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**АНГЛИЙСКИЙ ЯЗЫК ДЛЯ СПОРТСМЕНОВ.
ТЕКСТЫ ДЛЯ ПЕРЕВОДА И РЕФЕРИРОВАНИЯ**

Практическое пособие

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

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Практическое пособие направлено на развитие и совершенствование
у студентов навыков чтения и пересказа профессионально ориентированных
текстов на английском языке. Издание содержит восемь текстов для чтения,
а также комплекс упражнений, направленных на развитие у будущих специ-
алистов навыков смысловой компрессии текстового материала.

Адресовано студентам специальности 1-03 02 01 «Физическая культура».

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ПРЕДИСЛОВИЕ

Данное пособие адресовано студентам факультета физической культуры, проходящих курс обучения по специальности 1-03 02 01 «Физическая культура» и владеющих английским языком в объеме школьной программы.

Необходимость использования в учебном процессе текстов по направлению специальности для обучения студентов иноязычному общению очевидна: работа с подобным материалом дает возможность продемонстрировать будущим специалистам особенности профессионального речевого поведения англоязычного мира, что положительным образом сказывается на изучении языка. Кроме того, чтение текстов спортивной направленности способствует приобретению новых знаний, расширению кругозора, повышению мотивации к изучению предмета «Английский язык», совершенствованию стратегий понимания читаемого и, таким образом, формированию профессиональной и социокультурной компетенций.

Настоящее пособие состоит из восьми разделов, каждый из которых содержит текст спортивной тематики, предназначенный для изучающего чтения и реферирования, а также ряд упражнений и заданий, направленных на проверку понимания прочитанного, развитие умений смысловой компрессии текстового материала и совершенствование навыков монологической речи.

Изучение одного раздела рассчитано на одно практическое занятие.

Представленный в пособии материал может использоваться для организации аудиторной и внеаудиторной учебной деятельности по английскому языку в рамках учебной программы высшего образования.

Пособие следует рассматривать исключительно в качестве дополнения к основным учебникам по английскому языку для неязыковых факультетов, и работа по нему должна проводиться параллельно с работой по этим учебникам.

UNIT 1. TOUR DE FRANCE – THE WORLD'S MOST IMPORTANT CYCLING EVENT

Ex. 1. Read these words and try to guess their meaning.

Race [reɪs], route [ru:t], mixture ['mɪkstʃə], flat stage [flæt steɪdʒ], time trail [taɪm treɪl], finishing stage ['fɪnɪʃɪŋ steɪdʒ], rider ['raɪdə], cyclist ['saɪklɪst], block off [blɒk ɒf], jersey ['dʒɜ:zi], climb [klaɪm], spectator [spek'teɪtə], doping ['dɒpɪŋ], violate ['vaɪəleɪt], substance ['sʌbst(ə)ns].

Ex. 2. Study the following vocabulary (in order of appearance in the text).

the Tour de France [tuə də fra:ns] – Тур де Франс

bike race – велосипедная гонка

three-week long – продолжительностью в три недели

route – маршрут, путь, направление

mixture – смешение, смесь

stage – этап (гонки)

flat stage – этап гонки на плоской местности

difficult stage – сложный этап гонки

the Alps – Альпы

the Pyrenees [ˌpɪrə'ni:z] – Пиренеи

time trials – гонка с раздельным стартом

finishing stage – финишный этап

neighbouring ['neɪb(ə)rɪŋ] countries – соседние страны

mountain – гора

polka-dot – в горошек

in-between sprint – промежуточная гонка

mass start – массовый старт

against the clock – на время

highlight ['haɪlaɪt] – основной, важный момент

climb [klaɪm] – подъем, восхождение

the Alpe d'Huez – Альп-д'Юэз

spectators – зрители, болельщики

roam – бродить, перемещаться

the Champs-Élysée – Елисейские Поля

finish line – финишная черта

drop out – выбыть

injuries ['ɪndʒərɪz] – травмы

cope with – справиться с чем-либо

physical strain ['fɪzɪk(ə)l streɪn] – физическая нагрузка

goal – цель, задача
jersey – футболка, майка
lead – лидировать
competitions – соревнования, состязание
doping – допинг
much-discussed topic – широко обсуждаемая тема

The World Anti-Doping Agency – Всемирное антидопинговое агентство
violate rules – нарушить правила
banned substances – запрещенные вещества
strip – лишать

Ex. 3. Read the text and be ready to check your understanding.

The Tour de France is the most important bike race in the world. The **three-week long race**, which was first organized in 1903, is traditionally held in July. Although the **route** of the race changes slightly every year, it always contains a **mixture** of **flat stages** at the beginning and the **difficult stages** across **the Alps and the Pyrenees**. There are **time trials** and a **finishing stage** in Paris. In the past, some stages of the Tour de France have been held in **neighbouring countries**, like Germany, Belgium or the Netherlands.

Each of the teams that enter the Tour de France has 9 **riders**. Most teams have leaders, usually their best **cyclists**. The other members of the team support him. They help him come back to the front if he **falls behind** or they **block off** attacks by other teams.

The main **goal** for every team is to have one of their athletes in the yellow **jersey**, which always goes to the cyclist who **leads** in the overall **competition**. The times of each of the stages are **added up**.

There are other classifications that are also important. The best **mountain** rider wears a **polka-dot** jersey and the green jersey goes to the rider who is best at the **in-between sprints**. The best young rider wears a white jersey.

There is a **mass start** for most of the stages, but at least two time trials are held, in which each cyclist starts separately and rides **against the clock**.

The tour has a few special **highlights**. One of them is the 15 km **climb** of the **Alpe d'Huez**, which is included every year. Thousands of **spectators roam** the small road and hardly leave riders any room to pass. Another highlight is the arrival on the **Champs-Elyse** in Paris.

Not all cyclists of the Tour de France make it to the *finish line*. Many *drop out* because of *injuries* or because their bodies cannot *cope with* the *physical strain* of a three-week tour.

Doping has been a *much-discussed topic* throughout the history of the Tour de France. It has brought the tour a bad reputation. *The World Anti-Doping Agency* is very alert during the tour to stop athletes who *violate rules* and use *banned substances*. Lance Armstrong, winner of 7 Tour de France races, was *stripped* of all his titles when he admitted having taken illegal substances throughout his career.

Ex. 4. Match the words with their definitions.

1. A person who rides a bicycle.
2. A format of starting the competition, when athletes start at the same time and same place.
3. A competition between cyclists to see who is the fastest.
4. To move with effort, usually upwards.
5. Illegal substances used to enhance one's sporting performance.
6. A way or course taken in getting from a starting point to a destination.
7. A part or a period of an activity.
8. A pattern which consist of various circles.
9. Some kind of damage to a person's body.
10. To be the first, best one in something.

Bike race, route, cyclist, polka-dot, mass start, climb, injuries, doping, lead, stage.

Ex. 5. Finish the sentences.

1. The Tour de France is...
2. The route of the race always contains...
3. Each of the teams that enter the Tour de France has...
4. The main goal for every team is...
5. The tour has a few special highlights, which are...

Ex. 6. Answer the questions.

1. When was the Tour de France first organized?
 - a) 2000;
 - b) 1903;
 - c) 1967.

2. How many riders does each team have?
 - a) 9;
 - b) 8;
 - c) 10.
3. Which jersey does the best mountain rider wear?
 - a) a polka-dot jersey;
 - b) a green jersey;
 - c) a blue jersey.
4. Which jersey does the best young rider wear?
 - a) a yellow jersey;
 - b) a white jersey;
 - c) a green jersey.
5. Which one of the following is one of the tour's highlights?
 - a) the arrival on the Champs-Elyse in Paris;
 - b) the mass start of the tour;
 - c) the climb of Mount Everest.

Ex 7. Say if the statement is true or false. Correct the false statements.

1. The route of the race never changes.
2. There are time trials and a finishing stage in Rome.
3. Most teams of the tour have leaders, usually their top cyclists.
4. The main goal for every team is to have one of their athletes in the polka-dot jersey.
5. Many cyclists drop out because they are bored of the long race.
6. The World Anti-Doping Agency tries to prevent athletes from using banned substances.

Ex. 8. Translate the sentences.

1. Тур де Франс – это самая известная в мире велосипедная гонка.
2. Маршрут велосипедистов включает в себя этапы на плоской местности, а также такие сложные этапы, как восхождение на горы.
3. Велосипедная гонка проводится на территории Франции, но иногда некоторые этапы проходят в соседних странах.
4. В каждой команде, которая участвует в гонке, есть свой лидер.
5. Важной частью гонки является то, какого цвета футболка надета на велосипедисте.

6. Во время соревнования проводятся несколько гонок с раздельным стартом, во время которых велосипедисты соревнуются на время.

7. Такие основные моменты гонки, как прибытие участников на Елисейские поля в Париже, являются особенно интересными для зрителей.

8. Многие велосипедисты выбывают из гонки из-за сложных физических нагрузок.

9. Всемирное антидопинговое агентство уделяет особое внимание проблеме применения допинга во время проведения велосипедной гонки.

10. Из-за применения допинга для улучшения результатов спортсменов может быть лишен всех своих званий.

Ex. 9. Retell the text using the keywords below.

The Tour de France, the route of the race, the teams participating, the main goal, jerseys of the cyclists, special highlights of the race, the finish line, doping.

UNIT 2. SKYDIVING – AN EXTREME SPORT

Ex. 1. Read these words and try to guess their meaning.

Skydiving ['skɑɪdaɪvɪŋ], parachuting ['pærəʃu:tɪŋ], airplane ['eəpleɪn], altitude ['æltɪtju:d], courage ['kʌrɪdʒ], hot air balloon [hɒt eə bə'lu:n], pilot ['paɪlət], landing ['lændɪŋ], sky surfing [skɑɪ 'sɜ:fɪŋ], surfboard ['sɜ:fbɔ:d], parachutist ['pærəʃu:tɪst], backpack ['bækpæk].

Ex. 2. Study the following vocabulary (in order of appearance in the text).

skydiving (parachuting) –
затяжные прыжки с парашютом, скайдайвинг

airplane – самолет

surfboard – доска для серфинга

gear – снаряжение

backup parachute – запасной парашют

altitude – высота

perform acrobatic

[ækrə'bætɪk] movements – выполнять акробатические трюки

free fall – свободное падение

parachute (chute) – парашют
 slow down – замедлить
 extreme [ɪk'stri:m] sport – экстремальный вид спорта
 courage – отвага, смелость
 adrenaline [ə'dren(ə)lɪn]
 kick – заряд адреналина
 hot air balloon – воздушный шар
 parachutist – парашютист
 army and air force – армия и авиация
 pilot – пилот
 land – приземлиться
 drop off – высадить, завезти
 enemy – враг, противник
 disaster – катастрофа, разрушение
 bush fire – лесной пожар
 flying in formation – групповой полет, полет в строю
 sky surfing – скайсерфинг

steering lines – стропы управления
 backpack – рюкзак
 direction – направление
 tandem jumps – прыжки в тандеме
 experienced jumper – опытный прыгун
 wind directions – направление ветра
 steer – управлять
 last – длиться, продолжаться
 jumper – прыгун
 reach a speed – достигать скорости
 excellent – безупречный, отличный
 dangerous – опасный
 accident – несчастный случай
 set a world record – установить мировой рекорд
 height – высота
 sound barrier ['bæriə] – звуковой барьер

Ex. 3. Read the text and be ready to check your understanding.

Skydiving, also called **parachuting**, is a sport in which athletes jump out of an **airplane** at a certain **altitude** and perform **acrobatic movements** in **free fall**. Then they open their **parachutes** to **slow down** and return safely to Earth. Skydiving is considered to be an **extreme sport** which takes a lot of **courage** but also gives you an **adrenalin kick**.

Skydiving is a sport that is not as young as it may seem. At the end of the 18th century, a Frenchman, Andre Garnerin, jumped from a **hot air balloon** and was thought to be the first real **parachutist**.

Later on, skydiving became important for the **army and air force**. **Pilots** could jump out of a plane and **land** on earth safely if something

went wrong. In wars, soldiers were **dropped off** in war zones, often behind **enemy** lines. Skydivers are also used when it comes to fighting off **disasters** like **bush fires**.

Competitions in skydiving are held regularly. Events include landing close to a target and performing acrobatic movements in the air, as well as **flying in formation**. In the last few years another event, **sky surfing**, in which a **surfboard** is attached to a jumper, has become popular. Group skydiving requires a group of parachutists to perform figures while in **free fall**.

A skydiver must always check their **gear** to see if everything is OK. They always carry a **backup parachute** with them, just in case the main **chute** does not open. **Steering lines** are attached to a **backpack**. With them parachutists can control their **direction**.

Before you jump alone you normally do **tandem jumps** with an instructor or an **experienced jumper**. Through such jumps you get used to free fall, **wind directions** and how to **steer**. Skydivers must also learn a lot of theory. Wind speed and other weather elements are important.

Airplanes climb to an altitude of 7,000 to 15,000 feet (2,000 to 4,600 meters) before letting out the jumpers. The freefall stage **lasts** between 45 and 80 seconds. **Jumpers reach a speed** of up to 130 miles an hour (210 kmh). Skydiving requires **excellent** weather. Jumping in rainy weather or during strong winds can be very **dangerous**.

Even though skydiving may not seem like a sport, jumpers must be physically fit before they can jump. Despite the fact that it may seem dangerous, there are only a few **accidents** that happen every year.

One of the world's most famous skydivers is the Austrian, Felix Baumgartner. In 2012 he **set a world record**, when a helium-filled balloon brought him to a **height** of 39 kilometers. When he jumped, he became the first person to break the **sound barrier** in free fall. He safely returned to earth about 10 minutes after leaving the capsule.

Ex. 4. Match the words from line 1 with the suitable words from line 2 to make word combinations.

a) bush, flying, acrobatic, physically, free, extreme, sky, backup, steering, tandem, experienced, wind, excellent, world, sound;

b) movements, lines, fire, sport, surfing, parachute, jump, direction, weather, fit, record, barrier, fall, jumper, in formation.

Ex. 5. Match the words with their definitions.

1. A large balloon filled with heated air that floats in the sky with a basket underneath for people to ride in.
2. Two or more people joined together while they jump or fall.
3. A long narrow board used in surfing
4. The best achievement in the world in a particular sport.
5. The fall under the force of gravity only.
6. A piece of cloth that is fastened to a person in order to slow the landing.
7. A person who operates the plane.
8. A large bag used to carry things on your back.
9. The sport or activity of jumping from a plane and performing acrobatic movements.
10. The height of an object or point in relation to sea level or ground level.

Skydiving, altitude, parachute, hot air balloon, pilot, surfboard, free fall, backpack, tandem jumps, world record.

Ex. 6. Answer the following questions on the text.

1. What is skydiving?
2. Who is the first real parachutist?
3. What is included in the skydiving events?
4. What a skydiver must do before jumping alone?
5. How long does the freefall stage last?
6. Why is jumping in rainy weather not possible?
7. Who is one of the world's most famous skydivers?

Ex. 7. Say if the statement is true or false. Correct the false statements.

1. Skydiving is considered to be a very safe sport.
2. Andre Garnerin is thought to be the first real parachutist.
3. Skydivers are used to put out the fires.
4. Competitions in skydiving are held 2 times a year.
5. Group skydiving requires two or more parachutists, who jump together and perform figures while falling.
6. Parachutists can't control the direction in which they are falling.
7. Skydivers must learn a lot before they can jump without an instructor.

8. The weather does not play an important role for parachutists.
9. Skydivers must be physically fit to perform jumps.
10. Many accidents involving parachutists happen every year.

Ex. 8. Finish the sentences.

1. Skydivers open their parachute in order to...
2. Skydiving is important for the army and air force because...
3. They always carry a backup parachute with them, in case...
4. Before you jump alone you normally do...
5. Skydiving requires...

Ex. 9. Check yourself (give the English equivalents).

Затяжные прыжки с парашютом (скайдайвинг), выполнять акробатические трюки, свободное падение, экстремальный вид спорта, заряд адреналина, групповой полет (полет в строю), скайсерфинг, запасной парашют, стропы управления, прыжки в тандеме, направление ветра, установить мировой рекорд.

UNIT 3. GOLF

Ex. 1. Read these words and try to guess their meaning.

Golf [gɒlf], outdoor ['aʊtdɔː], player ['pleɪə], golf ball [gɒlf bɔːl], stroke [strəʊk], size [saɪz], shape [ʃeɪp], starting place ['stɑːtɪŋ pleɪs], golfer ['gɒlfə], tree [triː], sandy ['sændɪ], bunker ['bʌŋkə], equipment [ɪ'kwɪpm(ə)nt], covering ['kʌv(ə)rɪŋ], wooden ['wʊd(ə)n], scoring ['skɔːrɪŋ], compete [kəm'pi:t], match play [mætʃ pleɪ], medal play ['med(ə)l pleɪ].

Ex. 2. Study the following vocabulary (in order of appearance in the text).

golf – гольф
 outdoor sport – спорт на открытом воздухе
 golf course – поле для гольфа
 player – игрок
 hit – удар

golf ball – мячик для гольфа
 hole [həʊl] – лунка
 stroke – удар
 tournament ['tʊənəm(ə)nt] – турнир
 size – размер
 shape – форма

between – между
round of golf – партия
в гольф
starting place – стартовая
зона
tee [ti:] – тишка (подстав-
ка, используемая при вводе
мяча в игру)
golfer – гольфист, игрок
в гольф
grass – трава, лужайка
fairway ['feəweɪ] – фервей
(центральная аллея с гладко
выстриженной травой)
rough [rʌf] – раф (участки
высокой травы, окаймляющие
фервей и грин)
bush – куст
green – газон, грин (часть
гольф-поля округлой формы с
самой короткой выстрижен-
ной травой, где находится са-
ма лунка)
round – круглый
hazard ['hæzəd] – преграда
sandy – песчаный
bunker ['bʌŋkə] – яма
equipment [i'kwɪpm(ə)nt] –
оснащение, оборудование
golf club – клюшка для
гольфа
rubber – резина
weigh [weɪ] – весить
woods and irons ['aɪənz] –
деревянные и железные
клюшки для гольфа
wooden head – деревянная
головка
driver – драйвер (длинная
клюшка для гольфа)

accurately – точно
putter ['pʌtə] – паттер (ко-
роткая клюшка для гольфа)
rules – правила
towards – по направлению к
move – двигать, переме-
стить
scoring – подсчет очков
handicap ['hændɪkæp] –
гандикап (числовой показа-
тель игровых способностей
гольфиста)
in order to – чтобы
standard score – регламент
par [pɑ:] – пар, паритет (то
количество ударов, за которое
игрок должен пройти лунку по
регламенту)
compared – по сравнению с
Eagle ['i:g(ə)l] – Игл
(«Орёл», количество ударов на
два меньше, чем пар)
Birdie ['bɜ:di] – Бёрди
(«Птичка», количество ударов
на один меньше, чем пар)
Bogie ['bɒʊɡɪ] – Богги
(«Пугало», количество ударов
на один больше, чем пар)
Hole-in-one – Хол-ин-ван/
хоул-ин-уан («Лунка за раз»,
попадание в лунку с ти-бокса)
allow – позволить
weaker – более слабые
compete – соревноваться
complicated – сложный
formula – формула
match play – матч-плей
stroke or medal play –
строук-плей

Ex. 3. Read the text and be ready to check your understanding.

Golf is one of the most popular *outdoor sports* in the world. It is played on a **golf course**. **Players** try to *hit* a **golf ball** into a small **hole** with as few *strokes* as possible. Millions of men and women around the world play golf for fun, thousands play *tournaments* and millions around the world watch golf on TV.

A **golf course**. Golf courses have different *sizes* and *shapes*. Most of them have 18 holes that are *between* a hundred and 500 metres long. If you have finished playing all 18 holes you have played a *round of golf*.

Each hole has a *starting place*, called a **tee**. This is a small area from which the **golfer** takes the first stroke or drive. The **grass** between the tee and the green is called the *fairway*. Sometimes fairways can be very long and golf players need a few strokes to get to the green. The land on the left and right of the fairway is the *rough*. It is made up of tall grass, *bushes* and trees.

The **green** is the *round* area at the end of the fairway. It has special grass that is very short. In the middle of the green is a hole. It has a flag placed in it so that golfers can see where it is.

Almost all golf courses have *hazards*. These are small lakes, *sandy* areas and *bunkers*. They make it more difficult for players to hit the ball.

Golf Equipment. A golfer needs a ball and a set of **golf clubs** to play golf. A golf ball is made of *rubber* and has a plastic covering. It *weighs* about 1,62 ounces (46 grams).

Golf clubs. In a tournament golf player can use up to 14 different types of golf clubs. Each club is used to play the ball in a different situation. Generally, there are two basic categories of clubs: *woods and irons*. They are numbered from 1 to 9.

Woods were originally clubs that had a *wooden head*. Today they have heads made of steel or titanium. Golfers use woods to hit the ball over long distances. A number one wood is also called *a driver*. Players use this club to start their game at the tee.

Irons have heads that are thinner and flatter. Instead of iron, the club has a head made of steel or another metal. Irons are used for shorter shots and shots where you must play the ball very *accurately*. The **putter** is a club that is used on the green for very short distances.

Rules of the game. The rules of a golf game are very simple. Starting from the tee a golfer must hit the ball *towards* the hole. You must not touch or *move* it. It must be played from wherever it lands.

If the ball lands in one of the hazards the golf player may take it out or use a new ball but then gets an extra stroke as a penalty.

Scoring and Handicaps. *In order to* see how well you doing every hole on a golf course has a **standard score** known as **par**. Par is the number of strokes it would take a very good golfer to hit the ball into the hole. There are 3- , 4- and 5-par holes. Golfers have special names for the number of strokes they need **compared** to par.

Eagle = two strokes under par.

Birdie = one stroke under par.

Bogie = one stroke over par.

In a few cases a golfer may hit the ball into the hole from the teeing ground. This is called a **hole-in-one**.

So, if you finish a round of golf on par you can think of yourself as a very good player.

The handicap system **allows weaker** and better players to **compete** with each other. Based on a very **complicated formula** a weaker player is allowed more strokes to finish the round.

Golf can be played in two ways. In **match play** the player who hits the ball with the fewest number of strokes wins that hole. The player who wins the most holes wins.

Stroke or medal play is more common. In this competition the player with the fewest number of strokes for the whole 18-hole round wins.

Ex. 4. Match the words with their definitions.

1. Two strokes under par.
2. A standard score.
3. One stroke under par
4. One stroke over par.
5. A club that is used on the green for very short distances.
6. A number one wood club.
7. Two basic categories of clubs.
8. Small lakes, sandy areas and bunkers.
9. A small area from which the golfer takes the first stroke or drive.
10. The grass between the tee and the green.

Tee, woods and irons, fairway, hazards, Eagle, driver, Birdie, Bogie, par, putter.

Ex. 5. Look at the picture 1 of the golf score. Match the columns.

- | | |
|-----------------|---|
| a) Water hazard | 1) The smooth area covered with grass at the end of a fairway |
|-----------------|---|

b) *Fairway bunker*

c) *Tee box*

d) *Fairway*

e) *Rough*

f) *Apron*

g) *Green*

h) *Green side bunker*

2) The taller grass that borders the fairway

3) The grass between the tee and the green

4) An area containing sand or water, a hazard

5) A starting place of each hole

6) An area that goes around the green

7) An area covered with water, which makes it more difficult for players to hit the ball

8) A golf hazard filled with sand



Picture 1 – Golf score

Ex. 6. Choose the right word.

1. Golf is one of the most popular (indoor/outdoor) sports in the world.

2. Golf is played on a golf (course/field/pitch).

3. Millions of men and women around the world play golf for fun, thousands play (competitions/tournaments) and millions around the world watch golf on TV.

4. If you have finished playing all 18 holes you have played a (round/game/match) of golf.

5. The (bunker/rough/green) is the round area at the end of the fairway.

6. A golfer needs a ball and a set of golf (sticks/clubs) to play golf.

7. Generally, there are two basic categories of clubs: (woods and irons/sticks and stones).

8. A number one wood is also called a (passenger/driver).

9. Starting from the tee a golfer must hit the ball (upwards/towards) the hole.

10. Par is the number of strokes it would take a very good golfer to hit the ball into the (pit/hole).

Ex. 7. Answer the following questions on the text.

1. What is golf?

2. Can you describe a golf course?

3. What are the parts of a golf course?

4. What are hazards?

5. Which equipment do golfers need?

6. Which types of golf clubs do you know?

7. What are the rules of the game?

8. What are the special names for the number of strokes in golf?

9. What are the scoring rules?

10. In which ways can golf be played?

Ex. 8. Finish the sentences.

1. Golf is played...

2. Most of golf courses have...

3. If you have finished playing all 18 holes you have played...

4. Each hole has...

5. The grass between the tee and the green is called...

6. The land on the left and right of the fairway is...

7. Almost all golf courses have...

8. A golfer needs...

9. A golf ball is made of...

10. Generally, there are two basic categories of clubs...

Ex. 9. Check yourself (give the English equivalents).

Спорт на открытом воздухе, поле для гольфа, мячик для гольфа, лунка, турнир, партия в гольф, стартовая зона, тишка, гольфист, лужайка, фервей, раф, куст, газон, преграда, яма, клюшка для гольфа, покрытие, деревянные и железные клюшки для гольфа, паттер, правила, гандикап, регламент, соревноваться.

UNIT 4. EUROPEAN FOOTBALL – SOCCER

Ex. 1. Read these words and try to guess their meaning.

Soccer ['sɒkə], team sport [ti:m spo:t], historian [hi'stɔ:riən], culture ['kʌltʃə], goal [gəʊl], score [skɔ:], modern ['mɒd(ə)n], team [ti:m], draw [drɔ:], passing ['pɑ:siŋ], league [li:g], foul [faʊl], football field ['fʊtbɔ:l fi:ld], event [i'vent], take part [teɪk pɑ:t].

Ex. 2. Study the following vocabulary (in order of appearance in the text).

football, soccer – футбол	международная футбольная ассоциация (ФИФА)
popular ['pɒpjʊlə] – популярный	national league – национальная лига
team sport – командный вид спорта	the national title – национальный титул
historian – историк	league – лига
ancient ['eɪnʃ(ə)nt] – древний	tournament ['tuənəmənt] – турнир
culture ['kʌltʃə] – культура	the Champions League – лига чемпионов
China – Китай	football field – футбольное поле
Egypt – Египет	rectangular – прямоугольный
Rome – Рим	touchlines – боковые линии
modern – современный	goal lines – линии ворот
team – команда	the penalty area – штрафная площадь, штрафная зона
the Football Association – футбольная ассоциация	leather – кожаный
throughout [θru:'aʊt] the world – на весь мир	
the International Association of Football (FIFA) –	

field players – полевые игроки
 goalkeeper – вратарь
 goal – ворота, гол
 defenders – защитники
 score a goal – забить гол
 midfield players – полузащитники
 forwards – нападающие
 score – забить
 football match – футбольный матч
 half – тайм
 referee [refə'ri:] – судья, рефери
 linesmen – линейный арбитр, линейный судья
 supervise – следить
 draw, tie – ничья
 opponent – противник
 kicking – пинание
 dribbling – ведение мяча
 passing – передача

team mates – товарищ по команде
 hurt [hɜ:t] – ранить, причинить боль
 free kick – штрафной удар
 foul [faʊl] – фол, нарушение правил игры
 penalty box – штрафная площадка
 penalty kick – пенальти
 warn – предупредить
 yellow card, red card – желтая карточка, красная карточка
 coaches – тренеры
 substitute ['sʌbstɪtju:t] – заменить
 event – мероприятие
 the World Cup – кубок мира
 gather – собирать
 take part – принимать участие
 take place – проходить

Ex. 3. Read the text and be ready to check your understanding.

Football, also called **soccer**, is probably the world's most **popular team sport**. It is played by over 150 million men and women of all ages in more than 200 countries.

History. Although nobody really knows when people started to play football, **historians** think that some form of the game was played in **ancient cultures** like **China, Egypt** or **Rome**.

Modern football, however, started in England. At the end of the 17th century it was played by young people from rich families and between school **teams**. In 1863 **the Football Association** was founded in England and the first sets of rules were made. By the end of the 19th century the game had spread **throughout** the rest of **the world**.

In 1904 **the International Association of Football (FIFA)** was formed. It has become the world's most important **football organization**.

Today, all countries have *national leagues* in which teams play against each other for *the national title*. In Europe, the best teams compete in a *tournament* called *the Champions League*.

The Football Field. Football is played on a *rectangular* field that is about 90 to 120 metres long and 45 to 90 metres wide. A goal (7.3 metres wide and 2.4 metres high) is at the end of the field. The lines at the sides of the field are called *touchlines*; those at the end of the field are called *goal lines*.

The penalty area is about 40 metres wide and extends 16 metres in front of the goal.

Football is played with a round *leather* ball that weighs about 450 grams.

Players. A football team consists of 10 *field players* and a *goalkeeper*. He is the only one who can touch the ball with his hands. It is his job to keep the ball from getting into his *goal*.

Defenders play in front of the goalkeeper. They must stop the other team from *scoring a goal*. **Midfield players** do most of the running and try to move the ball between defenders and *forwards*. They play near the other team's goal and try to *score* for their team.

Rules of Football. A *football match* has two *halves* of 45 minutes each. A *referee* and two *linesmen* supervise the game. Each team must try to score as many goals as possible. If both teams score the same number of goals, it is called a *draw* or a *tie*. A player can use any part of his body except the hands and arms. He must try to move the ball into the *opponent's* half by *kicking*, *dribbling* or by *passing* the ball to one of his *team mates*.

A player who is fouled or *hurt* by an opponent is given a *free kick*. If a *foul* happens inside the *penalty box* the attacking team gets a *penalty kick*. Only the goalkeeper is allowed to block the ball and in most cases a penalty kick is a goal.

If a player fouls an opponent seriously the referee *warns* him with a *yellow card*, sometimes even a *red card*, which means he has to leave the field.

Coaches can *substitute* players who are hurt or those who play badly. In most matches three substitutions are allowed. Once a player leaves the field, he cannot come back into the game anymore.

World Cup. The biggest *event* in the world of football is *the World Cup*. Every four years national teams *gather* their best players and

compete for the top prize. The first World Cup took place in *Uruguay* in 1930.

Almost all countries in the world *take part* in regional matches that start two years before the final tournament. In the end 32 teams from all continents qualify for the World Cup finals. The tournament *takes place* in a different country every four years. The 2010 World Cup was held in South Africa.

The first World Cup tournament for women was held in 1991.

Ex. 4. Match the words from line 1 with the suitable words from line 2 to make word combinations.

a) team, ancient, school, football, champions, rectangular, goal, penalty, leather, yellow, midfield;

b) ball, association, card, field, sport, players, teams, league, lines, area, culture.

Ex. 5. Match the words with their definitions.

1. Leagues, in which teams play against each other for the national title.
2. The tournament, in which the best teams of Europe compete.
3. A rectangular field that is about 90 to 120 metres long and 45 to 90 metres wide.
4. The lines at the sides of the field.
5. The lines at the end of the field.
6. The players who play in front of the goalkeeper.
7. The players who do most of the running and try to move the ball between defenders and forwards.
8. When both teams score the same number of goals.
9. The biggest event in the world of football.
10. A person who supervises the game.

The Champions League, football field, national leagues, the World Cup, touchlines, defenders, draw (tie), referee, goal lines, midfield players.

Ex. 6. Look at the picture. Match the columns.

a) Goalkeeper

1) The players who are positioned nearest to the opposing team's goal. The primary responsibility of them is to score goals

b) Midfield players

2) The only one who can touch the ball with his hands. It is his job to keep the ball from getting into his goal

c) Defenders (backs)

3) Play in front of the goalkeeper. They must stop the other team from scoring a goal

d) Forwards

4) They do most of the running and try to move the ball between defenders and forwards. They play near the other team's goal and try to score for their team



Picture 2 – Football field

Ex. 7. Answer the following questions on the text.

1. On average, how many people in the world play football?
2. Where did the modern football start?
3. Where and when was the football association founded?
4. When was the International Association of Football (FIFA) formed?
5. How big is the football field?

6. What is the penalty area?
7. How long does the football match last?
8. What happens to a player who violates the rules of the game?
9. Which types of players can you name?
10. What is the biggest event in the world of football?

Ex. 8. Say if the statement is true or false. Correct the false statements.

1. Football, also called soccer, is probably the world's most popular indoor sport.

2. Nobody really knows when people started to play football.

3. In 1863 the Football Association was founded in USA and the first sets of rules were made.

4. Football is played on a round field that is about 100 to 120 metres long and 80 to 90 metres wide.

5. Football is played with a round cotton ball that weighs about 100 grams.

6. A football match has two halves of 30 minutes each.

7. A referee and two linesmen supervise the game.

8. If both teams score the same number of goals, it is called a draw or a tie.

9. Coaches can substitute players that don't wear socks.

10. The first World Cup took place in Uruguay.

Ex. 9. Check yourself (give the English equivalents).

Полевые игроки, вратарь, командный вид спорта, защитники, забить гол, полузащитники, нападающие, футбольный матч, судья, рефери, линейный арбитр, линейный судья, футбольная ассоциация, ничья, противник, международная футбольная ассоциация (ФИФА), футбольная организация, ведение мяча, национальная лига, национальный титул, товарищ по команде, турнир, лига чемпионов, фол (нарушение правил игры), футбольное поле, штрафная площадка, боковые линии, линии ворот, желтая карточка, красная карточка, штрафная зона, кубок мира.

UNIT 5. SKIING – A POPULAR WINTER SPORT

Ex. 1. Read these words and try to guess their meaning.

Alpine skiing ['ælpain 'ski:ɪŋ], Nordic skiing, freestyle skiing, Mogul skiing ['mɒʊg(ə)l 'ski:ɪŋ], downhill, parallel ['pærəleɪ], ankle [æŋkl], skis [ski:z], turn, protection, ski poles [ski pəʊlz], glide [glɑɪd], physical condition ['fɪzɪkəl kən'dɪʃn], athlete ['æθli:t], judge [dʒʌdʒ], skier ['ski:ə].

Ex. 2. Study the following vocabulary (in order of appearance in the text).

alpine skiing – горные лыжи

Nordic skiing – скандинавские лыжи, лесные лыжные гонки

freestyle skiing – фристайл на лыжах

hill – холм

downhill skiing ['daʊnhɪl 'ski:ɪŋ] – горные лыжи

gentle slopes – пологие склоны

tips – концы, края, верхушки

ankle – лодыжка

carvers – карвинговые лыжи

edge ['edʒ] – край, боковая грань (кант)

turn – поворачивать(ся)

generally – обычно

keep steady ['stedɪ] – держаться устойчиво

safety bindings ['seɪftɪ 'baɪndɪŋz] – защитные крепления

prevent – предотвращать

injury ['ɪndʒəri] – травма

separate – отделять, разделять

outer shell • ['aʊtə ʃel] – внешняя оболочка

protection – защита

inner boot – внутренний ботинок

foam – пена, пенопласт, поролон

poles – палки (лыжные)

resort [rɪ'zɔ:t] – курорт

luxurious [lʌg'zju(ə)rɪəs] – роскошный, дорогой, шикарный

cross-country skiing – лыжный кросс, катание на лыжах по пересеченной местности

ski jumping – прыжки с трамплина

skier ['ski:ə] – лыжник

glide – скользить

hilly – холмистый

trail – тропа

thrusting ['θrʌstɪŋ] – толкать, отталкиваться

striding forward – шагая вперед

strengthen – увеличивать,
укреплять
overall – общий
physical condition ['fɪzɪkəl] –
физическое состояние
narrow – узкий
athlete ['æθli:t] – спортс-
мен, легкоатлет, атлет
judge [dʒʌdʒ] – судить,
судья

perform stunts – выполнять
движения
leap off – спрыгивать,
соскакивать
flip – поворот назад, петля
Mogul skiing – могул
bumps – дорожные неров-
ности, выпуклости

Ex. 3. Read the text and be ready to check your understanding.

Skiing is one of the most popular sports in the world. It is a way of moving over snow and an activity that millions of people of all ages enjoy.

Types of Skiing. There are three types of skiing: *Alpine skiing*, *Nordic skiing* and *freestyle skiing*.

Alpine Skiing. Alpine skiing is skiing down a *hill*. The word comes from the Alps, the highest mountains in Europe where *downhill skiing* started. Beginners slide down *gentle slopes* and keep the front *tips* of their skis together. When you get better, you ski parallel and keep your *ankles* together.

For many years skis were made out of wood. Today modern carvers are made of a combination of different materials. They have metal *edges* and are broader at the ends so that you can *turn* more easily. **Generally**, better skiers use longer skis because they *keep steady* at higher speeds. **Safety bindings** help *prevent* leg *injuries*. They *separate* you from the skis when you fall down.

The first boots were made out of leather. Today they have two parts. The *outer shell* is hard and gives skiers more *protection*, the *inner boot* is made up of *foam* or other materials and keeps your feet warm. Two *ski poles* are used to help you keep your balance.

There are thousands of ski areas all over the world. In America, Colorado is the most popular state for skiing with famous *resorts* like Vail and Aspen. Europe has some of the most *luxurious* and famous skiing areas including St. Moritz (Switzerland), Val d'Isere (France), Garmisch-Partenkirchen (Germany), Kitzbühel and the Arlberg (Austria) and Sestriere (Italy).

Nordic Skiing. Nordic skiing includes *cross-country skiing* and *ski jumping*. It is called Nordic because cross-country skiing has been a way of getting around in Norway, Sweden and Finland for a long time.

Cross-country skiing is the most popular form of Nordic skiing. *Skiers glide* over flat or *hilly* areas, and along forest *trails*. The skiers move by *thrusting* their *poles* into the snow and *striding forward*. Cross-country skiing is a good exercise and *strengthens* your *overall physical condition*.

The skis are much lighter and *narrower* than alpine skis and do not have a metal edge. The poles are also longer than alpine poles because you use more *thrust* to move forward.

Ski jumping is a form of skiing for *athletes*. A skier glides down a steep track and flies off a platform at the end. Jumpers are *judged* on the distance of their jump and on their jumping style.

Free styling. Free styling is form of skiing in which skiers *perform stunts*, unusual or difficult *moves*. It became popular during the 1960s and 1970s. Today there are three main forms of free styling. In ballet, the skiers ski down a *slope* and make jumps and *spins* on their way. In the aerial, skiers *leap off* a platform and perform spins and *flips* in the air before landing on the ground again. **Mogul skiing** is skiing on large *bumps* as fast as you can.

Ex. 4. Match the words from line 1 with the suitable words from line 2 to make word combinations.

- a) physical, luxurious, hilly, gentle, the highest, leg, safety, free;
- b) styling, condition, mountains, injuries, bindings, slopes, areas, resorts.

Ex. 5. Match the words with their definitions.

1. A place where people go to spend their holidays.
2. A pair of long narrow pieces of wood, metal or plastic that you attach to boots so that you can move smoothly over snow.
3. A person who is good at sports and physical exercise.
4. A person who skis.
5. The sport or activity of moving over snow on skis.
6. A long stick that skiers use.

Skis, skier, skiing, athlete, pole, resort.

Ex. 6. Match the synonyms.

- a) downhill skiing, skis, sportsman, usually, to perform spins, broad;
- b) alpine skiing, wide, carvers, generally, to make spins, athlete.

Ex. 7. Match the opposites.

- a) outer, steep, the end, narrow, fall down;
- b) gentle, wide, inner, keep balance, the beginning.

Ex. 8. Choose the right word.

1. The word "alpine" comes from (the Andes/the Alps).
2. Today modern carvers are made of (wood/a combination of different materials).
3. Nordic skis are much lighter and narrower than alpine skis and (have/do not have) a metal edge.
4. Jumpers are judged on the distance of their (jump/run) and on their (jumping/running) style.
5. Free styling is a form of skiing in which skiers perform (dances/stunts).
6. In the aerial, skiers leap off a platform and perform spins and flips in the air before (coming back to the platform/landing on the ground again).

Ex. 9. Answer the following questions on the text.

1. What are the three main types of skiing?
2. What is Alpine skiing?
3. What techniques do beginners and advanced skiers use for Alpine skiing?
4. What are modern skis (carvers) made of?
5. What two parts do modern boots consist of?
6. What are the most popular ski areas all over the world?
7. What are the two forms of Nordic skiing?
8. How do cross-country skiers move?
9. In what way is the equipment for Nordic skiing different from the equipment for Alpine skiing?
10. What is special about free-style skiing? What are the three forms of free-styling?

Ex. 10. Say if the statement is true or false. Correct the false statements.

1. Alpine skiing is downhill skiing.
2. Modern Alpine skis are made out of wood.
3. The most popular form of Nordic skiing is ski-jumping.
4. Cross-country skis are wider and heavier than Alpine skis.
5. Ski-jumpers are judged on the height of their jump.
6. The three main forms of free styling are ballet, aerial and Mogule skiing.

Ex. 11. Finish the sentences.

1. There are three types of skiing...
2. The first boots were made out of...
3. It is called Nordic because...
4. Free styling is form of skiing in which skiers perform...
5. It became popular during the...
6. The three forms of free-styling include...
7. Mogul skiing is skiing on...

Ex. 12. Check yourself (give the English equivalents).

Лыжи (снаряд), горные лыжи (спорт), скандинавские лыжи (спорт), фристайл на лыжах, лодыжка, карвинговые лыжи, защитные крепления, травма, палки (лыжные), горнолыжный курорт, лыжный кросс, прыжки с трамплина, лыжник, выполнять движения и повороты.

UNIT 6. ATHLETICS – TRACK AND FIELD

Ex. 1. Read these words and try to guess their meaning.

Running, runner, jumping, jumper, throwing ['θrəʊɪŋ], thrower ['θrəʊə], athletics [æθ'letiks], the Olympic Games, stadium ['steɪdɪəm], championship ['tʃæmpɪənʃɪp], race, asphalt ['æsfælt], sprinter, the finish line, distance, metre, the world record, energy, marathon ['mærəθən], victory, Greek soldier ['səʊldʒə], Athens ['æθənz], athlete ['æθli:t], decathlon [dɪ'kæθlən], heptathlon [hɪp'tæθlən], winner, discus ['dɪskəs].

Ex. 2. Study the following vocabulary (in order of appearance in the text).

track and field – легкая атлетика

competition – соревнование

meet – встреча, мероприятие, событие

grassy – травяной

track event – соревнование в беге

athlete – легкоатлет, спортсмен

track – трек, беговая дорожка

lane – отдельная дорожка

surface – поверхность

rubber – резина

tartan – клетчатый шерстяной материал

dash – бросок, забег

speed – скорость

endurance – выносливость

complete – завершить, закончить

a steady pace – постоянная скорость

relay – эстафета

take turns – сменяться, чередоваться

baton – эстафетная палочка

team-mate – член команды

hurdle – препятствие

obstacle – преграда

jumping events – соревнования по прыжкам

high jump – прыжок в высоту

pole vault – прыжки с шестом

long jump – прыжок в длину

triple jump – тройной прыжок

crossbar – планка, перекладина, штанга

pole – шест

vaulter – прыгун (с шестом)

flexible – гибкий

plant – ставить

thrust oneself – бросать, перебрасывать себя

height – высота

increase – увеличиваться(-ся)

clear height – брать высоту

wooden board – деревянное перекрытие

leap – прыгать, скакать, перескакивать

sand pit – карьер, яма с песком

throwing events – соревнования по метанию

shot put – толкание ядра

shot putter – толкатель ядра

circle – круг

throw – бросать

shot – ядро

weigh – весить

chin – подбородок

shoulders – плечи

hammer – молот

chain – цепь, цепочка

hammer thrower – метатель
 МОЛОТА
 swing – качать, поворачи-
 вать, взмахивать
 plate – тарелка
 spin – вращать(-ся)
 javelin – копье
 spear-like – копьевидный
 to gain speed – набирать
 скорость

thrust – бросать
 combination – сочетание
 run – бег, забег
 single events – отдельно
 выступление, единственное
 событие
 points – очки
 determine – определять,
 выявлять

Ex. 3. Read the text and be ready to check your understanding.

Running, jumping and throwing **competitions** are called track and field or athletics. They are probably the oldest form of sport and an important part of the Olympic Games.

Meets. Track and field is organised as **meets** that take place mostly in an outdoor stadium with a track and a **grassy** field. In winter, meets take place in indoor areas. Such a meet can last for only a few days or as long as two weeks at Olympic Games or World Championships.

Track events. **Track events** are races between **athletes** that take place on an oval **track** that is normally 400 metres long. It is divided into **lanes** and has a **surface** of asphalt, **rubber** or **tartan**.

Short **distance** racers are called sprinters. They start with their feet against a starting block and their hands on the track. When a gun is fired the race begins and the sprinters run as fast as they can towards the finish line, but they must always stay in their lanes.

Short distance races cover distances of 100, 200 and 400 metres. The 100 metre **dash** is one of the most popular events at such a track and field meeting. The world record holder **is considered to be** (считается) the fastest man on earth.

Middle distance races are the 800, 1,500 and sometimes the 3,000 metre races. Runners need **speed** but also **endurance**.

The 5,000 and 10,000 metre races are the longest races on the track. Athletes have to train a lot and run many km a day in order to **complete** such a race. They must learn to keep **a steady pace** and also must be able to have enough energy for the final metres.

The longest race is the marathon. It goes back to 490 B. C. when a Greek soldier ran all the way from Marathon to Athens (about 40 km)

to tell the people about a great military *victory*. Today the marathon distance is 42,195 metres and it is run mostly on roads.

Relays are races in which teams of runners *compete* against each other. Four athletes form a team and *take turns* running around the track. They have to pass a stick, called a *baton* to their next *team-mate* before they reach the finish line. The most common relay races are the 4x100 metres and the 4x400 metres.

In a *hurdle* race athletes must jump over *obstacles* called hurdles which are about 1 metre high. Men run the 110 metre and 400 metre event, women the 100 metre and the 400 metre event.

Jumping events. The *jumping events* at athletic meets are the *high jump*, the *pole vault*, the *long jump* and the *triple jump*.

In the high jump athletes have to jump over a metal stick called a *crossbar*, without knocking it down. It is placed on two *vertical poles*. Most modern jumpers pass over the crossbar with their heads first.

Pole *vaulters* must jump over a much higher *crossbar*. They have long *flexible poles* that may be up to five metres long. They run towards the crossbar and before they get there they *plant* the pole into a small box on the ground. Then they *thrust* themselves high up into the air and try to get over the bar.

At both events you have three tries to get over the bar. When you clear the bar its *height* is *increased* by a few cm. Whoever *clears* the greatest heights wins the competition.

In the long jump, the athlete runs very quickly towards a wooden *board* open the ground and then *leaps* into air and lands in a *sand pit*. In the triple jump the athlete jumps from one foot, lands on the same foot, jumps off again, lands on the other foot and then jumps off for the last time and lands on both feet in the sand pit.

Throwing events. There are four *throwing events* at track and field meets: the *shot put*, hammer, discus and javelin.

Shot putters belong to the strongest athletes at athletic events. They must stand in a *circle* in order to make their *throws*. The *shot* is a heavy metal ball that *weighs* up to 7,25 kg. It is put between *chin* and *shoulders* and then thrown as far a possible into the field. Women use a lighter *shot*.

The *hammer* is a metal ball that is connected to a strong *chain*. The *hammer thrower swings* the hammer around him a few times and then lets it go.

The *discus* looks like a *plate* that athletes *spin* into the field. It is the oldest throwing event and was a classic contest at the Olympic Games of ancient Greece.

The *javelin* is a *spear-like* object that is made of wood or metal and is about 2,5 metres long. The *thrower* of the javelin takes a run *to gain speed* and then *thrusts* the javelin as far as he can into the field.

All round events. The *decathlon* and the *heptathlon* are a *combination* of many events. It takes athletes two days to finish.

The men's decathlon consists of the 100 metre dash, the long jump, shot put, high jump, 400 metre dash, 110 metre hurdles, discus, pole vault, javelin and the 1,500 metre *run*.

The heptathlon is made up of 7 *single events* for women: the 100 metre hurdle, high jump, shot put, 200 metre sprint, long jump, javelin and the 800 metre run.

The athletes are given *points* for each event. They are added up and in the end *determine* the winner.

Ex. 4. Match the words from line 1 with the suitable words from line 2 to make word combinations.

a) Olympic, world, finish, take, pass, vertical, ancient, triple, jump over;

b) the crossbar, Games, jump, championship, line, the baton, Greece, turns, poles.

Ex. 5. Match the words with their definitions.

1. A particular distance above the ground.
2. The rate at which somebody/something moves/travels.
3. A race between teams in which each member of the team runs or swims one section of the race.
4. Success in a game, an election, a war, etc.
5. A sporting event in which people compete in ten different sports.
6. An object that is in your way and that makes it difficult for you to move forward.

Height, decathlon, relay, obstacle, victory, speed.

Ex. 6. Match the synonyms.

a) pace, an athlete, hurdles, a competition, an event, success, track-and-field, race;

b) a meet, obstacles, victory, a contest, a sportsman, speed, athletics, dash.

Ex. 7. Match the opposites.

a) short distance race, high jump, outdoor, possible, ancient, single events;

b) low jump, indoor, modern, marathon, impossible, combined events.

Ex. 8. Choose the right word.

1. Middle distance runners need speed but also (brevity/endurance).

2. Track-and-field includes running, jumping, and (throwing/swimming).

3. Track-and-field (is/isn't) an important part of the Olympic Games.

4. Track-and-field meets take place mostly in an (indoor/outdoor) stadium.

5. A crossbar in vaulting is (lower/higher) than in high jumping.

6. There are four throwing events at track and field meets: the shot put, hammer, discus and (javelin/books).

Ex. 9. Answer the following questions on the text.

1. What athletic meets do track events include?

2. What athletic meets do jumping events include?

3. What athletic meets do throwing events include?

4. What is a relay?

5. In what way is high jump different from pole vaulting?

6. What is the oldest throwing event?

7. What is a decathlon?

8. What is a pentathlon?

9. What distances do short distance races cover?

10. What athletes are supposed to be the strongest?

Ex. 10. Say if the statement is true or false. Correct the false statements.

1. In winter, track-and-field meets take place in outdoor areas.

2. Short distance races cover distances of 800, 1,500 and 3,000 metres.

3. The marathon goes back to 300 B. C.

4. In the high jump, athletes have to jump over a metal stick called a crossbar, without knocking it down.

5. In the long jump, the athlete runs very quickly towards a wooden board open the ground and then leaps into air and lands in a sand pit.

6. The heptathlon is made up of 8 single events for women.

Ex. 11. Finish the sentences.

1. Running, jumping and throwing competitions are called...

2. Short distance racers are called...

3. Short distance races cover distances of 100, 200 and...

4. The longest race is the...

5. The most common relay races are the 4x100 metres and...

6. The jumping events at athletic meets are the high jump, the pole vault, the long jump and the...

7. There are four throwing events at track and field meets: the shot put, hammer, discus and...

8. The shot is a heavy metal ball that weighs up to...

Ex. 12. Check yourself (give the English equivalents).

Легкая атлетика, соревнование, выносливость, эстафета, эстафетная палочка, препятствие, прыжок в высоту, прыжки с шестом, прыжок в длину, тройной прыжок, шест, высота, толкание ядра, толкатель ядра, молот, метатель молота, копье.

UNIT 7. BASKETBALL

Ex. 1. Read these words and try to guess their meaning.

The National Basketball Association [əsəʊsi'eɪʃn], basket, centre ['sentə], a forward ['fɔ:wəd], dominate ['dɒmɪneɪt], professional [prə'feʃnəl], quarter ['kwɔ:tə], referee [refə'ri:], league [li:g], division [dɪ'vɪʒən], title [taɪtl].

Ex. 2. Study the following vocabulary (in order of appearance in the text).

was invented – была придумана, была создана

compete [kəm'pi:t] – соревноваться, состязаться

although [ɔ:l'dəu] – хотя
 indoor game – игра в спор-
 тивном зале
 court [kɔ:t] – (баскетболь-
 ная) площадка
 backboard – щит/доска
 с кольцом
 leather ['leðə] – кожа
 circumference
 [sə'klɪmf(ə)rəns] – периметр,
 окружность
 referee [refə'ri:] – судья
 a curved line [kɜ:vɪd] – кри-
 вая линия
 shoot a basket – попасть
 в корзину
 score – набирать (очки)
 foul ['faʊl] – столкновение,
 нарушение
 baseline – задняя линия
 mark – обозначать
 boundaries – границы
 substitute ['sʌbstɪtju:t] – за-
 менить
 guard [gɑ:d] – угловой за-
 щитник
 dribbler ['drɪblə] – игрок,
 ведущий мяч

passer – пассивный
 rebounder – игрок, дей-
 ствующий на подборах
 scorer ['skɔ:rə] – игрок,
 приносящий очки команде
 dominate ['dɒmɪneɪt]– до-
 минировать
 break – перерыв
 overtime period – добавоч-
 ное время
 ahead [ə'hed] – впереди,
 вперед
 shoot the ball – послать
 мяч
 award [ə'wɔ:d] – награж-
 дать, присуждать
 rules – правила
 bouncing ['baʊnsɪŋ] – отби-
 вание (рикошетом)
 dribbling ['drɪblɪŋ] – веде-
 ние мяча к лузе
 commit [kə'mɪt] – совер-
 шать
 consist of – состоит из
 division [dɪ'vɪzən] – кате-
 гория, дивизион

Ex. 3. Read the text and be ready to check your understanding.

Basketball is a fast, exciting and popular sport, played by over
 300 million people all over the world. It **was invented** in the United
 States in 1891. Today, it is a sport that is played in all types of schools
 all over the world. The best professional players **compete** in teams
 of the National Basketball Association (NBA).

Although basketball can be played almost everywhere it is mostly
 an **indoor game** played on a **court** that is 29 metres long and 15 metres
 wide. The floor is made of wood. At each end there is a **backboard**

and a basket which you must shoot the ball through. The basket is about 3 metres from the floor. The official ball is made out of *leather* and it has a *circumference* of 76 cm.

The court has many important lines drawn on the floor. The *mid-court* line and the centre circle are where the game starts. The *referee* throws the ball into the air and two players jump up and try to push it to their team-mates. The three-point line is a *curved line* on the floor. If a player *shoots a basket* from outside the line the team gets three points. The free throw line is the place from which a player tries to *score* a point after he is *fouled*. The *sidelines* and the *baselines* mark the *boundaries* of the court.

Each team consists of five players who can be *substituted* at any time. Normally a team has two *guards*, two forwards and a centre. The guards are usually the smallest and quickest players. They should be good *dribblers* and *passers* and they play farther away from the basket. Most of them are good at three-point shots. Forwards are taller and stronger than guards. They usually play near the basket and are good *rebouncers*. The centre is the most important player on a team. He is very tall and always watches out for balls that come off the backboard. He is a good *scorer* and can *dominate* a game.

A professional basketball game is divided into four 12-minute quarters with a 15-minute *break* between the second and third quarter. The clock is stopped every time the *referee* blows the whistle, so a game can last up to two hours. If there is no winner at the end of a game, the teams play *overtime periods* of 5 minutes. If a team is *ahead* at the end of an overtime period the game is over.

Players can *score* points by *shooting the ball* through the basket. Three points are made when the player scores from behind the three-point line, two points are *awarded* from everywhere inside the three-point line. When a player is fouled, he gets one or two free throws which score one point.

As with all games, basketball follows certain *rules*. A player must move the ball by *bouncing* it on the court. This is also called *dribbling*. If he stops, holds the ball for too long and starts *dribbling* again, the referee gives the ball to the other team.

If a player pushes or holds another player or hits him on the arm while he is trying to score, the referee calls a personal foul. The fouled player gets free throws. In the NBA players must leave the court after they have *committed* six personal *fouls*.

A team cannot keep the ball as long as it wants. It only has 24 seconds to try to shoot the ball through the basket; otherwise the other team gets the ball.

The NBA is the world's leading basketball league. It *consists of* 29 teams that play in 4 *divisions*. After the season the best teams compete in the play-offs for the NBA title. The NBA gets new young players by choosing them from the best high school and college teams every year. Many players from other countries also come to America to play in the NBA.

Ex. 4. Match the words from line 1 with the suitable words from line 2 to make word combinations.

- a) curved, to blow, overtime, to shoot, to score;
- b) points, a whistle, the basket, line, period.

Ex. 5. Match the words with their definitions.

1. Bouncing the ball on the court.
2. A person who is in charge of a sports game and who makes certain that the rules are followed.
3. Where do the best professional players of the U. S. compete?
4. A number of people who do something together as a group.
5. Playing time beyond regulation.
6. An extra game which is played to decide the winner of a sports competition when two or more people have got the same score.

Leather, team, dribbling, overtime period, play-off, referee.

Ex. 6. Match the synonyms.

- a) indoor, court, rules, consist of, start;
- b) floor, begin, outdoor, comprise, regulations.

Ex. 7. Match the opposites.

- a) young, to start, long, inside, to win.
- b) short, to finish, outside, old, to lose.

Ex. 8. Choose the right word.

1. Basketball is played by over 300 (thousand/million) people all over the world.

2. It was invented in (the United States/the United Kingdom) in 1891.

3. It is mostly an (indoor/outdoor) game played on a court.

4. The floor is made of (metal/wood).

5. The midcourt line and the centre circle are where the game (finishes/starts).

6. If a player shoots a basket from outside the line, the team (gets/loses) three points.

7. A professional basketball game is divided into four (12-minute/15-minute) quarters with a (12-minute/15-minute) break between the second and third quarter.

Ex. 9. Answer the following questions on the text.

1. How old is basketball?

2. Where was it invented?

3. What athletic meets do throwing events include?

4. What is special about the basketball floor?

5. What players does each team have?

6. Who is the most important player on a team?

7. What happens if there is no winner at the end of a game?

8. How many free throws does the fouled player get?

9. After how many personal fouls the NBA players must leave the court?

10. How many teams does the NBA consist of?

Ex. 10. Say if the statement is true or false. Correct the false statements.

1. Basketball is an ancient game.

2. The best professional players compete in teams of the National Basketball Association (NBA).

3. Basketball is mostly an outdoor game.

4. Normally a team has three guards, three forwards and a centre.

5. A game can last up to two weeks.

6. A team can keep the ball as long as it wants.

Ex. 11. Finish the sentences.

1. Basketball was invented...

2. If a player shoots a basket from outside the line, the team gets...

3. A professional basketball game is divided into four 12-minute quarters with a 15-minute break between the second and...

4. The clock is stopped every time the referee blows the whistle, so a game can last up to...

5. If there is no winner at the end of a game, the teams play...

6. If a player stops, holds the ball for too long and starts dribbling again, the referee gives...

7. If a player pushes or holds another player or hits him on the arm while he is trying to score, the referee calls...

8. The NBA gets new young players by choosing them from...

Ex. 12. Check yourself (give the English equivalents)

Игра в спортивном зале, (баскетбольная) площадка, щит/доска с кольцом, судья, попасть в корзину, набирать (очки), нарушение, угловой защитник, пасующий, послать мяч, награждать, правила, ведение мяча к лузе.

UNIT 8. RUNNING THE MARATHON

Ex. 1. Read these words and try to guess their meaning.

Marathon ['mærəθən], physical ['fɪzɪkəl], equipment [ɪ'kwɪpmənt], distance ['dɪstəns], soldier ['səʊldʒəz], official [ə'fɪʃəl], decade ['dekeɪd], dominate ['dɒmɪneɪt], victory, oxygen ['ɒksɪdʒən], muscle [mʌsl], carbohydrate [kɑ:bə(ʊ)'haɪdr(e)ɪt], glycogen ['glʌɪkəʊdʒən], lottery, prize.

Ex. 2. Study the following vocabulary (in order of appearance in the text).

physical shape – физическая форма

equipment [ɪ'kwɪpmənt] – оборудование, экипировка

well-cushioned ['kʊʃənd] shoes – обувь с мягкой внутренней стелькой

improve – улучшать

physical condition

[kən'dɪʃn] – физическое состояние

oxygen ['ɒksɪdʒən] – кислород

circulate ['sɜ:kjʊleɪt] – циркулировать

weight [weɪt] – вес

fight off – побороть
 long distance – длинная
 дистанция
 highlight ['haɪlaɪt] – самое
 яркое выступление в карьере
 soldier – солдат
 defeat [dɪ'fi:t] – победить,
 побороть
 official – официальный
 length – длина, продолжи-
 тельность
 main highlight – самое яр-
 кое выступление в карьере
 decade – десятилетие
 dominate – доминировать
 barefoot – босой, босиком
 repeat – повторять
 victory – победа
 ability – способность
 store – хранить
 course [kɔ:s] – курс,
 направление
 elsewhere – где-то ещё
 achieve – достигать
 set the best time – показать
 лучшее время
 well-prepared – хорошо
 подготовленный
 compete [kəm'pi:t] – со-
 ревноваться
 recover [rɪ'kʌvə] – выздо-
 равливать

muscle – мышца
 couple of days – несколько
 дней
 reduce [rɪ'dju:s] – умень-
 шать, сокращать
 carbohydrates [kɑ:bə'haidreɪt] –
 углеводы
 glycogen ['glaikeɪdʒen] –
 гликоген
 store – хранить, накопи-
 вать
 cereals ['siəriəlz] – злаковые
 avoid – избегать
 dehydrate [di:'haɪdreɪt] –
 сушить, обезвоживать
 a steady ['stedɪ] pace – по-
 стоянная скорость
 on the other hand – с дру-
 гой стороны
 achieve – достигать
 pain – боль
 compete – соревноваться
 lottery – лотерея
 borough ['bʌrə] – городок,
 местечко, округ
 cheer – приветствовать,
 аплодировать
 entertain – развлекать
 spread – расставлять
 prize money – денежный
 приз
 receive – получать

Ex. 3. Read the text and be ready to check your understanding.

Running is a very popular sport. Millions of people run because
 they enjoy it or want to be in good **physical shape**. A runner does not
 need a special talent or **equipment** – only **well-cushioned** shoes and
 comfortable clothes.

Daily running *improves* a person's *physical condition*. It helps *oxygen circulate* through your body and it makes your heart and leg muscles stronger. Running helps you control your *weight* because when you run you burn up a lot of calories. It also helps you *fight off* stress after a tiring day in school or at work.

Many runners take part in *long distance* races. The most popular events are marathons. They are held in many cities all over the world and, for a good runner, taking part in a famous marathon is the *highlight* of a running career. Famous marathons are held in New York, Boston, London, Berlin and many other cities.

The marathon is the longest running event in the world. Its name goes back to the story of a Greek *soldier* who, in 490 B. C., ran from the small village of Marathon to Athens, about 40 km away. He wanted to tell the people there that the Greek army had *defeated* the Persians.

Today, the *official* marathon has a *length* of 42,195 km. The marathon has always been one of the *main highlights* of the modern Olympic Games, which started in 1896.

In the past *decades* African runners have *dominated* marathons all over the world. The Ethiopian Abebe Bikila ran *barefoot* to his first gold medal in the 1960 Olympic Games. He *repeated* his *victory* four years later. Experts think that African runners are better because they train in higher places in their home countries. Their legs may also be stronger than ours and they may have the *ability* to collect and *store* more *oxygen*. Schools are sometimes far away from homes, so children must walk or run many kilometres to get to classes.

There is no *official* world records in marathon races because *courses* are different all over the world. Sometimes a route is flat and runners are faster. *Elsewhere* a course may be hilly with lots of ups and downs. Bad weather with a lot of wind and rain makes it more difficult for runners to *achieve* good times.

The fastest marathon race took place in Berlin in 2003. Paul Tergat of Kenya finished in 2 hours 4 minutes and 55 seconds. The best time for a woman was *set* by Paula Radcliffe in the London Marathon, 2003 – 2 hours 15 minutes and 25 seconds.

Training. Runners must be *well-prepared* and train a lot if they want to *compete* in a marathon race. For most hobby runners, the marathon is the longest race they have ever tried. They train for months – running up to 100 km a week.

During marathon training it is important to give your body enough time to rest and *recover*. If you feel tired or your *muscles* hurt you should take *a couple of days off* from running. During the last 2 or 3 weeks before a marathon many runners *reduce* their weekly training.

Food. The right food is very important if you plan on running a marathon. Runners eat a lot of *carbohydrates*, which are turned into *glycogen*. The body *stores* glycogen and during the race it is turned into energy.

Athletes eat a lot of bread, rice, *cereals* and pasta in the weeks before race. They also try to eat fruits and vegetables and *avoid* fat.

During the Race. During a marathon it is very important to drink a lot so that your body does not *dehydrate*.

You should run at *a steady pace*. Don't start too fast or you will become tired very quickly and can't continue. This is called "hitting the wall". In most cases runners then give up completely. *On the other hand*, you shouldn't start too slowly or else you won't reach the time limit you want to *achieve*.

After a marathon most runners feel *pain* in their muscles. This is normal and it may take a few days before your body becomes normal again.

The New York City Marathon. The New York marathon is one of the biggest and most famous races in the world. It has taken place every year since 1970. Almost 80,000 runners want to run the marathon each year, but only 30,000 are allowed to *compete*. They are chosen by *lottery*.

The course leads through all of New York's five *boroughs* – starting on Staten Island and ending in Central Park. Over 2 million people *cheer* the runners along the course. They are *entertained* by 40 musical bands *spread* over the 42 km route.

A total of 600,000 \$ in *prize money* are given to the best runners. The winner of the race *receives* 100,000 \$ plus a new car.

Ex. 4. Match the words from line 1 with the suitable words from line 2 to make word combinations.

a) physical, well-cushioned, burn up, fight off, the highlight, steady, set;

b) pace, stress, shoes, shape, calories, the best time, of the career.

Ex. 5. Match the words with their definitions.

1. Food that is made from grain and eaten with milk.
2. Success in a struggle, war, or competition.
3. A period of 10 years.
4. A tissue in animal bodies.
5. A symptom of being hurt or sick.
6. A long-distance race.

Pain, cereals, muscle, victory, decade, marathon.

Ex. 6. Match the synonyms.

- a) marathon, speed, cheer, improve, take part, victory;
- b) greet, race, participate, pace, make better, success.

Ex. 7. Match the opposites.

- a) better, quickly, on the one hand, long, strong;
- b) on the other hand, worse, weak, slowly, short.

Ex. 8. Choose the right word.

1. The marathon is (the longest/the shortest) running event in the world.

2. Its name goes back to the story of (a Greek/a Roman) soldier who, in 490 B. C., ran from the small village of Marathon to Athens, about 40 km away.

3. Today, the official marathon has a length of 42,195 (metres/kilometres).

4. In the past decades (African/Asian) runners have dominated marathons all over the world.

5. Experts think that African runners are better because they train in (lower/higher) places in their home countries.

6. African runners' legs may also be stronger than ours and they may have the ability to collect and store more (hydrogen/oxygen).

7. The fastest marathon race took place in (New-York/Berlin) in 2003.

8. Runners eat a lot of (fat/carbohydrates), which are turned into glycogen.

Ex. 9. Answer the following questions on the text.

1. How old is basketball?
2. Where was it invented?
3. What athletic meets do throwing events include?

4. What is special about the basketball floor?
5. What players does each team have?
6. Who is the most important player on a team?
7. What happens if there is no winner at the end of a game?
8. How many free throws does the fouled player get?
9. After how many personal fouls the NBA players must leave the court?
10. How many teams does the NBA consist of?

Ex. 10. Say if the statement is true or false. Correct the false statements.

1. Why do millions of people run?
2. What is the length of the official marathon today?
3. What nation have dominated marathons all over the world in the past decades?
4. How should you start the race?
5. What is one of the biggest and most famous races in the world?
6. When did the first New York marathon take place?
7. How many runners are allowed to compete in the New York marathon?
8. What part of New York does the New York marathon start and finish?
9. What is the prize for the winner of the New York marathon?

Ex. 11. Finish the sentences.

1. Millions of people run because they enjoy it or want to be in...
2. A runner does not need a special talent or equipment – only well-cushioned shoes and...
3. Daily running improves a person's...
4. Daily running helps oxygen circulate through your body and it makes your heart and leg...
5. Today, the official marathon has a length of...
6. Experts think that African runners are better because...
7. There is no official world records in marathon races because...
8. The fastest marathon race took place in...
9. Runners eat a lot of carbohydrates, which are turned...
10. The body stores glycogen and during the race it is turned...

Ex. 12. Check yourself (give the English equivalents).

Физическая форма, экипировка, физическое состояние, кислород, побороть стресс, длинная дистанция, десятилетие, победа, способность, показать лучшее время, соревноваться, мышца, углеводы, постоянная скорость, с другой стороны, боль, соревноваться, денежный приз.

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