

Учреждение образования
«Гомельский государственный университет
имени Франциска Скорины»

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**ENGLISH
(COACHING)**

**АНГЛИЙСКИЙ ЯЗЫК
(ТРЕНЕРСКАЯ РАБОТА)**

Практическое пособие

для студентов специальности 1 – 88 02 01
«Спортивно-педагогическая деятельность (по направлениям)»

Гомель
ГГУ им. Ф. Скорины
2020

УДК 811.111'271.1(076)
ББК 81.432.1я73
С773

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Рекомендовано к изданию научно-методическим советом
учреждения образования «Гомельский государственный
университет имени Франциска Скорины»

Соболевич, В. Ю.

С773 English (Coaching) = Английский язык (Тренерская работа) :
практическое пособие / В. Ю. Соболевич ; Гомельский гос. ун-т
им. Ф. Скорины. – Гомель : ГГУ им. Ф. Скорины, 2020. – 35 с.
ISBN 978-985-577-650-6

Практическое пособие содержит тексты и задания к ним, обеспечивающие успешное формирование коммуникативной компетенции: корректное использование профессионально-ориентированного лексического материала на английском языке в устной и письменной речи.

Издание адресовано студентам 1 и 2 курсов факультета физической культуры специальности 1–88 02 01 «Спортивно-педагогическая деятельность (по направлениям)».

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ПРЕДИСЛОВИЕ

Настоящее практическое пособие ставит целью обучить студентов навыкам говорения по предложенным профессионально-ориентированным темам, привить им навыки самостоятельной работы над языком. Пособие рассчитано как на аудиторную, так и самостоятельную работу студентов.

Практическое пособие состоит из разделов по следующим темам: «Faculty of Physical Culture»; «The Foundations of Physical Education»; «Sport in the Republic of Belarus»; «Sport in Great Britain»; «Coaching»; «Types of Sports Training».

Каждый из разделов содержит аутентичные (адаптированные с учетом реальных знаний студентов) тексты для чтения, посвященные определенной тематике, а также комплекс послетекстовых упражнений, направленных на формирование и развитие у обучаемых коммуникативных навыков в рамках заданной проблематики.

Комплексная организация учебного материала и коммуникативная направленность пособия способствуют активизации и совершенствованию навыков практического владения английским языком.

Издание предназначено для студентов факультета физической культуры 1 и 2 курсов специальности 1 – 88 02 01 «Спортивно-педагогическая деятельность (по направлениям)».

UNIT 1

FACULTY OF PHYSICAL CULTURE

I study at Francisk Skorina Gomel State University. I am a student of faculty of physical culture. It was opened in 1919 on the basis of Gomel State Pedagogical Institute named after V.P. Chkalov. A new stage of the faculty development started in the 1960s.

In October 2019 the faculty celebrated its 70th anniversary. More than 7,000 specialists have been trained during this period. The statesmen and eminent scientists, honored workers of physical culture and sports, famous sportsmen – champions and prize-winners of the Olympic Games, the winners of the World and European championships, the merited coaches of the Republic of Belarus and the former USSR are among them.

Today the faculty trains specialists on two specialties. The first one is “Physical Culture” with gaining qualification of “a teacher”. The second specialty is “Sports Pedagogical Activities (coaching with specifying kind of sport)” with gaining qualification of “a sports coach and a teacher of physical culture”. In addition, the students of the faculty are trained in the following specializations: coaching by the kind of sport (sports games and track-and-field), preschool physical education, health-improving, sports and tourism recreation activities, fundamentals of physical rehabilitation and fundamentals of therapeutic physical training.

The faculty includes three departments: athletic disciplines department, department of physical culture theory and teaching techniques, and physical education and sports department. There is also a scientific laboratory of the Olympic sports at the faculty. It works with the leading sportsmen and teams of the Republic of Belarus.

The faculty offers great opportunities for physical, intellectual and spiritual development. The students of the faculty participate in the research activities in the leading scientific laboratories of the country. They receive high-quality education in the field of physical culture, sport and tourism.

The faculty of physical culture is also famous in the country and abroad for the Olympic champions and prize-winners who studied at the faculty. They are Olympic champions Leonid Geyshtor (canoeing), Yelena Rudkovskaya (swimming), Alla Tsuper (free-style), Igor Makarov (judo) and Olympic prize-winners Iryna Yatchenko, Andrey Kravchenko, Marya Mamoshuk and many others. And now the leading faculty athletes represent the Republic of Belarus at the international competitions of the highest level.

Vocabulary notes

a faculty – факультет
to celebrate – праздновать
anniversary – юбилей
to train – готовить
a statesman – государственный деятель
honored – заслуженный
a champion – чемпион
a prize-winner – призер
a specialty – специальность
preschool physical education – дошкольное физическое воспитание
fundamentals of physical rehabilitation – основы физической реабилитации
fundamentals of therapeutic physical training – основы лечебной физической культуры

a department – кафедра
a scientific laboratory – научная лаборатория
spiritual – духовный
research activities – исследовательская деятельность
leading - ведущий
high-quality education – высококачественное образование
a winner – победитель
coaching by the kind of sport – тренерская работа по виду спорта
health-improving, sports and tourism recreation activities – физкультурно-оздоровительная и туристско-рекреационная деятельность
to gain qualification – получить квалификацию

Exercises

Ex. 1. Give synonyms from the text to the following words.

A learner, a jubilee, a victor, respected, well-known, nowadays, to contain, basics, prominent, mental.

Ex. 2. Give antonyms from the text to the following words.

To close, to finish, work, mental, secondary, small, unknown, low-quality, to play, local.

Ex. 3. Guess who or what this is (the answers are given below in the incorrect order).

1. A high-level educational institution in which students study for degrees and academic research is done.

2. A group of university departments concerned with a major division of knowledge.

3. The date on which an event took place or an institution was founded.

4. A person who has surpassed all rivals in a sporting contest or other competition.

5. A modern sports festival held traditionally every four years in different venues.

6. A contest for the position of champion in a sport or game.

7. Relating to people's thoughts and beliefs.

8. The business of providing services for people on holidays, for example, hotels, restaurants and trips.

9. Existing, occurring or carried on between nations.

10. The process of receiving or giving systematic instruction, especially at a school or university.

(*Anniversary, education, a university, a champion, spiritual, international, a faculty, tourism, the Olympic Games, a championship*)

Ex. 4. Choose the right word into the sentences.

1. I am a student of *faculty* / *university* of physical culture. 2. In October 2019 the faculty celebrated its *70th* / *50th* anniversary. 3. More than *10,000* / *7,000* specialists have been trained during this period. 4. Today the faculty trains specialists on *four* / *two* specialties. 5. The faculty includes *three* / *five* departments. 6. There is also a scientific laboratory of the *Paralympic* / *Olympic* sports at the faculty. 7. The students of the faculty *participate* / *don't participate* in the research activities in the leading scientific laboratories of the country. 8. The faculty of *physical culture* / *physical education* is also famous in the country and abroad for the Olympic champions and prize-winners who studied at the faculty. 9. Now the leading faculty athletes represent the Republic of Belarus at the *international* / *national* competitions of the highest level.

Ex. 5. Read the following numerals.

a) 1; 10; 11; 2; 12; 20; 22; 3; 13; 30; 33; 4; 14; 40; 44; 5; 15; 50; 55; 6; 16; 60; 66; 7; 17; 70; 77; 8; 18; 80; 88; 9; 19; 90; 99;

b) 100; 101; 111; 200; 202; 222; 300; 303; 333; 400; 404; 444; 500; 505; 555; 600; 606; 666; 700; 707; 777; 800; 808; 888; 900; 909; 999;

c) 1000; 1001; 1010; 1100; 1101; 1111; 10000; 10100; 100000; 100001; 100100; 110000; 1000000; 1001000; 1100100;

d) 34; 48; 79; 95; 125; 263; 386; 415; 525; 676; 732; 828; 927; 1234; 1565; 1981; 2325; 21327; 45787; 63121; 77834; 99345.

Ex. 6. Translate into English.

Гомельский государственный университет имени Франциска Скорины, факультет физической культуры, юбилей, государственный деятель, заслуженный работник, чемпион, призер, учитель, специализация, получить квалификацию, тренерская работа по виду спорта, основы физической реабилитации, кафедра, научная лаборатория, исследовательская деятельность, ведущий, международные соревнования.

Ex. 7. Say whether the statements are true or false according to the text. If the statement is false, be ready to correct it.

1. I study at Belarussian State University.
2. A new stage of the faculty development started in the 1980s.
3. In August 2015 the faculty celebrated its 70th anniversary.
4. Today the faculty trains specialists on three specialties.
5. The first one is “Physical Culture” and the second one is “Sports Pedagogical Activities”
6. The faculty includes five departments.
7. The faculty offers few opportunities for physical, intellectual and spiritual development.
8. The students receive high-quality education in the field of physical culture, sport and rehabilitation.
9. The faculty of psychological culture is famous in the country and abroad for the Olympic champions and prize-winners who studied there.
10. Now the leading faculty athletes represent the Republic of Belarus at the local competitions of the lowest level.

Ex. 8. Answer the following questions.

1. What university do you study?
2. Are you a student of the faculty of physical culture?
3. How many specialists have been trained at the faculty? What people are among them?
4. What specialties are offered at the faculty?
5. Are there any specializations at the faculty?
6. How many departments are there at the faculty?
7. What opportunities does the faculty offer?
8. What well-known champions and prize-winners studied at the faculty?
9. What country do the leading faculty athletes represent at the international competitions?

Ex. 9. Retell the text.

UNIT 2

THE FOUNDATIONS OF PHYSICAL EDUCATION

The historical roots of physical education go back as far as the ancient Chinese (2500 B.C.), who had a well-developed system of exercise and physical training. In ancient Greece the Athenians were concerned with both physical and mental development and consequently they accorded gymnastics, sports and rhythms an important educational role. During the period of Roman Empire and later during the Middle Ages, physical education was primarily used as a form of military training.

Aim of physical education like general education, is to develop human personality in well-planned activity programs. In some words, physical education aims at the all round development of the personality of an individual or wholesome development of human personality. It includes physical, mental, social, emotional, and moral aspects to make an individual a good citizen who is able to make contribution in process of nation in one's own way. Thus physical education means making an individual physically fit, mentally alert, emotionally balanced and socially well-adjusted.

Objectives are steps considered towards the attainment of the aim. The three objectives of physical education are:

1. The objective of physical fitness refers to the development of such qualities as endurance, speed, strength, etc.
2. The objective of physical fitness is considered with one's proper adaptation to group living. Physical Education activities provide with opportunities to develop traits such as cooperation, respect to other, loyalty, self-confidence, etc.
3. The objective of culture is the following: a person fully understands the history, culture, traditions and the aesthetic values associated with these activities by participation in various physical education activities such as dance, sports and games.

In the present world of Space age and automation era, all human beings appear to be living a more and more inactive life. They drive a car instead of walking, sit instead of stand and watch instead of participate. Such type of inactivity or sedentary life is detrimental to mental and physical health. Thus, there is a great need for physical education as a part of balanced living.

The importance or benefits of physical education include the following aspects:

- Physical education is needed because due to advanced technology the lifestyle of people becomes sedentary and they become passive entertainers.
- Physical education is needed during elementary and secondary education for proper growth and development.
- It is beneficial during adulthood to maintain good health and fitness.

– Physical education is important to prevent and treat various ailments and diseases.

– It is important as it provides us the knowledge of our bodies from musculoskeletal, physiological and biochemical point of view.

– It teaches us various physical activities such as motor skills for the games and sports of volleyball, tennis, swimming and so on.

– It also teaches as the value of ethical behavior in sporting situations.

– It teaches us the value of physical fitness and how to become physically fit.

– It is important for aesthetic reasons as by participation in physical fitness programmes like gymnastics and dance, beauty and grace are cultivated in the movement.

Thus, physical education helps to make an individual physically fit, mentally alert, emotionally balanced, socially well-adjusted, morally true and spiritually unlifted. Physical education helps to make an individual a good citizen who is able to make contribution in process of nation in one's own way.

Vocabulary notes

well-developed – хорошо развитый

ancient – древний

to accord – оказывать

military training – военная подготовка

general education – общее образование

all round development – всестороннее развитие

wholesome – благотворный

to make contribution – внести вклад

motor skills – двигательные навыки

mentally alert – восприимчивый,

обладающий живым умом

an objective – задача

a trait – черта характера

loyalty – терпимость

aesthetic values – эстетические ценности

detrimental – причиняющий вред

an advanced technology – передовая

технология

an ailment – недуг, недомогание, заболевание

beauty – красота

Exercises

Ex. 1. Give synonyms from the text to the following words.

Harmful, significance, old, a purpose, elegance, merit, profits, sedentary, to cure, to develop.

Ex. 2. Give antonyms from the text to the following words.

Active, disadvantages, modern, immoral, disable, inattentive, to misunderstand, to disappear, to sit, unfit.

Ex. 3. Guess who or what this is (the answers are given below in the incorrect order).

1. An advantage or profit gained from something.
2. A purpose or intention.
3. Conducive to or characterized by moral well-being.
4. A distinguishing quality or characteristic, typically one belonging to a person.
5. A large body of people united by common descent, history, culture, or language, inhabiting a particular country or territory.
6. A thing aimed at or sought; a goal.
7. In good health, especially because of regular physical exercise.
8. The importance, worth or usefulness of something.
9. The condition of being physically fit and healthy.
10. An act of moving.

(A nation, a value, a movement, fit, an aim, an objective, fitness, wholesome, a trait, a benefit)

Ex. 4. Choose the right word into the sentences.

1. The historical roots of physical education go back as far as the ancient *Japanese / Chinese*. 2. Aim of physical education like general *education / development* is to develop *human body / human personality* in well-planned activity programs. 3. *Physical / psychological* education means making an individual physically fit, mentally alert, emotionally balanced and *spiritually / socially* well-adjusted. 4. There are *four / three* objectives of physical education. 5. The objective of physical fitness refers to the development of such qualities as *endurance / cooperation, speed / loyalty, strength / kindness*, etc. 6. They drive a car instead of *walking / hiking*, sit instead of *lie / stand* and *watch / control* instead of participate. 7. Physical education is needed during *preschool / elementary* and *postgraduate / secondary* education for proper growth and development. 8. Physical education helps to make an *individual / child* a good citizen who is able to make contribution in process of nation in one's own way.

Ex. 5. Make up new words using the following prefixes: im-; dis-; in-; un-; mis-.

Able, advantage, understand, fit, appear, moral, active, attentive, polite, accurate, acceptable, capable, attractive, organized, satisfy, ability, fortune, leading, important.

Ex. 6. Translate into English.

Физическое воспитание, образовательная роль, цель, задача, всестороннее развитие, благотворный, обладающий живым умом, хорошо приспособленный социально, задача, физическая подготовка, выносливость, скорость, сотрудничество, уважение, танцы, игры, сидячий образ жизни, преимущества, передовые технологии, среднее образование, недуг, болезнь, этическое поведение, участие.

Ex. 7. Say whether the statements are true or false according to the text. If the statement is false, be ready to correct it.

1. In ancient Egypt the Athenians were not concerned with physical and mental development.

2. Physical education aims at the specific development of the personality of an individual.

3. There are two objectives of physical education.

4. Physical education activities can't provide with opportunities to develop any traits of character.

5. Inactivity or sedentary life is detrimental to mental and psychic health.

6. There is no need for physical education as a part of balanced living.

7. Physical education is needed during elementary and secondary education for improper growth and development.

8. Physical education is important to prevent and treat various ailments and diseases.

9. Physical health teaches us the value of ethical behavior in sporting situations.

10. Psychological education helps to make an individual a good citizen.

Ex. 8. Answer the following questions.

1. How far do the historical roots of physical education go back?

2. When was physical education used as a form of military training?

3. What is the aim of physical education?

4. What does physical education mean?

5. What are the objectives of physical education?
6. Do people lead an active or inactive life today?
7. What aspects do the benefits of physical education include?
8. Why is physical education needed?
9. Why is physical education important?
10. What does physical education teach us?
11. What is the help of physical education?

Ex. 9. Retell the text.

UNIT 3

SPORT IN THE REPUBLIC OF BELARUS

Physical culture and sport in our country has long been given great importance. Promotion of healthy lifestyle and sports has become one of the priorities for the present-day Belarus. It is reflected in the development of sports infrastructure, particularly in small and medium-size towns, creation of world-class training facilities and international sporting achievements of Belarusian athletes.

The Ministry for Sports and Tourism is responsible for sports and physical education in the country. They form an independent branch of economy with its management structure, institutions, technical and human resources.

Belarusian sports achievements made our country famous all over the world. Talented representatives of our country have been performing well for a long time at international competitions and Olympic games thanks to the state policy that supports gifted sportsmen. There are 132 kinds of sports in our country and the most popular sports are football, athletics, gymnastics, hockey and others.

Belarus has some extensive training facilities both for general public and professional athletes. They include 243 stadiums, 250 swimming-pools, 5140 gymnasiums, 46 athletic centres, 20 ice-rinks, etc. Such sports facility as the Raubichi Centre near Minsk is considered to be one of the best biathlon centres in the world. Minsk-Arena is a newly built multi-use indoor facility in Minsk that has no analogues in Europe. It includes a multi-sport and entertainment arena for 15,000 spectators, a skating stadium and a velodrome. It was one of the main venues for the 2014 World Ice-Hockey Championship. The Republican Olympic Equestrian

Sports Centre “Ratomka” and the Olympic Camp “Staiki” have won recognition of both Belarusian and foreign athletes.

The development of sports among the disabled is an important means of their social adaptation. Belarusian disabled athletes take part in many international competitions including Olympic Games and demonstrate top performance.

The state also focuses much attention on the development of professional sports. The country has an excellent record at the Olympic Games. For the first time Belarusian athletes participated in the 1952 Olympics in Helsinki as members of the USSR team. The first Olympic medal (silver) was won by hammer thrower Mikhail Krivonosov in 1956. The first Olympic gold medals of Belarusian athletes were presented to canoeists L.Geishtor and S.Makarenko in 1960 in Rome. The first independent Belarus team took part in the 1994 Winter Olympic Games in Lillehammer and won two silver medals.

Present-day Belarus is rich in sports talents. The Republic is proud of Al.Medved (a three-time Olympic champion), V.Schcherbo (a six-time Olympic champion), Ye.Khodotovich-Karsten (a many-time World and European champion) and others. At the 2008 Beijing Olympics Belarus won 19 medals including four gold ones. The team was most successful in athletics, canoeing and weight-lifting. The participants of the 2010 Winter Olympic Games A.Grishin, S.Novikov and D.Domrachyova brought home three Olympic medals (gold, silver and bronze) in freestyle aerials, men’s and women’s biathlon.

Belarusian people try to keep themselves in good physical condition. More and more people are involved in regular sports exercises.

Vocabulary notes

promotion – содействие

present-day – современный

a priority – приоритет

a branch of economy – отрасль экономики

state policy – государственная политика

an ice-rink – каток

a sports facility – спортивный объект

multi-use – многофункциональный

a skating stadium – конькобежный стадион

a venue – место проведения

equestrian sports – конные виды спорта

the disabled – инвалид; человек с ограниченными возможностями

a top performance – отличное выступление

to be proud of – гордиться

hammer throwing – бросание молота

freestyle – фристайл

Exercises

Ex. 1. Match the synonyms.

modern	liable
small	autonomous
an athlete	a delegate
responsible	a variant
independent	to participate
achievement	little
a representative	present-day
gifted	a sportsman
an analogue	success
to take part	talented

Ex. 2. Match the antonyms.

present-day	amateur
long	national
state	poor
professional	short
indoor	ancient
foreign	to lose
rich	private
to win	outdoor

Ex. 3. Guess who or what this is (the answers are given below in the incorrect order).

1. The way in which a person lives.
2. A person who watches at a show, game or other event.
3. The place where something happens, especially an organized event such as a concert, conference, or sports competition.
4. A level area of ice usually inside a building that has been made artificially and kept frozen so that people can skate on it.
5. A level area surrounded by seating in which sports entertainments and other public events are held.
6. A person having a physical or mental condition that limits their movements, senses, or activities.
7. A small metal disc which is given as an award for bravery or as a prize in a sporting event.

8. An athletic contest combining two events, especially cross-country skiing and rifle shooting.

9. A game played on ice between two teams of 11 players who use long curved sticks to hit a small rubber disk, called a puck, and try to score goals.

10. The sport of using and racing a canoe.

(Biathlon, a medal, canoeing, the disabled, lifestyle, a spectator, ice-hockey, an ice-rink, an arena, a venue)

Ex. 4. Say what these athletes are famous for and what sport they do.

M. Krivonosov, L. Geishtor, Al. Medved, V. Schcherbo, Y. Karsten, A. Grishin, S. Novikov, D. Domracheva, A. Tsuper, M. Mamoshuk, I. Makarov.

Ex. 5. Say for what these facilities are intended for.

A stadium, a swimming-pool, a gym, an athletic center, an ice-rink, the Raubichi Center, Minsk-Arena, Equestrian Sports Centre “Ratomka”, the Olympic Camp “Staiki”.

Ex. 6. Translate into English.

Содействие, приоритет, современный, спортивное сооружение, Министерство спорта и туризма, отрасль экономики, достижения, государственная политика, одаренный, вид спорта, место проведения, многофункциональный, социальная адаптация, Олимпийские игры, золотая (серебряная, бронзовая) медаль, Зимние Олимпийские игры, трехкратный олимпийский чемпион, фристайл.

Ex. 7. Say whether the statements are true or false according to the text. If the statement is false, be ready to correct it.

1. Physical culture and sport in the Republic of Italy has long been given little importance.

2. The Ministry for Health Care and Medicine is responsible for sports and physical education in the country.

3. Talented representatives of our country have been performing well for a long time only at national competitions.

4. There are 150 kinds of sports in our country.

5. Training facilities in Belarus include 243 stadiums, 250 swimming-pools, 5140 gymnasiums, 46 athletic centres, 20 ice-rinks, etc.

6. Minsk-Arena is a newly built multi-use outdoor facility in Minsk that has a lot of analogues in Europe and the USA.

7. The development of sports among the disabled is an important means of their social adaptation.

8. The country has no record at the Olympic Games.

9. The first Olympic medal (bronze) was won by discus thrower Mikhail Krivonosov in 1960.

10. Present-day Belarus is poor in sports talents.

Ex. 8. Answer the following questions.

1. Is the promotion of healthy lifestyle a priority today?

2. What ministry is responsible for sports and physical education in the country?

3. Whose achievements made our country famous all over the world?

4. How many kinds of sports are there in Belarus?

5. What sports facilities are there in Belarus?

6. What facilities does Minsk-Arena include?

7. What is the important means of the social adaptation of the disabled?

8. Is much attention paid to the professional sport in the county?

9. When were the first gold medals presented to the representative of Belarus? Who were they?

10. Is present-day Belarus rich in sports talents? Can you name them?

Ex. 9. Retell the text.

SPORT IN GREAT BRITAIN

Britain is a country where leisure time and the sporting life are taken seriously. Sport probably plays a more important part in Britain than it does in most other countries. Sport is a form of physical and mental relaxation for the Englishmen. It is the main form of entertainment for the British people. Some take part in some kind of sport at least once a week. Some British are regular spectators and visitors of sports events and follow one or more sports.

Many kinds of sport have taken the origin in England. They are football, cricket, rugby, golf, hockey and lawn tennis. And a lot of kinds of sport are practiced in England: football, golf, rugby, swimming, rowing, cricket, fishing,

fox-hunting, sailing and different racings: motor-car racing, dog racing, boat racing, horse racing and others. The English people also enjoy equestrian sports such as horse racing, riding and polo.

Professional sport is widely spread in Great Britain, especially football, boxing, rugby and hockey. The number of participants and spectators shows that the most popular of the team games are football and cricket, and the most popular individual game is lawn tennis.

Football is the most popular sport in Great Britain. It's a team game. There are two kinds of football in Britain: association football (soccer) and rugby. Soccer remains one of the most popular games in Great Britain. It is played in all countries. It's the national sport, and the British club teams are often successful in Europe. The football season in Britain lasts from late summer (end of August) to late spring (early May). The Football Association holds an annual "Knock out" cup competition. The cup final match is played at Wembley Stadium, the biggest stadium in London. This match is always attended by the Queen, who presents the cup to the winning team.

Cricket is the most favourite summer sport which is called by the English "the greatest game in the world". Cricket is an open-air game played in a field of grass. It is a slow game, and a spectator, sitting in the afternoon sun after his lunch, may be excused for having a little sleep for half an hour. Currently cricket is making no progress in popularity.

Golf is also a national game in Great Britain. Golf can be played all the year round. It is popular with the middle-aged people.

Rugby is the next popular sport after football in Great Britain. It is largely an amateur game. It is played with an oval ball. There are fifteen players per team in rugby union and thirteen in rugby league. Rugby league is played at top level in Britain, Australia and New Zealand.

Wimbledon is the center of lawn tennis. All-England Tennis Club is there. Wimbledon is one of the world's major tournaments.

Rowing is a popular sport in Great Britain, especially in the Universities of Oxford and Cambridge. The first boat race between Oxford and Cambridge was held in 1829. Nearly every year since then there was a boat race between these two Universities.

English people began to go in for track-and-field athletics comparatively recently and trained many outstanding sportsmen in that kind of sport.

Sport is a compulsory subject at school. Swimming, track-and-field athletics, boxing, weightlifting, cycling, tennis, cricket are popular with the English students.

Vocabulary notes

relaxation – отдых
entertainment – развлечение
to take the origin – взять начало
a participant – участник
successful – успешный
late summer – конец лета
late spring – конец весны
annual – ежегодный
cycling – езда на велосипеде
leisure time – свободное время
knock out – вылет

summer sport – летний вид спорта
slow – медленный
all the year round – на протяжении всего года
middle-aged people – люди среднего возраста
an amateur game – любительская игра
a tournament – турнир
compulsory – обязательный
weightlifting – тяжелая атлетика

Exercises

Ex. 1. Give synonyms from the text to the following words.

Earnest, recreation, habitual, a play, association football, a contest, to visit, beloved, lately, prominent.

Ex. 2. Translate the following sentences and guess what kind of sport this is.

1. A game played by two teams of eleven players using a round ball. Players kick the ball to each other and try to score goals by kicking the ball into a large net.

2. An outdoor game played between two teams. Players try to score points, called runs, by hitting a ball with a wooden bat.

3. A team game played with an oval ball that may be kicked, carried, and passed from hand to hand.

4. A game in which you use long sticks called clubs to hit a small, hard ball into holes that are spread out over a large area of grassy land.

5. A game played by two or four players on a rectangular court. The players use an oval bat with strings across it to hit a ball over a net across the middle of the court.

6. A sport in which people or teams race against each other in boats with oars.

7. The sport or activity of propelling oneself through water using the limbs.

8. The sport of competing in track and field events, including running races and various competitions in jumping and throwing.

9. The sport or practice of fighting with the fists, especially with padded gloves in a roped square ring according to prescribed rules.

10. The sport or activity of lifting barbells or other heavy weights.

11. The sport in which horses and their riders take part in races, either on a flat course or over hurdles or fences, typically with substantial betting on the outcome.

12. A race between rowing crews.

Ex. 3. Divide the following kinds of sports into two groups: team games and individual games.

Tennis, football, hockey, golf, rugby, cricket, basketball, boat racing, horse racing, hammer throwing, hurdle race, running, volleyball, swimming, boxing, weightlifting, cycling, handball.

Ex. 4. Insert the necessary prepositions.

1. Sport is a form of physical and mental relaxation ... the Englishmen.

2. Some take part ... some kind of sport ... least once a week.

3. The football season ... Britain lasts ... late summer (end of August) ... late spring (early May).

4. The cup final match is played ... Wembley Stadium, the biggest stadium ... London.

5. Currently cricket is making no progress ... popularity.

6. Golf is popular ... the middle-aged people.

7. Rugby is the next popular sport ... football ... Great Britain.

8. Rugby is played ... an oval ball.

9. The first boat race ... Oxford and Cambridge was held ... 1829.

10. English people began to go ... track-and-field athletics comparatively recently.

11. Sport is a compulsory subject ... school.

Ex. 5. Translate into English.

Свободное время, спортивная жизнь, отдых, англичане, зрители, профессиональный спорт, гольф, регби, футбол, бокс, хоккей, ежегодное состязание на вылет, крикет, медленная игра, люди среднего возраста, в течение получаса, любительская игра,

лига регби, союз регби, турнир, гребля, Оксфорд, Кембридж, тяжелая атлетика, популярный.

Ex. 6. Say whether the statements are true or false according to the text. If the statement is false, be ready to correct it.

1. Britain is a country where leisure time and the sporting life are not taking seriously.

2. Sport is a form of physical and mental relaxation for the Englishmen.

3. Many kinds of sport have taken the origin in Scotland.

4. The English people also enjoy equestrian sports such as horse racing, riding and polo.

5. The most popular individual game in Great Britain is boxing.

6. Handball is the most popular sport in Great Britain.

7. Golf can be played in summer only.

8. Athletics is the next popular sport after football in Great Britain.

9. Wimbledon is the center of football.

10. Rowing is a popular sport in Great Britain, especially in the Universities of Oxford and Cambridge.

11. Sport is not a compulsory subject at school.

Ex. 7. Answer the following questions.

1. Does sport play an important part in Britain?

2. What is the main form of entertainment for the British people?

3. What kinds of sports have taken the origin in England?

4. What are professional kinds of sports in Great Britain?

5. What sport is the most popular in Great Britain?

6. What sport is the most favourite summer sport?

7. What is the national game in Great Britain?

8. What is the amateur game in Great Britain?

9. In what universities of Great Britain is rowing a popular sport?

10. When did English people begin to go in for athletics?

11. Is sport compulsory subject at school?

12. What sports are popular with the English students?

Ex. 8. Retell the text.

UNIT 4

COACHING (Part I)

Coaching can be defined in many ways:

1) *Coaching* is a form of development in which an experienced person, called a coach, supports a learner or client in achieving a specific personal or professional goal by providing training and guidance. The learner is sometimes called a *coachee*.

2) *Coaching* may mean an informal relationship between two people, of whom one has more experience and expertise than the other and offers advice and guidance as the latter learns.

3) *Coaching* is a process that aims to improve performance and focuses on the “here and now” rather than on the distant past or future.

The essence of coaching is:

- to help a person change in the way they wish and help them go in the direction they want to go;
- it supports a person at every level in becoming who they want to be;
- it builds awareness, empowers choice and leads to change.

Historically, there have always been “coaches” of some sort in society. It might be the town priest, the shaman, an elder (grandfather, uncle) or some other mentor relationship. Prior to the evolution of the coach training programs, coaching was a term primarily used in the arts (voice coaches, drama coaches), athletics, and the corporate world. Many executives hired outside consultants as coaches or mentors to give them an outside and unbiased view of their business life and get help with their personal life as well.

The first use of the term "coach" in connection with an instructor or trainer arose around 1830 in Oxford University slang for a tutor who "carried" a student through an exam. The word "coaching" thus identified a process used to transport people from where they are to where they want to be. The first use of the term in relation to sports came in 1861.

Coaches use a range of communication skills (such as targeted restatements, listening, questioning, clarifying, etc.) to help clients shift their perspectives and thereby discover different approaches to achieve their goals. Thus, coaching is a form of "meta-profession" that can be applied to support clients in any human endeavor, ranging from their concerns in health, personal, professional, sport, social, family, political, spiritual dimensions, etc. There may be some overlap between certain types of coaching activities. Coaching approaches are also influenced by cultural differences.

In sports, a coach is an individual that provides supervision and training to the sports team or individual players. Sports coaches are involved in administration, athletic training, competition coaching, and representation of the team and the players.

Vocabulary notes

coaching – тренерская работа

development – развитие

training – тренировка, обучение

guidance – руководство,
управление

coachee – ученик

experience – опыт

relationship – отношение,
взаимоотношение

to improve – улучшать,
совершенствовать

essence – сущность

direction – направление

dimension – сторона, аспект

supervision – наблюдение,
контроль

mentor – наставник, руководитель

clarifying - разъяснение

to focus – сосредоточиться,
сконцентрироваться

awareness – информированность,
осведомленность

to empower – поручать

mentor relationship –
наставнические отношения

instructor – инструктор

trainer – тренер

tutor – преподаватель, наставник

targeted – желаемый

restatement – новая формулировка,
переформулировка

endeavor – попытка, старание,
усилие

team – команда

to be involved in – быть
вовлеченным в

to be influenced – находиться под
влиянием

to shift – изменить

Exercises

Ex. 1. Give synonyms from the text to the following words.

An aim, interrelation, to make better, to encourage, a trainer, training, mastery, an attempt, a crew.

Ex. 2. Give antonyms from the text to the following words.

Public, amateur, formal, to worsen, a youth, inside, incompetence, to oppose, an inactivity, a similarity.

Ex. 3. Guess who or what this is (the answers are given below in the incorrect order).

1. A person who is learning a subject or skill.
2. The state of being connected or related.
3. Knowledge or perception of a situation or fact.
4. An instructor or trainer in sport.
5. An experienced and trusted adviser.
6. The ability to do something well.
7. An aspect or feature of a situation, problem or thing.
8. The action of supervising someone or something.
9. A group of players forming one side in a competitive game or sport.
10. A person taking part in a sport or game.

(A player, supervision, a team, a learner, a coach, a mentor, relationship, a skill, a dimension, awareness.)

Ex. 4. Insert the prepositions according to the text.

1. Coaching is a form of development ... which an experienced person, called a coach, supports a learner or client ... achieving a specific personal or professional goal ... providing training and guidance.
2. Coaching may mean an informal relationship ... two people.
3. Prior ... the evolution of the coach training programs, coaching was a term primarily used ... the arts, athletics, and the corporate world.
4. The first use of the term "coach" ... connection ... an instructor or trainer arose ... 1830 ... Oxford University slang ... a tutor who "carried" a student through an exam.
5. The first use of the term ... relation ... sports came ... 1861.
6. Coaches use a range of communication skills ... help clients shift their perspectives and thereby discover different approaches ... achieve their goals.
7. There may be some overlap ... certain types of coaching activities.
8. Sports coaches are involved ... administration, athletic training, competition coaching, and representation of the team and the players.

Ex. 5. Make the following nouns plural.

A form, a person, a coach, a learner, a goal, a process, a mentor, an executive, a life, an instructor, a trainer, a student, a skill, a perspective, an approach, an activity, a difference, a team, a player.

Ex. 6. Translate into English.

Тренерская работа, тренер, достичь определенной личной или профессиональной цели, опыт, руководство, улучшить исполнение (игру), желать, поручать, общество, наставник, использование, инструктор, преподавание, спорт, навык общения, разъяснение, перспектива, поддержка, усилие, аспект, культурные различия, наблюдение, спортивная команда, игрок, соревнование.

Ex. 7. Say whether the statements are true or false according to the text. If the statement is false, be ready to correct it.

1. Coaching is a form of development in which a learner supports a coach in achieving a specific public and amateur goal.
2. Coaching may mean a formal relationship between dozens of people.
3. Coaching is a process that aims to worsen performance.
4. Coaching supports a person at every level in becoming who they want to be.
5. Historically, there have never been “coaches” of any sort in society.
6. The term “coach” was used for the first time for a doctor who “carried” a student through an exam.
7. The first use of the term in relation to sports came in 1861.
8. Coaches use a range of education skills to help clients shift their perspectives.
9. Coaching is a form of “meta-profession” than can be applied to support clients in any human endeavor.
10. In sports, a coach is a person that provides development and education to the sports team only.

Ex. 8. Answer the following questions.

1. What is coaching?
2. What is the essence of coaching?
3. Does coaching build awareness, empower choice and lead to change?
4. Have there ever been “coaches” of any sort in society?
5. When was the term “coach” used for the first time?
6. What process did the word “coaching” identify?
7. When was the term “coaching” used in relation to sports for the first time?
8. What skills do coaches use?
9. Is coaching a form of “meta-profession”?
10. Who is a coach?
11. What are the coach’s functions?

Ex. 9. Retell the text.

COACHING

(Part II)

If you are engaged into a sport, you have to communicate with a coach in many ways – as a teacher, as an athlete, as a psychologist and so on. To deal with future athletes in everyday routine requires hard work and specific talent which a coach should possess.

Sports coaches help athletes to develop their full potential. Their responsibility consists of training athletes in a sport at the same time analyzing their performances, instructing in relevant skills and providing with encouragement. But sports coaches are not only responsible for the guidance of the athletes in life but also for their chosen sport.

Thus, the coach plays a significant and multipurpose role in the life of an athlete: he can be an instructor, assessor, friend, mentor, facilitator, demonstrator, adviser, supporter, fact finder, motivator, counselor, organizer, planner and the source of getting new knowledge.

The coach's role in relation to sport means to create right conditions for learning and to find ways for motivating athletes. But most of the athletes are highly motivated people and the coach's task in this regard is to maintain that motivation and to generate excitement and enthusiasm. It is the coach who assists athletes when they prepare training programs and develop new skills, communicates effectively with athletes, uses evaluation tests to monitor training process and predicts performance.

To get sports teams or individuals ready to compete is the sports coach's responsibility. The coaches can also be responsible for the athletes' guidance through the event. Their extra obligations may consist of recruiting players, developing game strategies and teaching the skills of the sport. Good planning and organization skills are required for a coach.

A former athlete, a parent, a teacher, and even a fan can become a coach if they have a passion for coaching. To get into coaching, you can start off gaining experience in a club or a sport school. The more you develop your team, the more you develop your skills and the more your own style of coaching grows.

You can also attend special coaching courses in addition to getting coaching experience. There is also a possibility to gain qualifications at the university level courses or get higher and postgraduate education on specialty "Sports and Pedagogic Activities".

Your coaching knowledge will enhance if you exercise physiology, psychology and biomechanics. But it is hard work and it takes a lot of time, skills and efforts.

Vocabulary notes

to communicate – общаться
a psychologist – психолог
everyday routine – повседневный режим работы
to possess – обладать
to consist of – состоять из
to instruct – давать указание, наставлять
to provide with - обеспечивать
encouragement – воодушевление, поощрение
significant – важный, значительный
multipurpose – многоцелевой, многозадачный
a responsibility – обязанность
to gain experience – получить опыт
to get into – увлекаться чем-либо
to enhance – увеличить

an assessor – экзаменатор
a facilitator – координатор
an adviser – консультант
a supporter – опекун
a counselor – советник
knowledge – знания
a task – задача
in this regard – в этом отношении
excitement – волнение, переживание
an evaluation test – оценочный тест
to have a passion – иметь страсть
Sports and Pedagogics Activities – спортивно-педагогическая деятельность
to gain qualifications – получить квалификацию

Exercises

Ex. 1. Match the synonyms.

A teacher
An athlete
To possess
A responsibility
Significant
An adviser
To create
Learning
Sport
An event

A counsellor
Important
A duty
A tutor
Physical exercise
A sportsman
To have
A competition
To produce
Studying

Ex. 2. Match the antonyms.

Many	Simple
Future	To lost
A friend	Ordinary
New	Wrong
To find	Low
To start	Few
Special	Old
High	To finish
Hard	An enemy
Right	Past

Ex.3. Guess who or what this is (the answers are given below in the incorrect order).

1. A person who gives advice in a particular field.
2. Facts, information and skills acquired through experience or education.
3. The acquisition of knowledge or skills through study, experience, or being taught.
4. Physical activity.
5. To strive to gain or win something by defeating or establishing superiority over others.
6. To share or exchange information, news, or ideas.
7. Having several purposes or functions.
8. To say or estimate that a specified thing will happen in the future or will be a consequence of something.
9. A general plan or set of plans intended to achieve something, especially over a long period.
10. The study of mechanical laws relating to the movement or structure of living organisms.

(A strategy, sport, biomechanics, to communicate, knowledge, to compete, an adviser, learning, multipurpose, to predict)

Ex. 4. Insert the words according to the text.

1. If you are engaged into a ... , you have to communicate with a ... in many ways.
2. To deal with future athletes ... requires ... and specific talent which a coach should
3. Sports coaches help ... to develop their full

4. The coach plays a ... and multipurpose role in the ... of an athlete.
5. The coach's role in relation to ... means to create ... for learning and to find ways for ... athletes.
6. To get ... or individuals ready to compete is the sports coach's
7. Good ... and organization ... are required for a coach.
8. To get into ... , you can start off gaining ... in a club or a
9. You can also ... special coaching ... in addition to getting
10. Your coaching ... will ... if you exercise

Ex. 5. Give the degrees of comparison of the following adjectives.

Hard, responsible, significant, new, high, good, easy, late, beautiful, old, long, busy, bad, little, important, wide, heavy, kind, nice, short, big, modern, simple.

Ex. 6. Translate into English.

Спортсмен, психолог, режим работы, обязанность, давать указания, обеспечивать, спортивные тренера, многозадачная роль, эксперт, координатор, посредник, источник получения новых знаний, создание правильных условий, мотивация, программа тренировок, соревноваться, соревнование, вербовка, организационные навыки, страсть, получить опыт, посещать тренерские курсы, получить квалификацию, спортивно-педагогическая деятельность, физиология, психология, биомеханика, усилие.

Ex. 7. Say whether the statements are true or false according to the text. If the statement is false, be ready to correct it.

1. If you are engaged into education, you have to communicate with an adviser in many ways.
2. Sports coaches can't help athletes to develop their potential.
3. The coach plays a significant and multipurpose role in the life of a sportsman.
4. The athlete can be the source of getting new knowledge.
5. The coach's role in relation to sport means to create wrong conditions for training and to lost ways for motivating athletes.
6. It is the coach who helps athletes when they participate in the competitions.
7. It is not coach's responsibility to get sports teams or individuals ready to compete.
8. Bad planning and organization skills are required for a coach.

9. The more develops your team, the less develop your skills and the less your own style of coaching grows.

10. Your coaching knowledge will enhance if you exercise physiology, psychology and biomechanics.

Ex. 8. Answer the following questions.

1. What qualities should a coach possess to deal with future athletes in everyday routine?

2. What does the coach's responsibility consist of?

3. Does a coach play a significant and multipurpose role in the life of an athlete?

4. Whom can a coach be?

5. What does the coach's role in relation to sport mean?

6. The athletes are highly motivated people, aren't they?

7. What is the coach's task?

8. What is the coach's responsibility?

9. Who can become a coach?

10. Do coaches need to attend any coaching courses?

Ex. 9. Retell the text.

UNIT 5

TYPES OF SPORTS TRAINING

People have been using the word "training" since ancient times. It means the process of preparation for some task. This process can be invariably extended to a great number of days and even months and years. This term is widely used in sports. But some sports coaches and sports scientists can't agree in relation to the exact meaning of this notion. And many of sport medicine experts consider sports training as simply doing physical exercises.

Improving sports performance requires sports training. The sports performance means the product of the whole personality of a sports person or an athlete. There are several dimensions in a person's personality. They are, for example, physical, physiological, social, psychic, etc. While improving sports performance, the social and psychic abilities of an athlete should become better

in addition to the physical and physiological ones. Namely, the whole personality of an athlete has to be improved so that his performance will become better. The direct and indirect purposes of sports training are improving the athlete's personality. That is why sports training can be regarded as educational or pedagogical process.

Several different methods can be used to improve athlete's ability in various kinds of sport. The various types of training consist of activities that can last for different periods of time. For example, anaerobic exercises are done during short time, while aerobic exercises are done during a longer period of time.

Athletes and coaches use a lot of different styles of exercises and dozens of various ways of sports training the body. But several common types of sports training are distinguished. They are:

Strength training or resistance training means increasing or maintaining muscle mass and keeping bone density. Muscles and bones keep our body up so we will not be able to run, walk or even stand if we don't have a healthy skeleton system. Strength training is essential for everyone.

Cardiovascular training is closely connected with the heart which is the engine keeping the whole our body running. If we don't have a strong healthy heart and vascular system, we will run a very high risk of death.

Circuit training means a combination of both strength and cardio trainings. The idea is to challenge muscles with resistance, then add short bursts of cardio to keep the heart rate elevated between sets or at the end of each circuit.

Flexibility training (stretching training) includes stretching exercises to lengthen the muscles. If the muscles are stretched properly, they can help to improve posture, reduce muscle soreness and increase blood and nutrients to tissues.

Post rehabilitation training means an essential time to go on your training program. Many people finish their training sessions with their physiotherapists and they forget to continue to strengthen and stretch their injury.

Sports specific training aims not only to prepare the athlete for effective play or performance but also to keep the body healthy and functional as whole.

Vocabulary notes

training – тренировка

to be widely used – широко использоваться

a personality – личность

psychic – психический

to maintain – поддерживать

muscle mass – мышечная масса

bone density – плотность кости

skeleton system – система скелета

to last – длиться
to be distinguished – различать
strength training – силовая тренировка
resistance training – тренировка с сопротивлением
to keep the heart rate elevated – поддерживать пульс повышенным
stretching training – тренировка на растяжку
soreness – боль, болезненное ощущение
training session – тренировка

cardiovascular training – тренировка сердечно-сосудистой системы
circuit training – круговая тренировка
to challenge – бросать вызов
a burst – рывок
flexibility training – тренировка на гибкость
posture – осанка
post rehabilitation training – тренировка после реабилитации
sports specific training – общеукрепляющая тренировка

Ex. 1. Give synonyms from the text to the following words.

Old, an injury, workout, various, performance, thickness, in good condition, force, a motor, round.

Ex. 2. Give antonyms from the text to the following words.

Death, inflexibility, to shorten, modern, disagree, individual, similar, unusual, optional, to increase.

Ex. 3. Guess who or what this is (the answers are given below in the incorrect order).

1. To move fast on foot.
2. The quality or state of being physically strong.
3. A hollow muscular organ that pumps the blood through the circulatory system by rhythmic contraction and dilation.
4. The quality of bending easily without breaking.
5. The positions in which someone holds their body with standing or sitting.
6. The physical structure, including the bones, flesh, and organs, of a person or an animal.
7. Relating to society or its organization.
8. To continue for a specified period of time.
9. A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of the body.
10. To bring to an end.

(Social, heart, posture, to finish, to run, muscles, flexibility, to last, a body, strength)

Ex. 4. Translate the following words and words combinations from Russian into English according to the text.

1. People have been using the word (тренировка) since ancient times.
2. Many of sport medicine experts consider sports training as (просто выполнение физических упражнений).
3. (Спортивное выступление означает) the product of the whole personality of a sports person or an athlete. There are several dimensions in a person's personality.
4. The direct and indirect purposes of sports training (улучшают личность спортсмена).
5. The various types of training consist of activities that (могут длиться разные периоды времени).
6. (Спортсмены и тренеры) use a lot of different styles of exercises and dozens of various ways of sports training the body.
7. Strength training or resistance training means (увеличение или поддержание мышечной массы и сохранение плотности костей).
8. Cardiovascular training (тесно связано) with the heart.
9. (Круговая тренировка) means a combination of both strength and cardio trainings.
10. Flexibility training includes (упражнения на растяжку) to lengthen the muscles.

Ex. 5. Form nouns from the following adjectives.

Wide, simple, social, direct, various, different, long, strong, dense, high, short, effective, shy, modern, difficult.

Ex. 6. Say whether the statements are true or false according to the text. If the statement is false, be ready to correct it.

1. People have been using the word "counselling" since prehistoric times.
2. Education means the process of preparation for some task.
3. Improving sports performance requires sports training.
4. There are no dimensions in a person's personality.
5. The direct and indirect aims of sports training are reducing the athlete's personality.
6. Few methods can be used to improve athlete's ability in different kinds of sport.

7. A lot of different styles of exercises are used by coaches and sportsmen.
8. Strength training means reducing and falling muscle mass and keep bone length.
9. The heart is the engine which keeps some of body parts running.
10. Circuit training means a combination of both resistance and flexibility trainings.
11. Stretching training includes cardio exercises to increase muscle mass.
12. Post rehabilitation training means an essential time to go on your training program.
13. Sports specific training aims only to prepare the sportsman for the effective play and performance.

Ex. 7. Answer the following questions.

1. Since when have people been using the word “training”?
2. What does the process of training mean?
3. Is the term “training” widely used in sports?
4. What does the sport performance mean?
5. Why can sports training be regarded as educational or pedagogical process?
6. What is the difference between anaerobic and aerobic exercises?
7. What type of sports training are distinguished?
8. What is strength training?
9. What is the importance of cardio-vascular training?
10. What does circuit training mean?
11. What exercises does stretching training include?
12. What is post rehabilitation training?
13. What is the purpose of sports specific training?

Ex. 8. Retell the text.

ЛИТЕРАТУРА

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Производственно-практическое издание

Соболевич Виктория Юрьевна

**ENGLISH
(COACHING)**

**АНГЛИЙСКИЙ ЯЗЫК
(ТРЕНЕРСКАЯ РАБОТА)**

Практическое пособие

В авторской редакции

Подписано в печать 16.06.2020. Формат 60x84 1/16.

Бумага офсетная. Ризография.

Усл. печ. л. 2,1. Уч.-изд. л. 2,3.

Тираж 25 экз. Заказ 276.

Издатель и полиграфическое исполнение:
учреждение образования

«Гомельский государственный университет имени Франциска Скорины».

Свидетельство о государственной регистрации издателя, изготовителя,
распространителя печатных изданий № 3/1452 от 17.04.2017 .

Специальное разрешение (лицензия) № 02330 / 450 от 18.12.2013.

Ул. Советская, 104, 246019, Гомель

РЕПОЗИТОРИЙ ГГУ ИМЕНИ Ф. СКОРИНЫ

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