

**Министерство образования Республики Беларусь**

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**АНГЛИЙСКИЙ ЯЗЫК**

**ПРАКТИЧЕСКОЕ ПОСОБИЕ**

*для студентов специальности  
1 - 03 02 01 «Физическая культура»*

**Гомель 2007**

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Франциска Скорины”

Рекомендовано к изданию на заседании научно-методического совета учреждения образования “Гомельский государственный университет имени Франциска Скорины” 2007 года, протокол №

Пособие включает в себя тексты с заданиями различной степени сложности. При составлении текстов спортивной тематики был использован материал из различных периодических изданий.

Адресуется студентам дневной формы обучения специальности 1 - 03 02 01 - «Физическая культура». Может быть использовано в рамках внеаудиторных занятий.

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## ВВЕДЕНИЕ

Предлагаемое практическое пособие предназначено для использования как на занятиях по английскому языку, так и при самостоятельной работе с текстами. Оно включает сведения по истории возникновения Олимпийских игр, различным видам спорта, а также информацию общеспортивной тематики.

Пособие построено, в основном, на материале текстов, взятых из английских и американских источников, а также из адаптированной литературы.

Тексты сопровождаются упражнениями с целью интенсификации процесса обучения чтению, контроля понимания, активизации словаря и развития навыков устной речи.

Пособие предназначено студентам специальности «Физическая культура», а также будет полезно широкому кругу лиц, изучающих или преподающих английский язык. Оно может быть использовано на уроке, факультативных занятиях и для самостоятельной работы учащихся по спортивной тематике на английском языке.

Целью данного пособия является помочь учащимся овладеть умением читать литературу публицистического характера и рассуждать на спортивные темы на английском языке, а также расширить их кругозор.

Большая часть текстов пособия снабжена лексическими упражнениями, предусматривающими контроль понимания прочитанного и активизацию необходимого словаря. Упражнения рекомендуется использовать также для развития навыков устной речи.

Учащиеся должны приобрести и закрепить навыки пользования общим англо-русским словарем, необходимые для дальнейшего совершенствования знания и практического использования иностранного языка.

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# РАЗДЕЛ I

## ОБЩЕСПОРТИВНАЯ ТЕМАТИКА

### ТЕКСТ I

*Прочитайте и переведите текст, выписав остальные неизвестные Вам слова.*

#### SPORTS AND GAMES

Sport has played an important part in our lives for many centuries.

Sport is enjoyment because of the good feeling that is produced when the body has done some physical work. Sports are very good for active relaxation and are important for our physical and mental health. After 6-8 hour work in offices people feel the need for exercise at the end of the day and turn to sport.

How better get rid of tension or let off steam than to hit a ball hard or go running? Sport at an amateur level is for enjoyment and fitness and provides an outlet for surplus energy. Professional sport seems less to do with enjoyment and more to do with making money. Top sports people view their sport as a way of making as much money as possible in as short time as possible. As a result of this desire some participants take drugs to help their performances and their bank balances.

Televised sport is a great entertainment. Millions of people like to watch matches on TV or listen to them on the radio and keep their fingers crossed for their favourite teams. And without these potential record-breaking performances sport would not be so attractive to watch on TV.

There are lots of types of sports and games. We can practice outdoor and indoor sports, there are also aquatic sports.

Outdoor sports are: golf, skiing (cross-country, downhill, slalom, ski-jump), windsurfing, marathon-running,

fishing, climbing, hiking (tourism), mountaineering, horse riding, rallies.

Indoor sports include table tennis, gymnastics, chess. Ball games, athletics (sprint, high jump, long jump, javelin throw), tennis, shooting, skate-boarding and skating (figure skating, speed skating and roller skating), may be practiced both outdoors and indoors.

Aquatic sports are water skiing, swimming, diving, water polo, yachting, canoeing, rowing.

People all round the world go in for sports.

### ***Задания***

***1. Разделите следующие виды спорта на 3 группы. indoor games, outdoor games, aquatic sports. Выучите виды спорта.***

Diving, chess, climbing, racing, yachting, equestrian sport, skiing, golf, fishing, marathon-running, draughts, windsurfing, ski-jump, gymnastics.

***2. Закончите следующие предложения.***

1. Sport is enjoyment because ...
2. Sports are very good for ...
3. Sports are important for ...
4. At an amateur level sport provides ...
5. At a professional level sport is a way of...

***3. Ответьте на следующие вопросы.***

1. How can people get rid of tension or let off steam?
2. What are the levels of sport?
3. Why do millions of people like to watch sport programmes?
4. What types of sports and games do you know?
5. Do you use sport as a way of relaxation? If not, what physical activity do you take?
6. Would you like to have a career of a professional sportsman? In what kind of sport? Why?



## TEXT II

*Переведите текст, выписав остальные неизвестные Вам слова.*

### HOW SPORTING ARE THE BRITISH?

The list of sports invented by the British is a long one. It includes boxing, football, golf, lawn tennis, badminton, cricket, rugby, squash, darts, billiards and snooker. That's why Britain is sometimes called the cradle of sports. In Britain today sport is almost a national obsession. Sport occupies 40 percent of the news pages of the popular newspapers. The British are very sporting people. They knight<sup>1</sup> their most famous footballers and cricketers.

Team games are not as popular as they were in the 1950s. The sports which grew fastest in popularity in the 1980s and 1990s were all sports for individuals, like swimming, cycling, snooker. Team games also tended to draw fewer spectators, especially football, though international matches and cup matches in all the major sports still filled the grounds. Motor-racing, on the other hand, more than doubled its popularity and golf became a major spectator sport.

Television has an enormous influence on sport. Darts, snooker, golf and cycling have found regular places in TV programmes. Thanks to television, darts has become an international game, played by professionals. American football and Japanese sumo wrestling have won over British TV fans.

More and more British people take exercise to keep fit and this is running Britain from a nation of spectators to a nation of doers.

### ***Задания***

***1. Разделите следующие виды спорта на 2 группы.***

**Team games Sports for individuals**

Golf, lawn tennis, cricket, rugby, snooker, cycling, motor-racing, wrestling, darts.

***2. Скажите, соответствуют ли утверждения содержанию текста. Исправьте информацию в предложениях, не соответствующих содержанию текста.***

1. The British invented a lot of sports.
2. Sumo wrestling is a British invention.
3. More and more British people take exercise to keep fit.
4. Team games are as popular now as they were in the 1950s.
5. Sports for individuals grew fastest in popularity in the 1960s.
6. Golf and motor-racing became a major spectator sport.
7. Thanks to newspapers darts has become an international game played by professionals.
8. Britain is becoming a nation of doers.

***3. Задайте вопросы, для которых логичными ответами были бы следующие утверждения.***

- 1) .....

- The British invented golf, boxing, lawn tennis, rugby, darts, badminton.

2) .....?

- Team games were popular in the 1950s.

3) .....?

- Sports for individuals grew fastest in popularity in the 1990s.

4) .....?

- Television has an enormous influence on sport.

5) .....?

- The British take exercise to keep fit.

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<sup>1</sup> to knight [nait] - обожествлять

### TEXT III

*Переведите текст, выписав остальные неизвестные Вам слова.*

#### MODERN PENTATHLON

In the war-time an officer was sent to deliver a dispatch. He mounted his horse and rode along roads and paths, through forests and bushes. Suddenly he saw hostile soldiers. They fired at him and killed his horse.

The enemies wanted to capture him alive and stopped shooting. The officer took out his sabre and met them face to face. Their fight was hot, but the sabre broke, and the officer drew a pistol, his last weapon. Shooting back, he made his way to a river that suddenly appeared before him.

The officer dived into the water and quickly swam across the river leaving his enemies on the other bank. There was little time left, so the officer had to run not to be late. He ran for about a quarter of an hour and delivered the dispatch in time.

Such is the legend about the origin of modern pentathlon. In the beginning of the 20<sup>th</sup> century officers had to be good at cross-country riding, fencing, pistol shooting, swimming and running. Officers practiced this complex event and competed among each other. At first it was called "the officers' pentathlon".

Do modern officers need the art of fencing? Or horse riding? No, they do not. But this does not make the pentathlon old. There were suggestions to change a horse for a motor cycle, but all sportsmen refused such a change.

In 1912 the officers' pentathlon was included in the Olympic programme and in 1948 renamed into the "modern pentathlon". Now it is practised in nearly fifty countries. The pentathlon competitions last for five days and begin with horse-riding. Sportsmen must cover a 1

km distance with twenty different fences in two and a half minutes. Horse-riding usually takes place at hippodromes. The sportsmen must ride unknown horses, whose names are only announced an hour before the contest. And only fifteen minutes are given to the rider for learning the character and habits of the horse.

Fencing goes second. Each sportsman has a bout with each of his opponents. The bouts are fenced for the first hit. If there is no result after three minutes each sportsman gets a defeat.

On the third day there is pistol shooting. The sportsmen must fire twenty rounds at silhouette targets from the distance of 25 m. The target shows for 3 seconds and then turns off. The interval between shots is 10 seconds.

The fourth day sees 300 m free-style swimming. And on the fifth day cross-country running over a 4 km distance concludes the competitions.

The sportsman who gets more points, added up after all events, becomes the winner.

### **Задания**

**1. Переведите предложения и определите, соответствуют ли они содержанию текста. Варианты ответов. Yes / No**

1. An officer was sent to carry on negotiations in the war-time.
2. The enemies wanted to shoot the officer.
3. Pentathlon was called "the officers' pentathlon" because at first officers started to practice this complex event.
4. The officers' pentathlon was included in the Olympic programme in 1912.
5. The pentathlon competitions begin with 300 m free-style swimming.
6. All events of modern pentathlon have definite (particular) order.

**2. Расположите элементы современного пяти-  
борья по порядку.**

4 km distance, cross-country running, horse-riding, pistol  
shooting, fencing

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## TEXT IV

*Переведите текст, выписав остальные неизвестные Вам слова.*

### PHYSICAL FITNESS

Fitness means different things to different people. A man who is fit for his work as a taxi driver may be dangerously unfit for a game of squash and a marathon runner may be unfit for lifting weights. If you are asked the question, "Are you fit?" you should always answer with another question "Fit for what?"

Fitness is a blend of a number of physical qualities. We all need these qualities to a greater or lesser extent.

*power*

*heart/lung strength*

*strength*

*muscular endurance*

*balance*

### FITNESS

*flexibility*

*speed*

*agility*

*reactions*

*spirit*

*skill*

Exercise helps to make you fit. It is good for the heart and it makes you feel good. Fitness and exercise go together. Fitness is an active state. It is achieved by movement and by effort. It cannot be gained by reading about it, thinking about it or seeing examples of it on television.

The cells of the body do not like change. It is the task of the various control systems to keep conditions in the body as constant as possible. This constant state is called homeostasis. Homeostasis is threatened whenever we take part in any vigorous activity. The working muscles need extra fuel and oxygen to keep going. All waste products must be removed and any rise in the body temperature must be controlled. A number of body systems respond to physical activity to keep the body working smoothly. If the physical activity is repeated on a regular basis the body systems adapt to cope more efficiently with these demands being placed upon them. This is how the body is trained.

If exercise takes place on a regular basis, the various systems of the body will adapt to be able to cope with the stresses placed upon them. The body can be trained to become stronger, faster and more flexible.

What happens to our body when we exercise?

The circulatory system must circulate the blood (and therefore oxygen) more quickly. It must also get more blood to the areas most in need.

The pumping action of the muscles forces more de-oxygenated blood back to the heart. This results in a great beat volume. The heart responds by contracting more vigorously pumping out a greater quantity of blood with each contraction.

### **Задания**

**1. Из приведенных ниже слов выпишите те, которые не являются составляющими понятия "fitness".**

Strength, flexibility, toleration, speed, balance, temperature, determination, agility, heat/cold endurance, power.

**2. Из предложенных определений выберите подходящее для термина "homeostasis". Определения запишите и переведите.**



1. The treatment of disease by manual or instrumental operations.

2. Any medicine or treatment that cures or relieves a disease or bodily disorder or tends to restore health.

3. The tendency to maintain normal internal stability in an organism by coordinated responses of the organ system that automatically compensate for environmental changes.

**3. Ответьте письменно на вопрос, закончив предложения.**

What happens to our body when we exercise?

1. Adrenaline causes ....

2. Adrenaline released into blood stimulates ....

3. Adrenaline is used to breakdown ....

4. Anticipation of exercise causes hormonal release...

РЕПОЗИТОРИЙ ГГУ ИИ

## TEXT V

*Переведите текст, выписав остальные неизвестные Вам слова.*

### WHY DO SPORTS INJURIES HAPPEN?

The human body is built for movement. We are constantly being encouraged to take part in sport because most sports involve exercise, and we all know that exercise is good for us. However, sport can also have harmful effects. Torn muscles, sprained ankles, broken bones and all sorts of other injuries can result. Some sporting activities are obviously more hazardous than others. Rugby players are more liable to injury than table tennis players, athletes more than golfers and gymnasts more than swimmers. Most people take part in their particular sport in spite of any possible dangers, although it is clear that sports such as pot holing, climbing, hang gliding and so on attract participants because of the element of risk to life and limb.

Sports injuries occur for one of two basic reasons:

1. As a result of sudden or persistent stress on a particular part of the body with which the body cannot cope. In a sport where players come into physical contact with each other such as rugby league, these stresses happen as a result of tackles, fouls and collisions. They are an accepted part of the game. Some players suffer injury because of their style of play. Others are in danger because of the position they play. For example front runners in soccer often move with their bodies towards the defenders. They are more likely to get tackles from behind with a greater risk of injury.

2. As a result of damage to the body tissues because of the long term stresses placed on particular body parts within their sport. Professional footballers are again a good example of people affected in this way. They are

often involved in two matches plus training each week for nine months of the year. They are in danger of suffering from overuse injuries affecting the groin, knee and ankle. These may develop into chronic injuries, never really healing and leaving the player permanently less than fully fit. His place in the team and therefore his career may be in danger. Overuse injuries are not only a problem for professional sportsmen and sportswomen. The increasing number of amateurs taking part in distance running with the necessary high training mileage is producing many new overuse injuries.

### *Задания*

#### *1. Письменно ответьте на следующие вопросы.*

1. What are harmful effects of sport?
2. What are two basic reasons for injuries in sport?

#### *2. Письменно переведите следующие вопросы на английский язык.*

1. Какие виды спорта более травматичны?
2. Почему в американском футболе игроки перед-него плана чаще получают травмы?

## TEXT VI

*Прочитайте и переведите текст, выписав остальные неизвестные Вам слова.*

### HOW CAN SPORTS INJURIES BE PREVENTED?

It is possible to have a sporting career without suffering a single injury. The risk of injury is linked to the speed of the sport, the implements used and the degree of body contact, as well as other factors.

The type of injury suffered depends on the particular sport. Fractures, bruising and torn ligaments occur regularly in body contact sports. Muscle strains and stress fractures are more common among track and field athletes. Racket players may receive eye and head injuries from racket or ball as well as developing shoulder and ankle strains. There is a lower rate of injury for boxing and judo than for soccer. Most soccer injuries are trivial however (cuts, bumps and grazes) whereas the injuries in boxing and judo may be to the head or joints and therefore potentially more dangerous. Although the injury rate in rock climbing is low, the injuries suffered can be deadly.

All sports put stress on one or more of the body systems. Fit individuals, however, are better able to cope with these stresses. Their bodies are less likely to break down and suffer injury when put under the additional stress brought about through competitive sport. Fitness must include stamina, strength, flexibility and skill.

Training is necessary to achieve high levels of fitness. It can also be responsible for many injuries. If training puts too much stress on the body or if the body is given too little time to recover between bouts of training, then injury can occur.

Sportsmen and sportswomen can also overstrain. The signs of overtraining include persistent tiredness and loss of interest in training, continual soreness and stiffness in

the muscles, joints and tendons as well as numerous minor injuries, frequent colds and so on.

Overtraining can be a problem for complete beginners as well as to experienced professional athletes. The cure is a rest from training. Minor muscle injuries can also occur if you introduce new training methods too quickly into your regular routine. You will be using muscle groups in ways in which they have not worked hard before. They must be given time to adapt.

### ***Задания***

***1. Письменно составьте вопросы, на которые данные утверждения являлись бы ответами.***

1. .... ?

The type of injury suffered depends on the particular sport.

2. ....?

There is a lower rate of injury for boxing and judo than for soccer.

3. ....?

Fit individuals are better able to cope with these stresses.

4. ....?

Fitness must include stamina, strength, flexibility and skill.

***2. Письменно продолжите следующие предложения.***

1. Fitness includes ....

2. The signs of overtraining include ....

3. .... occur in body contact sports.

4. Muscle strains are more common among ....

**3. Соотнесите термин и его определение (дефиницию).**

- |                |   |
|----------------|---|
| 1. stamina     | 1. The ability to endure much physical strain.  |
| 2. strength    | 2. The ability to do something well.            |
| 3. flexibility | 3. The quality of being strong.                 |
| 4. skill       | 4. The ability to bend easily without breaking. |

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## TEXT VII

*Переведите текст, выписав остальные неизвестные слова.*

### ICE SKATING



No doubt, that ice skating originated from the North of Europe. People made skates of wood and bones and used them for gliding over frozen lakes and rivers. In some museums there are bone skates which are believed to be more than two thousand years old.

Ancient skating is considered as a variant of skiing. Wooden or bone skates were slow because they stuck to ice, so ancient skaters had two spiked sticks which helped the skates from skidding sideways. Those sticks were abandoned with the appearance of steel blades with sharp edges, which allowed to kick off without skidding.

Skating was practiced as means of transport mostly in Holland, where many canals became natural ice roads in winter. Like many practical activities, skating became a kind of recreation. The earliest evidence of ice skating as a sport dates back to the 11<sup>th</sup> century. In the middle of the 18<sup>th</sup> century skating spread in other European countries. It became a mass sport in England; the French royal court found it fashionable, too.

Peter the Great<sup>1</sup> visited Holland in 1698 and studied different crafts there. Besides, he learnt to skate and after returning home, the first in Russia all-metal skates were made by his order in Tula. Those skates were permanently fixed on leather boots. The first skates which could be mounted on common footwear by leather straps were invented in 1850 in America.

Skating became the most widely-spread winter sport because skates were cheap and even poor people could

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<sup>1</sup> Peter the Great – Пётр Великий

afford them. The first skating club appeared in 1742 in Scotland. National ice skating federations were organized more than 100 years later, and the international governing body, the International Skating Union, was formed in 1892. since that time, the Union has been controlling the administration of the three variants of skating: ice figure-skating, ice dancing and speed-skating.

### ***Задания***

***1. Выберите окончание предложения, соответствующее содержанию текста. Запишите полный правильный вариант предложения и его перевод.***

1. Two spiked sticks were abandoned with the appearance of ...  
a) bone skates b) steel blades c) leather boots
2. The first skating club appeared in 1742 in ...  
a) Holland b) America c) Scotland
3. The earliest evidence of ice skating as a sport dates back to the ...  
a) 10<sup>th</sup> century b) 12<sup>th</sup> century c) 11<sup>th</sup> century
4. Peter the Great ordered to make all-metal skates in Tula after ...  
a) he had founded St. Petersburg  
b) he had returned from Holland  
c) he had visited Tula

***2. Напишите вопросы, для которых данные утверждения были бы ответами.***

1. Where .....?  
Skating was practiced as means of transport mostly in Holland.

2. What ..... ?  
Peter the Great visited Holland in 1698 and studied different crafts there.

3. What ..... ?  
The International Skating Union has been controlling the administration of the three variants of skating: ice figure-skating, ice dancing and ice speed-skating.



4. When and where ..... ?

The first skating club appeared in 1742 in Scotland.

РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИНЫ

## TEXT VIII

*Переведите текст, выписав неизвестные Вам слова.*

### PERSONALITY AND SPORT

Do people behave consistently and do they behave differently from each other?

We can all think of one of more boy or girl in our form, year or our school who is always talking and always wishing to be the centre of attention. We can also think of others who seldom talk in class, who keep their thoughts to themselves and who get on with their work with the minimum of fuss. People do seem to behave differently from each other. One of the skills in life is learning to anticipate how others will behave in all sorts of situations. If we could not predict a person's behaviour then life would be very difficult for us. If we know a person is friendly, awkward, touchy, easy going or quick tempered then we will treat them accordingly.

Psychologists have attempted to classify people's personality in a more accurate way. Even so their results seem to show that our commonsense categories are usually quite sound. Eysenck, for example, places individuals on two different scales according to their answers to a personality questionnaire. One scale is the introversion - extroversion scale whilst the other is the neuroticism - stability scale.

The majority of us are neither complete introverts nor complete extroverts but lie somewhere between the two extremes. The same applies to the neuroticism - stability extreme. Extreme extroverts would have the following characteristics: the ability and the need to express themselves, their ideas etc., high self confidence in new situations, high opinions of themselves and their ideas. They would also be socially outgoing and tend to be the leaders of any group.

Extreme introverts would tend to show the opposite

characteristics: little wish, or ability to express their ideas, very quiet when in a group with no wish to expose themselves or their ideas in new situations.

Sports psychologists have used a wide variety of personality questionnaires as well as other methods in order to assess the personalities of sportsmen and sportswomen. Thousands of people have been tested, some young, some old, some top class sportsmen and sportswomen and others who take part in spite of their lack of sporting ability.

A number of interesting conclusions have been suggested by these psychologists.

People produce their best work when their tension level (or arousal level) is at a particular point. Both above and below this level, their performances will not be as good.

Introverts reach their peak performance at a lower level of arousal than extroverts.

Extroverts seek sports in which high states of arousal are most likely to occur. They are therefore more likely to take part in team games than in individual sports.

Introverts perform better in fine physical skills where confined and precise movements are required. They probably excel in sports such as fencing, rifle shooting, archery and rock climbing. Extroverts perform better at gross a physical skill that is movements using the whole of the body in a relatively unlimited manner.

Extroverts prefer sports in which there is plenty of activity and uncertainty. Hence such sports as cross country running and long distance swimming, in which there is little variety in what the sportsman has to do, tend to be more attractive to the introverted person. For example rifle shooting, rock climbing, golf.

Research experiments have shown that extroverts can tolerate more pain than introverts. Sports which are likely to involve physical pain, for example body contact sports such as boxing, wrestling, judo and rugby should therefore be more suitable for extroverts.

In general the most successful sportsmen and sportswomen tend to be stable extroverts, although there are

exceptions to this general rule. It is certainly true that the more neurotic a person is the less likely they are to take part in sport.

### ***Задания***

***1. Выберите одно наиболее подходящее по смыслу слово и закончите предложение. Запишите и переведите полученный вариант.***

1. Research suggests that solitary sporting activities are likely to attract

- a) introverts      b) extroverts      c) all endomorphs  
d) all mesomorphs

2. Games involving body contact and with the risk of pain tend to attract

- a) introverts      b) neurotics      c) extroverts  
d) conservatives

3. An extrovert sportsman is usually

- a) rather quiet and shy      b) very sociable and the centre of attention  
c) friendly in a restrained way (сдержанно)  
d) retiring (склонный к уединению) and unfriendly

***2. Разделите приведенные ниже виды спорта на 2 группы: а) наиболее характерные для экстравертов, б) наиболее характерные для интровертов.***

Discus throwing, fencing, boxing, judo, archery, wrestling, rugby, football, rifle shooting, cross-country running, hockey, long distance swimming, golf, rock climbing.

***3. Запишите вопросы, для которых следующие утверждения были бы ответами. (Чтобы правильно поставить вопрос, определите время глагола).***

1. ....\_?

The most successful sportsmen tend to be stable ex-

troverts.

2. .... ?

Eysenck places individuals on two different scales.

3. .... ?

An Introvert probably excels in sports such as fencing, rifle shooting, archery and rock climbing.

РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИНЫ

## TEXT IX

*Переведите текст, выписав остальные неизвестные Вам слова.*

### SUMO

Sumo wrestling is an ancient Japanese sport.

#### **Tournaments**

The Sumo wrestling that can be seen today dates back to the Edo period (1603 - 1868). Nowadays there are tournaments in Japan six times a year. Each tournament called *a basho* lasts 15 days. Only men can take part, although hundreds of years ago women also fought. It is almost only the Japanese who take part, but in 1972 Jesse Kuhaulua, who was born in Hawaii, won an important tournament.

#### **Rituals**

There are many rituals that have to be carried out before the fight can start. The wrestlers stamp the ground to frighten away any evil spirits and clap their hands to attract the attention of the Gods. They also throw salt which is to purify both the wrestlers and the ring. Before the fight, they extend their hands to show that they are not hiding any weapons and stare at each other for a long time. These rituals before a fight often take many minutes and are part of the psychological build-up designed to frighten each other.

#### **The fight**

The fight itself is very short, usually lasting only a few seconds. It is very rare for a fight to go on longer than a minute. The aim is for one wrestler to move the other out of the ring or *dohyo*. The wrestlers have to accept the decision of the referee - there is no arguing. If, however, it is difficult to decide who was pushed out of the ring first, the referee can order a rematch. When

fighting the wrestlers wear a brightly coloured *mawashi* - a type of belt made of silk.

### **The wrestlers**

Sumo wrestlers are extremely large but very fit men. They are often 1.80 m tall and can easily weigh up to 136 kgs. During their training they learn how to cook and are responsible for their own diet. Traditionally they eat *chankonabe* which is a dish of meat or fish with vegetables, usually served with rice. They drink large quantities of beer which helps them to put on weight, but drunkenness is not encouraged. After their meals the wrestlers usually have a rest so that the food and drink can turn to fat. They start their training quite young (12 or 13) and gradually hope to work up to the highest level – *Yokozuna* – that of Grand Champion, but only about 60 wrestlers have ever attained this level. They usually retire in their 30s and then lose weight. Most of them live to a good old age.

### **Задания**

**1. Найдите в тексте и запишите предложения, которые объясняют следующие термины. Предложения переведите.**

*basho*

*chankonabe*

*mawashi*

*dohyo*

*yokozuna*

**2. Письменно ответьте на следующие вопросы.**

1. How long do tournaments last in Japan?
2. How long does a fight usually last?
3. What rituals are part of the psychological build-up designed to frighten each other?
4. What is the aim of the fight?
5. Why is it important for them to rest after a meal?
6. How old are they when they start their training?

## TEXT X

*Переведите текст, выписав неизвестные Вам слова.*

### IS JACKIE CHAN REALLY ONE OF THE TOUGHEST PEOPLE ON EARTH?

When he was four years old, his parents couldn't afford to keep him so they sold him to the Peking Opera school. He had to start at 5 a.m. and he didn't finish until midnight. The school was famous for its cruelty. The boys were beaten frequently but he did learn all types of martial arts as well as singing and dancing. He was in his first film when he was eight years old.

When he was 14 years old, he and two friends were walking in the street when they saw six men on motor-bikes. Jackie and his friends were admiring the bikes when one of the men asked what they were looking at and attacked them. Luckily Jackie and his friends had studied martial arts for seven years and the six men lost dramatically. Jackie had been stabbed but not seriously. When he looked at his hand, he saw one of the biker's teeth in it. Since then he has been against real violence. He saves it for films.

What's so impressive about his films? He does all his own tricks. Nothing in his films is a special effect. Sometimes he has to film things over a hundred times before he gets it right. Once he tried something 1600 times before he gave up. Following the success of Jackie Chan's First Strike, he has recently made "Rumble In The Bronx". Now both Quentin Tarantino and Sylvester Stallone want to have him in their films.

Does he hurt himself? Yes! He has broken, almost all the bones in his body so he is used to feeling pain and normally refuses to go to hospital because he hates injec-



tions. He has even broken his neck three times. No company will insure him!

### **Задания**

**1. Заполните пропуски, подставив в предложения подходящие по смыслу глаголы из таблицы (в соответствующей форме). Запишите и переведите полученные предложения.**

1. Jackie Chan's parents had.....his son to the Peking Opera school.
2. Jackie and his friends.....the bikes.
3. At school he.....all types of martial arts, singing and dancing.
4. He.....violence for his films.
5. His films are very impressive because he.....all his own tricks.
6. He .....hospitals and injections.
7. He.....almost all the bones in his body.

***to sell, to learn, to admire, to save,  
to do, to hate, to break***

**2. Письменно поставьте вопросы, для которых следующие предложения были бы ответами.**

- 1.....?  
Because his parents couldn't afford to keep him.
2. ....?  
He had to start at 5 a.m. and finish his working days at midnight.
3. ....?  
Because Jackie and his friends had studied martial arts for seven years.
4. ....?  
He does all his own tricks in his films.

## РАЗДЕЛ II

### ВИДЫ СПОРТА

#### ТЕХТ XI

*Прочитайте и переведите текст, выписав остальные неизвестные Вам слова.*

#### TEAM SPORTS

A sports team is a number of people playing together. In team sports two or more teams are matched against each other. The aim usually is for one team to score more goals, more points, or more runs than the other team.

Whether the sport is FOOTBALL, FIELD or ICE HOCKEY, or BASKETBALL, every player tries to work with his teammates. The number of players in a team varies, depending on the sport. In field hockey and football there are 11 players on the field. In AUSTRALIAN RULES FOOTBALL, there are as many as 18.

Teams usually have a manager or coach. They train the players in teamwork and help them to improve their skills. They also see that they are physically fit. During the game or match a referee or umpire sees that the game is played according to the rules.

Team sports are popular around the world. People in many different countries attend the games, listen to them on RADIO, or watch them on TELEVISION. Team sports are played both nationally and internationally.

## **FIELD HOCKEY**

Field hockey is sometimes simply called hockey. It is played by men, women, or mixed teams. There are 11 players on each team.

The players use specially shaped sticks to hit a hard leather ball. They can only hit the ball with the flat front side of the stick. They must not raise the stick above shoulder level.

The goalkeeper wears heavy leg padding. He can use his feet as well as his stick to defend the goal.

A game of hockey is played in two halves of 35 minutes each.

## **LACROSSE**

Lacrosse probably developed from a game once played by American Indians. It is mainly played in the U.S.A., Canada, England, and Australia.

There are at least 10 players on each team. Substitutes can be used throughout the game. Players pick up, carry, and throw a solid rubber ball with a three-cornered net. The net is at the end of the lacrosse stick, or crosse. Goals are scored by throwing the ball between the goalposts with the crosse.

### ***Задания***

***1. Дополните предложение, выбрав один из предложенных вариантов.***

1. in team sports  
two teams compete against each other  
two squads from the same team compete against each other

two or more teams compete, depending on the sport

2. A referee

helps the players improve their skills

is the same as a coach

makes sure the players obey the rules

**2. Выберите правильный вариант ответа.**

Only one of the following statements is important in team sports. Which one is it?

1. Lacrosse is played in many countries.
2. Field hockey is played by both men and women.
3. Every player tries to work with his or her teammates.

Field hockey and lacrosse are the same in some ways. Which of the following statements shows a difference?

1. The object is to score a goal.
2. Teamwork is important.
3. The ball is made of hard leather.

РЕПОЗИТОРИЙ

## TEXT XII

*Прочитайте и переведите текст, выписав остальные неизвестные Вам слова.*

### RUGBY

The object in rugby is to carry or kick an oval-shaped ball over the opposing goal line for a touchdown. This is called a try, and scores four points. A conversion kick at the goal following a try gets two points. The ball must be kicked over the crossbar and between the uprights.

Rugby football is played by amateurs. It has 15 players on each side. Rugby League football is professional and has 13 players a side. It dates from 1895 when a few clubs in the North of England decided to break away from the Rugby Union, the governing body of the amateur game.

Both Rugby and football are rough games. But Rugby players wear little protective padding. In both Rugby Union and Rugby League there are two halves or periods of about 40 minutes. In both kinds of rugby, forward passing of the ball is illegal. Only the man who has the ball can be tackled.

Both games are played internationally, mainly in the British Commonwealth and Europe. Rugby football is said to have originated at Rugby school in England in 1823. During a game of soccer, one of the boys, William Webb Ellis, picked up the ball and began running towards the opposing goal.

## AUSTRALIAN RULES FOOTBALL

Australian Rules football grew out of a mixture of soccer and rugby. It was first played in the nineteenth century by English and Irish immigrants to Australia. The field is oval in shape and much larger than in other kinds of football fields. There are also more players-18 on each team. The oval ball can be passed in any direction. Players are allowed to kick or punch the ball, or to tap it in the air to a teammate. This is known as palming. A player running with the ball must palm it or touch it down every metres (about 10 yards). An opposing player usually tackles by holding him around the waist or by grabbing his jersey, which is called a guernsey.

If the ball passes between the two inner goal posts, a goal is scored for six points. A ball going between the inner and outer posts is called a behind, and earns only one point.

Australian Rules is the most popular kind of football in Australia. It is played in schools and at a semiprofessional level.

### *Задания*

***1. Дополните предложение, выбрав один из предложенных вариантов.***

1. A touchdown in rugby is called a .....  
try  
conversion  
field goal
2. In Australian rules football each team has ...  
five players

eleven players  
eighteen players

**2. О каком виде спорта идет речь?**

1. A behind earns one point.
2. He scored a try.

**3. Какое утверждение является верным?**

The games you have read about are played by professionals and by amateurs. One difference between the two is that

1. professionals are paid a salary and amateurs are not
2. professionals are always better players than amateurs

## TEXT XIII

*Прочитайте и переведите текст, выписав  
остальные неизвестные Вам слова.*

### WRESTLING

Wrestling is one of the oldest sports. It was part of the Ancient Greek Olympic Games in 704 B.C. The ROMANS also wrestled. Greco-Roman wrestling is one of the styles contested in the modern Olympics. The other is freestyle, or catch-as-catch-can.

In Greco-Roman, the wrestler is not allowed to use his legs on his opponent and cannot hold him below the waist. In both styles the aim is to pin your opponent with his shoulders flat on the ground for one second.

There are different kinds of wrestling in various parts of the world. In Japan there is sumo wrestling. The aim is to force the other man out of the ring or to make him touch the ground with some part of his body other than his feet. In the C.I.S. there is sambo wrestling, similar to judo.

### JUDO

Judo is a form of unarmed combat invented in Japan. Each fighter tries to throw his opponent or force him to submit. Men and women, boys and girls can all practice judo. A contest may last up to 20 minutes. The wrestlers



wear loose-fitting clothes tied at the waist with a belt. The color of the belt shows the grade of the judoka (judoist).

Pupils are known as *kyu*. Experienced ju-dokas are graded in 12 levels of *dan*, which means degree. There are six weight classes.

## WEIGHT LIFTING

Weight lifting competitions have taken place in the Olympic games since 1920. Lifters are classed in nine different weight categories, from flyweight to superheavyweight.

Weight lifting demands speed, balance, and strength. Some lifters can raise three times the weight of their own body in a single lift.

### *Задания*

***1. Дополните предложение, выбрав один из предложенных вариантов.***

1. The sport of judo .....  
started in France  
began in Japan  
has never been a part of the Olympic games
2. Wrestling .....  
has many different forms throughout the world  
is a new sport  
has never been a part of the Olympic games
3. The modern Olympic games were begun by ...  
an Italian  
a Frenchman

a Greek

**2. Ответьте на вопросы.**

1. What does a wrestler have to do in Greco-Roman wrestling to win a match?
2. What are the two styles of wrestling contested in the Olympics?

РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИНЫ

## TEXT XIV

*Прочитайте и переведите текст, выписав остальные неизвестные Вам слова.*

### BOXING

In ancient times the Greeks held boxing matches. The Romans fought with metal guards on their hands, sometimes to the death. Bare-knuckle fighting, usually between servants, was a popular sport in England until the Marquis of Queensberry drew up certain rules of boxing.

A modern boxer wears gloves weighing about 200 grams (8 ounces). He is not allowed to punch his rival below the belt or on the back of the head or body. A bout can be won by a knockout when one boxer is knocked down by his opponent. He loses the fight if he cannot rise to his feet before the referee counts to ten. A referee can also stop the fight if he feels that one boxer is badly hurt, or can no longer defend himself.

A fight can also be won on points when one boxer has attacked more often and scored cleaner punches. Amateur boxing bouts are usually of three rounds. Professional championships are scheduled for ten, twelve, or fifteen rounds.

There are 11 weight divisions recognized by world boxing authorities: fly, bantam, feather, junior-light, light, light-welter, welter, light-middle, middle, light-heavy, and heavy.

Professional boxing has become one of the highest-paid sports. A heavyweight champion can win more than one million dollars from one fight.

## GYMNASTICS

Gymnastics, according to the ancient Greek philosopher Aristotle, is both an art and a science. Modern gymnastics came into existence less than a hundred years ago. It has been an event in the Olympic Games since 1896.

The usual competition events for men are combined exercises, horizontal bars, parallel bars, pommel horse, rings, vault, and floor exercises. The women do the first and the last two exercises and also the beam and asymmetrical bars.

There are four judges who award up to a maximum of 10 points for each event. The highest and lowest of the four scores are dropped. The average of the remaining scores is the one that counts.

Trampolining is a form of gymnastics performed on a spring bed. The gymnast does a sequence of movements. He may land on his feet, his seat, his back, or his front before rebounding into the next somersault or twist.

### *Задания*

***1. Дополните предложение, выбрав один из предложенных вариантов.***

1. A boxer loses his fight if he is knocked down and cannot get up again before the referee counts to .....  
five

ten

fifteen

2. One common gymnastic event is .....

high diving

high jumping

horizontal bar

## **2. Выполните задание.**

You read that the Marquis of Queensberry wrote the modern rules for boxing. Look up the word marquis in a dictionary. A marquis is

1. a nobleman of the same rank as a duke

2. another name for a king

3. a nobleman below the rank of a duke

## **3. Выберите правильный вариант ответа.**

Which of the following statements best tells what the sport of gymnastics is?

1. Gymnastics is a set of exercises that test the physical skills of the participants.

2. Gymnastics is exercises on parallel bars.

3. Gymnastics is floor exercises.

## **4. Какие из нижеприведенных утверждений относятся к боксу, а какие – к борьбе?**

1. The fighter must not hold his opponent below the waist.

2. The fighter must not punch his opponent below the belt.

3. The fighter loses if he cannot get up before the count of ten.

4. The fighter loses if he is pinned flat to the ground for one second.

**5. Какое из утверждений относятся и к боксу, и к гимнастике?**

1. He won because he had more points.
2. The referee stopped the bout.
3. The lowest score was dropped.

РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИНЫ

## TEXT XV

*Прочитайте и переведите текст, выписав  
остальные неизвестные Вам слова.*

### ROWING

Rowing is a sport with a very long history. There are records of rowing races in ancient Greece thousands of years ago. A regatta is a series of rowing races.

International rowing events, including those in the Olympic games, are between eights, fours, or pairs. Rowing, strictly speaking, means pulling the boat with one oar to each man. In sculling each man has two oars (sculls). Races are between singles, doubles, and fours. In some events a coxswain, or cox, is a member of the crew. He steers the boat. The oarsman nearest the stern is called the stroke. He sets the rate of striking (pulling the oars).

There are many famous regattas held around the world. Harvard and Yale universities have held regattas since 1852. In England the Henley Royal Regatta is one of the major rowing events. Regattas have been held in England since 1775.

The first Oxford and Cambridge Boat Race took place in 1829. It is rowed every year on a course almost 7 kilometres (nearly 5 miles) long on the Thames River in London.

## SAILING

Sailing is the art and skill of handling a boat. There are many types of sailing boats. They range from a small dinghy of no more than three metres (10 feet) in length to an ocean racer. Most racing is between boats of the same class (or type).

There are three main classes in international yachting—the star, the soling, and the tempest. Each requires an experienced crew. The biggest ocean race is the America's Cup. It is named after a schooner called *America* that beat all the best British yachts in 1851. The race is for 12-metre formula yachts and takes place off Rhode Island on the east coast of the United States. The event is not held every year but takes place whenever the last winner is challenged.

Sailing boats are designed so that they can travel in any direction except directly into the wind. If you want to sail against the wind, you have to take a zigzag course. This is called tacking. When a boat sails with the wind behind it, it is running. If the wind is across the boat, it is reaching. Sailing almost into the wind is known as beating.

Small boat sailing is becoming more and more popular as a sport, and most countries have sailing clubs. Sailing a small dinghy requires knowledge and experience. It is necessary to know about tides and currents and to follow the safety rules.



## **Задания**

**1. Дополните предложение, выбрав один из предложенных вариантов.**

1. In rowing, each rower has one oar .....  
four oars  
two oars
2. Sailing boats are all the same .....  
can sail in any direction  
cannot sail directly into the wind

**2. Дополните предложения.**

1. \_\_\_\_\_ is taking a zigzag course while sailing into a wind.
2. \_\_\_\_\_ is sailing with the wind behind the boat.

**3. Выберите правильный вариант ответа.**

Which of the following ships did not have oars?

1. Greek trireme
2. Egyptian galley
3. Clipper

## TEXT XVI

*Прочитайте и переведите текст, выписав остальные неизвестные Вам слова.*

### HORSE RACING

There are two main kinds of horse racing. One is flat racing, which takes place in the spring and summer months. The other is jump racing, or steeplechasing. Many races are handicaps. In these the best horses carry more weight. The idea is that all the horses should then have a more equal chance of winning. This makes the sport more interesting and the results more open to chance. Horses usually start racing as two-year-olds. They are entered in the important races, known as classics, as three-year-olds.

The most famous race in the United States is the Kentucky Derby. The most important international flat race is the Prix de l'Arc de Triomphe in France. The jump season is notable for the British Grand National, which was first run in 1837. It has 30 fences in a course of seven kilometres (four and a half miles).

Horse racing is as much an industry as a sport. Millions of spectators follow it on television as well as at the track. In many countries, horse racing is among the leading spectator sports. The prizes at the most important races are large. Really good horses change hands for enormous sums of money. Wealthy owners send their most

successful horses to stud, so that they will produce more successful horses.

Horse racing has been called "the sport of kings." This is because in 1377 the Prince of Wales (later King Richard II of England) rode a race against the Earl of Arundel. The first horse races took place even earlier, but it was the kings and queens of England who made the sport fashionable.

## **GREYHOUND RACING**

Greyhound racing is a popular betting sport in Britain and the United States. The races are usually run on an oval track. An electric hare, or rabbit, runs on rails. As it passes the traps it operates a switch that opens the grille and releases the dogs. The fastest dogs can travel at speeds over 60 kilometres (36 miles) an hour. Some dogs are good at both flat and hurdle races.

Greyhounds were used for hunting hundreds of years ago. Their name comes from an Icelandic word meaning dog hunter. These hounds follow by sight and not by scent. This is why a dummy hare is essential to make them run.

The mechanical hare was invented in 1919 by an American, Owen Patrick Smith.

### ***Задания***

***1. Дополните предложение, выбрав один из предложенных вариантов.***

1. Horses begin racing when they are .....

two years old

five years old

three years old

2. The most important horse race in the U. S. is the ...

Grand National

Kentucky Derby

Prix de l'Arc de Triomphe

3. Dressage is .....

1. the rider's clothes

2. a series of set exercises

3. a jumping event

**2. Выберите правильный вариант ответа.**

Which of the following best tells what greyhound racing is?

1. It is the sport of kings.

2. It is a sport in which dogs chase a mechanical rabbit around an oval track.

3. It is a sport in which dogs, once they are released, chase and catch a mechanical rabbit.

## TEXT XVII

*Прочитайте и переведите текст, выписав  
остальные неизвестные Вам слова.*

### BOBSLEDDING

Speeds over 140 kilometres (85 miles) an hour make bobsledding a very fast and sometimes dangerous sport. In the winter Olympic Games there are two-man and four-man bobs. The man in front steers with a wheel or ropes. The man at the back works the brakes. In the four-man bob, the two men in the middle can help to correct skids by moving their weight from side to side. Championship courses are about 1500 metres (5000 feet) long with at least 15 steeply banked turns. Bobsledding is also sometimes called bobsleigh.

Luge tobogganing is another sport that was once a means of transportation. There are men's and women's luge events in the winter Olympics. Unlike bobsledding, there are no mechanical means of steering or braking. The riders lean backwards and wear steel-tipped boots. They use them to guide or brake the toboggan. The course is usually about 1000 metres (3300 feet) with 12 turns.

## ICE HOCKEY

Ice hockey is the world's fastest game. Players can skate at nearly 50 kilometres (30 miles) an hour. The object of the game is to score by hitting the puck—a flat rubber disc—into the opposite goal. Players hit the puck with a specially shaped stick, but they are not allowed to kick it with their skates. If the puck leaves the ice, players may strike it down with their hands.

The puck can travel as fast as 190 kilometres (115 miles) an hour. At these speeds it is often impossible for spectators to see the puck. A red light is used to tell when a goal is scored.

Players wear padded clothing and helmets. There are six players on each team and up to 12 reserves may travel with a team. They can be brought into play at any time.

Ice hockey began in Canada in the nineteenth century.

***1. Дополните предложение и ответьте на вопросы, выбрав один из предложенных вариантов.***

1. How many players are there on an ice hockey team?

five

six

eleven

2. Bobsledding is a .....

team sport

individual sport

both an individual and a team sport

**2. Ответьте на вопросы, используя текст “Ice Hockey”.**

1. How many players does each team have in an ice hockey match?
2. What is the puck made of?

**3. Какое из утверждений может быть применимо только к хоккею с шайбой?**

1. He hit the hard leather ball to a teammate.
2. Sam's team had six men and five women on it.
3. The crowd cheered as Tom scored a goal.

РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИНЫ

## TEXT XVIII

*Прочитайте и переведите текст, выписав остальные неизвестные Вам слова.*

### EQUESTRIAN EVENTS

Equestrian events test the skill of a rider and a horse. The three main sports are dressage, show jumping, and the three-day event. All are in the Olympic Games.

Dressage is a series of set exercises that the horse is trained to carry out perfectly. One of them, for example, is called the piaffe, a kind of high-stepping trot. The winner is judged on a points basis.

Show jumping is a course of various kinds of jumps. Competitors must try to finish without a fault. Hitting a fence counts as four faults; a refusal is three faults. The winner is the rider with the fewest faults in the round. A clear round is one where no faults are collected. If more than one competitor has the same number of faults, the rider with the fastest time wins. A typical course is about 800 metres (a half mile) long with a dozen jumps.

There are three kinds of show jumping competitions. Some are timed contests. Others are mainly tests of jumping ability; timing is only used to decide the result if there is a tie. A third kind is a trial of jumping ability alone.

The three-day event consists of dressage (first stage), cross-country speed and endurance (second stage), and show jumping (third stage). These contests used to be part of the military training of army cavalry officers.



## POLO

Polo was developed during the British rule in India in about 1868. A similar game had been played in Persia (modern Iran) long before that. Polo is a goal-scoring game. Skill in hitting the ball is more important than riding ability. The ball is made of bamboo and the stick has a mallet-shaped head.

Because it is such an exhausting game for the ponies, play is divided into periods of seven and a half minutes. In a tournament match there are six of these periods, or chukkas. There are four players on each side, and teams change ends after each goal. The penalty for offenses, such as bumping, is a free hit at the goal.

Few people can afford to play polo. Buying and keeping a polo pony is expensive. The game is popular in England, the U.S.A., and Argentina.

### *Задания*

#### ***1. Ответьте на вопрос по тексту “Olympic Games”.***

Equestrian events are featured in the Olympic Games. What kind of medal would a competitor in show jumping receive if he came in second in the event?

#### ***2. Ответьте на вопросы, используя текст “Polo”.***

1. What ancient country had a game similar to polo? What is this country called today?
2. In what century did polo become popular?

**3. Заполните пробелы.**

The Three Main Equestrian Events

I. \_\_\_\_\_

II. \_\_\_\_\_

III. \_\_\_\_\_

РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИНЫ

## TEXT XIX

*Прочитайте и переведите текст, выписав  
остальные неизвестные Вам слова.*

### AUTOMOBILE RACING

Automobile racing takes many different forms. The most publicized is the World Championship. The winner is the best driver of Formula One cars-the fastest cars in racing.

The winner is decided on a points basis from the results of about 13 classic races known as Grand Prix. These may vary from year to year but generally include the British, French, United States, South African, and Mexican Grand Prix. A driver's nine best races count towards the final result. Juan Fangio of Argentina won the championship five times between 1951 and 1957.

The most famous race in the United States is the Indianapolis 500. The cars in this race are similar to Formula One cars. The race is held every year on the Saturday before Memorial Day. Huge crowds attend the race in Indianapolis.

The most important long' distance race for sports cars is the Le Mans 24-hour race in France. In this race, two drivers share the work of driving each car, stopping only for fuel and service. Average speeds of over 220 kilometres (130 miles) an hour have been maintained for over 5000 kilometres (about 3000 miles). As many as half a

million spectators watch this race, which is the climax of the World Sports Car Championship.

Apart from Formula One, there are other classes of motor racing for single seat cars. Formulas Two, Three, and 5000 are some of these. In each case they are for cars with smaller engines. Formula One drivers often start their careers in one or other of these.

Rally driving is quite a different sport. The cars are specially tuned models of cars that you can see on ordinary roads. A rally is not so much a race as a test of efficiency in getting from one place to another by a given route and in a given time. Drivers are paired, one driving and the other navigating with a map. The Monte Carlo, the Acropolis, and the East African Rally are among the best known of this kind of event.

### **Задания**

***1. Ответьте на вопросы и дополните предложения, выбрав один из предложенных вариантов ответа.***

1. Which one of the following is the name of a famous automobile race?

Kentucky Derby

Indianapolis 500

British Grand National

2. In the 24-hour Le Mans race in France, each car is driven by .....

only one driver

four drivers

two drivers

**2. Дополните предложения, используя текст.**

1. In a rally, one person drives the car and the other navigates with a .....

2. In Grand Prix racing, a driver's ..... best races count towards the final result.

**3. Соотнесите нижеприведенные слова со следующими понятиями: *Formula One, Sports Car Racing, Rallying.***

Le Mans

Grand Prix

Map

Nine races

Two drivers

РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИН

## **TEXT XX**

*Прочитайте и переведите текст, выписав  
остальные неизвестные Вам слова.*

### **WATER SPORTS**

Water sports can be very enjoyable. For example, swimming can be a pleasant exercise for people of almost any age. But swimming can also involve hard work for an Olympic competitor. He or she must train for a long time to be able to swim in an event at the games.

Water sports fall into three groups. There are those in the water, like swimming. Boating in its various forms takes place on the surface of the water. Skin diving, on the other hand, is an underwater sport.

To be good at these sports it is not enough just to keep fit. Competitors must also get to know the water and how it behaves. Large numbers of people find water sports are not only enjoyable but an aid to keeping fit for other sports.

### **WATER SKIING**

People can ski on water by balancing themselves on two special skis (or sometimes one) as they are pulled along by a boat. It looks easy, but for the beginner it is best to practice with an instructor on land first. Water ski championships are of three kinds: slalom, jumping, and figures. In the slalom, skiers have to weave their way be-

tween a series of six buoys. In jumping they are towed at speed up a waxed ramp and launched into the air. Distances of 50 metres (165 feet) have been cleared by men, and over 30 metres (100 feet) by women. Figures include turns and other tricks designed to show the skier's individual skills. The competitor has two runs of 20 seconds each, and scores points for his performance. Ski racing is another form of competition.

The first public show of water skiing was given in Florida in 1928. The United States has often won world championships.

## **POWERBOAT RACING**

Powerboat racing can be a very expensive sport. There are two main types of powerboat racing: circuit racing on lakes and offshore racing at sea. Circuit racing has a bigger following because the spectators can see more of the race. Boats used in hydroplaning—one kind of powerboat racing—have specially designed hulls to allow the boat to skim the water at increased speeds.

Ocean races are longer and more dangerous. The world championship is organized by the Union Internationale Motonautique in Belgium.

### ***Задания***

***1. Дополните предложения, выбрав один из предложенных вариантов.***

1. Swimming .....  
is the only water sport

is one of many water sports  
is the only way to get good exercise  
2. Water skiing .....  
began in the twentieth century  
started with the ancient Greeks  
was introduced in England

**2. Какое из приведенных предложений более соответствует основной идее текста “Water Sports”?**

1. Water sports can take place on, in, or under the water and can be a pleasant way to exercise.
2. Water sports are only for young people.
3. Water sports can take place on or in the water.

**3. Какое из приведенных определений более соответствует слову buoy?**

1. A floating object to warn or guide boats and ships
2. Something to keep a person afloat
3. A small boat



## **TEXT XXI**

*Прочитайте и переведите текст, выписав  
остальные неизвестные Вам слова.*

### **CRICKET**

Cricket is a bat and ball game first played in England at least 300 years ago. The Marylebone Cricket Club is responsible for the laws, or rules, of cricket. It has been based at Lord's Cricket Ground in London since 1815.

There are n players on each team. The winning team is the one scoring the most runs. When the batsman hits the ball and has time to run from one wicket to the other, he scores a run. If he hits the ball to the boundary he scores four runs. If the ball goes over the boundary, without first hitting the ground, he scores six runs.

The bowler bowls the ball in an attempt to hit the wicket the batsman is defending. If the bowler succeeds in knocking one or both of the bails off the wicket, the batsman is out and the next batsman takes his place. When all the batsmen are out, the bowling team takes its turn to bat.

### **BASEBALL**

Baseball was first played in about 1839 in Cooperstown, New York. It was developed from the English game of rounders.

In the game of baseball two teams each field nine players. One team is at bat while the other is on defense in the field. The game lasts only nine innings unless the score is tied. Then extra innings are played to decide the winner.

There are many skills involved in playing baseball. Three of the most important are batting, pitching, and fielding. The game has had many great hitters, including Babe Ruth, Henry Aaron, Ty Cobb, and Ted Williams. Some of the best pitchers have been Cy Young, Walter Johnson, Bob Feller, and Sandy Koufax.

In North America the best baseball is played in the National and American leagues. The winners of these leagues meet each autumn in the world series. Baseball is also popular in other countries, especially Japan.

## **GOLF**

Golf is an open-air game. Each player uses a number of clubs to hit a ball into a series of holes (usually 18). The player who takes the fewest strokes to get to the end of the course is the winner.

The length of a hole is the distance between the tee and the green. It can vary from 90 metres (100 yards) to 550 metres (600 yards). A player is allowed to use up to 14 different clubs. Woods are for driving from the tee, irons for medium-range shots. The putter is used on the green to hit the ball into the hole. Each course has a par—the number of strokes a first-class player will take to play it. On most courses par is about 70.

Golf was first played in Scotland. The Royal and Ancient Golf Club was founded in 1754. It controls the rules of the game and conducts the British Open. The three other major tournaments take place in the U.S.A. They are the Masters', the U.S. Open, and the P.G.A. Jack Nicklaus was the first player to win all four tournaments twice.

### *Задания*

**1. Дополните предложения, выбрав один из предложенных вариантов.**

1. Cricket is a .....

bat and ball game

kind of football game

racing game

2. Baseball is .....

about 400 years old

derived from an English game

similar to volleyball

3. Golf was first played in .....

England

Scotland

the United States

**2. Какое из приведенных утверждений неверно?**

1. Baseball and cricket are usually played out of doors.

2. Cricket players do not wear uniforms.

3. These sports are played in many countries.

**3. Какое из приведенных определений наиболее соответствует понятию *baseball*?**

1. The fish was cooked in batter.
2. He battered down the door.
3. The player was wearing a battered old hat.

РЕПОЗИТОРИЙ ГГУ ИМ.Ф.СКОРИНЫ

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