Olympic Committee appears as guest.
7. In 1980 Moscow hosted the 22nd Olympic Games.

Exercise 10. Read and translate the following text into Russian with the help of a dictionary. Entitle the article and express its main idea in several sentences.

The initiator of the Olympic Games' renewal Pierre de Coubertin was born on the 1st of January in 1863, in Paris. His father, a painter by profession came from the ancient family clan of Baron Charles Louis Fredy de Coubertin. Pierre de Coubertin's mother, Agathe-Gabrielle de Mirville, was a highly-educated woman from an aristocratic family.

Since his early childhood Pierre de Coubertin was an all-rounder. He studied fine arts, science and law. He also went in for sport and was very good at riding, fencing and rowing. At the age of 12 he read the book «The School Years of Tom Brown» which encouraged him to study the basis of physical education. Having left the lycée in Paris he entered the Parisian University and after its graduation became the Bachelor of Arts, Science and Law. Pierre de Coubertin respected greatly his instructor and close friend Father Caron, professor of humanistic sciences and rhetoric who taught him the Greek language and the history of the Roman Empire and who told him a lot about the ancient Olympic Games.

The Franco-Prussian war and its unfortunate outcome stimulated de Coubertin's patriotism and he devoted himself to the study of different physical education theories. In 1886–1887 he published several articles on



these problems. Pierre de Coubertin travelled a lot and his travels around Europe and the United States of America showed him that the interest in the physical education was gaining ground in quite a lot of countries: England, Germany, Sweden, the Netherlands. Pierre de Coubertin often spoke about the necessity of physical education and insisted on the establishment of the Physical Education League. Later on and due to his efforts physical education became an integral part in the theory of young people's upbringing in France, his motherland.

The first attempts of Pierre de Coubertin to revive the Olympic Games began on the 30th of August, in 1887 after the publication of one of his articles on the subject.

Since that time he published a lot of other articles and books about the importance of physical education considering it the greatest value in the intellectual development of people and took part in different conferences where he persuaded people to revive the Olympic Games. And as a result he got success. Thanks to Pierre de Coubertin the International Olympic Committee was set up and de Coubertin was its president till his death. He died on the 2nd of September in 1937 in Geneva and was buried in Lausanne. His heart was buried in another place – in the monument near the ruins of ancient Olympia.

Pierre de Coubertin made a great contribution to the development of physical culture in the world. People of all nationalities will remember him as a strong-willed, purposeful and highly-educated man, and of course as a man who did all the best to revive the Olympic Games which serve the cause of peace on the Earth and unify people of the whole world today.

Exercise 11. Put the facts from Pierre de Coubertin's life in right order.

1. The first attempts of Pierre de Coubertin to revive the Olympic Games began on the 30th of August, in 1887.
2. Since his early childhood Pierre de Coubertin was an all-rounder.
3. Pierre de Coubertin made a great contribution to the development of physical culture in the world.

4. Having left the lycée in Paris he entered the Parisian University and after its graduation became the Bachelor of Arts, Science and Law.

5. He died on the 2nd of September in 1937 in Geneva and was buried in Lausanne.

6. Pierre de Coubertin was born on the 1st of January in 1863, in Paris.

Exercise 12. Find the information about the Winter and Summer Olympic Games and continue this table up to nowadays.

| Summer Olympic Games | Winter Olympic Games |
|----------------------|------------------------------|
| 1896 Athens, Greece | 1924 Chamonix, France |
| 1900 Paris, France | 1928 St. Moritz, Switzerland |
| ... | ... |
| | |

Exercise 13. Make up a list of Olympic sports and divide them into Winter and Summer Olympics. Put your answers in this table:

| Summer Olympic Games | Winter Olympic Games |
|----------------------|----------------------|
| athletics | figure skating |
| ... | ... |
| | |

Exercise 14. Find more information about the Olympic Games:

- ✓ Olympic ceremonies (Opening and Closing);
- ✓ Medal Ceremony;
- ✓ Olympic Flag;
- ✓ Olympic Motto;
- ✓ Olympic Flame;
- ✓ Olympic Mascot.



福娃 Fuwa



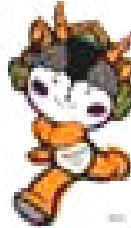
福娃晶晶
Jingjing



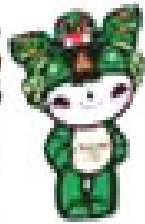
福娃晶晶
Jingjing



福娃妮妮
Nini



福娃贝贝
Beibei



福娃妮妮
Nini

Exercise 15. Find the information about Ancient Olympic Games. Think over 5 differences between Ancient Olympic Games and Modern Olympic Games. Do you find them all advantages or disadvantages? Give your reasons.

УСЛОВНЫЕ СОКРАЩЕНИЯ

авто – автомобильный спорт

акр. – акробатика

бадм. – бадминтон

баск. – баскетбол

бейс. – бейсбол

биат. – биатлон

боб. – бобслей

бокс – бокс

бор. – борьба

велo – велосипедный спорт

в. поло – водное поло

вол. – волейбол

вост. ед. – восточные

единоборства

ганд. – гандбол

гимн. – гимнастика

гольф – гольф

греб. – гребной спорт

конн. – конный спорт

коньки – конькобежный спорт

лыжи – лыжный спорт

лук – стрельба из лука

л. атл. – легкая атлетика

н. тенн. – настольный теннис

парус. – парусный спорт

плав. – плавание

пр. в воду – прыжки в воду

регби – регби

сани – санный спорт

серф. – серфинг

стр. – стрельба

тенн. – теннис

т. атл. – тяжелая атлетика

фехт. – фехтование

фиг. кат. – фигурное катание

фут. – футбол

хокк. на тр. – хоккей на траве

хокк. – хоккей с шайбой

АНГЛИЙСКИЙ АЛФАВИТ

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| A | B | C | D | E | F | G | H | I |
| J | K | L | M | N | O | P | Q | R |
| S | T | U | V | W | X | Y | Z | |

АНГЛО-РУССКИЙ СЛОВАРЬ СПОРТИВНЫХ ТЕРМИНОВ

A _____

| | |
|---|--|
| abide by the decision of the jury | подчиняться решению судейской коллегии |
| accident | несчастный случай |
| accumulate the points | набирать очки |
| actual duration of a bout <i>фехт.</i> | чистое время боя |
| actual playing time | чистое время игры |
| additional | дополнительный |
| adjust [ə'dʒʌst] | регулировать |
| adopt a position <i>бадм.</i> | занимать позицию |
| advance [əd'vɑ:ns] | опережать; выдвигаться |
| advantage [əd'vɑ:ntɪdʒ] | преимущество |
| aerobics | аэробика |
| aggregate ['ægrɪɡɪt] | сумма (<i>очков</i>), общий, суммарный |
| aggregate of times / time | суммарное время |
| agile ['ædʒaɪl] | проворный; быстрый |
| aim | прицеливаться |
| Allan Cup <i>хокк.</i> | Кубок Аллана |
| All-English Championship | Чемпионат на первенство Англии |
| All-Russia Championship | Всероссийский чемпионат |
| alpine skiing | горнолыжный спорт |
| amateur ['æmətə:] | любитель |
| announce [ə'naʊns] | объявлять |
| announcer | 1. судья-информатор 2. диктор |
| apparatus <i>гимн.</i> | снаряд (<i>спортивный</i>) |
| appeal [ə'pi:l] | обжаловать решение судей |
| apply a penalty | накладывать взыскание |
| appoint | назначать |
| approach <i>фиг. кат.</i> | подход (к прыжку, поддержке, вращению) |
| aquatic [ə'kwætɪk] sports | водные виды спорта |
| archer [ɑ:tʃə] | лучник |
| arena | арена |

argue
armstand *пр. в воду*
athlete

athletic gymnastics
attempt
audience ['ɔ:dʒəns]
Australian Open *тенн.*
award [ə'wɔ:d]

award a goal *хокк.*
away field *фут.*
away game *фут.*

спорить
стойка на руках
1. спортсмен
2. атлет
атлетическая гимнастика
попытка
зрители
Открытый чемпионат Австралии
1. награда
2. назначать
присуждать гол
чужое поле
игра на выезде («в гостях»)

B _____

back
backboard ['bækbo:d]

backhand service *вол.*
backhand shot *хокк.*
backstroke *плав.*
back-up
balance beam *гимн.*
ball control
bandages ['bændɪdʒ]
bandy
bar

baseball
be around some sport

be at the bottom of the table
be at the top of the table
be behind the schedule
be eliminated
be in form / in shape

защитник
1. щит
2. задний бортик
подача слева
удар слева
плавание на спине
подстраховка
бревно
владение мячом
бинты
хоккей с мячом
1. планка
2. гриф
3. жердь
4. брус
бейсбол
заниматься каким-нибудь
видом спорта
замыкать таблицу результатов
возглавлять таблицу результатов
отставать от графика
выбыть из соревнований
быть в спортивной форме

| | |
|---------------------------------|-------------------------------|
| be injured ['ɪndʒəd] | получать травму |
| be keen on sports | увлекаться спортом |
| be on the team | быть в команде |
| be the winner in ... | становиться победителем в ... |
| beat a record | бить рекорд |
| bend | нагибаться, сгибать |
| biathlete [br'æθli:t] | биатлонист |
| biathlon [br'æθlən] | биатлон |
| bicycle ['baɪsɪkl] | велосипед |
| boat house <i>греб.</i> | эплинг |
| bob | сани, боб |
| body | корпус (<i>туловище</i>) |
| bounce [baʊns] | 1. отскок |
| | 2. прыгать (<i>в воду</i>) |
| bounce a ball | ударять мячом о пол |
| boxing | бокс |
| brake | 1. тормоз |
| | 2. прорыв |
| | 3. тормозить |
| break away <i>л. атл, плав.</i> | 1. рывок |
| | 2. отрываться от соперника, |
| | уходить в отрыв |
| breath [breθ] | 1. дыхание |
| | 2. вдох |
| breathe [bri:ð] | 1. дышать |
| | 2. вздохнуть |
| breaststroke <i>плав.</i> | брасс |
| broadcaster ['brɔ:dkɑ:stə] | комментатор |
| bullet ['bʊlɪt] | пуля |
| butterfly <i>плав.</i> | баттерфляй (<i>стиль</i>) |
| buzzer ['bʌzə] | свисток |

С _____

| | |
|-------------------------|-------------------------|
| cabin <i>парус.</i> | рубка; каюта |
| calculate the result | подсчитывать результаты |
| call off the starters | возвращать на старт |
| cancel a competition | отменять соревнования |
| catch up <i>л. атл.</i> | догонять |

| | |
|-------------------------------------|--|
| challenge | вызов (<i>на состязание, соревнование и т.п.</i>) |
| chase | преследовать соперника |
| classification | зачет |
| clay-pigeon shooting | стендовая стрельба |
| clearance <i>фут.</i> | удар от ворот |
| climb [klaɪm] | карабкаться, взбираться |
| club exercises <i>гимн.</i> | упражнения с булавами |
| coach [kəʊtʃ] | 1. тренер 2. тренировать |
| combined athlete <i>лыжи</i> | двоеборец |
| commit a foul | допускать ошибку |
| compete [kəm'pi:t] | соперничать, соревноваться |
| competition | соревнование |
| competition schedule | расписание соревнований |
| competitor | участник соревнований |
| complete team | команда в полном составе |
| compose a team | комплектовать команду |
| compulsories [kəm'pʌlsəri] | обязательные упражнения |
| conditioning | тренированность |
| conduct a competition | проводить соревнование |
| confidence ['kɒnfɪdəns] | уверенность |
| conquer ['kɒŋkə] | завоевывать, побеждать |
| consolation goal <i>фут., хокк.</i> | гол престижа |
| contend for... | бороться за ... |
| contest | состязание; единоборство |
| coolness ['ku:lɪnis] | хладнокровие |
| cope [kəʊp] | справляться |
| corner kick <i>фут.</i> | угловой удар |
| correct | исправлять |
| count [kaʊnt] | вести отсчет |
| course [kɔ:s] | 1. дорожка; скаковой круг 2. дистанция |
| crash helmet | защитный шлем |
| crew [kru:] | экипаж (<i>судна</i>); команда (<i>на шлюпке</i>) |
| cycling ['saɪklɪŋ] | велоспорт |
| cyclist | 1. велосипедист 2. мотоциклист |

D _____

| | |
|---|---|
| daily routine [ru:'ti:n] | распорядок дня |
| damage ['dæmɪdʒ] | повреждение |
| dead ball | вышедший из игры мяч |
| debilitate [dɪ'bilɪteɪt] | 1. ослаблять 2. истощать (<i>здоровье</i>) |
| decathlon [dɪ'kæθlɒn] л. атл. | десятиборье |
| deceive [dɪ'si:v] the opponent | обманывать соперника |
| decide smth by lot | решать что-л. жеребьевкой |
| decrease ['di:kri:s] | 1. понижение 2. уменьшение |
| defeat [dɪ'fi:t] | поражение |
| defence | 1. защита 2. оборона |
| defend | защищать |
| deflect | 1. отклоняться 2. отражать |
| delay [dɪ'leɪ] | 1. задержка 2. задерживать |
| deuce [dju:s] <i>тенн.</i> | ничья, равный счет |
| discus throwing л. атл. | метание диска |
| disease [dɪ'zi:z] | болезнь |
| disputable question | спорный вопрос |
| disqualification for (<i>some time</i>) | дисквалификация на (<i>какой-л. срок</i>) |
| distance | расстояние |
| diving | 1. прыжки в воду (<i>олимпийский вид</i>) 2. дайвинг |
| do well internationally | хорошо выступать на международном уровне |
| dolphin | дельфин (<i>способ плавания</i>) |
| doping | допинг |
| downhill (event) <i>лыжи</i> | состяжание по скоростному спуску |
| draw [drɔ:] | жеребьевка |
| dribble <i>ганд., футб., хокк.</i> | вести мяч |
| dumbbell <i>т. атл.</i> | 1. гантель 2. гири для гимнастики |
| durable ['djʊərəbl] | выносливый |
| duration | продолжительность |

E _____

| | |
|-----------------------------|---|
| effort ['efət] | усилие |
| eight <i>восьм.</i> | восьмерка (<i>лодка</i>) |
| eligible ['elɪdʒəbl] | 1. подходящий 2. желательный |
| elimination competitions | соревнования по олимпийской системе (<i>с выбыванием</i>) |
| endurance [ɪn'dʒʊərəns] | выносливость |
| equal score ['i:kwəl skɔ:] | равный счет |
| equalize ['i:kwəlaɪz] | сравнивать счет |
| equalizer | ответный гол |
| equestrian [ɪ'kwɛstriən] | конные виды спорта |
| sports | |
| equipment [ɪ'kwɪpmənt] | 1. снаряжение 2. оснащение 3. принадлежности 4. оборудование |
| establish a record | устанавливать рекорд |
| even score | четный счет |
| even the score | сравнивать счет |
| event [ɪ'vent] | 1. соревнование; 2. вид спорта |
| exclude [ɪks'klu:d] | 1. удалять (<i>игрока</i>) 2. исключать |
| expression <i>фиг. кат.</i> | выразительность |

F _____

| | |
|-------------------------|---|
| face-off <i>хоккей.</i> | вбрасывание шайбы между двумя противниками |
| fail the score | 1. терпеть неудачу в игре 2. терять (<i>проигрывать</i>) |
| failure ['feɪljə] | неудача |
| fair play | 1. игра по правилам 2. честная игра |
| fall down | 1. падение 2. падать |
| false start | фальстарт |

| | |
|-----------------------------|--------------------------------------|
| fan | болельщик |
| fatigue [fə'ti:g] | усталость |
| fault [fɔ:lt] | ошибка |
| figure-skating | фигурное катание |
| finish | 1. финиш |
| | 2. финишировать |
| fire | стрелять |
| firmness | 1. соответствие |
| | 2. фитнес |
| flexibility [fleksə'bɪlɪtɪ] | гибкость |
| flow <i>фиг. кат.</i> | плавность (<i>критерий оценки</i>) |
| Football World Cup | Чемпионат мира по футболу |
| forbidden element | запрещенный элемент |
| forfeit [ˈfɔ:ft] | 1. неявка на соревнование |
| | 2. лишать права |
| forward | нападающий |
| foul [faʊl] | 1. нарушение правил игры |
| | 2. ошибка, фол |
| freestyle | 1. плавание вольным стилем |
| | 2. фристайл |
| freestyle wrestling | вольная борьба |
| French Open <i>тенн.</i> | Открытый чемпионат Франции |
| friendly match | товарищеский матч |
| frustration [frʌs'treɪʃn] | 1. расстройство |
| | 2. крушение надежд |
| full-back | защитник |

G _____

| | |
|----------------------|---------------------------------|
| gain a point | выигрывать очко |
| gain the world title | добиваться титула чемпиона мира |
| game won | выигранный матч |
| getaway | отрыв (<i>от соперника</i>) |
| give a warning | делать предупреждение |
| go in for sports | заниматься спортом |
| go into play | вступать в игру |
| goal | 1. ворота |
| | 2. гол |
| | 3. забивать гол |

goal difference
goal-keeper
goalless draw
Greco-Roman wrestling
guest of honour ['ɔnə]
gym [dʒɪm]
gymnastics

разрыв в счете
вратарь
ничья
классическая борьба
почетный гость
гимнастический зал
гимнастика

Н _____

half-back *фут., хокк.*
halt [hɔ:lt]

hammer throwing *л. атл.*
head coach
head in *фут.*
health
Heat [hi:t]

helmet
helmsman *парус.*
high dives *пр. в воду*
high jump *л. атл.*
hippodrome ['hɪpədrəʊm]
hit

hold *бор.*

honour round
horseracing

horsemanship *конн.*
housing
hunting
hurl [hɜ:l]
hygiene ['haɪdʒi:n]

полузащитник
1. остановка
2. останавливаться
метание молота
главный тренер
забивать мяч головой
здоровье
заплыв, заезд или забег
на определенное расстояние
шлем
рулевой
прыжки с вышки
прыжки в высоту
ипподром
1. попадание
2. удар
3. укол
4. ударять
1. захват
2. держать
3. удерживать
4. проводить (*соревнования*)
круг почета
1. скачки
2. конный спорт
искусство верховой езды
размещение, расселение
охота
бросать с силой; метать (*колье*)
гигиена

I _____

| | |
|-----------------------------|---------------------------------|
| ice up | обледенеть (о лыже) |
| icehockey | хоккей с шайбой, хоккей на льду |
| icing | ледовое покрытие |
| illegal blow бокс | запрещенный удар |
| impetus ['ɪmpɪtəs] | 1. импульс 2. толчок |
| implement | снаряд (спортивный) |
| impose a penalty on хокк. | подвергать наказанию |
| improve the record | улучшать рекорд |
| incur a penalty | назначать наказание |
| indisposition | недомогание |
| individual classification | личный зачет |
| injure ['ɪndʒə] | травмировать |
| injury ['ɪndʒərɪ] | 1. травма 2. увечье |
| injury replacement | замена (игрока) ввиду травмы |
| intense [ɪn'tens] | интенсивный |
| intentional foul | умышленное нарушение |
| intercept a ball | перехватывать мяч |
| interfere [ɪntə'fɪə] (with) | мешать (чему-л.) |
| interlocking rings | соединяющиеся кольца |
| interrupt a competition | прерывать соревнование |
| invalid ['ɪnvəlɪd] goal | незасчитанный гол |
| invalid trial л. атл. | незасчитанная попытка |

J _____

| | |
|--------------------|---------------------------------|
| jab бокс | короткий прямой удар по корпусу |
| jam стр. | заедать (об оружии) |
| javelin ['dʒævlɪn] | копье |
| jostling фехт. | столкновение |
| judge [dʒʌdʒ] | судья |
| judo ['dʒu:dəʊ] | дзюдо |
| jump [dʒʌmp] | прыгать |
| jumping hill лыжи | трамплин |
| jury ['dʒʊərɪ] | жюри |

K _____

kayak ['kaɪæk]

kayak four

kayak pair

kayak single

keel [ki:l]

kick [kɪk]

knee [ni:] blow

knee caps

knee lean

knock [nɒk]

knock-down бокс

knock-out, К.О. бокс

байдарка

байдарка-четверка

байдарка-двойка

байдарка-одиночка

киль (у шлюпки)

1. толчок ногой

2. удар ногой

удар коленом

наколенники

упор в колени

сбивать

нокдаун

нокаут

L _____

labyrinth ['læbərɪnθ] сани

ladder ['lædə]

lag behind

lap of honour ['ɒnə]

launch [lɔ:ntʃ] a blow бокс

lead

leader

league [li:g]

leap

лабиринт

лестница (гимнастический снаряд)

отставать

круг почета

наносить удар

лидировать (в соревнованиях)

ведущий гонку, лидер

лига

1. скачок

2. прыгать

3. скакать

1. кожа (в изделиях)

2. футбольный мяч

сходить с дистанции

левый защитник

левый нападающий

левый полузащитник

уровень

зажигать олимпийский огонь

расстановка игроков в линию

судья на линии

| | |
|------------------------------|--|
| line up | 1. построение 2. строиться |
| list of competitors | список участников |
| list of officials [ə'fɪʃlɪz] | список судей |
| locker room | раздевалка (<i>на стадионе</i>) |
| lodge a protest | подавать протест |
| lodge an appeal | подавать апелляцию |
| long jump л. атл. | прыжок в длину |
| lose | проигрывать |
| loser | побежденный; проигравший |
| loss | проигрыш |
| loss by retirement бокс | поражение ввиду отказа продолжить бой |

M _____

| | |
|------------------------------|--------------------------------|
| major error ['erə] | значительная ошибка |
| major fault [fɔ:lt] | грубая ошибка |
| make a draw [drɔ:] | проводить жеребьевку |
| make a forced error | делать вынужденную ошибку |
| make a return | нанести ответный удар |
| marathon ['mərəθəʊn] | марафон |
| mass [mæs] start | общий старт |
| mat | 1. ковер 2. мат |
| measure ['meʒə] | измерять |
| medical aid | медицинская помощь |
| medical commission | медицинская комиссия |
| medical examination | медицинский осмотр |
| medley relay <i>плав.</i> | комбинированная эстафета |
| membership | членство |
| minimum total of points | игрока минимальная сумма очков |
| minor error | незначительная ошибка |
| minor infraction | незначительное нарушение |
| miss | 1. промах 2. промахиваться |
| miss a win | упускать победу |
| motor-paced race <i>VELO</i> | гонка за лидером |
| motto ['mɒtəʊ] | девиз |
| movement ['mu:vmənt] | движение |

N _____

| | |
|-------------------------------------|------------------------------|
| national anthem ['ænthəm] | государственный гимн |
| national champion | чемпион страны |
| national championship | чемпионат страны |
| national federation | национальная федерация |
| national team | национальная сборная команда |
| natural ice | естественный лед |
| net | 1. сетка 2. ворота |
| non-Olympic sport | неолимпийский вид спорта |
| notice board [nɔ:bd] | информационное табло |
| novice ['nɒvɪs] | новичок |
| number of faults | количество штрафных очков |
| number of the obstacle <i>конн.</i> | номер препятствия |
| numerical superiority | численное преимущество |

O _____

| | |
|--------------------------|--|
| oar [ɔ:] | весло |
| observe the rules | соблюдать правила |
| obstruct the opponent | 1. препятствовать 2. мешать противнику |
| obstruction [əb'strʌkʃn] | помеха |
| odd [ɒd] | нечетный |
| odd score [skɔ:] | нечетный счет |
| offence | нарушение |
| offended player | игрок, против которого допущена ошибка |
| offender | игрок, нарушивший правила |
| officials | 1. руководство 2. официальные представители 3. судьи |
| offside <i>фум.</i> | оффсайд |
| Olympiad | Олимпиада |
| Olympic oath [əʊθ] | олимпийская клятва |
| Olympic torch [tɔ:tʃ] | олимпийский факел |
| Olympic torch relay | эстафета олимпийского огня |
| open player | свободный игрок |

| | |
|---------------------------|---|
| opponent | соперник |
| optional start | произвольный старт |
| order of competitions | порядок проведения соревнований |
| ordinary fault | простая ошибка |
| organized recreation | организованный активный отдых (на спортивной базе) |
| organized sports movement | организованное спортивное движение |
| originate [ə'ri:dʒɪneɪt] | происходить |
| outdistance an opponent | обгонять соперника; уходить от соперника |
| outdoor sports | спорт на открытом воздухе |
| outnumbering | численное превосходство |
| overall | 1. общий 2. всеобщий 3. абсолютный |
| overstep л. амл. | заступ |
| overtake | 1. обгон 2. обгонять |
| oxygen ['ɒksɪdʒən] | кислород |

Р _____

| | |
|---------------------------------|--------------------------------|
| pace | 1. темп 2. шаг |
| parallel bars | брусья (гимнастический снаряд) |
| participant [pɑ:'tɪsɪpənt] | участник |
| participate | участвовать |
| pass | пас, передача |
| penalize | наказывать |
| penalty | 1. взыскание 2. штраф |
| penalty bench хокк. | штрафная скамья |
| pennant ['penənt] | вымпел |
| pentathlete [pen'tæθli:t] л амл | пятиборец |
| pentathlon [pen'tæθlən] л. амл. | пятиборье |
| perception | 1. восприятие 2. понимание |
| perfection | совершенствование |
| performance л. амл. | выступление |

| | |
|-------------------------------------|---|
| performance capacity [kə'pæsɪtɪ] | результативность выступления |
| personal foul | персональная ошибка |
| physical education | физкультура |
| physical stamina ['stæmɪnə] | физическая выносливость |
| pike <i>пр. в воду</i> | сгибаться |
| pitch | поле, площадка |
| placing | распределение мест |
| point | 1. балл 2. очко |
| point advantage [əd'vɑ:ntɪdʒ] | преимущество в очках |
| practise ['præktɪs] | 1. практиковать(ся) 2. заниматься |
| precision [prɪ'sɪʒən] | точность |
| preliminaries [prɪ'lɪmɪnərɪz] | предварительные соревнования |
| press <i>m. амл.</i> | толкать (<i>штангу</i>) |
| press lift <i>m. амл.</i> | жим |
| pressure ['preʃə] | 1. нажим 2. давление |
| prize winner | призер |
| promote | содействовать распространению или развитию |
| provide | обеспечивать |
| public address system | система оповещения зрителей |
| public marking | открытая система оценки |
| publicity [pʌb'lɪsɪtɪ] | известность |
| ruck <i>хокк.</i> | шайба |
| pull | 1. подтягивание 2. тянуть |
| punch <i>бокс</i> | удар кулаком |
| put the shot <i>л. амл.</i> | толкать ядро |

Q _____

| | |
|-------------------------------|-------------------------------|
| qualification [kwɒlɪfɪ'keɪʃn] | квалификация |
| qualification competition | квалификационное соревнование |
| quarterfinal [kwɔ:tə'faɪnəl] | четвертьфинал |
| quota ['kwɒtə] | квота (<i>участников</i>) |

R _____

| | |
|-----------------------------------|---------------------------------------|
| race | гонка |
| racer | 1. бегун; бегунья 2. гонщик |
| raise | поднимать |
| rank | шеренга |
| ranking | распределение мест |
| rebound [rɪ'baʊnd] | отскок (<i>мяча</i>) |
| rebound tumbling | батут (<i>вид спорта</i>) |
| receive [rɪ'si:v] | принимать |
| receive coaching | получать инструктаж тренера |
| reception error | ошибка при приеме мяча |
| record holder | рекордсмен |
| recover one's strength | восстанавливать силы |
| recovery [rɪ'kʌvəri] | 1. восстановление 2. выздоровление |
| recreational play | игра для развлечения, отдыха |
| referee's mistake | судейская ошибка |
| refusal [rɪ'fju:zəl] | отказ |
| regimen ['redʒɪmen] | режим, образ жизни |
| regularity [regjʊ'lærɪti] | 1. непрерывность 2. регулярность |
| rehabilitation [rɪ:'əbi'lɪ'teɪʃn] | восстановление (<i>сил</i>) |
| relaxation | 1. расслабление 2. релаксация |
| replace (by) | заменять (кем-л.) |
| replay | переигровка |
| rescuer ['reskjʊə] | спасатель |
| reserve [rɪ'zɜ:v] | запасной участник |
| restore [rɪ'stɔ:] | восстанавливать |
| retire from sport | покидать спорт |
| reward [rɪ'wɔ:d] | награждать |
| rhythmic gymnastics | ритмическая гимнастика |
| rhythmic-sportive gymnastics | художественная гимнастика |
| riding <i>конн.</i> | верховая езда |
| ring <i>бокс</i> | ринг |
| rink <i>хоккей</i> | каток |
| rival ['raɪvəl] | соперник |
| road events <i>л. атл.</i> | соревнования вне стадиона |

rostrum ['rɒstrəm]
rotate [rəʊ'teɪt]
rotation
rough [rʌf] play
roughness
round

rout the opponent
routine [ru:'ti:n]
row *греб.*
rugby
rules
rules infringement
run

run up
runner-up
runway
rush

пьедестал
вращать(ся)
вращение
грубая игра
грубость
1. попытка
2. раунд
3. тур (*чемпионата*)
4. круг
разгромить соперника
режим, заведенный
гresti
регби
правила
нарушение правил
1. пробежка
2. пробег
3. разбег
4. попытка
разбегаться
спортсмен, занявший второе место
дорожка для разбега
бросаться

S _____

sabre ['seɪbə] *фехт.*
sabre fencing *фехт.*
safety ['seɪftɪ]
safety measures ['meɪʒəz]
safety requirements
safety service
sailing *парус.*
salto *гимн.*
salute *фут.*
sanction
save
schedule ['ʃedju:l]

сабля
фехтование на саблях
безопасность
меры безопасности
требования безопасности
служба безопасности
плавание под парусом
сальто
приветствие
наказание
спасать
1. график
2. расписание
3. планировать

| | |
|-------------------------------------|---|
| score [skɔ:] | 1. забрасывать мяч 2. засчитывать гол |
| score a goal | засчитывать гол |
| score points | набирать очки |
| scoreboard | табло |
| scorer ['skɔ:rə] | секретарь соревнований |
| select the team | набирать команду |
| semifinal | полуфинал |
| send off | удалять с поля |
| serve | поля подавать мяч |
| server | подающий игрок |
| set up a record | устанавливать рекорд |
| shoot | 1. бить по мячу 2. бросать по корзине |
| shot | 1. бросок 2. выстрел 3. удар ногой 4. ядро |
| side | 1. борт 2. команда |
| silver medal | серебряная медаль |
| skating <i>фиг. кат.</i> | катание |
| skating ground / ring <i>коньки</i> | каток |
| ski jump <i>лыжи</i> | трамплин |
| skier <i>лыжи</i> | лыжник |
| skiing <i>лыжи</i> | лыжный спорт |
| skill | 1. мастерство 2. навык |
| skis | лыжи |
| sledging <i>сани</i> | катание на санях |
| slope <i>лыжи</i> | спуск [склон] |
| slow down the speed | снижать скорость |
| soccer ['sɒkə] | футбол |
| spare [spɛə] | запасной |
| sparring bout | тренировочный бой |
| speed | скорость |
| speed skating <i>коньки</i> | скоростной бег |
| speed up | ускорять (ход); убыстряться |
| spike <i>вол.</i> | удар |
| sportive gymnastics | спортивная гимнастика |

| | |
|---|---|
| sports achievement | спортивное достижение |
| sports club | спортивный клуб |
| sports events [ɪ'vents] | 1. виды спорта 2. спортивные соревнования |
| sports facility | спортивное сооружение |
| sports grading | спортивная квалификация |
| sportscaster ['spɔ:tskɑ:stər] | спортивный комментатор |
| sportsmanship | спортивное мастерство |
| stadium ['steɪdʒəm] | стадион |
| stage | 1. этап (<i>гонки</i>) 2. этап (<i>эстафеты</i>) |
| stage a tournament | проводить турнир |
| stamina ['stæmɪnə] | выносливость |
| stands | трибуны |
| starting composition | стартовый состав команды |
| state of the field | состояние поля |
| statute ['stætju:t] | устав |
| steep ascent [ə'sent] | крутой подъем |
| steep curve [kɜ:v] | крутой поворот |
| steeplechase ['sti:plʃeɪs] <i>конн.</i> | скачки с препятствиями |
| step | шаг |
| step over <i>л. атл.</i> | заступать |
| stick <i>хокк.</i> | клюшка |
| stoop [stu:p] | 1. нагибаться 2. сутулиться |
| stopwatch | секундомер |
| straight [streɪt] | финишная прямая |
| strength [streŋθ] | сила |
| strike [straɪk] | 1. удар 2. ударять |
| strings <i>тенн.</i> | струны (<i>ракетки</i>) |
| strive | стремиться |
| stumble [stʌmbl] | спотыкаться |
| submit [səb'mɪt] | подчиняться |
| substitution [sʌbstɪ'tju:ʃn] | замена |
| suffer defeat | терпеть поражение |
| supervise ['sju:pəvaɪz] | наблюдать |
| support an athlete | поддерживать спортсмена |
| sureness ['ʃʊənəs] | уверенность |

| | |
|-----------------------------|--|
| suspend a player | удалять игрока с поля; отстранять игрока от участия в игре |
| suspension [səs'penʃn] | удаление |
| swim <i>плав.</i> | плавать |
| swimming event <i>плав.</i> | соревнования по плаванию |
| swimming pool | бассейн |
| swing | 1. размах 2. замах 3. мах |
| sword [sɔ:d] | меч |

T _____

| | |
|---|--|
| table | таблица |
| table of result | таблица результатов |
| tag [tæg] | игра в салки, пятнашки |
| take the count | начинать отсчет |
| take the course | проходить трассу |
| take the hit | принимать удар |
| take the lead | 1. выходить вперед 2. захватывать лидерство |
| take the shot | наносить удар |
| take time | фиксировать [засекать] время |
| take-off | 1. толчок 2. отрыв |
| take-off run | разбег |
| team | команда |
| teammate ['ti:mert] | партнер |
| technical skill | техничность |
| technique [tek'ni:k] | техника |
| temporary suspension | временное удаление |
| tension | 1. натяжение 2. создавать напряжение; натягивать |
| The Grand Slam <i>тенн.</i> | Большой шлем (<i>турнир</i>) |
| The Wimbledon Championship <i>тенн.</i> | Уимблдон, Открытый чемпионат Англии по теннису |

| | |
|--|--|
| the Jury ['dʒʊəri] | главная судейская коллегия |
| three-day event | соревнование по троеборью |
| throw | 1. бросок 2. вбрасывание 3. бросать 4. метать |
| throwing events <i>л. атл.</i> | соревнования по метанию |
| tie [taɪ] | сыграть вничью; сравнять счет |
| tie of points | равенство очков |
| tie on points | ничья по очкам |
| tie with smb. for place | делить с кем-л. место |
| time allowed | контрольное время |
| time trials <i>велo</i> | гонка на время |
| timing | регистрация результатов, времени |
| top | вершина |
| top speed group | группа сильнейших |
| top ten | первая десятка |
| torch [tɔ:tʃ] | факел |
| toss | 1. кидать 2. метать 3. бросать |
| total marks | сумма баллов |
| total (of) points | сумма очков, баллов |
| total (of) times | сумма времени |
| total score | общий счет |
| tournament ['tʌnəmənt] | турнир |
| track [træk] | беговая дорожка, трек |
| track and field | легкая атлетика |
| train | тренироваться |
| trampoline ['træmpəli:n] | батут |
| trial ['traɪəl] | попытка |
| trials | отборочные соревнования |
| trip | делать подножку |
| triple jump | тройной прыжок |
| turn | поворот |
| turn-over | переворот |
| twist | 1. вертеть 2. поворачиваться |
| tyre ['taɪə] (<i>Am. tire</i>) <i>велo</i> | покрышка |

U _____

umpire ['ʌmpaɪə]
unauthorized assistance

uneven score
unforeseen delay
unguarded execution
[ˈʌnˈgɑːdɪd ɛksɪˈkjʊːʃn]

uniform
unintentional foul
unnecessary roughness
unofficial title
unsportsmanlike conduct
upbringing [ˈʌpbɪŋɪŋ]
upset
USA Open *тенн.*

судья, рефери
помощь со стороны,
неразрешенная помощь
нечетный счет
непредвиденная задержка
исполнение без страховки

форма
неумышленное нарушение
излишняя грубость
неофициальный титул
неспортивное поведение
воспитание
расстраивать, нарушать
Открытый чемпионат США

V _____

valid heat [ˈvælɪd hi:t]
valid hit [hɪt] *фехтм.*
valid shot *стр.*
valid trial *л. атл.*
value [ˈvæljuː]
verify [ˈverɪfaɪ]
version [ˈvɜːʃn]
vice-president
victor
victory
victory ceremony [ˈserɪmənɪ]
view the competitions
violate the rules
virtuosity *гимн.*
volley shot

volleyball

засчитанный заезд
действительный укол [удар]
действительный выстрел
засчитанная попытка
ценность
подтверждать, проверять
версия
вице-президент
победитель
победа
церемония награждения
смотреть соревнования
нарушать правила
виртуозность
1. бросок с лёта
2. удар с лёта
волейбол

W _____

| | |
|--|---|
| waist [weɪst] | 1. талия 2. пояс |
| walk <i>пр. в воду</i> | подход |
| walking <i>л. атл.</i> | спортивная ходьба |
| warm-up | разминка |
| warn [wɔ:n] | предупреждать |
| warning | предупреждение |
| warning signal | предупредительный сигнал |
| weapon ['weɪpən] | оружие |
| weather conditions | погодные условия |
| weigh [weɪ] | взвешивать |
| weigh-in | взвешивание |
| weight [weɪt] | вес |
| weight divisions | весовые категории |
| weight limit | 1. предельно допустимый вес 2. ограничение веса |
| weight scale | весы |
| weightlifting | тяжелая атлетика (<i>олимпийская</i>) |
| wheel [wi:l] | колесо |
| whistle [wɪsl] | свисток |
| whitewash | победа с «сухим» счетом |
| Wimbledon <i>тенн.</i> | Уимблдон, Открытый чемпионат Англии по теннису |
| win | 1. победа 2. побеждать |
| win by forfeit ['fɔ:ft] | победа ввиду неявки соперника |
| win by points | победа по очкам (баллам) |
| win on superiority / with a clear advantage | победа ввиду явного преимущества |
| winner | победитель |
| winter games | зимние виды спорта |
| withdraw [wɪð'drɔ:] | 1. отказываться от участия в соревновании 2. выбывать из соревнования |
| woman rider | всадница |
| working ability | работоспособность |

| | |
|---------------------|----------------|
| world championship | чемпионат мира |
| world record | мировой рекорд |
| wrestle [resl] | бороться |
| wrestler ['reslə] | борец |
| wrestling ['reslɪŋ] | вольная борьба |

Y _____

| | |
|-----------------------------|------------------------------------|
| yacht [jɔt] <i>парус.</i> | |
| yachting sport | парусный спорт |
| year-round training regimen | круглогодичный тренировочный режим |

Z _____

| | |
|------------------------------|------------|
| zone of support <i>гимн.</i> | зона опоры |
|------------------------------|------------|

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