

Владимирский государственный университет

АНГЛИЙСКИЙ ЯЗЫК

Учебное пособие для студентов направления
подготовки
«Физическая культура»



Владимир 2023

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«Владимирский государственный университет
имени Александра Григорьевича и Николая Григорьевича Столетовых»

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рению кругозора и повышению общей культуры студентов.

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PREFACE

Пособие предназначено для студентов направления подготовки 49.03.01 «Физическая культура» (профиль «Спортивный менеджмент») на всех этапах обучения иностранному языку и позволяет им освоить специальную лексику, необходимую для работы с профессиональными иноязычными текстами и интернет-ресурсами.

Актуальность издания обусловлена недостаточной разработкой новых практических пособий для обучения иностранному языку по данному направлению подготовки.

Материал пособия ориентирован на формирование у обучающихся навыков чтения и перевода текстов профессиональной направленности, овладение спортивной терминологией, а также расширение кругозора и повышение общей культуры студентов.

Тексты пособия заимствованы из английских и американских научных изданий, соответствуют сферам общения при обучении иностранным языкам: повседневно-бытовой, социокультурной, профессиональной – и отличаются новизной и информативностью.

Пособие содержит семь тематических разделов («What is sport?», «Modern technology in sports», «Healthy lifestyle», «Health hazardous», «Sport and career», «Sport and society», «Olympic and Paralympic movement»), тексты для внеаудиторного чтения (supplementary texts and exercises) и глоссарий, отражающие профессиональную сферу и тематику общения. Каждый урок состоит:

- из предтекстового вводного задания, направленного на выявление знаний по определенной тематике;
- аутентичного основного текста и вокабуляра, который содержит слова и выражения, необходимые для составления связного высказывания на заданную тему;

– послетекстовых заданий, нацеленных на проверку понимания прочитанного и контролирующих степень сформированности умения использовать полученную информацию;

– итогового задания, предполагающего самостоятельную работу студентов (подготовка презентаций, докладов, проектных работ).

Пособие может быть использовано как для аудиторной, так и для самостоятельной работы студентов.

Информативная ценность текстов и их профессиональная направленность дают возможность подготовить будущих специалистов к практическому использованию иностранного языка в профессиональной сфере.

Unit 1

WHAT IS SPORT?



Lesson 1

WHAT IS SPORT?

Vocabulary

accomplishment <i>n</i>	достижение
beauty pageant	конкурс красоты
board games	настольные игры
capability <i>n</i>	способность
criterion <i>n</i>	критерий
define <i>v</i>	давать определение
fair play	честная игра
involve <i>v</i>	включать в себя
judge <i>v</i>	судить, быть судьёй
mental <i>adj</i>	умственный
opponent <i>n</i>	соперник
outcome <i>n</i>	результат
play catch	играть в салки
recreation <i>n</i>	отдых
respectful <i>adj</i>	уважительный
skill <i>n</i>	навык
sportsmanship <i>n</i>	спортивное мастерство
update <i>v</i>	обновлять

Before reading look at the pictures and answer the following questions.

- Have you ever tried any of the sports in the pictures?
- Do you prefer to compete individually or to be a part of the team?



Read the text.

A UNESCO Committee defines sport as: “Any physical activity which has the character of play and which involves a struggle with oneself or with others, or a confrontation with natural elements”. They added: “If this activity involves competition, it must then always be performed in a spirit of sportsmanship”. There can be no true sports without the idea of fair play. Sport is governed by a set of rules or customs. In sports, the key factors are physical capabilities and skills of the competitor when determining the outcome (winning or losing). Activities such as card games and board games are classified as “mind sports” and some are recognized as Olympic sports, requiring primarily mental skills. Non-competitive activities, for example jogging or playing catch are usually classified as forms of recreation.

Physical activity such as scoring goals or crossing a line first often defines the result of a sport. However, the degree of skill and performance in some sports is judged according to well-defined criteria. This is in contrast with other judged activities such as beauty pageants and body building, where skill does not have to be shown and the criteria are not as well defined.

Records are kept and updated for most sports, while failures and accomplishments are widely announced in sport news. Sports are most often played just for fun or for the simple fact that people need exercise to stay in good physical condition. However, professional sport is a major source of entertainment.

While practices may vary, sports participants are expected to display good sportsmanship, and to be respectful of opponents and officials.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) physical activity that defines the result of a sport;
- b) records in sport;
- c) the key factors in sport.

2. Find in the text equivalents of the following words and word combinations.

Деятельность без элемента соревнования; пересечение линии; признаваться олимпийскими видами спорта; настольная игра; регулироваться правилами; ради развлечения; спортивное мастерство.

3. Complete the sentences with the words from the box.

<p><i>recreation; to update; to judge; outcome; opponent; to involve; respectful; board games</i></p>
--

1. ..., are classified as “mind sports” and some are recognized as Olympic sports.

2. In sports, the key factors are the physical capabilities and skills of the competitor when determining

3. The degree of skill and performance in some sports ... according to well-defined criteria.

4. Sports participants are expected to display good sportsmanship, and to be ... of ... and officials.

5. Sport is any physical activity which has the character of play and which ... a struggle with oneself or with others.

6. Records are kept and ... for most sports.

7. Non-competitive activities are usually classified as forms of

4. Answer the questions.

1. How can you define the word “sports”?
2. What are the key factors in sport?
3. Which activities are classified as “mind sports”?
4. What are the reasons one should go in for sports?

5. Match the event (1 – 6) with the picture (A – F).

- | | |
|------------------------|------------------|
| 1) diving | 4) horse racing |
| 2) rhythmic gymnastics | 5) speed skating |
| 3) cycling | 6) boat racing |

A



B



C



D



E



F



6. Match the event from the previous exercise with the article.

1

“Today’s course was one of the biggest grand prix tracks I’ve seen for a long while, and it played to my horse’s *advantage* (*преимущество*) because that is the way he likes it”, said Maher.

“The horse was never *lame* (*хромой*) last year, but he wasn’t happy and the vets decided he needed two months’ break mentally”.

2

Cambridge University Boat Club has *appointed* (*назначать*) Australian Mark Beer as Assistant Coach to Steve Trapmore for the 2011 Xchanging Boat Race. Beer, a 29-year-old from Canberra, had been Head Coach at Jesus College, Cambridge for the past three years and began his rowing career in 1994.

3

Jones, 19, was earlier fourth in the *rope* (скакалка) final in Delhi, which was won by Cypriot Chrystalleni Trikomiti. The ball final was won by Australian Naazmi Johnston, with Jones fourth. And in the *ribbon* (лента) final Trikomiti took her second gold medal with a *superb* (великолепный) performance while Johnston won silver and Koon took bronze. Jones was sixth in that ribbon final with England’s Lynne Hutchinson dropping her ribbon twice and finishing in a disappointing eighth place.

4

“We *split* (делить) our training between the track, the road and the gym. Because we’re sprinters we do a lot of heavy lifting in the gym. We lift as much as 215 – 220 kg to the floor. We do two or three sessions of training every day. Normally we go to the gym in the morning, start for the track in the afternoon and perhaps finish off with a road ride afterwards. Some days you can be training for as much as 6 hours”.

5

The 17-year-old took part in the one metre springboard and the three metre synchro along with Jack Laugher. Dingley told BBC Radio York: “It was an *amazing* (изумительный) experience. It’s one step on the *ladder* (лестница) to the Olympics”.

6

“I can’t remember the last time I was that low in a race. I was last off in the first run, and the ice had really *slowed down* (замедлять) in the 45 minutes since the first person went. It was really sticky. It takes a while to get fully back into the race routine”.

7. Write down the words or phrases which helped you make your decision (exercise 6).

Sport	Word
1	
2	
3	
4	
5	
6	

8. Read the statements again and circle the right answer (exercises 6, 7).

Statement 1

The ball final was won by:

- 1) Cypriot Chrystalleni Trikomiti;
- 2) Australian Naazmi Johnston.

Statement 2

Cambridge University Boat Club has appointed Australian Mark Beer as:

- 1) assistant coach;
- 2) manager.

Statement 3

Sprinters have every day:

- 1) one training session;
- 2) two or three training sessions.

Statement 4

The vets decided the horse needed:

- 1) two months' break;
- 2) two years' break.

Statement 5

The 17-year-old took part in the:

- 1) three metres springboard;
- 2) one metre springboard.

Statement 6

The athlete was last off in the first run:

- 1) because of the bad condition of the ice;
- 2) because of the injury.

9. Find interesting facts and speak on the history of sport.

Lesson 2

MY FAVOURITE KIND OF SPORT

Vocabulary

at an early age	в раннем возрасте
a sports fan	спортивный болельщик
to do a sport	заниматься каким-либо спортом
it's a good chance to do smth.	хорошая возможность что-либо сделать
to train one's body and muscles	тренировать тело и мышцы
to jog v	бегать трусцой
to swim a style (crawl, breast-stroke, back-stroke)	плавать каким-либо стилем (кролем, брассом, на спине)
a team game	командная игра
to have a quick eye	быть метким
to have a good team spirit	иметь дух коллективизма
to take the first (second) place	занимать первое (второе) место

Read and translate the following text into Russian.

I began going in for sport at an early age, because my father was a sports fan and he wanted me to be healthy and strong. I enjoy doing several sports depending on the season. Every morning I do my morning exercises with an open window in winter and in autumn or out-of-doors in spring and summer. It helps to shake off sleep and makes me feel fresh.

In winter I like skiing. It's a good chance to go out into the open air, to enjoy beautiful winter nature and to train my body and muscles. You only need a pair of skis to ski. When it's cold I prefer to ski very fast. When the temperature is about 5 degrees below zero I go to the waterfall, a local sight near our town. I don't hurry. I go enjoying snow glistening in the sun, trees covered with snow.

In summer I'm fond of swimming. I go swimming to the lake twice a day when it's very hot. In the morning the water is cool, so I jog for some minutes, then I dive into the cool lake and swim for 15 minutes. I can swim

different styles: crawl, breast-stroke and back-stroke. Swimming does me a lot of good. It helps to temper my body and I rarely catch cold in winter.

All the year round I play basketball because I love ball and team games. To be a good basketball player you must run fast, jump high, have a quick eye and good team spirit. I attend trainings of my basketball section twice a week and twice a year our team takes part in different competitions. We usually take one of the first places.

Exercises

1. Translate into Russian.

To be a sports fan; to be healthy and strong; depending on the season; with an open window; to swim different styles: crawl, breast-stroke and back-stroke; a local sight near our town; to run fast; jump high; have a quick eye and good team spirit; twice a year; to take one of the first places; to feel fresh; to go out into the open air; about 5 degrees below zero; to shake off sleep; to be fond of swimming; to catch cold in winter

2. Translate into English.

Тренировать тело и мышцы; в раннем возрасте; быть метким; иметь дух коллективизма; дважды в день; нырять в прохладное озеро; закалять тело; играть в баскетбол; ходить на тренировки дважды в неделю; делать утреннюю зарядку; весной и летом; прекрасная зимняя природа; предпочитать кататься на лыжах очень быстро; деревья, покрытые снегом; наслаждаться снегом, сверкающим на солнце.

Lesson 3

SPORTS IN RUSSIA

Vocabulary

to go in for sports

заниматься спортом

a sport-lover

любитель спорта

soccer *n*

футбол

track-and-field *n*

легкая атлетика

weightlifting *n*

тяжелая атлетика

figure-skating	фигурное катание
cross-country skiing	лыжный кросс
swimming <i>n</i>	плавание
shooting <i>n</i>	стрельба
sporting activities	физкультура
a part of daily life	часть повседневной жизни
outdoor sports and activities	спорт и физкультура на открытом воздухе
to be wide-spread	быть широко распространённым
diving <i>n</i>	ныряние
sailing <i>n</i>	парусный спорт
water skiing	водные лыжи
canoeing <i>n</i>	гребля на каноэ
a gym <i>n</i>	спортивный зал
a sports ground	спортивная площадка
a subject on the curriculum of smth.	предмет в программе чего-либо
to pay much attention to smth.	уделять большое внимание чему-либо
organized sports	организованный спорт
sporting societies and clubs	спортивные общества и клубы
an international tournament	международные соревнования
to participate in the Olympic Games	принимать участие в Олимпийских играх
an athlete <i>n</i>	спортсмен
to win a medal	выиграть медаль
to attract large numbers of fans	привлекать большое количество болельщиков
live broadcasting	прямая трансляция по радио
to be televised live	транслироваться по телевидению (о прямом репортаже)

Read and translate the following text.

Text A

Millions of people all over the world go in for sports. People in our country are sport-lovers, too. Many sports are popular in Russia, such as hockey, soccer, track-and-field, weightlifting, tennis, basketball, volleyball, figure-skating, cross-country skiing, swimming, shooting and many others.

Sporting activities are a part of daily life in Russia. Most Russians growing up in the North, grow with outdoor winter sports and activities, such as skiing and skating. In all parts of Russia fishing is extremely popular. All water sports are wide-spread, including swimming, diving, sailing, water skiing, canoeing. In all schools there is a gym and a sports ground. Sports is a subject on the curriculum of all schools and universities.

Much attention is paid in this country to organized sports and this shouldn't overshadow the many sporting activities which are part of daily Russian life. There are many stadiums and public sports facilities here. School children spend their free time playing football, basketball and other sports. Football is believed to be Russia's favourite sport in summer. In winter many Russians go in for skiing and skating. There are many skating rinks in the cities.

There are also such mass sports contests as "The Cross-Country of Nations" and "The Ski Track of Russia". Several Russian sports schools are still among the world leaders (free standing exercises, track and field athletics, boxing, Greco-Roman and freestyle wrestling, tennis and others).

Numerous national and international matches and competitions are regularly held in our country. There are different sporting societies and clubs in Russia. Many of them take part in different international tournaments and are known all over the world. A great number of our sportsmen participate in the Olympic Games. Russian athletes have won more medals than any other team in all Olympics since 1956. At the 1992 Barcelona Olympics the united teams of the former Soviet republics won 45 gold medals.

National and international matches are regularly held in Russia. They attract large numbers of fans. Most of the important games are shown on

TV. There is a lot of live broadcasting of matches and championships in this country. Many of them are televised live.

Exercises

1. Translate the following sentences into English.

1. Многие люди в России занимаются спортом и любят спорт.
2. Многие виды спорта, такие как легкая атлетика, футбол, хоккей, фигурное катание, плавание и другие, широко распространены в России.
3. В каждой школе есть спортивный зал. Школьники также занимаются спортом на открытом воздухе.
4. Большое внимание уделяется водным видам спорта: прыжкам в воду, парусным гонкам, гребле на каноэ и т. д.
5. Российские спортсмены принимают участие в международных чемпионатах и Олимпийских играх.
6. Российские спортсмены завоевывали золотые, серебряные и бронзовые медали.
7. Международные соревнования часто транслируются по радио и телевидению.
8. Многие болельщики смотрят международные матчи, которые проводятся в России.

2. Answer the questions.

1. Is sport popular in your country?
2. What games are popular in Russia?
3. What sports do people in Russia go in for?
4. What proves that much attention is paid to organized sports?
5. What football teams are popular in Russia?
6. Do Russians take part in the Olympics?
7. Are there any mass sports contests? Name them.
8. Are there many fans in Russia?

Read the text.

Text B

Traditional Russian Games and Sports

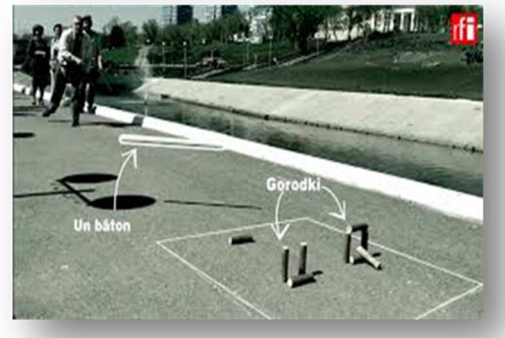
Russia is a sportive country. Within a short time the Russians mastered dozens of sports and gained international recognition by that, but at the same time forgot the native sport games played by many generations of ancestors.

Gorodki (Little Tows)

Gorodki is a traditional Russian version of golf. Had we cherished our heritage more, we would have had Russian businessmen nowadays negotiating their deals while playing Gorodki rather than golf.

The whole point of the game is to aim and hurl a wooden bat to knock target action figures (constructed of wooden props) out of the playing ground.

A. N. Tolstoy wrote in the historical novel ‘Prince Serebrenni’ that Russian boyars enjoyed playing Gorodki in the epoch of Ivan the Terrible.



It is difficult to establish the exact time as to when Gorodki originated. References of this traditional Russian game can be found both in ancient legends and fairy tales, as well as in chronicles of Old Russia. Peter the First, Alexander Suvorov, Vladimir Lenin and even Joseph Stalin were recognized sports masters of Gorodki. By the way, Gorodki sport was somewhat of a cult in the USSR: there were practically now stadiums or enterprises without their own Gorodki playing field. This once popular sport is still extant, but only among dedicated enthusiasts.

Lapta (aka Russian ball game)

Lapta is the Russian version of American baseball or English cricket. Though, to be more exact, the latter two can be versions of the ancient Lapta. After all it was played in Russia even before adoption of

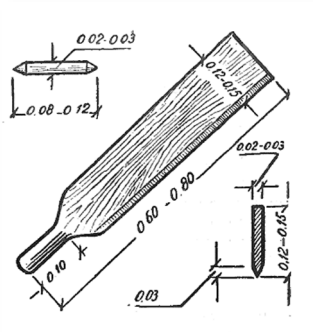


Christianity. It is interesting to note that the Vikings, who often visited their relatives in Russia, adopted the game and tried to inculcate it in Norway.

Lapta accessories, such as wooden bats and felt balls dated back to the 14th century were found by archeologists in Veliky Novgorod. No festival or holiday in Russia could do without Lapta on a par with traditional fist fights. Lapta was a favourite sport of Peter the First, as well as soldiers and officers of the Preobrazhensky and Semenovskiy regiments.

The Russian writer Alexander Kuprin, who was also a fan of Lapta, wrote: “This folk sports game is one of the most interesting and healthy games. It trains resourcefulness, deep breath, attentiveness, fast run, keen eye, sure hand and eternal confidence that you will not be defeated. There is no place for cowards and idlers in this game. I heartily recommend this native Russian game...”.

Lapta is played by two teams of 5 to 12 people each on a level ground about 30 to 70 m large... One team is considered to be “batsmen” and another stands for “taggers”. After a successful bat blow on the ball a player of the batsmen team runs fast to reach the field margin, i.e. “home”, and then return. Each player who managed to make this successful run, gains one score to the team. If he is “tagged” with the ball, the team of batsmen shifts to tagging, and vice versa.



Chizik

Chizik is not so well-known as Gorodki and Lapta, however the fact does not belittle its stagginess. The game reminds of Lapta.

For playing it you will need a “chiz/siskin”, i.e. round stick 10 to 15 cm long and 2 to 3 cm over, pointed on both ends, and “lapta” – a board 60 to 80 cm long, with one end squared to make it more convenient to hold in hand. A square (“home”) up to 1 m large is drawn on a playground and put chiz in the middle. One player is a batsman and others are catchers that stand in line at the edge of the playground. The batsman strikes chizh to go up in the air, and with the second blow tries to beat it off far away. A catcher tries to catch it. If he is success with that, he gains one score and the right to replace the batsman, who stands in line of catchers. If the catcher fails to get the flying “siskin”, he has to throw it from its falling place into “home”, whereas the batsman beats it off with lapta.

Lots of internationally popular modern sport games had their local versions rooted in Old Russian traditions. Some of them survived, others were partly revived and transformed beyond recognition.

Klyushkovanie (Bandy)

Today this sport is known under three names: Russian hockey, ball hockey, and bandy. Our ancestors played this game from the 10th century. It has a big variety of names in different areas of Russia: zagon, pogonya, svinka, sharenie, kotyol, kozii rog, klyushki, etc. In the early 18th century ball hockey was played almost everywhere, and these games always attracted crowds of spectators.



The number of players in a team was strictly limited. Peter I brought iron skates from Holland and Russian hockey players started using them first.

Klyushkovaniye is a no less spectator sport than hockey, or football. There is probably a chance to see bandy at the Olympic Games.

Cossacks and Robbers

One of the most popular games in modern Russia, Cossacks and Robbers is the Russian equivalent of Cops and Robbers.

Players divide up into two teams: the Cossacks and the Robbers. To begin the game, the Robbers hide within a previously agreed-upon area (e.g. a park or a neighborhood), drawing arrows with chalk on the ground or on buildings to indicate which way they have gone. The Cossacks give the Robbers a 5-10 minute head start, and then begin looking for them. The game is played until all Robbers are caught.



The name of the game comes from Tsarist Russia, when Cossacks were the guardians of law and order. The game became popular in the 15th and 16th centuries. At that time, the game was an imitation of real life: free (воровские) Cossacks, i.e. those not in military service, formed gangs that

robbed ships and dry land freight caravans, while the serving (городские) Cossacks hunted the gangs.

Pekar' (Baker)



A small circle is drawn on the ground and a can is put in the centre of it. Players measure steps from the can and draw a few lines. Each player finds a long stick. They select “the baker”, who also holds a stick and mount guards over the can.

Other players try in turn to knock the can out of the circle. If the stick does not get the can it is left where it fell down. The next player throws a stick. When, at last, someone hits the can “the baker” needs to put it back in the centre as soon as possible. At the same time others rush to get hold of the sticks. As soon as the can is fixed “the baker” with his stick starts driving other players away from their sticks. Whomever he touches cuts out. Those who managed to pick up the stick run to the next line. If “the baker” forgets the can, the one who already lifted a stick, can again knock the can away. Then “the baker” has to set it back right again. When all the sticks are picked up, the game goes on.

Konyashki (Little Horses)



Konyashki is an Old Slavic version of polo. The difference is that there are people instead of horses, hands instead of mallets, whereas balls are replaced by other “riders”. Players are divided into two “armies”. Each “army”, in turn, consists of “riders” and “horses”. Traditionally girls were

riders trying to keep on guys’ backs. The players’ challenge was to upset the balance of pairs in the other army. The pair that managed to stand longer became the winner.

Vyshibaly (Dodgeball)

The Russian version of dodgeball is rooted in the epoch of the first Rurik dynasty. It appeared in military troops and then spread over to common folks and finally became one of kids' favourite games. Nowadays Russia even has the Dodgeball Federation that participates in international competitions. Thus, Olympic champions in dodgeball might appear in a couple of decades here as well.



Stenka na stenku (Wall-to-Wall)

The so-called Wall-to-Wall, i.e. line fist fighting, which has remained till nowadays, was a very popular folk entertainment in Old Russia. It is a combat of two teams from 10 to several hundred people each. In olden times such battles happened to bring together more than 1000 people. Males from 16 to 60 years of age fought for the team spirit of power. The most massive line fights were traditionally arranged as part of the Maslenitsa (Pancake Week) festivities.



Exercises

1. Give Russian equivalents to the following English words and word combinations.

Generation; ancestor; heritage; hurl; playing ground/playing field; establish; ancient legends; enterprise; adoption; inculcate; Lapta accessories; Preobrazhensky and Semenovskiy regiments; resourcefulness; siskin; attentiveness; cowards and idlers; field margin; score; batsman; staginess; convenient; catcher; agreed-upon area; an arrow; guardian of law and order; a small circle; a long stick; to knock; mallet; players' challenge; dodgeball; folk entertainment; a combat.

2. Find in the text English equivalents the Russian ones.

Получить международное признание; традиционная русская версия; прицелиться и кинуть деревянную битую; в эпоху Ивана Грозного;

трудно установить точную дату; признанные мастера спорта; среди истинных энтузиастов; до признания христианства; одна из самых интересных и полезных для здоровья игр; находчивость; способность глубоко дышать; внимание; способность быстро бегать; чутьё; твердость руки и уверенность в себе; имитация реальных событий; выбить банку из круга; Спортивная федерация вышибал; сражение двух команд.

3. Complete the sentences according to the text.

1. Within a short time the Russians mastered dozens of
2. The whole point of the game is
3. It is difficult to establish
4. It is interesting to note that the Vikings, ..., adopted the game and tried to inculcate it in Norway.
5. Lapta is played by
6. Lots of internationally popular modern sport games ... in Old Russian traditions.
7. Today this sport is known under three names: ..., ...,
8. One of the most popular games in modern Russia,
9. The name of the game comes from ..., ... and
10. When, at last, ... needs to put it back in the centre as soon as possible.
11. Nowadays Russia even has ... in international competitions.
12. In olden times such battles happened

4. Speak on the history and rules of:

- 1) Gorodki (Little Tows)
- 2) Lapta (aka Russian ball game)
- 3) Chizik
- 4) Klyushkovanie (Bandy)
- 5) Cossacks and Robbers
- 6) Pekar' (Baker)
- 7) Konyashki (Little Horses)
- 8) Vyshibaly (Dodgeball)
- 9) Stenka na stenku (Wall-to-Wall)

Lesson 4

POPULAR SPORTS IN GREAT BRITAIN

Vocabulary

amateurs <i>n</i>	любители
angling <i>v</i>	ловля рыбы
contest <i>n</i>	соревнование
darts <i>n</i>	дротики
to draw up	разработать (правила)
goalkeeper <i>n</i>	вратарь
to hold a tournament	проводить турнир
horse-racing	скачки
hugely popular	сверхпопулярные
rugby <i>n</i>	регби
sell-out crowds	огромные толпы людей (здесь: толпы людей, раскупившие билеты на матч)
snooker <i>n</i>	бильярд
soccer <i>n</i>	футбол
squash <i>n</i>	сквош, ракетбол
a tournament(s) <i>n</i>	турнир(ы)
yachting <i>n</i>	яхтенный спорт

Read the text and translate the passage in bold.

People all over the world are fond of sports and games. Sports keep people united; make everyone healthy and strong; and bring a lot of positive emotions. Would you like to know what kinds of sports in Great Britain bring the British the joys mentioned above?

The British are a sports-loving nation. Cricket, soccer, rugby, tennis, squash, table tennis, badminton, canoeing and snooker were all invented in Britain. The first rules for such sports as boxing, golf, hockey, yachting and horse-racing also originated from Britain. The most popular sports that people take part in, rather than watching, are **angling, curling, snooker and darts.**

According to the recent National Sports Quiz results, the British consider the following kinds of sports as popular: football, cricket, rugby, golf, and racket sports. Let's have a quick look at each of them.

***Football (soccer)* is the national sport in England and Scotland. It is an obsession for many British people. Football began as a contest between neighbouring villages – with no limit to the number on each side, no fixed pitch and almost no rules. The Football Association drew up the rules of the modern game in 1863 and in 1888 12 clubs joined together to form the first Football League. The English Barclays Premier League is generally seen as the best league in the world, while the Scottish Premier League is also very successful. People worldwide support famous English clubs like Manchester United, Liverpool, Arsenal and Chelsea.**

Next to football, the chief spectator sport in Britain life is *horseracing*. A lot of people are interested in the races and risk money on the horse, which they think will win The Derby. It is perhaps the most famous single sporting event in the world.

***Cricket* is the main summer sport in the UK and is played at various levels from village standard up to the England national team. The England team plays home Test matches, one-day internationals and Twenty matches every summer and goes on tour every winter. The undoubted highlight is the Ashes – England against Australia – contested every two years. A form of cricket was being played 250 years ago.**

***Rugby* and football became two separate sports when the rules laid down by the Football Association said that only the goalkeeper could handle the ball. Two kinds of rugby are played in Britain. Rugby Union is played by amateurs in teams of 15 in the south of England and in Wales (where it is the national sport). Rugby League is played by professionals in teams of 13 in the north of England. British rugby union is currently booming. British clubs are highly successful in the Heineken Cup – otherwise known as the European Cup. The English Guinness Premiership and Celtic League are both highly competitive and watched by sell-out crowds every week. The Rugby World Cup, which takes place every four years and was won by**

South Africa in 2007 the biggest event in the rugby calendar. Rugby league is mainly played in the north of England, although the Super League includes a team based in Perpignan, France and London – the Harlequins. Rugby teams from England, Scotland and Ireland are going to participate in the Rugby League World Cup in 2008.

Golf was probably invented in Holland, but has been played in Scotland for at least 400 years. At first, it was played with balls made of wood, then of leather stuffed with feathers. The UK is renowned as the home of golf and boasts hundreds of world-class courses. They include St Andrews, Wentworth, the Belfry and Carnoustie – four of the most famous course in the world. The British Open is held every July at different courses in the UK. It is the oldest and most famous of golf's four major championships.

Racket sports include tennis badminton and squash. Tennis, badminton and squash are all hugely popular sports in the UK. Tennis is probably the most widely-known, with tournaments such as Wimbledon and the Stella Artois Championships at Queen's Club and is a major part of every summer. The first rules for tennis were drawn up by the All-England Lawn Tennis and Croquet Club when it held its first tournament in the London suburb of Wimbledon in 1877.

British badminton players have been highly successful in recent years. The highlights are Gail Emms and Nathan Robertson, who won silver medals in the mixed doubles at the 2004 Olympic Games. The Yonex All England Open in Birmingham takes place in March and is the biggest tournament in the British calendar. Squash is another highly successful British sport, with players such as James Willstrop and Nick Matthew ranked among the top players in the world.

A great number of people play and watch **tennis**. Tennis tournaments at Wimbledon are known all over the world. The innumerable tennis courts of Britain are occupied by people between the ages of 16 and 60 who show every degree of skill – from practically helpless to extremely able.

There are a lot of sports and games which are popular both among youngsters and grown-ups. 25 million of grownup people take part in sports.

Sports is on the programme of all state and private schools and universities. Nearly all schools have sports grounds and swimming. Indeed, sports is a part of everyday life in Britain.

Notes

- ✓ to have a quick look at smth. – что-то быстро просмотреть
- ✓ Twenty (20) matches – вид соревнований в Англии по крикету: команды играют друг против друга в коротких матчах, выполняя по 20 серий бросков с каждой стороны
- ✓ to be currently booming – процветающий в данное время
- ✓ the top players in the world – лучшие игроки мира
- ✓ to win the World Cup – выиграть Кубок мира
- ✓ All-England Lawn Tennis and Croquet Club – Всеанглийский клуб лаун-тенниса и крокета
- ✓ to be on the programme of – входить в программу чего-либо
- ✓ to be a part of everyday life – быть частью повседневной жизни
- ✓ to lay down the rules – сформулировать правила

Exercises

1. Translate into English.

1. Британцы – это нация, любящая спорт.
2. Спорт – это часть повседневной жизни Британии.
3. Многие виды спорта были изобретены в Великобритании.
4. Самые популярные виды спорта, которыми люди занимаются, а не наблюдают, – это рыбная ловля, бильярд и дартс.
5. Футбольные правила были созданы Ассоциацией футбола.
6. Крикет – это типично английская игра.
7. Матч крокета, чисто английской игры, может продолжаться несколько дней.
8. Регби и футбол – две различные игры.
9. В регби играют профессионалы и любители.
10. Гольф был изобретен в Голландии. Первые правила были созданы в XVIII веке.

11. Всеанглийский клуб лаун-тенниса и крокета провел первый чемпионат по теннису в 1877 году.

12. Спорт входит в программу всех государственных, частных школ и университетов.

2. Match the pairs of opposites from the two columns.

- | | |
|------------------|----------------------|
| 1) children | a) visiting team |
| 2) to include | b) fans |
| 3) home | c) to exclude |
| 4) sportsman | d) grown-ups |
| 5) home team | e) professionals |
| 6) amateurs | f) modern |
| 7) ancient | g) compulsory events |
| 8) free events | h) to fall ill |
| 9) to be healthy | i) to watch sports |
| 10) to do sports | j) forward |
| 11) participant | k) referee |
| 12) winner | l) abroad |
| 13) fullback | m) loser |

3. Answer the questions.

1. How can you prove that sport plays an important part in Britain's life?

2. Are sports on the programme of all state schools?

3. What is the history of football?

4. Was football a contest between neighbouring villages?

5. Is cricket popular in Britain?

6. Do you know its rules?

7. What two kinds of rugby are played in Britain?

8. Where was golf invented?

9. Do you know its rules?

10. Who drew up the first rules for tennis?

11. What do you know about Wimbledon?

12. What kinds of sports originated in the UK?
 13. Are hockey and volleyball the most popular sports in Britain?

4. Find interesting facts and speak about traditional sports in Great Britain (make up a presentation).

Lesson 5 AMERICAN SPORTS

Vocabulary

admission <i>n</i>	входная плата
amateur <i>n</i>	любительский
attractive <i>adj</i>	привлекательный
a bat <i>n</i>	бита
competitive <i>adj</i>	соревновательный
a choice <i>n</i>	выбор
to expect <i>v</i>	ожидать
facilities <i>n</i>	условия
a helmet <i>n</i>	шлем
an obsession <i>n</i>	навязчивая идея, мысль
to originate <i>v</i>	брать начало, происходить
participant <i>n</i>	участвующий
probably <i>adv</i>	вероятно
recreational <i>adj</i>	развлекательный
to reduce <i>v</i>	снимать, снижать
to reveal <i>v</i>	показывать, обнаруживать
rowing <i>n</i>	гребля
spectator <i>n</i>	зритель
to strengthen <i>v</i>	укреплять
throughout	на всём протяжении
in turn	в свою очередь

Read and translate the text.

Sport in the USA develops along two separate lines – spectator, or competitive, or professional when huge crowds come to cheer their favourite team to victory, and recreational, or participant, or amateur sport played for pleasure. Professional sports in the USA are big business with players being paid for their participation and with spectators paying admission to watch.

The most popular kinds of professional sports are American football, baseball, basketball, boxing, rugby, hockey, horse and automobile racing.

Football game originated as a college sport. It is still played by almost every college and university in the country, and the football stadiums of some of the largest universities seat as many as eighty thousand people. There are professional football teams in all major cities of the USA. But American football rules differ from those of the ordinary football. The field looks different and Americans play with an oval-shaped ball. The players can run, touch and push each other. So they are often hurt that is why the teams wear special clothes and helmets as in hockey.

Baseball is the second most popular sport in the USA. It is played throughout the spring and summer by schools, colleges and professional teams. The game is played on a field with a bat and a small white ball. Baseball heroes are talked about and remembered as perhaps in no other sport.

Basketball is a winter sport in American schools and colleges. Many Americans prefer it to football because it is played indoors throughout the winter and because it is a faster game.

There are many participant sports in America. Golf is probably the most popular. Although the game originated in Scotland, it is possibly more popular in the States than anywhere else. Statistics reveal that swimming, bicycling, fishing, jogging, gymnastics and bowling (in that order) are American's favourite participant sports.

Exercise has become an important part of daily life for many Americans. They expect a lot from it – having a more attractive body shape,

strengthening their hearts, lowering their blood pressure, and reducing stress. In a nation where about half a million people die of heart attacks each year, exercising has become an obsession. In health and fitness centres people work out on the exercise machines or take aerobic, step, yoga, or stretch classes.

Why are so many sports so popular in the USA? One reason may be that the variety and size of America and the different climates give Americans a large choice of summer and winter sports. Besides, there are a great number of public sports facilities in any American town. The average high school, too, offers its students a great variety of sports, often including rowing, tennis, wrestling and golf. This, in turn, may explain why Americans have traditionally done well internationally in many of these sports. Another reason may be that Americans like competition, by teams or as individuals, of any type.

Exercises

1. Translate into Russian the following word combinations.

To cheer their favourite team to victory; the different climates; one reason; another reason; the game originated in Scotland; American's favourite participant sports; about half a million people die of heart attacks; to work out on the exercise machines; almost every college and university in the country; for pleasure; spectators paying admission to watch; as many as eighty thousand people; American football rules differ from those of the ordinary football; to wear special clothes and helmets; throughout the spring and summer; a field with a bat and a small white ball.

2. Translate the following word combinations into English.

Размер страны; в свою очередь; кроме того; огромный выбор летних и зимних видов спорта; важная часть повседневной жизни амери-

канцев; привлекательная форма тела; оздоровительные и фитнес-центры; снижение кровяного давления; укрепление сердечных мышц; снижение стресса; статистика показывает; предпочитать баскетбол футболу; толкать друг друга; развиваться по двум отдельным направлениям.

3. State if the following statements: a) true; b) false.

1. Professional sports in the USA are not business.
2. There are professional football teams in all major cities of the USA.
3. Baseball is not popular sport in the USA.
4. Basketball is a summer sport in American schools and colleges.
5. Statistics reveal that swimming, bicycling, fishing, jogging, gymnastics and bowling (in that order) are American's favourite participant sports.
6. Exercise has become an important part of daily life for many Americans.
7. America and the different climates give Americans a large choice only winter sports.
8. Americans have traditionally done well internationally in many of these sports.

4. Complete the following sentences according to the text.

1. The most popular kinds of professional sports are ..., ..., ..., ..., ..., ..., ... and automobile racing.
2. Football is still played by almost every ... and ... in the country, and the of some of the largest universities seat as many as eighty thousand people.
3. The field looks different and Americans play with an ... ball.
4. Baseball is played throughout the ... and ... by schools, ... and ... teams.

5. Many Americans prefer it to ... because it is played indoors throughout the ... and because it is a faster game.

6. Statistics reveal that ..., ..., ..., ..., ... and ... (in that order) are American's favourite participant sports.

7. In ... and ... centres people work out on the exercise ... or take ..., ..., ..., or ... classes.

8. Besides, there are a great number of ... in any American town.

5. Answer the questions.

1. What are the ways of developing sport in the USA?

2. What are the most popular kinds of professional sport in the USA?

3. What do you know about football in America?

4. What are America's favourite participant sports?

5. Why are health and fitness centres so popular among people in the USA?

6. Why are so many sports so popular in the USA?

6. Find interesting facts and speak about traditional sports in the USA (make up a presentation).

Unit 2

MODERN TECHNOLOGY IN SPORTS



Lesson 1

MODERN TECHNOLOGY IN SPORTS

Vocabulary

adrenaline rush	выброс адреналина
socializing <i>n</i>	общение
viewing pleasure	удовольствие от просмотра
sports surfaces	спортивные поверхности (покрытия)
artificial lighting	искусственное освещение
low maintenance	не требующий больших расходов на содержание
rebound resistance	амортизирующее сопротивление
slip resistance	сопротивление скольжению
shock absorption	поглощающий, амортизирующий удар
flood lighting	прожекторное освещение

slow motion replays	просмотр в замедленном режиме
score boards	табло
composite materials	композитные (сложные) материалы
protective gear	защитное устройство, приспособление
starting blocks	стартовый блок
pole vault	прыжок с шестом
comply with standards	соответствовать стандартам
governing body	руководство, руководящий орган

Read the text and formulate the main idea of it.

What is it about sport that makes it so attractive to people? Is it the adrenaline rush of competitive and/or dangerous sport? Is it the feel good factor of recreational sport; is it the opportunity of socializing with others, or perhaps all of the above?

Whatever the reasons may be, sport is certainly getting more and more popular, especially in the developed world. A major factor in the popularity of sport is the role of modern technology. Improvements in modern technology have resulted in better playing conditions and equipment for players as well as greater viewing pleasure for spectators. Perhaps the greatest changes have taken place in the designing of sporting facilities – such as modern sports surfaces and improved artificial lighting that offer increased opportunity to play. Modern sports surfaces are low maintenance, therefore low cost, and allow year round use. Professional technical expertise is needed to design and install a modern sports surface. Properties such as its rebound resistance, slip resistance, and shock absorption are measured to ensure that the surface is going to provide optimum playing conditions for that sport, whilst giving players ease of movement and adequate protection from injury. Regular maintenance of sports surfaces, both outdoor and indoor is recommended to ensure safety of players.

Along with an increased number of players there are also an increased number of viewers all over the globe. With the spread of satellite TV, events in one part of the world can be watched real time, in another. Modern flood lighting has not only allowed greater use of sports facilities at the recreational level, but also made possible higher level competition fixtures such as day-night cricket matches, night-time football matches etc. Electronic score boards, photo-finish timing devices, slow motion replays and large viewing screens have also added to the viewing pleasure of spectators.

Modern materials are used in the manufacture of synthetic sports surfaces as well as sports equipment. Third generation synthetic grass is made from polymers and provides a maintenance free all weather surface for sports. The use of composite materials makes sports equipment such as rackets and protective gear, lighter and more durable, enabling athletes to further improvement of their performance.

Advances in modern technology have also led to improvements in the design of sports equipment such as trainers and sports shoes, starting blocks for use in athletics, pole vaults etc. Whilst it is difficult for the average user of sporting equipment to keep up with the latest developments, as a guide in the UK sports equipment and sports facilities and surfaces should comply with British standards. Some governing bodies of individual sports also offer certification to demonstrate compliance with international standards.

Exercises

- 1. Find out the sentence explaining the reason of sports popularity.***

- 2. Find in the text and translate in written form the paragraphs with information about:***
 - a) properties of modern coatings for playing fields;
 - b) modern field floodlights.

- 3. Find interesting facts and speak about the influence of modern technologies on different kinds of sport.***

Lesson 2

HOW HAS SCIENCE AFFECTED SPORTS?

Vocabulary

to absorb shock	поглощать удар
to appeal <i>v</i>	обращаться к чему-то, кому-то
to counter <i>v</i>	противостоять, противодействовать
durable <i>adj</i>	прочный
to enhance <i>v</i>	увеличивать, усиливать, улучшать
extra bulk	дополнительная, лишняя масса
helmet <i>n</i>	шлем
impact <i>n</i>	влияние
to improve upon sports equipment	улучшить спортивное оборудование
nutrition <i>n</i>	питание
overcome fears	преодолеть страх
padding <i>n</i>	наколенник, налокотник, наладошник (элементы защитной экипировки в спортивном снаряжении)
to reformat <i>v</i>	переформатировать, изменять формат
the rehabilitation of damaged muscles	восстановление поврежденных мускулов
to set and meet goals	ставить цели и выполнять их
shape <i>n</i>	форма, очертания

Read and translate the text.

How has science affected sports? Science has had a major impact on the world of sports. In fact, science has reformatted the way in which games are trained for, the way that they are played and the way that they are viewed. Sports have become so dependent on science that sports have become its own science specialty.

Equipment Design

Science is always looking for ways to improve upon sports equipment. These improvements are made by utilizing theories of physics and

chemistry. Physics concepts are used to determine better shapes and designs for sporting goods. The new shapes are designed to make the equipment more aerodynamic, lighter weight, stronger and in some cases to absorb shock.

Chemistry concepts, on the other hand, are used to enhance the design of sporting goods and equipment. For example, chemistry can be used to design a resin that is light weight and durable to use in rackets and other types of bats. Chemistry can also be used to improve the protective quality of helmets and padding, without adding weight or extra bulk to the safety equipment.

Sports Training

Sports training has also been impacted by science. Today sports medicine is a booming industry. This field of medicine examines the impact that sports have on the body and what a person needs to do to counter these impacts. Science can also be used to develop training programs that will enhance the performance of an athlete.

Finally, science has led to the development of sports technology that enables machines to test the fitness levels of athletes and to even stimulate muscles electronically to aid in the rehabilitation of damaged muscles.

Sports nutrition

Sports nutrition is a multi-million dollar industry that has worldwide appeal. The sciences of nutrition and biology have both led to the development of new supplement and food products that enhance an athlete performance and recovery. This is accomplished by delivering a specific ratio of carbohydrates, electrolytes and proteins in the sports nutrition product.

Sports Psychology

One of the emerging fields in sports science is sports psychology. This field of science is all about developing thought processes and behaviors that will enhance sports performance. Sports psychologists work with athletes to help them overcome fears, to help them focus and to set and meet goals.

Media and Sports

While all of the above changes in sports are significant and important to how we participate in sports, advancements in communication technology

has had the most profound impact on how we watch sports. Media technology has now made it possible to watch in real time sporting events that are taking place around the globe. It also enables us to watch sporting events online, on mobile devices and on television.

Exercises

1. State if the following statements: a) true; b) false; c) not stated.

1. Science has influenced trainers, players and spectators.
2. Mathematics is widely used to improve sport equipment.
3. Sport medicine examines the impact that sports have on the body.
4. Sports psychologists work with athletes to help them find new sport equipment.
5. Media technology has made it possible to watch sporting events online.

2. Find in the text and translate in written form the paragraphs with information about:

- a) Science has had an impact on all spheres of sport;
- b) Sport medicine and nutrition help to enhance an athlete performance and recovery;
- c) Advancements in communication technology has had the most profound impact on how we watch sports.

3. Translate the following sentences into English.

1. Современный спорт во многом зависит от развития науки.
2. Благодаря теориям физики и химии стало возможным улучшить спортивное оборудование.
3. Наука используется для разработки передовых программ тренировки.
4. Новые продукты и пищевые добавки помогают спортсменам достичь высоких результатов.
5. Психология спорта – это наука, занимающаяся изучением мыслительных процессов и поведения спортсменов.

4. Answer the questions.

1. Sports have become science specialty, haven't they?
2. What are physics concepts used for?
3. What role does chemistry play in producing sport equipment?
4. Can machines test the fitness levels of athletes?
5. Why is sports psychology so important?

5. Discuss the affection of science on different kinds of sport.

Lesson 3 SPORTS EQUIPMENT

Vocabulary

advancement <i>n</i>	продвижение, улучшение, прогресс
carbon nanotubes	углеродные нанотрубки
to embrace <i>v</i>	включать в себя, охватывать
ergonomics <i>n</i>	эргономика
at the expense of	за счет чего-либо
golf club manufacturer	производитель клюшек для игры в гольф
nanometal coatings	нанометаллическое покрытие
nanosize silicon dioxide crystals	кристаллы диоксида кремния наноразмера
pronation <i>n</i>	пронация, вращение внутри
to reduce "spring"	уменьшить «отскок»
stabilize a foot	стабилизировать ступню
to strengthen the claim	усилить требования
swing <i>n</i>	качание, колебание, размах

Read and translate the text.

One of the biggest changes that have been generated by advancements in science is the assortment of athletic shoes that are now available. There are dozens of athletic shoes designs that you can choose between. There are shoes that have been designed to meet the needs of each sport. Some sports, like running and basketball, have entire lines of shoes. These lines have designs that are based on the ergonomics of various types of human foot pronation. Shoe designs have also been influenced by the development of new synthetic materials that absorb shock or that stabilize a foot.

Nanotechnology is being applied to many areas of sport. Tennis and golf are traditionally two of the main sports that embrace new technology, and their use of nanotechnology has further strengthened this claim. In the world of competitive sport even the most minimal changes in equipment can make all the difference between winning and losing.

Golf club manufacturer *Wilson* has invested heavily in nanotechnology in recent years, particularly nanometal coatings. The nanometals have a crystalline structure, and although they are hundreds of times smaller than traditional metals, they are four times stronger. *Wilson* is now making clubs which are lighter yet more powerful as a result of nanotechnology.

NanoDynamics – a nanoscale engineering and materials company – have recently produced golf balls with nanoscale coating to reduce “spring” and allow a truer contact with the club, producing shots that do not go further, but do travel straighter.

In tennis, *Wilson* are once again leading the way – they have started adding nanosize silicon dioxide crystals to their racquets, offering increased power but not at the expense of weight.

Carbon nanotubes have been used in sports equipment for a few years now, particularly by companies such as *Yonex*, makers of badminton racquets. These racquets are lighter, which allows for a more compact swing that still produces maximum power.

Exercises

1. Find in the text equivalents of the following words and word combinations.

Ассортимент спортивной обуви; отвечать требованиям; появление новых синтетических материалов; победа и поражение; инвестировать большие средства; кристаллическая структура; производить мячи для игры в гольф; ракетки для игры в бадминтон.

2. Speak about:

- a) production of modern sports shoes;
- b) two companies using nanotechnology in the production of sports equipment.

3. Match the equipment with the sport it is used in.

- a) artistic gymnastics
- b) slalom skiing
- c) rhythmic gymnastics
- d) hockey
- e) curling
- f) boxing
- g) lawn tennis

- h) weightlifting
- i) badminton
- j) skiing
- k) rugby
- l) track and field events
- m) baseball



weight



ball



clubs



skis



beam



hammer



rocks with a broom



parallel bars



rings



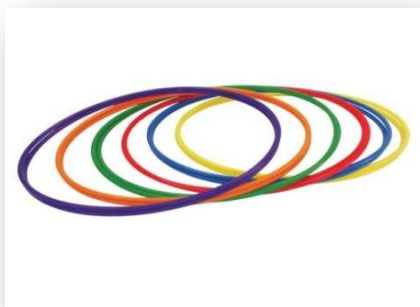
racket



poles



sticks



hoops



pommel horse



gloves



bats



shuttlecock



discus

4. Make up and dramatize the dialogues:

- a) between an athlete and a sports shoe designer;
- b) interview with a NanoDynamics representative about new developments in sports equipment.

Lesson 4

SPORTS FACILITIES AND EQUIPMENT

Vocabulary

concrete *n*

enclose *v*

expanse *n*

obstruction *n*

paddock *n*

pitch *n*

prior to *adj*

retain *v*

бетон

огораживать

пространство

препятствие

площадка

поле

перед

сохранять

rink *n*
terrain *n*
venue *n*

каток
территория
место проведения

Before reading look at the pictures and answer the following questions.

- Can you name the sports facilities in the pictures?
- Do you know what sports are practiced there?



Read the text and make a summary.

Sports Venues

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

(pitch or paddock), Rugby union playing field (pitch or paddock). In other sports, the field of play is called a “court”: basketball court, tennis court, volleyball court.

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

As for winter sports there is also a wide variety of sports venues. Some sporting events are held on different types of rinks (speed skating, ice hockey, curling), tracks (luge, skeleton, bobsleigh) or on the natural terrain – smooth or bumpy (mogul, skiing, snowboarding etc.). An ice hockey rink is an ice rink that is specifically designed for ice hockey, a team sport. Rink, a Scottish word meaning “course”, was used as the name of a place where another game, curling, was played. Early in its history, ice hockey was played mostly on rinks constructed for curling. The name was retained after hockey-specific facilities were built. As for tracks there are a total of sixteen tracks in the world, in use for competitions in bobsleigh, luge, and skeleton. All of the tracks except St. Moritz, Switzerland, which is naturally refrigerated, are constructed of reinforced concrete and piped with ammonia refrigeration to cool the track down prior to its run.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

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

2. Find in the text equivalents of the following words and word combinations.

Без препятствий; естественная местность; гонки на колесницах; общее количество; командный вид спорта; каток; за исключением; железобетон; стрельбище; широкое пространство; бассейн; современный; ровный; широкий выбор; специально разработанный.

3. Complete the sentences with the words from the box.

*terrain; prior to; to retain; expanse; obstruction; concrete; to enclose;
venue; rink*

1. Playing fields are generally outdoors, but many large structures exist to ... playing fields from bad weather.
2. Some sporting events are held on different types of ..., tracks or on the natural
3. Playing fields are wide ... of grass, dirt or sand without many
4. All of the tracks except St. Moritz, Switzerland are constructed of reinforced ... and piped with ammonia refrigeration to cool the track down ... its run.
5. The name was ... after hockey-specific facilities were built.
6. As for winter sports there is also a wide variety of sports

4. Answer the questions.

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

5. Read the text about curling rocks and choose the heading.

Rock the House:

The Hotties of Olympic Curling

KAYS OF SCOTLAND –

CURLING STONE MAKERS

**Curling: Sport
Without Judges**

The centerpiece of curling is the curling stone, which has been called a “geometrical *masterpiece* (*шедевр*) of tooled geology”. Kays of Scotland has been making curling stones since 1851, when William Kay and his sons Andrew and Thomas *set up* (*открывать*) a *workshop* (*мастерская*) in Mauchline, Ayrshire, in southwest Scotland. Kays is still *owned* (*владеть*) by the relatives of the founder, and today it is the only curling stone maker left in Scotland.

Kays is also the only curling stone manufacturer to use granite from the legendary Ailsa Craig – a remarkable 1,100-foot high, 245-acre granite island located 11 miles off Girvan on Scotland’s west coast. Each stone must *weigh* (*весить*) 44 pounds. Each must have a maximum diameter of 36 inches. Polishing is done by hand on a wheel using water, diamond-talcum powder, and *felt* (*фетр*). Finishing the stone’s “running edge” is done entirely by hand with *emery paper* (*наждачная бумага*) and a *digital gauge* (*цифровой датчик*) and *magnifying glass* (*увеличительное стекло*). Lastly, a *handle* (*ручка*) is *fitted* (*устанавливать*) into countersunk (*потайной*) holes on the top of the stone. Stones are computer-matched into pairs. Sixteen stones, 8 pairs, are needed for a game, and since curling rinks usually have 6 lanes, each rink needs 96 matched stones!

Kays is a small firm, employing fewer than ten *artisans* (*мастер*). Master craftsman and co-owner James Wyllie is skilled at all phases of curling stone making and is also an enthusiastic curler.

6. State if the following statements: a) true; b) false.

1. The centerpiece of curling is the curling stone.
2. Kays has been making curling stones since 1951.
3. William Kay and his sons Andrew and Thomas set up a workshop in Glasgow.
4. Kays is the only curling stone manufacturer to use granite from the Ben Nevis.
5. Each stone must weigh 44 pounds.
6. A handle is fitted into countersunk holes on the top of the stone.
7. Fourteen stones are needed for a game.
8. Kays is a small firm, employing fewer than ten artisans.

Unit 3

HEALTHY LIFESTYLE



Lesson 1

HEALTHY LIFESTYLE

Vocabulary

addiction *n*

affect *v*

arm *v*

as well as

attitude *n*

comprise *v*

core *n*

efficiently *adv*

endanger *v*

ensure *v*

failure *n*

harm *v*

incorporate *v*

intertwine *v*

пагубная привычка

наносить ущерб

вооружаться

так же, как

отношение

включать в себя

туловище

эффективно

подвергать опасности

гарантировать

неспособность

вредить

включать

переплетаться

maintain <i>v</i>	поддерживать
make up one's mind	принимать решение
manage <i>v</i>	управлять
mean <i>v</i>	значить
midsection	средняя линия
moderation	умеренность
outlook <i>n</i>	взгляд
pattern <i>n</i>	модель
reduce <i>v</i>	снижать
reflect <i>v</i>	отражать
result <i>v</i>	иметь результат
take care	заботиться
unrefined	нерафинированный

Before reading look at the pictures and answer the following questions.

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



Read the text and make up a summary.

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

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

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

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

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

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

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

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

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

2. Find in the text equivalents of the following words and word combinations.

Нерафинированные углеводы; здоровый образ жизни; принимать решение; позитивный взгляд на жизнь; наиболее важная часть; мышцы туловища; поддерживать вес; душевное здоровье.

3. Complete the sentences with the words from the box.

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

1. The physical, mental and spiritual aspects of your life
2. A healthy lifestyle would be a way of living that would ... in a healthy mind, body and spirit.
3. Sleeping right, having a positive ... about life and having a balanced life are also the necessary components of a healthy lifestyle.
4. Yoga has a therapeutic affect and also helps to ... your stress level.
5. Living a healthy lifestyle involves ... of your physical, mental and spiritual health.
6. Managing stress ... is a critical part of a healthy lifestyle.
7. It is essential that you ... any kind of exercises in to your daily life to help keep you fit and ... your weight at a healthy level.

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

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

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

4. Answer the questions.

1. How can you define a healthy lifestyle?

2. What components a healthy lifestyle comprises of?

3. What food should be avoided?

4. What kind of exercises should you incorporate in your daily life?

5. How can stress affect your life?

6. Is it important to have a positive outlook about life?

7. What living a healthy lifestyle involves?

5. Match the headings with right articles.

Drug misuse and addiction

Overcoming alcohol addiction

Smoking: cutting down or quitting

1

The therapy in these groups takes place without the interference of public bodies, doctors, psychologists or other professionals. Attending the meetings is on a voluntary basis. The only requirement is an honest desire to quit drinking. You will meet people who have been through the same hardships as yourself.

2

Some drugs – for example heroin, cocaine and certain sleeping pills or painkillers – are physically addictive. They have a specific effect on the body which leads to tolerance and withdrawal symptoms. Other drugs may lead to a psychological addiction if people have a craving for the effect that the drug causes.

3

Addiction to tobacco is both physical and psychological. Every smoker knows how difficult it is to stop smoking or even cut down. Reducing the amount you smoke is a start – and better than nothing, but the ultimate goal should be to quit altogether. And, as many ex-smokers will tell you, it is possible.

6. Find information on a healthy lifestyle. Speak on your experience of maintaining your health (make up a presentation).

Lesson 2 HEALTHY EATING

Vocabulary

adventurous <i>adj</i>	оригинальный
alternative <i>n</i>	альтернатива
be likely	вероятно
blood pressure	кровенное давление
give up	отказаться
handle <i>v</i>	справляться
make up	компенсировать
match <i>v</i>	согласовать
miss <i>v</i>	потерять
nutrients <i>n</i>	питательные вещества
nutritional <i>adj</i>	относящийся к питанию
overeate <i>v</i>	переедать
plenty of	множество
prevent <i>v</i>	предотвращать
reach for	тянуться
rest of	остаток
satisfied <i>p.p.</i>	удовлетворённый
temporary <i>adj</i>	временный
whole grains	цельное зерно

Before reading look at the pictures and answer the following questions.

➤ What products that you can see in the pictures can be defined as unhealthy?

➤ What products prevail in your diet?

1



2



3



4



5



6



Read the text.

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

To feel great, have more energy, and keep yourself as healthy as possible – all of which can be achieved by learning some nutritional basics and using them in a way that works for you.

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



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

Healthy eating is one of the best things you can do to prevent and control many health problems, such as: heart disease, high blood pressure, type 2 diabetes, some types of cancer.



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

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

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

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

2. Find in the text equivalents of the following words and word combinations.

Переедать; здоровое питание; быть удовлетворённым; справляться; компенсировать; высокое кровяное давление; временный; множество; терять; цельное зерно; питательные вещества; остаток.

3. Complete the sentences.

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

4. Fill in the gaps with the words from the box.

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

1. Healthy eating means making changes you can live with and enjoy for the ... your life.

2. Stop when you feel Be

3. Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and

4. Because you ... so much when you diet, you may be hungry and think about food all the time.

5. Healthy eating is one of the best things you can do to ... and control many health problems, such as: heart disease, high ..., type 2 diabetes, some types of cancer.

6. Eating a variety of foods each day will help you get all the ... you need.

7. After you stop dieting, you also may ... to ... for what you

8. If you ... healthy eating with more physical activity, you ... more ... to get to a healthy weight and stay there than if you diet.

9. Healthy eating can help you ... stress better.

10. Diets are

5. Answer the questions.

1. What healthy eating starts with?

2. What food should be excluded from your diet?

3. What are the main principles of healthy eating?

4. How can you get all the nutrients you need?

5. Do you agree that healthy eating can prevent some health problems?

6. What's the difference between healthy eating and being on a diet?

6. Read the text and choose the right heading.

**Genetically Modified Foods:
Harmful or Helpful?**

Smart food choices

Advantages of genetic
engineering

The *term* (термин) GM foods or GMOs (genetically-modified organisms) is most commonly used to refer to *crop plants* (хлебные зерновые культуры) created for human or animal consumption using the latest molecular biology techniques. These plants have been modified in the laboratory to *enhance* (улучшать) desired *traits* (качества) such as increased resistance to herbicides or improved *nutritional content* (пищевая ценность). The enhancement of desired traits has traditionally been *undertaken* (осуществлять) through *breeding* (селекция), but *conventional* (традиционный) plant breeding methods can be very *time consuming* (длительный) and are often not very *accurate* (точный). Genetic engineering, *on the other hand* (с другой стороны), can create plants with the exact desired trait very *rapidly* (стремительно) and with great accuracy.

Genetically-modified food has the potential *to solve* (решать) many of the world's hunger and *malnutrition* (недоедание) problems, and to help to protect and preserve the environment by increasing *yield* (урожай) and reducing *reliance* (зависимость) upon chemical pesticides and herbicides. Yet there are many *challenges* (сложные задачи) ahead for governments, especially in the areas of safety testing, regulation, international policy and *food labeling* (маркирование продуктов). It is true that genetically modified foods can *provide* (обеспечивать) benefits such as increased nutrients, *spoilage* (порча) reduction, and a *decrease* (снижение) of *chemical contamination* (химическое загрязнение). On the other hand, there are many potential *hazards* (опасность) that have not been fully *investigated* (исследовать), as well as long-term effects that cannot be *measured* (определять).

7. State if the following statements: a) true; b) false.

1. The term GMO is referred to crop plants created for human or animal consumption using the latest molecular biology techniques.
2. GM plants can't resist to herbicides.
3. Conventional plant breeding methods can create plants with the exact desired trait very rapidly and with great accuracy.

4. GM foods can solve many of the world's hunger and malnutrition problems.

5. GMOs help to reduce the reliance upon chemical pesticides and herbicides.

6. GM foods do not involve any risk to men's health.

7. Health effects of GM foods consumption are fully investigated.

Lesson 3

SPORTS NUTRITION

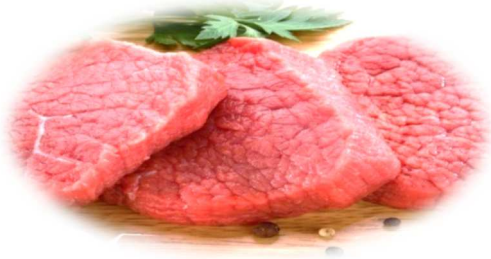
Vocabulary

affect <i>v</i>	влиять
amount <i>n</i>	количество
blood cells	клетки крови
burst <i>n</i>	взрыв
carbohydrates <i>n</i>	углеводы
cereal <i>n</i>	злак
certain <i>adj</i>	определённый
decrease <i>v</i>	уменьшать
endurance <i>n</i>	продолжительность
essential <i>adj</i>	необходимый
fats <i>n</i>	жиры
fuel <i>n</i>	топливо
gas tank	бензобак
harmful <i>adj</i>	вредный
oxygen <i>n</i>	кислород
peak <i>n</i>	максимум
proteins <i>n</i>	протеины
repair <i>v</i>	восстанавливать
source <i>n</i>	источник
supplement <i>n</i>	добавка
supply <i>v</i>	обеспечивать
store <i>v</i>	накапливать

Before reading look at the pictures and answer the following questions.

➤ What products that you can see in the pictures are essential for athletes?

➤ What products prevail in your diet?



Read the text and make a summary.

The Right Balance

Just as a car runs best with a full gas tank, your body needs the right kind of “nutritional fuel” for peak performance. Eating well for your sport can be very simple. You do not need special foods or supplements. It is important to fuel your body with a balance of carbohydrates, proteins, fats, minerals, vitamins, and water.

Carbohydrates (found in pasta, bread, cereal, rice, potatoes, fruit, milk, yogurt, etc.) are especially important for athletes because they supply the body with glucose (blood sugar) for energy. Extra glucose is stored in the muscles and liver as glycogen. During short bursts of exercise such as sprinting, basketball, gymnastics, or soccer, your body primarily uses glycogen for energy. If you don't have enough glycogen you can feel very tired, which will affect your athletic performance. During longer exercise, your body uses the glycogen stores first and then uses fats stored in your body to fuel performance.

Fat is an important source of energy used to fuel longer exercise and endurance activities, such as hiking, cycling, and long-distance running. Eating a diet that is too low in dietary fat may decrease athletic performance and cause other health problems.

Protein is needed for your body to build and repair muscles. Small amounts of protein may also be used for energy.



Vitamins and minerals are not sources of energy, but they have many important functions in the body. For example, vitamin D and calcium are needed for strong bones, and iron is needed for blood cells to carry oxygen throughout your body. Certain minerals, like potassium, calcium, and sodium are called electrolytes. They are important during exercise because they affect the amount of water in your body and muscle activity. Athletes should eat a balanced diet with a variety of foods to make sure they get enough vitamins and minerals. It is fine to take a regular multivitamin, but supplements with high doses of vitamins and minerals do not improve performance and may actually be harmful.

Water is essential to keep you hydrated (when your body has enough fluids). Dehydration (when you don't have enough fluids) can cause muscle cramps and keep you from performing your best.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) the importance of fluids;
- b) food that is rich in carbohydrates;
- c) vitamins and minerals.

2. Find in the text equivalents of the following words and word combinations.

Насыщать организм; влечь за собой; добавка; клетки крови; главным образом; калий; накапливаться; влиять; определённый; пищевой; источник энергии; углеводы; мышечные спазмы.

3. Complete the sentences with the statements from the text.

1. Your body needs ...
2. It is important to fuel your body with ...
3. Carbohydrates are especially important for athletes because ...
4. If you don't have enough glycogen ...
5. Fat is an important source of ...
6. Protein is needed for your body ...
7. Vitamin D and calcium are needed ...
8. Athletes should eat a balanced diet ...
9. Water is essential ...

4. Complete the sentences with the words from the box.

*proteins; fuel; to affect; harmful; to supply; carbohydrates; blood cells;
certain; essential; source; peak; fats; to repair; oxygen;
to decrease*

1. Vitamins and minerals are not ... of energy, but they have many important functions in the body.
2. Water is ... to keep you hydrated.
3. Your body needs the right kind of “nutritional ...” for ... performance.

4. Protein is needed for your body to build and ... muscles.
5. Iron is needed for ... to carry ... throughout your body.
6. Supplements with high doses of vitamins and minerals do not improve performance and may actually be
7. It is important to fuel your body with a balance of ..., ..., ..., minerals, vitamins, and water.
8. ... minerals, like potassium, calcium, and sodium are called electrolytes.
9. If you don't have enough glycogen you can feel very tired, which will ... your athletic performance.
10. Carbohydrates are especially important for athletes because they ... the body with glucose (blood sugar) for energy.
11. Eating a diet that is too low in dietary fat may ... athletic performance and cause other health problems.

5. Answer the questions.

1. Why do athletes need the right balanced nutrition?
2. What are the main organic compounds that should be present in the right balanced nutrition?
3. What products contain carbohydrates?
4. Why it is important for athletes to have an adequate amount of carbohydrates in their diet?
5. What can happen if you do not have enough glycogen?
6. What cause the reduction of athletic performance?
7. Should the athletes enrich their diet with vitamins and minerals? Why?
8. What substance keeps us hydrated?

6. Read the abstract and match the right heading.

*Pre-competition Meals
for Athletes*

**CARBOHYDRATES
IN YOUR DIET**

Magic meal

Carbohydrates are the best pre-competition foods because they *digest* (*перевариваться*) quickly and are readily *available* (*подходящий*) for *fuel* (*источник энергии*). Your best choice is *cereal* (*злаки*), bread, *bagels* (*бублики*), crackers, potato and pasta. Protein-rich foods (eggs, tuna, steak, chicken, etc) take longer to digest and may *increase* (*усиливать*) the need to *urinate* (*мочиться*). Fats (fried foods, peanut butter, burgers, etc.) stay longest in the stomach and may feel heavy and uncomfortable.

Pay attention to meal timing. With morning events, eat a *hearty* (*обильный*), high carbohydrate dinner and bed-time *snack* (*перекус*) the night before. That morning, eat a light meal 2 – 3 hours before competition or *workout* (*тренировка*). For afternoon events, eat a hearty breakfast and a light carbohydrate-based lunch 2 – 3 hours *prior to* (*предшествующий*) the exercise. With evening events, eat a hearty breakfast and lunch, then perhaps a light snack 1 – 2 hours prior. In general you should allow 3 – 4 hours for a large meal to digest; 2 – 3 hours for a smaller meal, 1 – 2 hours for a *liquid* (*жидкий*) meal and 0 – 1 hour for a small snack.

7. Look at the list and divide the food into two categories: that should be eaten before and after your exercise.



bagels



pasta



baked potatoes



rice



cereal with milk



fresh fruit



full sandwich



yogurt



baked beans

8. Match the headings with right articles.

Recommendations for Calcium Intake and Bone Health

FAST FOOD FACTS

Veggies, Fruits & Age- Related Cognitive Change

1

Fast food restaurants are popular because they serve filling foods that taste good and don't cost a lot of money. However, fast food is usually *cheap* (*дешёвый*) because it's often made with cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, *instead of* (*вместо*) nutritious foods such as *lean meat* (*нежирное мясо*), fresh fruits, and vegetables.

There is no such thing as a "bad" food, but there are some foods you should try not to have on a regular basis. Because fast food is high in sodium, *saturated fat* (*жир с высоким содержанием насыщенных жирных кислот*), trans fat, and cholesterol, eating too much over a long period of time can lead to health problems such as high blood pressure, heart disease, and obesity.

Fast food also lacks many of the nutrients, vitamins, and minerals our bodies need. It's helpful to remember that with fast food, moderation is important. Too much fast food can lead to health problems such as high blood pressure, heart disease, and obesity.

2

Adequate, lifelong dietary calcium *intake* (*потребление*) is necessary to reduce the risk of osteoporosis. Consuming adequate calcium and vitamin D, and performing regular, weight-bearing exercise are also important to build maximum bone *density* (*плотность*) and strength. After age 30, these factors help slow bone loss, although they cannot completely *prevent* (*предотвращать*) bone loss due to aging. Milk and dairy products are a convenient source of calcium for many people. They are also a good source of protein and are fortified with vitamins D and A. At this time, however, the optimal intake of calcium is not clear, nor is the optimal source or sources of calcium. As noted earlier, the National Academy of Sciences currently recommends that people ages 19 to 50 consume 1,000 milligrams of calcium per day, and that those age 50 or over get 1,200 milligrams per day. Reaching 1,200 milligrams per day would usually require drinking two to three glasses of milk per day or taking calcium supplements over and above an *overall* (*общий*) healthy diet.

3

We all know that we should be getting more fruit and vegetables in order to stay healthy. But can the *produce* (*продукты*) we eat help *ward off* (*предотвращать*) negative cognitive changes, such as shorten memory loss, as we grow older? Those who ate more than two vegetable servings a day had about 40 % less mental decline than those who ate fewer or no veggies each day. Interestingly, fruit consumption did not yield similar benefits. The reason may be that vegetables contain larger amounts of vitamin E, an antioxidant thought to reduce cell damage. Veggies also contain healthy oils that promote cardiovascular health and decrease cholesterol levels, both of which contribute to brain health.

9. Find information on food and nutrition for athletes and speak on sport diet (make up a presentation).

Lesson 4

HEALTH AND FITNESS TRENDS

Vocabulary

abdominals <i>n</i>	мышцы брюшного пресса
anxiety <i>n</i>	беспокойство
barbell <i>n</i>	штанга
breathing <i>n</i>	дыхание
complementary <i>adj</i>	дополнительный
concern <i>v</i>	затрагивать
dumbbell <i>n</i>	гантель
emphasize <i>v</i>	акцентировать
generation <i>n</i>	поколение
hips and thighs	бедр
pace <i>n</i>	темп
in particular	в частности
peacefulness <i>n</i>	миролюбие
posture <i>n</i>	поза
preference <i>n</i>	предпочтение
prevention <i>n</i>	предупреждение
range <i>v</i>	варьироваться
regimen <i>n</i>	режим
relatively <i>adv</i>	сравнительно
repetitive <i>adj</i>	повторяющийся
resistance <i>n</i>	сопротивление
routine <i>n</i>	упражнение
signify <i>v</i>	символизировать
strength <i>n</i>	сила
vital <i>adj</i>	жизненный
workout <i>n</i>	тренировка

Before reading look at the pictures and answer the following questions.

- What fitness techniques are shown in these pictures?
- Have you ever practiced any of these techniques?



Read the text and make a summary.

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

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

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

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

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

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

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

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

2. Complete the sentences.

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

3. Find in the text equivalents of the following words and word combinations.

Позитивное основание; упражнения на развитие силы; свободный вес; отжимание; способствовать физическому здоровью; поколение; мышцы брюшного пресса; достигать гармонии тела и души; управление стрессом; предупреждение и лечение болей в спине; высшая форма; подъём туловища к коленям из положения лёжа на спине; основные компоненты; бёдра; жизненная энергия.

4. Fill in the gaps with the words from the box.

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

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

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

5. Answer the questions.

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

Lesson 5

PHYSICAL FITNESS AND ITS BENEFITS

Vocabulary

aerobic <i>adj</i>	аэробный
agility <i>n</i>	ловкость
bend <i>v</i>	сгибать
body composition	композиция тела

brisk <i>adj</i>	энергичный
boost <i>v</i>	увеличивать
climb <i>v</i>	взбираться
consecutive <i>adj</i>	следующие друг за другом
demand <i>n</i>	запрос
dig <i>v</i>	копать
endurance <i>n</i>	выносливость
equipment <i>n</i>	оборудование
fatigued <i>p.p.</i>	утомлённый
flexibility <i>n</i>	гибкость
gain <i>v</i>	добиваться
improve <i>v</i>	улучшать
leisure <i>n</i>	отдых
lungs <i>n</i>	лёгкие
manual <i>adj</i>	физический
muscle-strengthening	укрепление мышц
out of breath	запыхавшийся
recreational <i>adj</i>	оздоровительный
repetition <i>n</i>	повтор
resistance <i>n</i>	выносливость
self-esteem <i>n</i>	самооценка
session <i>n</i>	тренировка
store up	накапливать
stretching <i>n</i>	растяжка
tired <i>p.p.</i>	уставший
wellness <i>n</i>	хорошее здоровье

Before reading look at the pictures and answer the following questions.

➤ Which of these activities can be defined as conducing to good health?

➤ Are you physically active?



Read the text.

Individuals are physically fit when they can meet both the ordinary and the unusual demands of daily life safely and effectively without being overly fatigued and still have energy left for leisure and recreational activities. Physical fitness can be classified into health related and skill-related fitness. Health-related fitness has four components: cardiorespiratory endurance, muscular strength and endurance, muscular flexibility, and body composition. The components of skill-related fitness are agility, balance, coordination, power, reaction time, and speed. Skill-related fitness is crucial for success in sports and athletics, and it also contributes to wellness.

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

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

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

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

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

A session should be a minimum of 8 – 10 exercises using the major muscle groups. Ideally, to help build up your muscle strength, use some sort of resistance (such as a weight for arm exercises) and do 8 – 12 repetitions of each exercise. The level (weight) of each exercise should be so that you can do 8 – 12 repetitions before the muscle group gets tired. So, for example, for the upper arm muscles, hold a weight in your hand and bend your arm up and down 8 – 12 times. This should make your arm muscles tire.

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

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

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

2. Complete the sentences.

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

3. Find in the text equivalents of the following words and word combinations.

Связанный со здоровьем; композиция тела; физический труд; тренировка; быстрая ходьба; аэробные нагрузки; ходьба по лестнице; улучшать физическую подготовку; упражнения на выносливость; поддерживать гибкость; сгибать руку; выполнять 10 повторений (подходов); упражнения на укрепление мышц.

4. Fill in the gaps with the words from the box.

<p><i>equipment; to bend; repetition; aerobic; to improve; flexibility; to gain; self-esteem; muscle-strengthening; session; to boost; stretching</i></p>

1. Physical activity is thought to help ease stress, ... your energy levels and improve your general wellbeing and

2. Ideally, the activities and exercises should aim to maintain or improve your ... and balance.

3. A ... should be a minimum of 8 – 10 exercises using the major muscle groups.

4. Adults should aim to do a mixture of ... activities and ... activities.

5. Physical activity is any activity that you may do to ... or maintain your physical fitness as well as your health in general.

6. To help build up your muscle strength, use some sort of resistance and do 8 – 12 ... of each exercise.

7. Stair climbing ... and resistance exercises can be done at home without any special clothing or

8. For the upper arm muscles, hold a weight in your hand and ... your arm up and down 8 – 12 times.

9. To ... health benefits, it is suggested that you should do at least 30 minutes of moderate intensity physical activity on most days of the week.

5. Match the headings with right articles.

Children and obesity

PUSH THE PEDALS

PHYSICAL ACTIVITY AND OUR HEALTH

1

There are many benefits to regular physical activity for children. It helps with healthy growth and development and, if children are physically active, they are less likely to become overweight, or obese, adults. A recent study found that teenagers who carry a gene for obesity are less likely to become overweight or obese if they are physically active for an hour a day. If an overweight child becomes an overweight or obese adult, they are more likely to suffer from health problems, including diabetes, stroke, heart disease and cancer. Regular physical activity also helps children to socialize and mix with others and helps with their psychological wellbeing.

2

A number of factors influence the way in which sport and physical activity impacts on health in different populations. Sport and physical activity in itself may not directly lead to benefits but, in combination with other factors, can promote healthy lifestyles. Sport and physical activity can make a substantial contribution to the wellbeing of people in all countries. Exercise, physical activity and sport have long been used in the treatment and rehabilitation of communicable and non-communicable diseases. Physical activity for individuals is a strong means for the prevention of diseases and for nations is a cost-effective method to improve public health across populations.

3

Riding a bicycle can be the most satisfying way to improve your health, get exercise, and get plenty of fresh air and sunshine when compared to other forms of recreation. Not only does cycling do wonders for your physical health, it will improve your mental and emotional health as well. Ask any good psychologist or psychiatrist what they recommend for their patients and they will tell you that they should get a relaxing hobby, reduce or eliminate the stress factors in their life, and find positive and creative ways to release their stress. Cycling is relatively cheap, it's easy enough that anyone can do it, and it's a ton of fun. But best of all it's safe, it works, and there are no negative side effects!

6. Find more information about physical activities. Speak on another way of being fit and more active (make up a presentation).

Unit 4

HEALTH HAZARDOUS



Lesson 1

DOPING

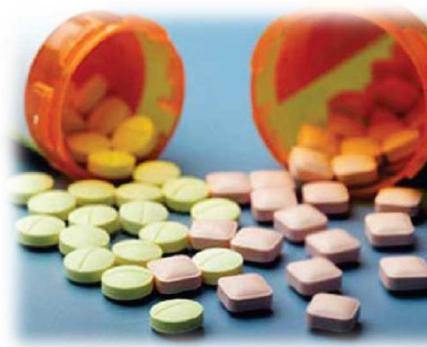
Vocabulary

advantage <i>n</i>	преимущество
attempt <i>n</i>	попытка
contravene <i>v</i>	нарушать
detrimental <i>adj</i>	причиняющий вред
dissolve <i>v</i>	отменять
exertion <i>n</i>	напряжение
expulsion <i>n</i>	исключение из рядов
fair competition	честная борьба
fringe practitioners	врачи, практикующие нетрадиционные методы в медицине
hazardous <i>adj</i>	опасный
herbal <i>adj</i>	травяной
implement <i>v</i>	выполнять, внедрять
implicate <i>v</i>	вовлекать
knight <i>n</i>	рыцарь
link <i>v</i>	связывать

measure <i>n</i>	мера
millennia <i>n</i>	тысячелетие
occur <i>v</i>	происходить
overdosing	передозировка
pale <i>v</i>	тускнеть
performance-enhancing agents	средства, улучшающие выступление
pioneer <i>v</i>	разрабатывать
potion <i>n</i>	зелье
riddle <i>v</i>	пронизывать
seek <i>v</i>	добиваться
supersede <i>v</i>	заменять
valour <i>n</i>	бесстрашие

Before reading look at the pictures and answer the following questions.

- What is your attitude to athletes who take doping?
- Do you know how can performance-enhancing agents affect man's health?



Read the text and make a summary.

Doping in sport is not a new phenomenon. Athletes have taken performance-enhancing agents since the beginning of time. The legendary Arthurian knights supposedly drank magical potions from the cup of Merlin. Celtic tales describe the use of strengthening potions to aid valour in battle and the druids' use of narcotics is well documented by historians. The Ancient Olympics in Greece were riddled with corruption and doping to the extent that the games had to be dissolved.

In Ancient Rome, gladiators drank herbal infusions to strengthen them before chariot races and going into battle. Almost two millennia later, the first documented report in the medical literature was published in 1865 in the *British Medical Journal*, citing expulsion of a swimmer from an Amsterdam canal race, for taking an unnamed performance enhancing drug. The first doping death occurred in 1886 in cycling.

In the early 1900s, the most popular doping agent was a cocktail of alcohol and strychnine. The use of strychnine was superseded by amphetamine, following its development in the 1930s. In 1960, the Danish cyclist, Kurt Jensen, died after overdosing on amphetamine in an attempt to seek competitive advantage and the search for control measures began. Methods of anti-doping control were first pioneered in the 1960s, by Arnold Beckett, an academic pharmacist with a specialist interest in sports pharmacy, based at Kings College London. In 1968, the International Olympic Committee published the first banned list of drugs and implemented the first formal drug testing program at the Montreal Olympics.

It is not just athletes who are involved in the doping games, however. Coaches, managers, team doctors and fringe practitioners have all been implicated.

Doping not only contravenes the spirit of fair competition, it can be seriously detrimental to health. Elite athletes who turn to doping take the greatest risks which seem to pale in contrast to their burning desire for gold. Anabolic steroids affect cardiovascular and mental health and are associated with an increased risk of neoplasms. Dietary supplements containing ephedra alkaloids have been linked to serious health risks including hypertension, tachycardia, stroke, seizures and death. The peptide hormones or so-called “sports-designer drugs” are thought to be the most dangerous, although the combination of amphetamines, anabolic steroids or antihypertensive combined with intense exertion in athletes are just as hazardous.

Sport goes beyond a measure of athletic excellence and the winning of trophies and medals. True winners are those who achieve their goals through talent, skill, training, motivation and rising to all the challenges their sports present.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) side effects of taking performance-enhancing agents;
- b) intake of performance-enhancing agents documented by historians;
- c) first doping death.

2. Find in the text equivalents of the following words and word combinations.

Волшебное зелье; смертельная игра; добиваться преимущества; нарушать; так называемый; спортивное совершенство; честная борьба; два тысячелетия назад; подтверждённый историками; цель; список запрещённых веществ; вредный для здоровья.

3. Complete the sentences with the words from the box.

potion; to implement; overdosing; to contravene; exertion; valour; detrimental; advantage; to riddle; performance-enhancing agents; knights; measure; to supersede; attempt; hazardous; to seek; fair competition; to dissolve

1. Celtic tales describe the use of strengthening potions to aid in ... battle.

2. Sport goes beyond a ... of athletic excellence and the winning of trophies and medals.

3. Doping not only ... the spirit of ..., it can be seriously ... to health.

4. The legendary Arthurian ... supposedly drank magical ... from the cup of Merlin.

5. The combination of amphetamines, anabolic steroids or antihypertensive combined with intense ... in athletes are

6. In 1960, the Danish cyclist, Kurt Jensen, died after ... on amphetamine in an ... to ... competitive

7. The Ancient Olympics in Greece ... with corruption and doping to the extent that the games had to

8. In 1968, the International Olympic Committee ... the first formal drug testing programme at the Montreal Olympics.

9. Athletes have taken ... since the beginning of time.
10. The use of strychnine ... by amphetamine, following its development in the 1930s.

4. Answer the questions.

1. What are the facts of consuming performance-enhancing agents in ancient times?
2. When was published the first report citing expulsion of an athlete?
3. What was the most popular doping agent in the early 1900s?
4. What event caused the search for anti-doping control?
5. Who pioneered the methods of anti-doping control and when?
6. When did the first formal drug testing programme implement?
7. What side effects of taking performance-enhancing agents do you know?
8. What are the main goals of a real athlete?

5. Read the text and choose the right heading.

**Gene doping: next temptation
for athletes**

Sport ethics

**Sports authorities fear
gene doping not far off**

Gene doping or *transfer* (*перемещение*) is based on the principles of gene therapy. Here a healthy gene is transplanted into *cells* (*клетки*) or directly into the genome *to replace* (*заменять*) a mutated or absent gene. Medical use of gene doping is currently being developed in an attempt to treat varying genetic conditions and diseases. For example, muscular dystrophy, which is caused by a genetic mutation or absence of one or more genes (dependant on the form of the disease) responsible for the structure and function of muscle cells.

This process of gene doping, in the future, is likely to be used by athletes in an attempt to improve the function of normal healthy cells. One possible scenario is the use of genes which produce the hormone IGF-1 (*insulin-like growth factor 1*) (*инсулин-подобный фактор роста 1*), transported into the cells and causing the body to produce higher *levels* (*уровни*) of IGF-1, important in the *growth* (*рост*) and development of musculoskeletal structures. This would be especially *beneficial* (*выгодный*) in injured athletes to speed *the repair* (*восстановление*) of muscles, *tendons* (*сухожилия*), *ligaments* (*связки*) etc.

The detection (*определение*) of gene doping will be difficult, but WADA (World Anti-Doping Agency) believe it will be possible. The detection process is likely *to look for* (*искать*) *the consequences* (*последствия*) of gene doping in blood *samples* (*образцы*), rather than the gene transfer itself. For example increased presence of certain enzymes and proteins. A second possibility is the use of MRI (Magnetic resonance imaging) scans to detect areas of unusual gene expression.

Lesson 2

STRESS MANAGEMENT

Vocabulary

assignment <i>n</i>	задание
carry out	выполнять
cause <i>v</i>	вызывать
causation <i>n</i>	этиология
compel <i>v</i>	заставлять
confront <i>v</i>	сталкиваться
deal <i>v</i>	справляться
denote <i>v</i>	обозначать
determine <i>v</i>	определять
disrupt <i>v</i>	подрывать
elimination <i>n</i>	устранение
environment <i>n</i>	окружение
expectation <i>n</i>	ожидание

external <i>adj</i>	внешний
force <i>n</i>	сила
handle <i>v</i>	управлять
impair <i>v</i>	ослаблять
indisputable <i>adj</i>	бесспорный
influence <i>n</i>	влияние
internal <i>adj</i>	внутренний
instead <i>adv</i>	вместо
involve <i>v</i>	заключать в себе
likewise <i>adv</i>	подобным образом
mild <i>adj</i>	умеренный
overall <i>adj</i>	общий
respond <i>v</i>	реагировать
temporary <i>adj</i>	временный
tension <i>n</i>	напряжение
unrest <i>n</i>	расстройство

Before reading look at the pictures and answer the following questions.

- Does our mental health relate to our wellbeing?
- Do you know any methods to handle stress?



Read and translate the following text.

Stress may be considered as any physical, chemical, or emotional factor that causes bodily or mental unrest and that may be a factor in disease causation. Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort. Emotional causes of stress and tension are numerous and varied. While many people

associate the term “stress” with psychological stress, scientists and physicians use this term to denote any force that impairs the stability and balance of bodily functions.

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

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

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

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

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

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

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

2. Find in the text equivalents of the following words and word combinations.

Управление стрессом; сталкиваться; физические и психические расстройства; внешние и внутренние факторы; справляться со стрессом; устранение стресса; окружение; подобным образом.

3. Fill in the gaps with the words from the box.

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

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

4. Complete the sentences.

1. Stress may be considered as ...
2. Scientists and physicians use the term "stress" to ...

3. Feeling mildly stressed often compels us to ...
4. Exercising can produce ...
5. Stress is related to ...
6. External factors include ...
7. Internal factors determine ...

5. Read the following recommendations and divide them into two categories: things you should or shouldn't do to handle stress.

YOU SHOULD	YOU SHOULD NOT

- | | |
|--|---|
| <ol style="list-style-type: none"> 1) stay in bed 2) seek out someone to talk 3) listen to music 4) go out and take a walk 5) make a schedule to manage your time | <ol style="list-style-type: none"> 6) take good care of yourself 7) write about the things that are bothering you 8) make regular exercise 9) let your feelings out 10) do something positive for someone else |
|--|---|

6. Answer the questions.

1. What is definition of stress?
2. What physical and chemical factors can cause stress?
3. Is all stress bad for our health?

4. Is it necessary to eliminate stress from our life?
5. What external factors can influence people's mental health?
6. What are internal factors which influence our ability to handle stress?
7. What does managing stress involve?

7. Find information on doping in sport and stress. Speak on the ways to solve these problems.

Lesson 3

SPORTS INJURIES AND THEIR PREVENTION

Vocabulary

abide <i>v</i>	соблюдать
acute <i>adj</i>	острый
ankle <i>n</i>	лодыжка
in the broadest sense	в широком смысле
consecutive <i>adj</i>	непрерывно следующие друг за другом
dislocated <i>p.p.</i>	вывихнутый
due to <i>prp</i>	вследствие
dull ache	ноющая боль
enforce <i>v</i>	осуществлять
fractured <i>p.p.</i>	сломанный
guard <i>n</i>	защита
helmet <i>n</i>	шлем
improper <i>adj</i>	неподходящий
insufficient <i>adj</i>	недостаточный
joint <i>n</i>	сустав
limb <i>n</i>	конечность
misconception <i>n</i>	неправильное представление
mistake <i>n</i>	ошибка
overuse <i>v</i>	чрезмерно использовать
pad <i>n</i>	наколенник, налокотник, наладошник
pay attention to	обращать внимание на

protective gear	защитное снаряжение
rehearsal <i>n</i>	репетиция
sprain, strain <i>n</i>	растяжение, напряжение
susceptible <i>adj</i>	восприимчивый
swelling <i>n</i>	припухлость
tackle <i>n</i>	подножка
tear <i>n</i>	разрыв
tip <i>n</i>	полезный совет
vertebra <i>n</i>	позвонок
visible <i>adj</i>	видимый
warmup <i>n</i>	разминка

Before reading look at the pictures and answer the following questions.

- Who are at greatest risk of sports injuries?
- Do you know how can be prevented sports injuries?



Read the text and make a summary.

The term “sports injury”, in the broadest sense, refers to the kinds of injuries that most commonly occur during sports or exercise. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, lack of conditioning, or insufficient warmup and stretching. Common types of sports injuries are muscle sprains and strains, tears of the ligaments that hold joints together, tears of the tendons that support joints and allow them to move, dislocated joints, fractured bones, including vertebrae.

Regardless of the specific structure affected, sports injuries can generally be classified in one of two ways: acute or chronic.

Acute injuries, such as a sprained ankle, strained back or fractured hand, occur suddenly during activity. Signs of an acute injury include the following: sudden, severe pain, swelling, inability to place weight on a lower limb, extreme tenderness in an upper limb, inability to move a joint through its full range of motion, extreme limb weakness, visible dislocation or break of a bone.

Chronic injuries usually result from overusing one area of the body while playing a sport or exercising over a long period. The following are signs of a chronic injury: pain when performing an activity, a dull ache when at rest, swelling.

To stay safe whatever sport you play you can use some tips. Be in proper physical condition to play a sport. If you play any sports, you should adequately train for that sport. It is a mistake to expect the sport itself to get you into shape. Many injuries can be prevented by following a regular conditioning program of exercises designed specifically for your sport. Know and abide by the rules of the sport. The rules are designed, in part, to keep things safe. This is extremely important for anyone who participates in a contact sport.

Protective pads, mouth guards, helmets, gloves and other equipment can save your knees, hands, teeth, eyes, and head. Never play without your safety gear.

Rest is a critical component of proper training. Athletes with high consecutive days of training, have more injuries. While many athletes think the more they train, the better they'll play, this is a misconception. Rest can make you stronger and prevent injuries of overuse, fatigue and poor judgement.

Always warm up before playing. Warm muscles are less susceptible to injuries. The proper warm up is essential for injury prevention. Make sure your warm up suits your sport. You may simply start your sport slowly, or practice specific stretching or mental rehearsal depending upon your activity.

Avoid playing when very tired or in pain. Pain indicates a problem. You need to pay attention to warning signs your body provides.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) signs of a chronic injury;
- b) the importance of the proper warm up;
- c) common types of sports injuries.

2. Find in the text equivalents of the following words and word combinations.

Разрыв сухожилий; полезный совет; важный элемент; разминка; верхние конечности; кондиционные упражнения; ноющая боль; защитное снаряжение; позвонок; в широком смысле слова; сустав.

3. Complete the sentences with the words from the box.

sprains and strains; tip; protective gear; mistake; in the broadest sense; tear; mistake; to pay attention to; susceptible; joint; acute; dislocated; fractured; vertebrae; to overuse

1. Common types of sports injuries are muscle ..., ... of the ligaments that hold ... together, tears of the tendons that support joints and allow them to move, ... joints, ... bones, including

2. It is a ... to expect the sport itself to get you into shape.

3. The term “sports injury”, ..., refers to the kinds of injuries that most commonly occur during sports or exercise.

4. You need ... warning signs your body provides.

5. Sports injuries can generally be classified in one of two ways: ... or chronic.

6. Wear appropriate ... and equipment.

7. It is a ... to expect the sport itself to get you into shape.

8. Chronic injuries usually result from ... one area of the body while playing a sport or exercising over a long period.

9. Warm muscles are less ... to injuries.

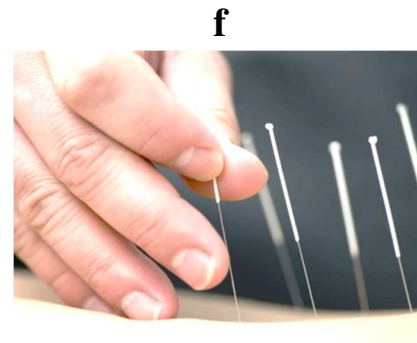
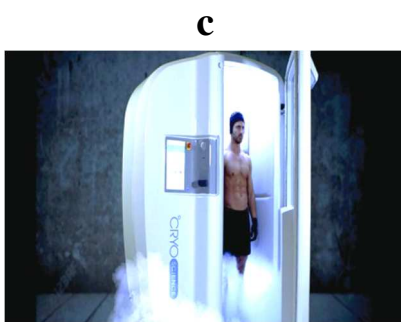
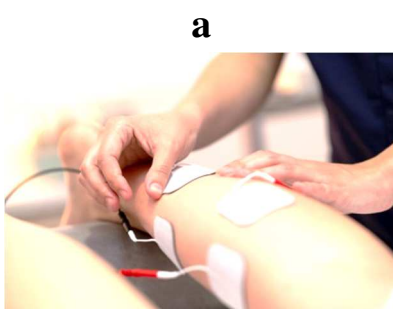
10. To stay safe whatever sport you play you can use some

4. Complete the sentences.

1. The term “sports injury” refers to ...
2. Some sports injuries result from ...
3. Common types of sports injuries are ...
4. Sports injuries can be classified ...
5. Signs of an acute injury include ...
6. Signs of a chronic injury are ...

5. Look at the pictures and match them with techniques using in sports injuries treatment.

- | | |
|------------------------------|-----------------------|
| 1) immobilization | 5) electrostimulation |
| 2) surgery | 6) cryotherapy |
| 3) rehabilitation (exercise) | 7) acupuncture |
| 4) ultrasound | 8) massage |



g



h



6. Answer the questions.

1. What the term “sport injury” refers to?
2. What are main causes of sports injuries?
3. What are common types of sports injuries?
4. What’s the difference between acute and chronic injuries?
5. How can be prevented sports injuries?
6. What protective gear do you use in your sport?

7. Match sport injury with its treatment.

- | | |
|-------------------------|------------------|
| a) muscle pull | f) tennis elbow |
| b) neck pain | g) runner’s knee |
| c) shoulder impingement | h) shin splints |
| d) lower back strain | i) ankle sprain |
| e) Achilles tendinitis | j) arch pain |

1

Treatment involves strengthening and stretching the quadriceps muscle.

2

The key element of treatment is an arch support to *prop up* (*поддерживать*) the foot and prevent *excessive* (*чрезмерный*) *pronation* (*вращение внутрь*) and pull on the tendon.

3

The universally held treatment is to apply ice and rest until the pain and swelling *subside* (*утихают*). The ice relaxes the muscle and helps relieve any spasm. Ice should be applied for about 20 minutes on, then 20 minutes off, as much as possible for a few days. As soon as *tolerable* (*терпимый*), begin gently stretching the muscle.

5

The *tried-and-true* (*испытанный*) treatment is RICE. The goal is to limit internal *bleeding* (*кровотечение*) and *cut down* (*сократить*) on swelling. As soon as tolerable, begin *range-of-motion* (*способствующий гибкости*) and strengthening exercises. These can help overcome *stiffness* (*неподвижность*) and restore mobility. To do this, sit in a chair and cross the *affected* (*поврежденный*) leg over the other leg at the knee. Using the big toe as a pointer, *trace* (*выписывать*) the *capital* (*заглавный*) letters of the alphabet from A to Z. Hold the big toe *rigid* (*неподвижный*) so all the motion comes from the ankle.

4

The treatment is to put an *arch support* (*стелька-супинатор*) under the foot immediately to prevent the arch from *collapsing* (*сплющивание*) and the *plantar fascia* (*подошвенная фасция*) from stretching. Also, put an arch support in your *slippers* (*тапочки*) and wear them as soon as you rise. Even a few steps *barefoot* (*босиком*) without support can stretch the plantar fascia. Arch supports usually relieve pain within a few days.

6

Many doctors treat it with anti-inflammatory agents or corticosteroid *injections* (*укол*). If pain *lasts* (*длиться*) for more than a day a program of range-of-motion exercises can help strengthen the *rotator cuff* (*вращательная манжета*) muscles. Strengthening these muscles will help hold your shoulder *firmly* (*надежный*) in place, then the head will not slip out of the *socket* (*суставная ямка*) and the tendons will no longer become inflamed or irritated. Physical therapy, ultrasound, *moist* (*влажный*) heat and electrical muscle stimulation followed by rehabilitative exercises are also recommended.

7

Cortisone injections, once the standard treatment, may reduce the inflammation around the *elbow* (*локоть*) and *ease* (*облегчить*) the pain, but they do not address the cause of the problem, which is overstressing the *forearm* (*предплечье*) tendon. Exercises can help improve forearm strength. These exercises include *wrist curls* (*сгибание*), flexing the wrist forward while holding a light dumbbell at the side with the *palm* (*ладонь*) facing forward, and *reverse* (*обратный*) wrist curls, the same exercise with the palm facing backward. Squeezing a soft rubber ball until the hand is fatigued also strengthens the forearm muscles.

9

You may need physical therapy which includes ice, then heat, electrical stimulation of muscles, stretching and deep-finger massage. This should be followed by exercises to strengthen the back and *abdominals* (*брюшной пресс*).

8

The treatment is to minimize physical activity until it feels better and to ice the tendon several times a day during this time. Anti-inflammatory agents help to relieve swelling and pain. Stretch the tendon as well by doing toe raises: stand on your toes for 10 seconds and then put your *heels* (*пятка*) *flat* (*ровный*) on the floor. Work up to doing three *sets* (*подход*) easily, then raise up on one foot at a time. When the tendon has healed, do heel drops. Stand with your *forefeet* (*передняя часть стопы*) on a *raised* (*возвышающаяся*) surface, such as the *edge* (*край*) of a step. Let your heels down below the level of the surface so that the back of the *calf* (*икра*) is stretched. Hold for 10 seconds. Repeat until the calf is *fatigued* (*утомлять*).

10

The *proper* (*подходящий*) treatment is to apply ice for 20 minutes at a time and gently stretch the neck. Severe pain may require prescription medication, such as a muscle relaxant or anti-inflammatory agents, and physical therapy.

8. Find more information about sports injuries and speak on their treatment.

Unit 5

SPORT AND CAREER



Lesson 1

SPORT AND CAREER

Read the text.

Text A

On Sport

Sport has lately become a major industry all over the world. You do not need to play a sport well, at all play a sport at all or play a sport at all. You do not need to play a sport well, or play a sport at all.

People's participation in sport or their spending money on sports-related goods and services have created many job opportunities. The range of sporting activities and goods now on offer is ever increasing. So, new and varied careers in the sport industry have evolved. Sport also promotes fitness, and fitness brings social and economic benefits to the whole country as well as to individuals. There are plenty of sports jobs that do not take place on the court or field. Even if you are not athletically talented to play professional sports, there are plenty of career opportunities for those who wish to work around the athletic contests that they enjoy.

As a rule, there is a wide range of sports provision that the government, private individuals, private companies and voluntary organizations provide in a country. Each type of organization has different objectives and receives funding from different sources. Each type needs different management approach. Many career opportunities exist for people who have passion for sport. To manage the business and marketing aspects of individuals and teams such organizations as academic institutes, sports franchises, independent sports associations, sports marketing consulting firms hire sport agents. Sports management professionals are in good demand today. Professionals get money to compete in sport. But only a very few people can earn a living as professional sportspeople. You do not need to play a sport well, or play a sport at all to be able to make money. For most sports careers, the only requirement is enthusiasm, spirit, and energy, as far as careers in sports management are highly competitive – as is sport!

Exercises

1. Translate the following text into English.

В последнее время (*lately*) индустрия спорта создала множество возможностей для карьерного роста. Профессия спортивного менеджера стала очень популярной. Но чтобы выжить (*survive*) в обстановке (*environment*) высокой конкуренции, необходимо быть довольно энергичным и творческим человеком. Для того чтобы быть эффективным спортивным менеджером, вы должны развивать у себя также навыки стратегического мышления. Стратегически мыслить – значит быть способным работать в команде, решать проблемы и критически мыслить, а также воплощать ваше коммерческое видение в жизнь. Существует широкий спектр различных аспектов стратегического мышления, которые могут помочь вам выбрать направление развития вашей спортивной организации и которые стоит соблюдать, чтобы достичь наилучшего (*ideal*) результата.

2. State if the following statements: a) true; b) false; c) not stated.

1. Sport is not an important industry today.
2. There are few job opportunities in sport.
3. Many new job opportunities have evolved lately.
4. Fitness is beneficial to the individuals who go into it.
5. All sports jobs are on-field.
6. There is a wide range of sports provision provided by the government, private individuals, private companies and voluntary organizations.
7. All sports organizations receive funding from the government.
8. To get a job opportunity in sport you need passion.
9. Sport agents only help individual athletes.
10. Sport managers have good chances to find a job today.
11. You do not need to be a sportsman to become a sport manager.
12. Careers in sport management are like sports itself.

3. Find in the text the English sentences that correspond to the following Russian ones.

1. Спорт способствует развитию фитнеса, а фитнес приносит социально-экономические выгоды как государству в целом, так и отдельным людям.
2. Существует достаточно много профессий в области спорта, которые не связаны с игрой на корте или поле.
3. У каждого типа организации свои цели, и финансирование они получают из разных источников.
4. Для людей, которые страстно любят спорт, существует много возможностей сделать спортивную карьеру.
5. Чтобы управлять различными аспектами бизнеса и маркетинга, организации нанимают спортивных агентов.
6. Профессионалы в области спортивного менеджмента пользуются в настоящее время большим спросом.
7. Для большинства профессий, связанных со спортом, единственное, что требуется, – это энтузиазм, твердый характер и энергичность.

Read and translate the text.

Text B
Sports Managers

Sports managers combine some of human's great passions: sports, business and health. Over the last decade, sports managers have bridged the gap between the business, sports, and health and entertainment sides of athletic organizations. This multibillion-dollar industry is very competitive, and sports management professionals must be enthusiastic, hardworking and have energy to invest into this exciting, satisfying career. Sports management has many different facets. Sports managers can handle the financial aspects of an athletic organization, create marketing strategies for special events, direct athletics in a school setting or help athletes negotiate contracts or sponsorship and endorsement deals. Other responsibilities may involve public relations, sporting goods sales, facility management, athletic fund-raising or sports broadcasting. Those who focus on such a specialized side of sports management as the sports medicine will help athletes stay healthy through nutritional, fitness and psychological well-being. Regardless of specific responsibilities, sports management professionals often work irregular hours, including nights and weekends, and do a significant amount of traveling.

Exercises

1. Choose the letter of the word that best expresses the meaning of the sentences: a) special; b) specific; c) specialized.

1. She chose one book from the list.
2. I gave a gift to my very best friend.
3. The store in gourmet food.
4. The government has set up a commission to coordinate the activities of Russian ministers and organizations to organize the Olympics.
5. I am not able to give you an answer.
6. The website Information Services gives information on programs in toxicology, environmental health, and chemistry.

2. State if the following statements: a) true; b) false; c) not stated.

1. The work of a sports manager is very dull.
2. The business, sports, health and entertainment sides of athletic organizations are still very far from each other.
3. Sports management has many different aspects.
4. Sports management never deals with business issues.
5. Sports managers can work with the press.
6. Medicine is one of the specialized sides of sports management.
7. Sports managers work only regular hours quietly in the office.

3. Answer the questions on the text B.

1. What human's great passions do sports managers combine?
2. What traits of character should sports managers have?
3. What are the possible facets of sports management?
4. What are other responsibilities of a sports manager?
5. How can those who focus on the sports medicine help athletes?
6. What negative aspects does the work of a sports manager have?

Lesson 2

MY SPECIALTY IS COACH

Vocabulary

to adapt <i>v</i>	адаптировать, приспособлять
appropriate <i>adj</i>	надлежащий, подходящий, правильный
to assess strengths and weaknesses	оценивать сильные и слабые стороны
attendance <i>n</i>	присутствие, посещение
to be aware of	знать о чем-то, быть осведомленным
to break the task down into a sequence	разбить задание на последовательные действия
to bring out ability	выявлять способность
community <i>n</i>	местное сообщество, община, микрорайон
to encourage <i>v</i>	ободрять; поощрять, поддерживать (в чём-либо)

to gain the respect and trust	заслужить уважение и доверие
to implement <i>v</i>	внедрять, применять
to improve performance	улучшать показатели (спортивные), совершенствовать выполнение чего-либо
to involve <i>v</i>	вовлекать, задействовать, включать
to liaise with	поддерживать связь с
marketing and promoting services	продажа и раскрутка (реклама) услуг
nutrition <i>n</i>	питание
to participate <i>v</i>	принимать участие
to produce <i>v</i>	производить, разрабатывать, создавать
to seek and apply for sponsorship agreements	искать и заключать спонсорские договоры
to be self-employed	заниматься собственным делом, работать не по найму
to support	поддерживать
work schedule	график работы

Read and translate the text.

Job description

Sports coaches help people participating in sports to work towards achieving their full potential. They may support professional sportspeople, sports teams, community teams or school groups, working with them closely to improve performance. They may also have a role in encouraging young people to participate in sporting activities.

Sports coaches bring out ability by identifying needs and planning and implementing suitable training programmes. Whatever the context, coaching involves developing the participants' physical and psychological fitness and providing the best possible practical conditions in order to maximize their chances of performing to the best of their ability. Coaches must be aware of their ethical and legal obligations to their clients.

Typical work activities

Coaching roles vary hugely according to context, but typical work activities are likely to include:

1) Performance management

- assessing strengths and weaknesses in a participant's performance and identifying areas for further development;
- adapting to the needs and interests of the group or individual participant;
- communicating instructions and commands using clear, simple language;
- demonstrating an activity by breaking the task down into a sequence;
- encouraging participants to gain and develop skills, knowledge and techniques;
- developing knowledge and understanding of fitness, injury, sports psychology, nutrition and sports science;
- acting as a role model, gaining the respect and trust of the people you work with;
- liaising with other partners in performance management, such as physiotherapists, doctors and nutritionists;
- working to a high legal and ethical standard at all times, particularly in relation to issues such as child safeguarding and health and safety requirements.

2) Planning and administration

- producing personalized training programmes;
- coordinating participants' attendance at meetings and other sports events;
- planning and running programmes of activities for groups and/or individuals;
- transporting participants to and from training sessions and sports events;
- seeking and applying for sponsorship agreements;
- finding appropriate competitions for participants;
- marketing and promoting your services, if you are self-employed;
- planning your own work schedule.

Exercises

1. State if the following statements: a) true; b) false; c) not stated.

1. Sports coaches help people achieve their full potential.
2. Ethical and legal issues are not important for coaching.
3. Sport coaches act as a rolemodels for the athletes.
4. Sport coaches should know everything about athlete's family.
5. Athletes themselves travel to and from training sessions and sports events.

2. Translate the following sentences into English.

1. Тренер планирует и внедряет подходящие программы.
2. Тренер оценивает слабые и сильные стороны спортсмена.
3. Тренер учитывает достижения в области питания и науки о спорте в своей работе.
4. Планирование рабочего графика входит в обязанности тренера.
5. Тренеру необходимо контактировать с такими специалистами, как физиотерапевты, врачи и специалисты по питанию.

3. Answer the questions.

1. What groups of people do the coaches work with?
2. What does coaching involve?
3. In what way do sport coaches bring out the abilities in people?
4. What does "personalized training programmes" mean, in your opinion?

Lesson 3

SPORTS RELATED CAREERS

Vocabulary

aspire <i>v</i>	стремиться
bruise <i>n</i>	ушиб
coach <i>n</i>	тренер
cramp <i>n</i>	спазм
defeat <i>n</i>	поражение
dismissal <i>n</i>	удаление

enhance *v*
fire *v*
hire *v*
keen *adj*
key aspect
loss *n*
obey *v*
profit *n*
provide *v*
rate *n*
relate *v*
schedule *v*
stamina *n*
task *n*
umpire *n*
vivid *adj*

увеличивать
увольнять
нанимать
проницательный
ключевая фигура
потеря
подчиняться
прибыль
оказывать, обеспечивать
показатель
иметь отношение
составлять график
выносливость
задача
арбитр
яркий

Before reading look at the pictures and answer the following questions.

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



Read the text and make a summary.

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

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

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

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

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

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

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

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

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

2. Find in the text equivalents of the following words and word combinations.

Индустрия развлечений; связанный с различными видами спорта; четкий комментарий; решающая роль; соревнующиеся команды; физическая выносливость; в случае; профессии, связанные со спортом; заботиться; стимулировать единение; мероприятия.

3. Complete the sentences with the words from the box.

*fine; key aspect; to obey; keen; hiring; stamina; to schedule; firing;
to enhance; dismissal; to be aspired*

1. Sports related careers ... by a huge number of people who are skilled and talented in some type of sport.
2. Team managers organize and ... various events and leagues.
3. Umpires keep a ... observation on the players and declare decisions like ..., winning points, faults, ... penalties etc.
4. The coaches make them practice and help them to ... their physical ...
5. Team managers handle the department of ... and ... the players.
6. The athletes are the ... of sports careers.
7. The athletes are supposed to ... their coaches and trainers for better results.

4. Complete the sentences with the statements from the text.

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

5. State if the following statements: a) true; b) false.

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

6. Read the statements about careers in sport. Define each statement which job is about.

1. They might be professional players for the same game. He or she are supposed to be thorough with the rules and regulations of the game.
2. They are generally the veteran or senior retired sports persons. They are expected to be highly experienced and successful in their past sports career.
3. They are medical professionals who do the same job that they might do at a hospital or a clinic. They possess degrees, diplomas and certifications in medicine and other specializations.
4. Organizational skills, knowledge of business and analytic approach are vital for them. Most of the selectors in the board and leagues are retired players themselves.

5. They are not expected much formal academic achievement. They must be highly skilled and trained in the sport that they wish to pursue the career in.

6. They must be fluent in multiple languages with pleasant voice and accent.

7. Answer the questions.

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

8. Find some interesting information about sports related careers (make up presentation).

Unit 6

SPORT AND SOCIETY



Lesson 1

SPORT AND SOCIETY

Read the text.

Sport as a universal language can be a powerful tool to promote ideals of peace, fraternity, non-violence, tolerance and justice by bringing people together across boundaries, cultures and religions. Its values such as teamwork, fairness, discipline, respect for the opponent and the rules of the game are understood all over the world. Mass sport is used to reach out to people in need including refugees, child soldiers, victims of conflict and natural catastrophes, persons with disabilities, victims of racism and discrimination, persons living with HIV/AIDS, malaria and other diseases.

Many athletes such as Didier Drogba, Sergei Bubka, Ronaldo, Maria Sharapova, David Beckham, Vyacheslav Fetisov help in promoting these initiatives through their popularity and celebrity status. They were given the title of Goodwill Ambassador, Special Representative, or another status depending on the UN fund or programme that has appointed them.

Recently players from Football Club Barcelona took time out of their training schedule to meet a group of children from the earthquake-affected region in China. In the 1970s a few weeks of ping-pong diplomacy really helped to make a breakthrough in the relations between China and the USA. We can find similar examples as far back as the First World War, e.g. a

Christmas Day football match between the trenches. But sport is a mirror of society and can also have negative side effects such as violence, corruption, discrimination, hooliganism, nationalism, doping and fraud, e.g. violent confrontations among football players or spectators within and beyond the sporting venue.

In 1969 the so called Football War broke out between Honduras and El Salvador over a World Cup qualifying match and killed about 3,000 people. The Football War, also known as the Soccer War or 100-hours War, was a four day war fought by El Salvador and Honduras in 1969. It was caused by political conflicts between Hondurans and Salvadorans, namely issues concerning immigration from El Salvador to Honduras. But these tensions between the two countries coincided with the rioting during the second North American qualifying round of the 1970 FIFA World Cup. There was fighting between fans at the first game June 1969. El Salvador won 3 – 2 after extra time. On 14 July 1969, the Salvadoran army launched an attack against Honduras.

Exercises

1. Find the English collocations to match the Russian ones.

- | | |
|--|--|
| 1) сыгранность, работа в команде | a) through a popularity and celebrity status |
| 2) уважение к сопернику | b) to reach out fairness |
| 3) отборочный матч | c) to make a breakthrough in the relations |
| 4) зрители | d) to promote ideals of peace |
| 5) график тренировок | e) mass sport |
| 6) посол доброй воли | f) teamwork |
| 7) дипломатия пинг-понга | g) respect for the opponent |
| объединять людей в разных странах | h) a qualifying match |
| 8) благодаря своей популярности и статусу известной личности | i) a sporting venue |
| 9) достичь прорыва в отношениях | j) doping test |
| 10) дисциплинированность | k) negative side effects |
| 11) помогать людям, нуждающимся в помощи | l) discipline |

- | | |
|--|--|
| 12) тест на допинг | m) ping-pong diplomacy |
| 13) люди с ограниченными возможностями | to bring people together across boundaries |
| 14) место проведения соревнования | n) a training schedule |
| 15) отрицательные последствия | o) persons with disabilities |
| 16) распространять идеалы мира | p) spectators |
| 17) массовый спорт | q) goodwill ambassador |

2. Find out English equivalents to the following Russian words and collocations in the text.

Универсальный язык; распространять идеалы мира, братства, не-насилия, терпимости и справедливости; объединять людей в разных странах; такие качества, как умение работать в команде; честность, дисциплинированность, уважение к сопернику; массовый спорт; люди с ограниченными возможностями; содействовать этим инициативам благодаря своей популярности и статусу известной личности; выделить время из графика тренировок; посол доброй воли; получить звание; рождественский футбольный матч на поле боя; негативные последствия; хулиганство; допинг; мошенничество; место проведения соревнования; так называемая футбольная война; отборочный матч Кубка мира.

3. Fill in the gaps with the following words from the box.

sporting venue; qualifying match; doping test; training schedule; depending on; including

1. A celebrated American long-distance runner, Ryan Hall gave a brief overview of how he planned a for a marathon.
2. Yankee Stadium is the most celebrated in the world.
3. You may spent from two to five hours a day exercising, the sport you are training for.

4. Former Giro D'Italia winner Danilo Di Luca has been suspended for two years by the Italian Olympic Committee because of a positive last year.

5. A football fan was killed by a flare after last night's World Cup between Wales and Romania in Cardiff.

6. To succeed in sport you'll need a variety of skills, teamwork.

4. Answer the questions.

1. What does sport help to promote?

2. How does it help to promote these ideals?

3. What are the values of sport?

4. Whom can sport help?

5. How do celebrity athletes help to solve problems?

6. Why did Football Club Barcelona go to the earthquake-affected region in China?

7. What did ping-pong diplomacy help in the Honduran capital of Tegucigalpa, which Honduras won 1 – 0 the second game to do?

8. What negative side effects can sport in the Salvadoran capital of San Salvador, which was won 3 – 0 by El Salvador, have?

9. What countries took part in the followed by even greater violence? When did match take place in Mexico City on 26 Football War?

Lesson 2 SPORT AND MEDIA

Read the text.

The sporting world has never been so much in the media spotlight. Sporting events and sports personalities are bigger, brighter and have more sponsorship deals than ever before. Media coverage of sport is widespread. By listening to commentators and watching replays we improve our knowledge and understanding. Participation in sports promotion of sport covered by the media is always higher than for those that are not. TV and radio coverage takes many forms: live programmes and highlights, documentaries, coaching series, schools programmes and quiz shows about

sports. Cable and satellite TV show events on a pay-per-view basis. Ceefax and Teletext have up-to-date information about events in the world of sport. All teams and major athletes have their own websites on the Internet where you can find all kinds of information about the team/athlete/matches. Newspapers and magazines print predictions and results, as well as articles about athletes and clubs. Also, biographical books and films are big business for ex sports players. Technology is really important to the coverage of sport in the media. Not only does it allow all of these forms of media to be possible, but it also allows features like photo finishes, instant replays, split times etc.



Eurosport is a European sports satellite and cable network, available in 59 countries and broadcasting in 20 different languages. It is the only pan-European sports channel and it offers viewers varied sports such as UEFA Champions League, UEFA Cup football, the Paris Dakar Rally, Monte Carlo Rally, the Olympics, cycling events such as Le Tour de France and Britain's Premier Calendar road racing series, tennis events including the French Open, World Championship Snooker, ICC Cricket World Cup, Australian Football League, winter sports, and youth sports like skating and surfing.



British television information service provided by the BBC and offering many different types of information, e.g. weather reports, sports results and financial news. By watching coaching series on TV you can learn how a technique should be performed. Media can encourage people to get involved in sports by showing more live programmes and quiz shows.

The media coverage of sport has both positive and negative effects.

Positive Effects

Money – Media companies pay for the rights to show a sporting event. Also, sports shown on the TV generate more sponsorship.

Education – People learn the rules of the sport from watching it on TV.

Role models – Seeing good sports people on TV and in newspapers makes them a role model for people to look up to.

Inspiration – Media brings sport to people who may not normally get to experience it otherwise. This can encourage people to get involved.

Coaching aid – Watching professionals on the TV can help you see how a technique should be performed which could help your performance.

Negative Effects

Bias – Only the really popular sports get much attention on the TV and in newspapers etc. This doesn't help encourage people into the less popular sports.

Lack of Attendance – For matches that are shown on TV, ticket sales often drop.

Overload – There is a lot of sport on TV nowadays, some say too much!

Attention – Sport stars often complain of too much attention being paid to their private lives.

Demands – The media can put pressure on the organizers of sporting competitions to make the viewing experience better for TV audiences. For example, in a previous Olympics, the marathon was run at a time which suited TV companies, even though it was at the hottest time of day.

Exercises

1. Find English equivalents for the following words and word combinations in the text.

Спортивный мир; в центре внимания средств массовой информации; спортсмен; спортивные состязания; контракт со спонсором; освещение в средствах массовой информации; слушать комментаторов; посмотреть повтор кадра; лучше разбираться и понимать; количество людей, занимающихся спортом; вид спорта, освещаемый средствами массовой информации; телевизионное и радиоосвещение событий; прямая радио-/телепередача; самые яркие моменты соревнований; документальные фильмы; цикл обучающих передач; спортивные викторины; кабельное и спутниковое телевидение; транслировать соревнования

платно; свежая информация; ведущие спортсмены; иметь собственный сайт в интернете; газеты и журналы; публиковать прогнозы и результаты; статьи о спортсменах и спортивных клубах; биографические книги; прибыльное дело; бывшие спортсмены.

2. Translate the following words and word combinations into Russian.

Sporting world; to be in the media spotlight; sporting events; sports personalities; sponsorship deals; media coverage of sport; to listen to commentators; watch replays; to improve knowledge and understanding; participation in sports; sports covered by the media; TV and radio coverage; live programmes; highlights; documentaries; coaching series; quiz shows about sports; cable and satellite TV; to show events on a pay-per-view basis; up-to-date information; major athletes; to have one's own websites on the Internet; newspapers and magazines; to print predictions and results; articles about athletes and clubs; biographical books; big business; ex sports players.

3. Find the English collocations to match the Russian ones.

- | | |
|---|---|
| 1) спортивный мир | a) to listen to commentators |
| 2) в центре внимания средств массовой информации | b) to improve knowledge and understanding |
| 3) спортсмены | c) to have one's own websites on the Internet |
| 4) спортивные состязания | d) to be in the media spotlight |
| 5) контракт со спонсором | e) sports personalities |
| 6) бывшие спортсмены | f) media coverage of sport |
| 7) слушать комментаторов | g) sporting events |
| 8) посмотреть повтор кадра | h) TV and radio coverage |
| 9) лучше разбираться и понимать | i) sponsorship deals |
| 10) вид спорта, освещаемый средствами массовой информации | j) quiz shows about sports participation |
| 11) телевизионное и радиоосвещение событий | k) to print predictions and results |
| | l) ex sports players |
| | m) major athletes |

- | | |
|--|---|
| 12) прямая радио/телепередача | n) live programmes |
| 13) самые яркие моменты соревнований | o) highlights |
| 14) документальные фильмы | p) documentaries |
| 15) цикл обучающих передач | q) coaching series |
| 16) спортивные викторины | r) cable and satellite TV |
| 17) кабельное и спутниковое телевидение | s) biographical books |
| 18) транслировать соревнования платно | t) big business |
| 19) свежая информация | u) articles about athletes and clubs |
| 20) ведущие спортсмены | v) up-to-date information |
| 21) иметь собственный сайт в интернете | w) sporting world |
| 22) публиковать прогнозы и результаты | x) to watch replays |
| 23) статьи о спортсменах и спортивных клубах | y) to show events on a pay-per-view basis |
| 24) биографические книги | |
| 25) прибыльное дело | |

4. Translate from Russian into English and from English into Russian.

Никогда еще к спортивному миру не было приковано столь пристальное внимание средств массовой информации.	
	Sporting events are bigger and brighter than ever before.
Спортсмены заключают больше контрактов со спонсорами.	

	By listening to commentators and watching replays we improve our knowledge and understanding.
Спорт широко освещается в средствах массовой информации.	
	Participation in sports covered by the media is always higher than for those that are not.
Существуют разные способы теле- и радиоосвещения спортивной жизни: прямые трансляции и подборка самых ярких моментов соревнований, документальные фильмы, циклы обучающих программ, программы для школьников и викторины.	
	Cable and satellite TV show events on a pay-per-view basis.
Сифакс и телетекст публикуют свежую/последнюю информацию о спортивных событиях.	
	All teams and major athletes have their own websites on the Internet where you can find all kinds of information about the team/athlete/matches.
Газеты и журналы публикуют прогнозы и результаты, а также статьи о спортсменах и спортивных клубах.	
	Also, biographical books and films are big business for ex sports players.

5. Translate the sentences into English.

1. Читая газеты, я узнаю о результатах теннисных матчей.
2. Газеты публикуют как результаты соревнований, так и статьи о спортсменах.
3. Средства массовой информации всегда освещают значимые спортивные соревнования, такие как Кубок мира и Олимпиада.
4. Сегодня газеты публикуют больше, чем когда-либо, статей о спортсменах.
5. Судья может посмотреть повтор кадра, перед тем как принять решение.

6. Answer the following questions.

1. How often do you watch sports news?
2. Do you follow sports news?
3. How closely do you follow it? (every day, every week, seldom, never, etc)
4. Where do you look for it? (in the newspaper, on television, on the radio, on the Internet, etc)
5. How often do you watch sports events? (sometimes, rarely, once a week, etc)
6. How often do you listen to live programmes?
7. How often do you watch sports highlights?
8. Are you interested in sports personalities? Do you like reading about them?
9. What positive and negative effects does the media coverage of sport have?

7. Translate the following article into Russian.

Studying Role of Mass Media in Sport Development

Sport development is a step toward national development. Due to affecting personal and social life, sport has attracted the attention of people and government. Mass media is an important means of sport development, which influence realizing most of sport development objectives. One of the

mass media with a growing audience is on-line news agencies. Investigating the situation of sport coverage in such media is one of the research needs for sport development programs and the amount by which sport materials could help sport development was the main question of this research. The current work compared sport news of Fars and BBC on-line news agencies in terms of news coverage type of sport social organizations (educational sport, public and recreational sports and women sports). This research was of content analysis type and Chi-square test was utilized to analyze the data at significance level of $p = 0.05$. The results show a significant difference between two Fars and BBC news agencies in terms of public, educational and women sports. Also, there was a significant difference between these two news agencies considering championship and professional sports. Results of the research related to content analysis of mass media indicated that, as far as the variable of sport components was concerned, most focus in Fars news agency was on professional and championship sports, especially a limited number of fields such as football. While public and recreational sports do not receive sufficient attention in sport mass media, sports like educational, women, disability and local sports cover a widespread community; also experts believe that some of them like public and educational ones have more important roles in society than championship and professional sports.

Lesson 3 ACTIVE AGEING

Vocabulary

affair <i>n</i>	дело
ageing <i>n</i>	старение
aim <i>v</i>	иметь цельюю
apply <i>v</i>	касаться, применять
care <i>n</i>	забота
contributor <i>n</i>	помощник
course <i>n</i>	курс, течение
enhance <i>v</i>	улучшать

independence *n*

key goal

labour force

life expectancy

neighbour *n*

peer *n*

policy framework

refer *v*

remain *v*

retire *v*

security *n*

spiritual *adj*

tenet *n*

work associate

независимость

главная цель

рабочая сила

продолжительность жизни

сосед

ровесник

направления политики

относиться

оставаться

уходить на пенсию

благополучие

духовный

принцип

коллега по работе

Before reading look at the pictures and answer the following questions.

- Does physical activity contribute to longevity?
- Do senior members of your family lead an active life?



Read the text and make up a summary.

Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups.

Active ageing allows people to realize their potential for physical, social, and mental well-being throughout the life course and to participate in society, while providing them with adequate protection, security and care when they need.

The word “active” refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to participate in the labour force. Older people who retire from work, ill or live with disabilities can remain active contributors to their families, peers, communities and nations.

Active ageing aims to extend healthy life expectancy and quality of life for all people as they age.

“Health” refers to physical, mental and social well-being as expressed in the WHO definition of health. Maintaining autonomy and independence for the older people is a key goal in the policy framework for active ageing.

Ageing takes place within the context of friends, work associates, neighbours and family members. This is why interdependence as well as intergenerational solidarity are important tenets of active ageing.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) the definition of health;
- b) active ageing as a process;
- c) aims of active ageing.

2. Find in the text equivalents of the following words and word combinations.

Улучшать качество жизни; взаимосвязь поколений; духовный; главная цель; течение жизни; иметь целью; работа; уходить на пенсию; рабочая сила; взаимозависимость; помощник.

3. Fill in the gaps with the words from the box.

*policy framework; security; independence; life expectancy;
work associate; solidarity; ageing; care; course; tenet; key goal;
to aim; neighbour; to enhance*

1. Ageing takes place within the context of friends, ..., ... and family members.

2. Active ageing ... to extend healthy ... and quality of life for all people as they age.

3. Active ageing allows people to realize their potential for physical, social, and mental well-being throughout the life

4. Active ... is the process of optimizing opportunities for health, participation and ... in order to ... quality of life as people age.

5. Maintaining autonomy and ... for the older people is a ... in the ... for active ageing.

6. Active ageing allows people to participate in society, while providing them with adequate protection, security and ... when they need.

7. Interdependence as well as intergenerational ... are important ... of active ageing.

4. Complete the sentences.

1. Health refers to ...
2. Ageing takes place ...
3. Active ageing allows people ...
4. Active ageing is the process ...
5. Older people can remain ...

5. Answer the questions.

1. How can you define the term “active ageing”?
2. Whom does it apply to?
3. What areas can elderly people contribute to?
4. What is a key goal in the policy framework for active ageing?

6. Find more information about healthy living for seniors. Speak on other activities for elderly people.

Lesson 4

OVERVIEW OF REHABILITATION

Vocabulary

alter <i>v</i>	менять
appropriate <i>adj</i>	подходящий
bladder <i>n</i>	мочевой пузырь
bowel <i>n (esp. pl.)</i>	кишечник
cross <i>v</i>	встречаться
depend <i>v</i>	зависеть
desirable <i>adj</i>	желаемый
differ <i>v</i>	различаться
fracture <i>n</i>	перелом
heart failure	сердечная недостаточность
immediate <i>adj</i>	ближайший
inflammation <i>n</i>	воспаление
inpatient <i>n</i>	стационарный больной
limitation <i>n</i>	ограничение
long-term <i>adj</i>	долгосрочный
nonetheless <i>adv</i>	однако
occupational therapy	трудотерапия
otherwise <i>adj</i>	иной
outpatient <i>n</i>	амбулаторный больной
recover <i>v</i>	выздоровливать
regain <i>v</i>	восстанавливать
regardless <i>adv</i>	невзирая на
setting <i>n</i>	учреждение
severity <i>n</i>	серьезность
short-term <i>adj</i>	краткосрочный
significant <i>adj</i>	важный
stroke <i>n</i>	инсульт
surgery <i>n</i>	операция
target <i>n</i>	цель
taxing <i>adj</i>	требующий значительных усилий
tumor <i>n</i>	опухоль
unwilling <i>adj</i>	нежелающий

Read the text.

Rehabilitation is needed by people who have lost the ability to function normally, often because of trauma, a stroke, an infection, a tumor, surgery, or a progressive disorder. Physical therapy, occupational therapy, treatment of any pain and inflammation, and retraining to compensate for specific lost functions are the typical focuses of rehabilitation. Treatment usually involves continued sessions of one-on-one training for many weeks.

The need for rehabilitation crosses all age groups, although the type, level, and goals of rehabilitation often differ by age. For example, the goal of an older person who has severe heart failure and has had a stroke may simply be to regain the ability to do as many self-care activities such as eating, dressing, bathing, transferring between a bed and a chair, using the toilet, and controlling bladder and bowel function as possible. The goal of a younger person who has had a fracture is often to regain all functions as quickly as possible. Nonetheless, age alone is not a reason to alter goals or the intensity of rehabilitation, but the presence of other disorders or limitations may be.

After a major disorder, injury, or surgical procedure, people must follow the recommended rehabilitation program if they want to recover as fully as possible. Rehabilitation can be done in a doctor's office or at home as well as in rehabilitation centers.

Where rehabilitation takes place depends on the person's needs. Many people recovering from injuries can be treated as outpatients in a therapist's office. People with severe disabilities may need care in a hospital or inpatient rehabilitation center. In such settings, a rehabilitation team provides care. A team approach is best because significant loss of function can lead to other problems, such as depression, apathy, and financial problems.

The rehabilitation team or therapist sets both short-term and long-term goals for each problem. Short-term goals are set to provide an immediate, achievable target. Long-term goals are set to help people understand what they can expect from rehabilitation and where they can expect to be in several months. People are encouraged to achieve each short-term goal, and

the team closely monitors the progress. The goals may be changed if people become unwilling or unable (financially or otherwise) to continue or if they progress more slowly or quickly than expected.

Care at home can be appropriate for people who cannot travel easily but who require less care, such as those who can transfer from bed to a chair or from a chair to a toilet. However, family members or friends must be willing to participate in the rehabilitation process. Providing rehabilitation at home with the help of family members is highly desirable, but it can be physically and emotionally taxing for all involved. Sometimes a visiting physical therapist or occupational therapist can help with home care.

Regardless of the severity of the disability or the skill of the rehabilitation team, the final outcome of rehabilitation depends on the person's motivation.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) short-term and long-term goals in rehabilitation;
- b) goals of rehabilitation according to age;
- c) rehabilitation at home.

2. Find in the text the paragraph which describes:

- a) settings where rehabilitation can take place;
- b) health conditions which require rehabilitation;
- c) type, level, and goals of rehabilitation.

3. Find in the text equivalents of the following words and word combinations.

Процесс реабилитации; невзирая на; мочевой пузырь; прогрессирующая болезнь; непрерывные тренировки; тяжелые формы заболевания; сердечная недостаточность; перелом; трудотерапия.

4. Fill in the gaps with the words from the box.

*surgery; short-term; to cross; regardless; appropriate; inflammation;
to depend; desirable; stroke; to alter; limitation; occupational therapy;
inpatient; taxing; severity; long-term; to differ; tumor*

1. Providing rehabilitation at home with the help of family members is highly ..., but it can be physically and emotionally ... for all involved.

2. Physical therapy, ..., treatment of any pain and ..., and retraining to compensate for specific lost functions are the typical focus of rehabilitation.

3. ... of the ... of the disability or the skill of the rehabilitation team, the final outcome of rehabilitation depends on the person's motivation.

4. Where rehabilitation takes place ... on the person's needs.

5. Care at home can be ... for people who cannot travel easily but who require less care.

6. The rehabilitation team or therapist sets both ... and ... goals for each problem.

7. People with severe disabilities may need care in a hospital or ... rehabilitation center.

8. The need for rehabilitation ... all age groups, although the type, level, and goals of rehabilitation often ... by age.

9. Rehabilitation is needed by people who have lost the ability to function normally, often because of trauma, a ..., an infection, a ..., ..., or a progressive disorder.

10. Age alone is not a reason ... goals or the intensity of rehabilitation, but the presence of other disorders or ... may be.

5. Match the rehabilitation occupations (a – c) with their definition (1 – 3).

1

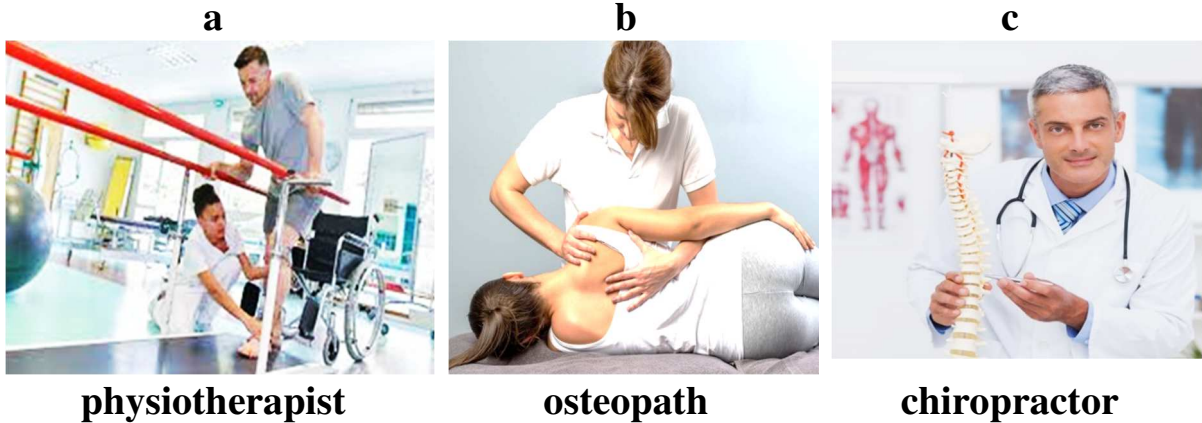
It is a health care profession that focuses on the relationship between the body's structure, mainly *the spine* (*позвоночник*), and its functioning. Although practitioners may use a variety of treatment *approaches* (*подход*), they primarily perform adjustments (manipulations) to the spine or other parts of the body with the goal of correcting *alignment* (*выпрямление*) problems, *alleviating* (*облегчающий*) pain, improving function, and supporting the body's natural ability to *heal* (*исцелять*) itself.

2

Practitioner of this trend uses *precise* (*определенный*) manipulative and palpatory techniques to treat the *restrictions* (*решение*) in the body thereby restoring *mobility* (*подвижность*) to different bodily systems (musculo-skeletal, *circulatory* (*кровеносный*), *digestive* (*пищеварительный*), *pulmonary* (*дыхательный*) and nervous systems) thus improving the regulation and interactions of these systems.

3

They treat patients with physical difficulties resulting from illness, injury, disability or ageing. They treat people of all ages including children, the elderly, stroke patients and people with sports injuries. They help *promote* (*поддерживать*) their patients' health and wellbeing, and assist the rehabilitation process by developing and restoring body systems, in particular the neuromuscular, musculoskeletal, cardiovascular and respiratory systems. They *devise* (*разрабатывать*) and *review* (*проверять*) treatment programmes, *comprising* (*содержащий*) manual therapy, movement, therapeutical exercise and the *application* (*применение*) of technological equipment, e.g. ultrasound.



6. Answer the questions.

1. When are people in need of rehabilitation?
2. What does therapy rehabilitation focus on?
3. What determines the goal of rehabilitation?
4. Where can rehabilitation take place?
5. What are short-term and long-term goals in rehabilitation?
6. Is it necessary that family members take part in the rehabilitation process?
7. What determines the outcome of rehabilitation?

7. Read the article and match the right heading.

**Modern technologies
in rehabilitation**

*Rehab Robots Lend Stroke
Patients A Hand*

**Stroke Rehab Getting
Patients Back On
Their Feet**

Robot-assisted therapy has measurable benefits for patients with a weaker arm following a stroke. The researches were carried out by National Taiwan University, Chang Gung University, and Department of Physical Medicine and Rehabilitation, Taipei Hospital. They aimed to investigate how robot-assisted therapy helps arm function to improve after a stroke.

Stroke patients usually have difficulties transferring motor skills learned in therapy to their daily living environment because of cognitive deficit. One of the key findings of the study was that robot-assisted therapy, when combined with functional task training, helps functional arm use and improves bimanual arm activity in daily life. Patients following a stroke often have weakness on one side of the upper body (hemiparesis), which can make daily life more difficult. Robotic rehabilitation is increasingly available, and holds promise for enhancing traditional post-stroke interventions. Because robots never tire, they can provide massive and intensive training in a consistent manner without fatigue, with programming precisely tailored to each patient's needs.

8. Find more information about rehabilitation and speak on new trends in this field.

Lesson 5 **SPORTS FANS.**

WE'LL FIGHT TO WIN, WE ARE THE BEST!

Vocabulary

advertise <i>v</i>	рекламировать
attend <i>v</i>	посещать
boo <i>v</i>	освистывать
cheer <i>v</i>	болеть
clap <i>v</i>	хлопать
displeasure <i>n</i>	недовольство
exclamation <i>n</i>	восклицание
experience <i>v</i>	переживать
expletive <i>n</i>	ругательство
favor <i>v</i>	поддерживать
fist-pumping	выражение одобрения
follow <i>v</i>	следить
garbage <i>n</i>	мусор
gather <i>v</i>	собирать

increase <i>v</i>	усиливать
jeer <i>n</i>	насмешка
particular <i>adj</i>	конкретный
prevent <i>v</i>	предотвращать
venue <i>n</i>	место проведения
violent <i>adj</i>	жестокий

Before reading look at the pictures and answer the following questions.

- What do you think these people have in common?
- Do you have any experience of cheering your favorite team at the stadium?



Read the text and make a summary.

Sports fans can be described as enthusiasts for a particular athlete, team, sport, or all of organized sports as a whole. The sports fans often attend sporting events or follow them on television, as well as through newspapers and internet websites. The mentality of the sports fans is often such that they will experience a game, or event while living vicariously through players or teams whom the fan favors. This behavior manifests itself in a number of different ways, depending on the venue.

At a stadium or arena, sports fans voice their pleasure with a particular play, player, or team by cheering, which consists of clapping, fist-pumping, or shouting positive exclamations toward the field of play and ultimately, the favorable object.

Likewise, displeasure toward a particular play, player, or team is met by fans with jeers, which consist of booing, shouting of expletives, and in occasional, extreme cases, throwing of bottles or even garbage cans onto the field of play in the hopes of injuring a particular participant. This violent type of fan reaction is often called hooliganism.

At sports bars, sports fans gather together with the purpose of following a particular sporting event on television as a group. Sports bars often advertise in hopes of drawing fans of a particular player or team to watch together to increase bonds between fans and prevent fights.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) sports fans' mentality;
- b) violent types of fan reaction;
- c) places except stadiums where sports fans can cheer their team;
- d) different ways of showing fans' pleasure.

2. State if the following statements: a) true; b) false.

1. Sports fans support a particular athlete, team or sport.
2. Sports fans follow sporting events only on television.
3. At a stadium sports fans support their team by cheering, which consists of clapping, fist-pumping, or shouting positive exclamations.
4. Sports fans show their displeasure by booing, shouting of expletives.
5. Sports fans never show their displeasure with a violent way.
6. Following a sporting event at sports bars prevents fights between fans.
7. Sports fans get information about sporting events through newspapers and internet websites.

3. Find in the text equivalents of the following words and word combinations.

Посещать спортивные мероприятия; склад ума; исключительный случай; укреплять связи; определенный; выражать; ругательства.

4. Complete the sentences with the words from the box.

*to attend; to increase; venue; clapping; particular; cheering; violent;
to gather; to follow; displeasure; to prevent; fist-pumping;
to advertise; jeer; exclamation*

1. ... toward a particular play, player, or team is met by fans with
2. Sports fans can describe enthusiasts for a ... athlete, team or sport.
3. At sports bars, sports fans ... together with the purpose of following a particular sporting event on television as a group.
4. The sports fans often ... sporting events or ... them on television.
5. Sports fans voice their pleasure with a particular play, player, or team by..., which consists of ..., ..., or shouting positive
6. This behavior manifests itself in a number of different ways, depending on the
7. Sports bars often ... in hopes of drawing fans of a particular player or team to watch together to ... bonds between fans and ... fights.
8. This ... type of fan reaction is often called hooliganism.

5. Answer the questions.

1. How can you define the word “fan”?
2. What is sports fans’ mentality?
3. What are the ways sports fans support their favorite team?
4. What are the ways of showing displeasure among sports fans?
5. What is another place for attending sporting events except stadiums?

6. Match the headings with right articles.

Increase in young football hooligans,
say police

**England fans 'do Manchester
proud' after defeat**

**England fans 'well behaved'
in South Africa, police say**

***Jen charged after
Chesterfield football disorder***

1

Internal police figures (данные) seen by the BBC show there are now 290 teenagers across the UK banned from football grounds. Police are worried about the possible emergence (возникновение) of a new generation of hooligans and they say trouble is more focused on the lower leagues where there are fewer resources to control matches. While the violence is not at the levels of the 1970s and 1980s, the Association of Chief Police Officers (ACPO) says it is seeing disturbing evidence (доказательство) of younger fans becoming involved. Figures show that almost half (47 %) of incidents of disorder last season in England, Wales and Northern Ireland involved youths.

2

British police in South Africa have praised (хвалят) England fans for their good behaviour during the World Cup, with only one football-related arrest. Pavlos Joseph, 32, from London, is accused (обвинять) of entering England's dressing room after the Algeria match. Assistant Chief Constable Andy Holt said that the travelling fans had "done their country proud". But he warned (предостерегать) there may be "more tension" in the match against Germany on Sunday. Mr Holt, who is leading a team of 12 UK officers in South Africa, said he had never experienced a more friendly atmosphere and to have only one arrest at this stage of the competition was "unusual". He said a "combination of factors" had had an impact, including 3,000 football banning orders.

The disorder *broke out* (разразиться) after a League Two match between Chesterfield and Bradford City on 24 April. Derbyshire Police *have charged* (обвинять) 10 males, aged between 14 and 20 and all from the Chesterfield area, with *affray* (драка). They *are due* (обязанный) to appear before magistrates in the town on 9 August. As part of the operation, police also arrested four people from the Bradford area on *suspicion* (подозрение) of affray. They have been *interviewed* (допрашивать) and *bailed* (брать на поруки) *pending* (в ожидании) further inquiries.

Despite (несмотря на) losing 4:1 to Germany, and having a goal disallowed, the supporters “did their city proud”. Councillor Mike Amesbury, executive member for culture and leisure, said: “I’d like to praise those football supporters for demonstrating what it means to be true fans and doing the city proud”. Mr Amesbury added: “Despite our team losing, there was only one *minor* (незначительный) incident which was dealt with very quickly by security and police”.

7. Find interesting facts about sports fans activities. Speak on about sports fans.

Unit 7

OLYMPIC AND PARALYMPIC MOVEMENT



Lesson 1

THE OLYMPIC GAMES

Vocabulary

to attach much importance to
to compete v
a contest in throwing discus
and javelin
to honour Zeus
to honour winners
horse and chariot racing
physical fitness and strength

придавать большое значение
соревноваться
соревнования по метанию диска
и копья
в честь Зевса
чествовать победителей
гонки на колесницах
хорошая физическая форма и сила

Read the text.

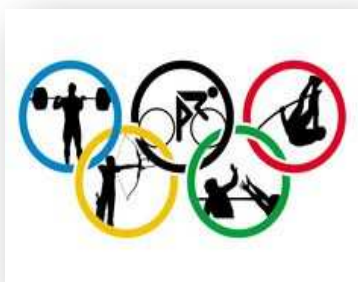
In 776 BC the first Olympic Games were held at the foot of Mount Olympus to honour the Greek's chief God, Zeus. The Greeks emphasized physical fitness and strength in their education of youth. Therefore contests in running, jumping, discus and javelin throwing, boxing and horse and chariot racing were held in individual cities, and the winners competed every four years at Mount Olympus. Winners were greatly honoured by having olive wreaths placed on their heads and having poems sung about their deeds. Originally these were held as games of friendship, and any wars in progress were halted to allow the games take place.

The Greeks attached so much importance to these games that they calculated time in four-year cycles called “Olympiads”. In 394 AD the Games were abolished and were not renewed until many centuries later.

Renewal of the Games came in 1896, when the first modern Olympic Games were held in Athens due to the French educator Baron Pierre de Coubertin. The first Olympiad was held in Athens and followed the pattern set by the ancient Olympic Games. Some events, like marathon race, have been added, and the inclusion of women, and also the series of winter sports. Otherwise, the framework elaborated for the first Games, has stood the test of time. The modern Games have maintained the original ideal of amateurism.

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

The Olympic Games consist of the Summer Games and the Winter Games. The Summer Games are held in a major city, and the Winter Games are held at a winter resort. The Olympics have normally been held every four years, with both the Summer Games and the Winter Games taking place the same year.



Beginning from 1994, the Summer Games and the Winter Games are scheduled to occur on a four-year cycle two years apart. For example, the Winter Games were held in 1994 and 1998, and the Summer Games in 1996 and 2000.

Colourful ceremonies combined with athletic competitions are to create the special feeling of excitement that surrounds the Olympics. Much importance is attached to the opening ceremony. At the opening of the Games the International Olympic Committee appears as a host. The national anthem of the host country is played, and all the participants march past the Lodge of Honour. The Head of the host country declares the Games open, then the Olympic flag is raised and the Olympic hymn is sung. Then the Olympic flame is lit that will burn till the end of the Games. The Olympic torch has been carried from Olympia by torch bearers, one for each kilometer, about 340 in all. The Olympic flag has five coloured interlaced rings, representing the five parts of the world, on a white background. The motto of the Olympic Games is “*Citius, Altius, Fortius*” (*Faster, Higher, Stronger*).

Russia joined the Olympic movement in 1952. Since then, Soviet sportsmen and sportswomen have collected a great lot of gold, silver and bronze medals. In 1980 Moscow hosted the 22 Summer Olympic Games and in 2014 Winter Olympic Games in Sochi.



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

Exercises

1. Translate the following words and word combinations.

Лучшие спортсмены; привлекать внимание; посещать игры; смотреть по телевизору; состоять из; курорт; четырёхлетний цикл; церемония открытия; в честь; Древняя Греция; в алфавитном порядке; принимающая сторона; глава государства; выпустить голубей; зажжение олимпийского огня; зажжённый факел; олицетворять Грецию; обежать круг стадиона; поддерживать мир во всём мире; пять переплетённых колец; девиз Олимпийских игр.

2. Choose the right variant.

1. The Olympic Games consist of:
 - a) the Summer Games;
 - b) the Winter Games;
 - c) the Summer and the Winter Games.
2. At the opening ceremony the athletes of Greece march into the stadium:
 - a) first;
 - b) second;
 - c) in the alphabetical order.
3. The athletes of the host country enter:
 - a) first;
 - b) last;
 - c) second.
4. The most dramatic moment of the Games is:
 - a) the raising of the Olympic flag;
 - b) the lighting of the Olympic flame;
 - c) the bringing of a lighted torch.
5. The flame is kept burning
 - a) one day;
 - b) one week;
 - c) until the end of the Games.
6. The Olympic symbol consists of:
 - a) five rings;
 - b) four interlocking rings;
 - c) five interlocking rings.
7. The Olympic motto is:
 - a) Faster, Higher, Stronger;
 - b) Better, Faster, Stronger;
 - c) Stronger, Better, Faster.

3. Translate into English.

1. Древние греки придавали большое значение физической форме.
2. Древние Олимпийские игры проводились в честь Зевса.
3. Древние Олимпийские игры включали в себя соревнования по метанию диска и молота и многие другие виды соревнований.
4. Когда Олимпийские игры были возобновлены, за модель были взяты древние Олимпиады.
5. Дух любительского спорта древних Олимпиад прошел проверку временем.
6. Был основан МОК – центральный орган, определяющий политику олимпийского движения.
7. Когда МОК принимает окончательное решение о месте проведения Олимпийских игр, он определяет город, а не страну – хозяйку Олимпиады.
8. После вступления в олимпийское движение российские спортсмены собрали огромное количество медалей и установили огромное количество рекордов.

4. Insert the correct word.

1. The first Olympic Games were held at the foot of Mount Olympus to honour the Greek's chief God
2. In 1986 the International Olympic ... was set up.
3. The Head of the ... country declares the Games open.
4. The ... of the Olympic Games is "Faster, Higher, Stronger".
5. In 1980 ... hosted the 22 Olympic Games.

5. Answer the questions.

1. What is the history of the ancient Olympic Games?
2. How and when were the Olympic Games renewed?
3. What were the first modern Olympic Games characterized by?
4. What are the functions of the International Olympic Committee?
5. How were the winter Games introduced?

6. What is the opening ceremony of the Olympic Games and the Olympic flag?

7. What role does Russia play in the Olympic Games?

8. What did Pierre de Coubertin say about the importance of the Olympic Games?

6. Speak about:

a) What can you say about the history of the Olympic Games?

b) What can you say about the International Olympic Committee?

c) What can you say about the opening ceremony?

Lesson 2

PARALYMPIC MOVEMENT

Vocabulary

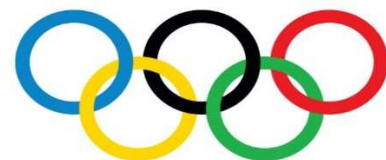
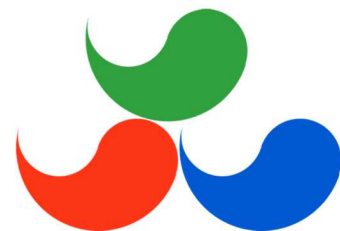
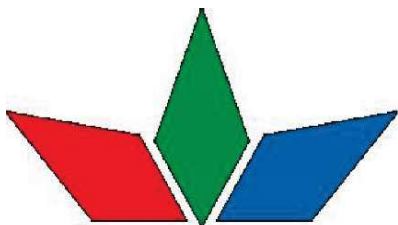
adult <i>n</i>	взрослый
advocate <i>n</i>	сторонник; приверженец
camp <i>n</i>	лагерь
differ <i>v</i>	отличаться
enhance <i>v</i>	улучшать
evident <i>adj</i>	очевидный
evolve <i>v</i>	развиваться
extend <i>v</i>	распространяться
explore <i>v</i>	изучать, исследовать
headquarters	штаб-квартира
humble <i>adj</i>	скромный
impairment <i>n</i>	ухудшение
intend <i>v</i>	намереваться
mention <i>v</i>	упоминать
modify <i>v</i>	модифицировать
non-profit <i>adj</i>	некоммерческий
palsy <i>n</i>	паралич
privilege <i>n</i>	исключительное право
reinforce <i>v</i>	укреплять

spinal cord
trace back *v*
value *n*
wound *v*

СПИННОЙ МОЗГ
ВОСХОДИТЬ К
ВАЖНОСТЬ
ранить

Before reading look at the pictures and answer the following questions.

- What is the current Paralympic symbol?
- Do you know the meaning of this symbol?
- What is the official logo of Special Olympics?
- Do you know who participate in this sporting event?



Read the text.

Text A

History of the Paralympic Movement

The Paralympic Games are the second largest sporting event in the world today, the first largest being the Olympic Games. It is amazing to think that the Paralympic Games had their humble beginnings less than fifty years ago, in Stoke Mandeville Hospital in Aylesbury, England.

The earliest beginnings of the creation of athletic Games for people with disabilities can be traced back to World War II and the efforts of one man, a doctor from England named Ludwig Guttmann. Known as the “Father of Sport for People with Disabilities”, Dr. Guttmann was a strong advocate of using sports therapy to enhance the quality of life for people who were injured or wounded during World War II.

Dr. Guttmann organized the 1948 International Wheelchair Games to coincide with the 1948 London Olympics. His dream was of a worldwide sports competition for people with disabilities to be held every four years as “the equivalent of the Olympic Games”. Twelve years later, his dream became a reality.

The first Paralympic Games were held in Rome, Italy, in 1960 and involved 400 athletes from 23 countries. Originally only wheelchair athletes were invited to compete. Since that time, the Paralympic Games have grown dramatically. The present day Paralympic Games include six major classifications of athletes: persons with visual impairments, persons with physical disabilities, amputee athletes, people with cerebral palsy, people with spinal cord injuries, and Les Autres – athletes with a physical disability that are not included in the categories mentioned above (*e.g.* people with Muscular Dystrophy).

The Paralympics are held in two seasons: summer and winter. Athletes with disabilities have been competing in the Winter Games since 1976. Sweden hosted the first Winter Games, which included 12 countries competing in Alpine and Cross-country skiing events. In 1992, the four-year cycle was modified so that the winter and summer Paralympic Games coincide with the Olympics.

Sir Ludwig Guttmann died in 1980, but his vision of sport for athletes with disabilities continues today. Clearly the value of sport in the lives of athletes with disabilities extends far beyond its rehabilitative benefits. Sportsmanship, camaraderie, and an active lifestyle are other important benefits. The athletic talents of competitors with disabilities are becoming recognized worldwide, just as Dr. Guttmann intended. The skill and talent of high-performance athletics and competition are evident in the performance of today’s Paralympians from all nations.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) Sir Ludwig Guttmann's vision of sport for athletes with disabilities;
- b) the first Paralympic Games;
- c) the modification of the four-year cycle of the Paralympics.

2. Complete the sentences with the statements from the text.

1. The Paralympic Games had their humble beginnings ...
2. The earliest beginnings of the Games can be traced back ...
3. Dr. Guttmann was a strong advocate of ...
4. Dr. Guttmann's dream was ...
5. The first Paralympic Games were held ...
6. The present day Paralympic Games include ...
7. The value of sport in the lives of athletes with disabilities ...

3. Complete the sentences with the words from the box.

spinal cord; to wound; to extend; humble; impairment; to enhance; value; advocate; palsy; to modify; to trace back; to intend

1. The athletic talents of competitors with disabilities are becoming recognized worldwide, just as Dr. Guttmann

2. It is amazing to think that the Paralympic Games had their ... beginnings less than fifty years ago.

3. The ... of sport in the lives of athletes with disabilities ... far beyond its rehabilitative benefits.

4. The earliest beginnings of the creation of athletic Games for people with disabilities can be ... to World War II.

5. In 1992, the four-year cycle

6. Dr. Guttmann was a strong ... of using sports therapy ... the quality of life for people who were injured or ... during World War II.

7. Among the participants of the present day Paralympic Games there are persons with visual ..., persons with physical disabilities, amputee athletes, people with cerebral ..., people with ... injuries.

4. Read the abstracts and match right headings.

**GENERAL PHILOSOPHY
OF PARALYMPICS**

The origins of the term

**Great mission
of Paralympic
movement**

1

The general philosophy of the Paralympic Games is to *concur* (*совпадать*) with the rules of the Olympic sports as much as possible. This philosophy is *implied* (*заключаться*) in the name of the event. The term “Paralympic” is taken from the word “Olympic” and the *prefix* (*приставка*) “para”, a Greek word that means “close to”. The Paralympic Games is an elite sports event in terms of both the organisation and the actual competition.

2

The Paralympics is a great way of building the *visibility* (*доступность*) and *profile* (*сведения*) of persons with disabilities. Sports allow people to see that people with disabilities *possess* (*обладать*) amazing skills and are capable of great athletic performances. In fact, many Paralympic athletes compete at the same level as their able-bodied *counterparts* (*коллега*). Society needs to *provide* (*предоставлять*) people with disabilities with many opportunities in the sport world, from local *recreational* (*развлекательный*) sporting activities to elite international competition.

Read the text and make a summary.

Text B
A Brave Attempt

Special Olympics and Paralympics are two separate organizations recognized by the International Olympic Committee (IOC). They are similar in that they both focus on sport for athletes with a disability and are run by international non-profit organizations. Apart from that, Special Olympics and the Paralympics differ in three main areas: the disability categories of the athletes that they work with; the criteria and philosophy under which athletes participate; the structure of their respective organizations. With a Headquarters in Washington D.C. Special Olympics happens year-round in seven regions of the world, 170 countries and has 228 Programs operating on a daily basis to provide empowerment through 30 Olympics-type sports. There is an International Governing Board of Directors.

Special Olympics, a non-profit organization, that was officially founded in 1968, giving form to the vision of its founder, Eunice Kennedy-Shriver (1921 – 2009), sister of USA President John F. Kennedy. A vision born in June 1962 in a summer camp at Eunice’s home, where children and adults with intellectual disabilities were invited in order to explore their abilities in various sports activities.

Only two years after the summer of 1968, took place in Illinois in the US the first International Special Olympics Summer Games with 1,000 participating athletes with intellectual disabilities from 26 states of the US and Canada, while in December 1971 Special Olympics received from the US Olympic Committee the privilege to be among the two organizations in America have the right to use the title “Olympics”.

From then on until today, Special Olympics have evolved to a Global Movement that offers the opportunity to 3,1 million athletes with intellectual disabilities from 185 countries, mainly through sports, to reinforce their self-

esteem, to discover their special abilities, and in this way become active and useful members of their societies.

Like the Olympic Games and the Paralympic Games, the Special Olympics World Games include summer and winter versions. The first International Special Olympics Winter Games were held in February 1977 in Steamboat Springs, Colorado, USA.

In the games held every two years by the Special Olympics movement in the world, offering the opportunity to take part in more than 30 Olympic-type summer and winter events, participate 550,000 athletes from the US, 500,000 from Europe, 700,000 from China, and 410,000 from India.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) the aim of Special Olympics;
- b) the origins of Special Olympics;
- c) the global involvement;
- d) the extension in the US;
- e) alternation of versions.

2. Find in the text equivalents of the following words and word combinations.

Некоммерческая организация; раскрыть возможности; летний лагерь; предоставляющий возможность; иметь право; дети и взрослые; самооценка; представление.

3. Complete the sentences with the words from the box.

<i>non-profit; to explore; to evolve; privilege; camp; to reinforce; adult</i>
--

1. Special Olympics ... to a Global Movement that offers the opportunity to 3,1 million athletes through sports ... their self-esteem, to discover their special abilities, and in this way become active and useful members of their societies.

2. Special Olympics is a ... organization.

3. In December 1971 Special Olympics received from the US Olympic Committee the ... to be among the two organizations in America have the right to use the title "Olympics".

4. A vision born in June 1962 in a summer ... at Eunice's home.

5. Eunice Kennedy-Shriver invited children and ... with intellectual disabilities were in order to ... their abilities in various sports activities.

4. Answer the questions.

1. When was Special Olympics founded?

2. Who was the founder of Special Olympics?

3. How often are Special Olympics held?

4. When did the sporting event for disabled people get the right to use the title "Olympics"?

5. What is the mission of Special Olympics?

6. Do Special Olympics include winter version?

5. Find information on a disabled sport celebrity. Speak on his/her sport experience.

Lesson 3

WHAT ARE DISABILITY SPORTS?

Vocabulary

able-bodied

крепкий, физически годный

approach *n*

подход

community *n*

общество

conjunction <i>n</i>	СОЮЗ
contribute <i>v</i>	ВНОСИТЬ ВКЛАД
deaf <i>adj</i>	ГЛУХОЙ
disability <i>n</i>	ОГРАНИЧЕННАЯ СПОСОБНОСТЬ
evolve <i>v</i>	УСТАНАВЛИВАТЬ
experience <i>v</i>	ИСПЫТЫВАТЬ
hinder <i>v</i>	ПРЕПЯТСТВОВАТЬ
independence <i>n</i>	НЕЗАВИСИМОСТЬ
influence <i>n</i>	ВЛИЯНИЕ
impairment <i>n</i>	НАРУШЕНИЕ
interaction <i>n</i>	ВЗАИМОДЕЙСТВИЕ
modify <i>v</i>	ИЗМЕНЯТЬ
refer to <i>v</i>	ОТНОСИТЬСЯ
value <i>n</i>	ЦЕННОСТЬ
wheelchair <i>n</i>	ИНВАЛИДНОЕ КРЕСЛО

Before reading look at the pictures and answer the following questions.

- What sport events are introduced in the pictures?
- What disabled sports are practiced at your University?



Read and translate the text.

Anyone may experience disability at some point in his or her lifetime. Disability is a normal part of the human experience, and people with

disabilities are part of all sectors of the community. There are numerous definitions of disability and the debate surrounding appropriate definitions of disability have evolved over time. The United Nations defines persons with disabilities as persons who have long-term physical, mental, intellectual or sensory impairments, which, in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.

Disabled or disability sports are played by persons with a disability, including physical and intellectual disabilities. Many of these are based on existing sports but modified to meet the needs of persons with a disability; they are also referred to as adapted sports. However, not all disabled sports are adapted; several sports that have been specifically created for persons with a disability have no equivalent in able-bodied sports. Being part of “sport” does not necessarily have to be in a playing context. Many people with disability also contribute as club administrators, officials, coaches, volunteers and spectators.

Organized sport for persons with physical disabilities developed out of rehabilitation programs. Following the Second World War, in response to the needs of large numbers injured ex-service members and civilians, sport was introduced as a key part of rehabilitation.

Sport for rehabilitation grew into recreational sport and then into competitive sport. The pioneer of this approach was Sir Ludwig Guttmann of the Stoke Mandeville Hospital in England. In 1948, while the Olympic Games were being held in London, he organized a sports competition for wheelchair athletes at Stoke Mandeville. This was the origin of the Stoke Mandeville Games, which evolved into the modern Paralympic Games. Currently, Paralympic sport is governed by the International Paralympic Committee, in conjunction with a wide range of other international sport organizations.

While sport has value in everyone’s life, it is even more important in the life of a person with a disability. This is because of the rehabilitative

influence sport can have not only on the physical body but also on rehabilitating people with a disability into society. Furthermore, sport teaches independence. Nowadays, people with a disability participate in high performance as well as in competitive and recreational sport.

The number of people with disabilities involved in sport and physical recreation is steadily increasing around the world. The organized sports for athletes with disabilities are divided into three main disability groups, sports for the deaf, sports for persons with physical disabilities, and sports for persons with intellectual disabilities.

Exercises

1. Find in the text and translate in written form the paragraphs with information about:

- a) the increasing number of people with disabilities involved in sport;
- b) the definition of persons with disabilities;
- c) the origins of Paralympics;
- d) the importance of sport for people with disabilities;
- e) the subdivision of disabled sports.

2. Find in the text equivalents of the following words and word combinations.

Подразделяться на; многочисленные определения; реабилитационное влияние спорта; широкий спектр; постоянно возрастающий; не иметь эквивалента; умственные нарушения.

3. Complete the sentences with the words from the box.

<p><i>to refer to; impairment; to contribute; interaction; to experience; wheelchair; to modify; value; to hinder</i></p>
--

1. While sport has ... in everyone's life, it is even more important in the life of a person with a disability.

2. Sir Ludwig Guttmann organized a sports competition for ... athletes at Stoke Mandeville.

3. Many people with disability also ... as club administrators, officials, coaches, volunteers and spectators.

4. Disability sports are based on existing sports but ... to meet the needs of persons with a disability.

5. The United Nations defines persons with disabilities as persons who have long-term physical, mental, intellectual or sensory ..., which, in ... with various barriers may ... their full and effective participation in society on an equal basis with others.

6. Anyone may ... disability at some point in his/her lifetime.

7. Disability sports also ... as adapted sports.

4. Answer the questions.

1. What is the definition of disability?

2. What are disability sports?

3. What disability groups are sports divided into?

4. Who was the pioneer of rehabilitation programs in the 20th century?

5. What is the origin of the modern Paralympic Games?

6. What international organization Paralympic sport is governed by?

5. Find more information and speak on the disabled sports (make up a presentation).

SUPPLEMENTARY TEXTS AND EXERCISES

Text 1

PHYSICAL EXERCISE

Read and translate the text.

Physical Exercise is one of the best ways of keeping depression away. It improves your body and your mind and enables you to perform better in the workplace and at home.

Proper breathing is essential if you want to get the most from exercise and you should also take into consideration your heart rate. It can be harmful to do too much, that is why all good fitness instructors emphasize the importance of 'listening to your body'.

When you first start you should use good judgment, because it's easy to make the mistake of using the equipment incorrectly or doing too much at one time. Start slowly and build up gradually.

Text 2

HISTORY OF SPORT

1. Read and translate the text.

The history of sports probably extends as far back as the existence of people as sportive and active beings. Sport has been a useful way for people to increase their mastery of nature and the environment. The history of sport can teach us a great deal about social changes and about the nature of sport itself. Sport seems to involve basic human skills which are developed and exercised for their own sake, in parallel with being exercised for their usefulness. It also shows how society has changed its beliefs and therefore there are changes in the rules. Of course, as we go further back in history the dwindling evidence makes the theories of the origins and purposes of sport difficult to support. Nonetheless, its importance in human history is undeniable.

Antiquity

Sports that are at least two and a half thousand years old include hurling (similar to field hockey) in Ireland, harpastum (similar to rugby) in Rome, cuju (similar to association football) in China, and polo in Persia. The

Mesoamerican ballgame originated over three thousand years ago. There are artifacts and structures that suggest that the Chinese engaged in sporting activities as early as 4000 BC. Gymnastics appears to have been a popular sport in China's ancient past. Monuments to the Pharaohs indicate that a number of sports, including swimming and fishing, were well developed and regulated several thousands of years ago in ancient Egypt. Other Egyptian sports included javelin throwing, high jump, and wrestling. Ancient Persian sports such as the traditional Iranian martial art of Zourkhaneh had a close connection to the warfare skills. Among other sports that originate in Persia are polo and jousting.

Ancient Greece

Depictions of ritual sporting events are seen in the Minoan art of Bronze Age Crete (from approximately 2700 to 1450 BC), mainly involving religious bullleaping and possibly bullfighting. Homer tells us that sport was practiced in Mycenaean times, between 1600 BC and 1100 BC. It was predictably in Greece that sports were first instituted formally, with the first Olympics recorded in 776 BC in Olympia, where they were celebrated until 393 AD. Initially a single sprinting event, the Olympics gradually expanded to include several footraces, run in the nude or in armor, boxing, wrestling, pankration, chariot racing, long jump, javelin throw, and discus throw. A variety of informal and formal games were popular in Ancient Greece, including musical, reading and other non-athletic contests in addition to regular sports events. High-profile athletes were major celebrities in Ancient Greece.

They were often granted lifetime pensions or dining rights at public expense. Regardless of such material rewards granted afterwards, the only prize awarded was a wreath and the athletes competed for glory alone.

Middle Ages

For at least seven hundred years, entire villages have competed with each other in rough, and sometimes violent, ballgames in England (Shrovetide football) and Ireland (caid). In contrast, the game of calcio Fiorentino, in Florence, Italy, was originally reserved for the aristocracy. The aristocracy throughout Europe favoured sports as patrons. Horse racing,

in particular, was a favourite of the upper class in Great Britain, with Queen Anne founding the Ascot Racecourse.

Modern history

The influence of British sports and their codified rules began to spread across the world in the late 19th and early 20th century, particularly association football. A number of major teams elsewhere in the world still show these British origins in their names, such as AC Milan in Italy, Grêmio in Brazil, and Athletic Bilbao in Spain.

Cricket became popular in several of the nations of the then British Empire, such as Australia, South Africa and India. The revival of the Olympic Games by Baron Pierre de Coubertin was also heavily influenced by the amateur ethos of the English public schools. Baseball became established in the urban Northeastern United States, with the first rules being codified in the 1840s, while American football was very popular in the south-east. With baseball spreading to the south, American football spread to the north after the Civil War. In the 1870s the game split between the professionals and amateurs; the professional game rapidly gained dominance, and marked a shift in the focus from the player to the club. The rise of baseball also helped squeeze out other sports such as cricket, which had been popular in Philadelphia prior to the rise of baseball. American football also has its origins in the English variants of the game, with the first set of intercollegiate football rules based directly on the rules of the Football Association in London. Some historians – notably Bernard Lewis – claim that team sports are primarily an invention of Western cultures. The traditional teams sports, according to these authors, springs from Europe, primarily England.

2. State if the following statements: a) true; b) false; c) not stated.

1. Sport seems to involve basic human skills which are developed and exercised for their own sake only.
2. Sport rules have changed because of changes in social beliefs.
3. The importance of sport in human history is undeniable.
4. Basketball appeared two thousand and a half years ago.
5. The first Olympics were held in 776 BC in Olympia.

6. Cricket originated from India.

7. Russian sports have greatly influenced the history of sport on the whole.

3. Indicate which part of the text corresponds to the following ideas.

1. Sports change together with the development of society.

2. British sports and their codified rules began to spread across the world due to the fact, that Great Britain was a great empire.

3. Most sports had a close connection to the warfare skills.

4. Answer the questions.

1. Why has sport been useful for people?

2. What role does sport play in the development of people?

3. What were the ancient ballgames? Describe them in short.

4. Where did people practice bull-leaping?

5. Did high-profile Greek athletes get any material reward for their sport victories?

6. Was there any social difference between sports?

7. What kinds of sport were and are popular in America?

5. Translate the following sentences into English.

1. В Китае спортом занимались еще в 4-м тысячелетии до нашей эры.

2. В Средней Азии спорт был тесно связан с военными навыками.

3. Первые Олимпиады были простыми соревнованиями в беге.

4. Атлеты соревновались за славу, и их единственной наградой был лавровый венок.

5. Средневековые игры с мячом были грубыми и жестокими.

6. Появление бейсбола вытеснило такую игру, как крикет.

7. Некоторые историки утверждают, что командные виды спорта – это изобретение западной культуры.

Text 3
ACHIEVEMENTS OF THE RUSSIAN SPORTS IN RECENT YEARS

1. Read the text and say what sports are mentioned in it.

Russian tennis

In 2008, the Russian Tennis Federation celebrated its 100-year anniversary, and on sports results at the same anniversary year, took a leading place among the world's 205 national tennis federations that are members of the International Tennis Federation. In recent years, the Russians won 10 Grand Slams, 3 Fed Cup and one Davis Cup. Also Russian women's team won at the Olympic Games in Beijing, where the Russian tennis players showed a unique result, taking the entire podium. The main names of Russian tennis in recent years are: men – Nikolay Davydenko, Mikhail Youzhny, Marat Safin, Dmitry Tursunov, Igor Andreev, Igor Kunitsyn, Teimuraz Gabashvili, Yevgeny Kafelnikov; women – Anastasia Myskina, Vera Zvonareva, Maria Kirilenko, Maria Sharapova, Anna Chakvetadze, Dinara Safina, Elena Dementieva, Elena Lihovtseva, Nadia Petrova, Svetlana Kuznetsova.

Russian football (soccer)

Football in Russia is one of the most popular sports. The highest achievement of Russian national team was the third place in the European Championship 2008.

This success was brought by the coach from Netherlands Guus Hiddink. Russian football clubs won the UEFA Cup (now called UEFA Europa League) in 2007/2008 (FC Zenit from Saint Petersburg) and in 2004/2005 (FC CSKA from Moscow). Several Russian footballers play in the world's leading football clubs: Andrei Arshavin in Arsenal, Yuri Zhirkov in Chelsea.

Russian free calisthenics

Russia is the birthplace of rhythmic gymnastics. As for the British – football, for Canadians – hockey, so for the Russian rhythmic gymnastics is the subject of national pride. The main names: Eugenia Kanaeva – The winner of the 29th Olympic Games 2008 in Beijing; absolute world

champion in 2009; absolute Champion of Europe 2008 and 2010; absolute world champion in 2010. Alina Kabaeva – The winner of the 28th Olympic Games 2004 in Athens. Yulia Barsukova – The winner of the 27th Olympic Games 2000 in Sydney.

Russian gymnastics

Great achievements of Russian gymnastics are associated with the names of Olympic champions Alexei Nemov and Svetlana Khorkina.

Russian synchronized swimming

Starting with the Olympic Games in Sydney in 2000, the Russian team had not been given a single gold medal to the teams from other countries. Today the legends of world synchronized swimming are: four-time Olympic champions, multiple World and European champions, winners of the World Cup and Europe, Anastasia Davydova and Anastasia Ermakova, triple Olympic champions Olga Brusnikina and Maria Kiseleva.

Russian skiing

Russian school of skiing produced 72 Olympic champions (41 in cross-country skiing and 31 in biathlon) and 103 World Champions (48 skiers and 55 biathlons). Skiers Lyubov Yegorova, and Larisa Lazutina awarded the title Hero of Russia.

Russian track and field athletics

Pole-vaulting. Yelena Isinbayeva is a famous Russian pole-vaulter. She is two time Olympic champion (2004, 2008), winner of dozens of world records in pole vault for women.

Walking. Denis Nizhegorodov is the world record holder in race walking for 50 km, two-time Olympic medalist. Sergei Morozov is the world record holder in race walking for 20 km.

High jump. Andrei Silnov is Russian high-jumper, Olympic Champion 2008. Yaroslav Rybakov is three times World Championship silver medalist, world champion in 2009.

Russian hockey

In 2008, the Russian national team became world champion in hockey. During the championship in 2009, the Russian national team confirmed its title. Russian hockey is known for high level of development of regional clubs. There are a lot of strong economically and organizationally hockey

centers on the map of Russia: Omsk, Magnitogorsk, Cherepovets, Yaroslavl, Ufa, Kazan, Nizhny Novgorod, etc. Most known hockey players from Russia today: Alexander Ovechkin, Alexei Morozov, Evgeni Malkin, Sergei Zinoviev, Sergei Fedorov, Ilya Kovalchuk.

Russian chess

Russian chess school is known all over the world. The most famous names of recent decades are the chess champions Vladimir Kramnik, Garry Kasparov, Anatoly Karpov.

Russian Formula One

Since 2010, Russian driver Vitaly Petrov performs for the Renault team. As a result of the 2010 season he took 13th place. In the first race in 2011 (Grand Prix of Australia) he took the third place for the first time in history. Virgin Racing team became known as the Russian one in November 2010, a manufacturer of sports cars Marussia Motors has become a shareholder of the company.

Russian mixed martial arts (MMA)

Currently, MMA sports is developing in Russia. The growth of interest is associated with the name of the famous Russian MMA and sambo fighter Fedor Emelianenko. Between 2003 and 2010, Emelianenko was recognized worldwide as one of the best MMA fighters in the heavyweight division.

2. Choose the paragraph that interests you the most and translate it.

Text 4

1. Read the article about how alcohol affects men's health.

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

When a person drinks alcohol, it is absorbed by the stomach, enters the bloodstream, and goes to all the tissues. Most people who have alcohol-related health problems aren't alcoholics. They're simply people who have

regularly drunk more than the recommended levels for some years. Alcohol's hidden harms usually only emerge after a number of years. And by then, serious health problems can have developed.

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

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

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

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

2. State if the following statements: a) true; b) false.

1. Alcohol consumption can harm health as well as social relations.
2. Alcohol is linked with connotations of pleasure and sociability.
3. The effects of alcohol on your health will depend on how much you drink.
4. Most people who have alcohol-related health problems are alcoholics.
5. Alcohol consumption increases the risk of some cancers.
6. Health effects of alcohol have been observed in nearly every organ of the body.
7. Moderate alcohol consumption has been shown to lower some specific health risks.

Text 5

HEALTHY LIFESTYLE

1. Read the text.

Health is very important in life of every person. It depends on our lifestyle, products we eat and habits we have. Health is much more precious than money, gold or some other stuff. So what things help us to stay healthy?!

Health and nutritious food. Eating fast food with high level of calories from salt, sugar and fats lead to such diseases as obesity, diabetes and others. Food is a key element of our good health. Eating healthy, nutritious and vitamin-rich products can improve your health. Fruit and vegetables are natural resources of vitamins A, B, C and E and other useful substances. Bread, dairy products, nuts and low-fat meat give you a large amount of energy and nutritious elements.

Bad habits. A person with bad habits risks getting a lot of illnesses. Smoking cigarettes shortens your life and can cause cancer. Drinking alcohol ruins your organism, destroys your nervous system and leads to liver disfunction. Taking drugs causes addiction and a large number of such illnesses as cancer, AIDS and tuberculosis. If you want to live a long and healthy life you should give up all your bad habits.

An active life with lots of physical exercises. Doing simple exercises every day can increase your health level and improve your immune system. Physical training strengthens your organism and allows effective fighting with illnesses. So if you are active, breathe fresh air and don't stay too much time indoors you will not have problems with your health.

Good and healthy sleep. Sleep is one of the main factors that influences our health. Every person needs to sleep about 8 hours to stay active during weekdays. Bad sleep can decrease your mental and physical abilities, and become a reason for illnesses and stress.

Positive thinking. A lot of people do not consider their emotions as a health factor. Being an optimist allows you to live more happily and easily cope with difficulties and problems. Positive emotions, smiling and laughing prolong your life and let you avoid stress.

At the end I'd like to conclude that without health our life is miserable. People should be more careful of their health. If your health is great you will easily achieve everything you want.

2. Answer the questions.

1. What does our health depend on?
2. What are the main components of healthy well-being?
3. Do you agree that food is a key element of our good health? Why?
4. How can bad habits influence our life and health?
5. Are physical exercises and healthy sleep important for our health?
6. Do you consider your emotions as a health factor?

3. Find out English equivalents for the following words and word combinations in the text.

Сохранять здоровье; питательная пища; продукты, богатые витаминами; полезные вещества; вредные привычки; разрушать нервную систему; приводить к дисфункции печени; здоровый сон; позитивное мышление.

Text 6

LAUGH YOUR STRESS AWAY

1. Read the text.

Humor is a terrific stress-reducer and antidote to all manner of upsets. It has been clinically proven to be effective in combating the worst of stress.

Experts know that a good laugh relaxes tense muscles, sends more oxygen into your system, increase and lowers your blood pressure.

So next time you feel yourself start to tense up, tune into your favorite comedy on television. Read a funny book. Call up a good friend and laugh heartily for a few good minutes. Research has proven that laughter can lower cortisol levels and thereby protects our immune system.

The emotions and moods that we are all subject to directly affects our immune system. It makes perfect sense, then, that when we cultivate a mood of humor this allows us to perceive and appreciate the everyday nuances of life through experiences of joy and delight.

Such positive states of mood and emotion creates neurochemical changes that act to buffer the immunosuppressive effects of stress.

It is certainly very difficult to force a laugh while in a stressful situation. However, that's precisely the time when you need to laugh the most. Remember, the trick is to take control over your environment or situation. Humor gives us an entirely different perspective on our problems. If we can perceive it in a lighter frame, it is no longer a threat to us. We have already discounted its effect by lightening it. With such an attitude, we serve to self-protect and so control our environment.

2. State if the following statements: a) true; b) false.

1. It has been clinically proven that humor is effective in combating the worst of stress.

2. We don't know if laughter can lower cortisol levels and thereby protects our immune system.

3. The emotions and moods that we are all subject to directly affects our immune system.

4. Such positive states of mood and emotion creates neurochemical changes that act to buffer the immunosuppressive effects of stress.

5. Remember, the trick is to take control over your environment or situation. Humor gives us an entirely different perspective on our problems.

6. We have already discounted its effect by lightening it. With such an attitude we serve to self-protect and so control our environment.

3. Find out English equivalents for the following words and word combinations in the text.

Неприятность; напрягаться; настроение; способствовать; воспринимать; иммуноподавляющий эффект; уровень кортизола; заставлять; снижать; угроза; быть подверженным.

Text 7

THE POWER OF SPORT

1. Read the text.

When Dave and Karen Bailey, parents of Special Olympics athlete Mike Bailey, were given the official news that Mike had Down syndrome, they were crushed. They thought many of their dreams were shattered. However, after joining a Down syndrome support group, they were encouraged to enroll Mike in an early intervention program. Thereafter, the

years started rolling by. At age seven Mike attended grammar school at Garden Gate Elementary where his teacher, Sylvia Machamer, suggested he get involved in Special Olympics. Karen and Dave decided to take her advice. According to Dave and Karen, sport has provided Mike the opportunity for lifelong physical conditioning and socialization, as well as helped him build great friendships.

Today, Mike participates year round in a variety of sports from bocce ball to powerlifting. He enjoys every minute. One of the many highlights of his life came when Mike received a letter notifying him that he was selected as the San Jose Sports Authority 2007 Special Olympian of the Year. Still, there was more to come. Mike's latest thrill was an invitation to run one leg of the Olympic Torch Run Relay in San Francisco to celebrate the 2008 Beijing Olympic Games. He was selected to run with former Gold Medal Swimming Olympian Mark Henderson. After the run was over Mark Henderson reported that "Mike's constant laughter and proclamations that 'we are heroes' kept everyone smiling. We think most people would agree that Mike embodied the true excitement of what the torch represents".

2. State if the following statements: a) true; b) false.

1. At age eleven Mike attended grammar school at Garden Gate Elementary.
2. Mike has Down syndrome.
3. It was his teacher, Sylvia Machamer, suggested he get involved in Special Olympics.
4. Mike participates only in powerlifting.
5. Mike was selected as the San Jose Sports Authority 2007 Special Olympian of the Year.
6. Mike was selected to run with Gold Medal Swimming Olympian Michael Phelps.
7. Mike is embodying the true excitement of what the torch represents.

3. Find out English equivalents for the following words and word combinations in the text.

Раздавливаться; разрушать; воодушевлять; пожизненный; яркие моменты; уведомлять; волнение; этап; постоянный; олицетворять; трепет.

Text 8 X-SPORTS

1. Read the text.

How extreme is extreme?

The interesting thing about extreme sport, or X-sport as it is sometimes called, is that nobody can exactly agree what it is. The nearest thing to a dictionary definition is a sport that is “dangerous and difficult”. Although figure-skating is pretty difficult, and ice hockey and boxing can both be very dangerous, they are definitely not extreme sports. The most popular – and accessible – extreme sports are probably skateboarding, BMX and snowboarding, all activities that were originally developed in North America.

The birth of the skateboard...

...was during the late 1960s that Californian surfers, frustrated during periods when there weren't any good waves, started to make the first downhill skateboards. Skateboarding was one of the biggest crazes of the 1970s. Made from polyurethane, the boards soon became smaller, cheaper and available to all.

Competition skateboarding followed, although tended to mean slalom or downhill races. Some skaters started to perform tricks in empty swimming pools. This led to the development of “half pipes” (the ramps needed to perform aerial stunts). These skaters weren't interested in being the fastest, or jumping the highest, but in inventing new and dangerous stunts for the fun of it.

Due to a media backlash as parents became fearful that their children would end up with broken bones, and the growing popularity of BMX, skateboarding went out of fashion for a while.

The skateboard is dead; long live the BMX bike!

From the late 1970s and early 1980s onwards, BMX – tough little bikes inspired by cross-country motorbikes in California, which could be ridden on a variety of surfaces – became very popular. Like skateboarding, BMX-ing soon became popular around the world, and bikes that had originally been developed for racing on mud were adapted for street use by people who wanted to have fun and do tricks.

Extreme sports get a soundtrack

Rather than races and competitions, the extreme sports boom of the 1980s and 1990s saw the development of “jams”-anarchic events where enjoying the DJs, bands and atmosphere was as important as watching the sports. Fans were able to buy videos of the skateboarding, snowboarding and surfing champions in action and the videos always contained music of a particularly raw and exciting kind which suited the danger of the sport. In fact there are now special awards given to bands and DJs for providing music for this kind of event and recently Moby won “Skier Musician of the Year” at the ESPN Action Sports and Music Awards.

The extreme sports legacy

Extreme sports clothing developed into a distinctive urban fashion look, with baggy, comfortable clothes becoming popular throughout the world. Snowboarding changed the winter sports scene, with its emphasis on a good time, and even influenced skiing: quarter pipe ski-jumping involves traditional skis but uses the kind of tricks popular with snowboarders. Advertisers like Pepsi started to associate themselves with the cool and radical image of x-sports. In the 1990s the image of the extreme sports lifestyle was everything that big corporations wanted: youthful, edgy, dangerous and left-field. And there is a lot of money to be made from equipment, TV channels, videos and events like the annual X-Games.

The difference today from when these sports first started is that organizations and sponsors such as Red Bull, the energy drink, have turned formerly counterculture pastimes into moneymaking industries with regular televised events, offering prize money and endorsements. The Billabong Odyssey offers \$100,000 for the first surfer to ride a 100-foot (30-metre) wave.

How extreme can you get?

Inevitably, some people don't think that these popular urban sports are extreme or dangerous enough, and are always experimenting with even more scary activities such as wakeboarding (a kind of stunt waterskiing), extreme skiing (going down almost-vertical off-piste slopes) and free climbing-scaling dangerously steep rocks without safety ropes.

There's also street luge, where you travel down a hill on a kind of sledge with wheels at speeds of more than 100 km/h and B.A.S.E. jumping – jumping from bridges, antennae (pylons or TV aerials), spans (bridges) and

earth (cliffs). In addition to cave driving, bungee-jumping, sky surfing (jumping from a plane while standing on a surf board), and white water rafting, people are always inventing new and crazier activities.

Extreme sports remain controversial because many people have seriously injured themselves, and some have even died in their search for the ultimate adrenalin high, but the universal love of adventure will always ensure the survival of X-sports.

Nick Raistrick

2. Discuss the following: what extreme sports do you consider the most dangerous?

Text 9

1. Read an interview with famous American basketball coach Phil Jackson.

Correspondent: Hallow, Phil! We have heard that you were called one of the great coaches of present days. With nine NBA titles under your belt, you are one of the most successful coaches in the history of basketball.

P. Jackson: Oh, it's up to the public and athletes to judge, not me. I can only say that I was the head coach for the Chicago Bulls from 1989 to 1998 and the Los Angeles Lakers from 1999 to 2004.

Correspondent: It is a long way, isn't it? You have a lot of coaching experience. Can we talk about your profession?

P. Jackson: Certainly, I will gladly answer all your questions.

Correspondent: Is it easy to develop coaching career?

P. Jackson: I shouldn't say so. It takes time to develop coaching skills and a good reputation, so career progression can be slow and may be dependent on personal motivation. Geographical mobility is also helpful. For coaches working with professional sportspeople, career progression often depends on results, which may be measured by a performer's achievements and progress, or by the level of the participants' enjoyment. Career development in this area is also dependent on effectively marketing your services and skills to potential clients. Even in this area, coaches continue to diversify in the range of services they offer. This is supported by

ongoing professional skills development through courses and workshops and by keeping up to date with new professional issues.

Correspondent: What are the possibilities of job employment for a coach?

P. Jackson: There are a lot of them. Different types of employer offer different kinds of coaching opportunities. The range of employers includes: charitable sports trusts and local authorities; schools, colleges and universities; sports councils; private sports clubs; hotels, fitness centres and leisure facilities. Coaches may also work one to one with professional sportspeople on a self-employed basis and will need good results to retain clients and maintain job security.

Correspondent: Well, Phil, what personal and professional skills are necessary to be a coach?

P. Jackson: Candidates will need to show evidence of the following: the ability to quickly develop successful working relationships with people from different backgrounds and with varying levels of sporting ability; a desire to help other people succeed; excellent communication and interpersonal skills; team-building ability; enthusiasm, flexibility and patience; motivational skills and an understanding of the psychology that underpins successful competition (particularly at senior coaching levels); organizational skills; a strong interest in maintaining professional skills and knowledge.

Correspondent: What can you say about working conditions?

P. Jackson: Coaches work in different environments, from gyms to playing fields, and sometimes in adverse weather conditions. Many posts include evening and weekend work. Work may be seasonal. Part-time work and self-employment are common. Currently, many sports coaches offer their coaching services on a purely voluntary basis.

Correspondent: And the last but not the least important question. Is coaching a wellpaid job?

P. Jackson: It depends on many issues. Starting salaries range from hourly rates of around £15 to annual salaries of £17,000 – £28,000, depending on location and qualifications. Senior coaches might expect £30,000 – £40,000. Experienced coaches working at national level have the potential to earn in excess of £60,000 (salary data collected Nov 09). In professional sport, coaches may earn a basic salary with additional bonuses

related to competition results, prize money earned or standard of performance achieved. Packages may include company cars, medical insurance and other benefits.

Correspondent: Thank you for detailed information, Phil. I think it will be very useful for those who plan to devote his life to coaching.

Phil Jackson, NBA Coach

2. Find English equivalents in the text.

Успешный тренер; опыт тренерской работы; личная мотивация; личные и профессиональные качества; различные уровни спортивных способностей; способность к созданию команды; понимание психологии; поддержание профессиональных навыков; игровое поле; сезонная работа; хорошо оплачиваемая работа; почасовая оплата; медицинская страховка.

3. Tell what you learned about:

- a) спортивных достижениях Фила Джексона;
- b) факторах, влияющих на развитие тренерской карьеры;
- c) личных и профессиональных качествах, необходимых тренеру;
- d) условиях работы тренера.

4. Make up a dialogue between the student and his coach by analogy with the text.

Text 10

SPORTS COACH: RORY

1. Read the text and answer the questions.

1. What country does Rory live and work?
2. Why did he choose the career of a coach?
3. How did he know about vacancy?
4. What duties does his position involve?
5. Is Rory satisfied with his job?

2. Find the paragraph about Rory's work and translate it.

Rory has a degree in sports science and is a young athletes development officer, employed by a large Midlands local authority.

I have been a young athletes development officer, employed by a large Midlands local authority, for the past 18 months. It is no exaggeration to say that it is my dream job as it combines my love of athletics with the pleasure of developing young people's talent and abilities. It involves plenty of physical activity and time outdoors, as well as having the intellectual challenge of motivating and coaching young people in a wide range of athletics disciplines and events. I chose this career as I have always loved sport, particularly athletics. When I was a teenager I competed for my county and achieved a good level of success in county and national competitions. I decided to pursue my love of sport by studying sports science at university and I continued to compete for both the university and for a local athletics club. This club is where I am now based, although my job takes me all over the county, often to schools and colleges.

I applied for the job after seeing it advertised in Athletics Weekly. The role required coaching experience and experience of working with young people, as well as an interest in athletics and evidence of having motivated and developed young people in a sporting field in the past. A relevant degree was desirable, but not essential, as were coaching qualifications. It was also necessary to obtain full Criminal Records Bureau (CRB) clearance.

I felt that I was suitably qualified as I had a degree in sports science as well as coaching qualifications in athletics that I had gained whilst at university as an assistant coach to a group of young, middle distance runners. I applied for the vacancy and after an interview and demonstration of how I would deliver a coaching session to a group of ten-year-olds I was successful in gaining the job. I was delighted as the competition was stiff and this type of job is relatively rare: most counties only have one or two people in this full-time paid role, with many other people assisting in a voluntary capacity.

My role is very varied and interesting. I am responsible for developing the participation and success rates in youth athletics in the locality. In practice this involves running young athletes club nights at the athletics club

at which I am based. I also run holiday schemes that involve upwards of 100 young people attending the club daily for week-long taster sessions. During these events, children and young people from eight-years-old participate in lots of different athletics events, often ending in a mini-Olympics event. I also run taster and regular coaching sessions at local schools and organize one-off special events for specific groups, for example young people with disabilities.

There are very few downsides to my job; occasionally I have to cope with very challenging behaviour from children and this can be hard to deal with. However, for the most part I find the young people a great pleasure to work with. I am not sure where the future will take me; at the moment I am still developing my current role and loving every minute of it!

*Case Study sourced by Helen Reed of The Nottingham Trent University,
20 November 2009*

Text 11

THE PARALYMPIC GAMES

1. What do you know about the Paralympic Games?

2. Read the bold words and their explanations. Give their Russian equivalents.

3. Read the text and answer the questions after the text.

The Paralympic Games are a major international multi-sport event where athletes with a physical disability compete. Athletes with disabilities did compete in the Olympic Games prior to the arrival of the Paralympics. The first athlete to do so was American gymnast George Eyser in 1904, he had one artificial leg. Hungarian Karoly Takacs competed in shooting events in both the 1948 and 1952 Summer Olympics. He was a right-arm amputee and was able to shoot left-handed. Another disabled athlete to appear in the Olympics prior to the Paralympic Games was Liz Hartel, a Danish **equestrian** (1) athlete who had contracted **polio** (2) in 1943 and won a silver medal in the **dressage** (3) event.

The first organized athletic event for disabled athletes that coincided with the Olympic Games took place during 1948 Summer Olympics in London, United Kingdom. Dr. Ludwig Guttmann of Stoke Mandeville Hospital, who had been helped to flee Nazi Germany by the Council for Assisting Refugee Academics in 1939, hosted a sports competition for British World War II veteran patients with **spinal cord** (4) injuries.

The first games were called the 1948 International Wheelchair Games, and were intended to coincide with the 1948 Olympics. Dr. Guttmann's aim was to create an elite sports competition for people with disabilities that would be equivalent to the Olympic Games. The games were held again at the same location in 1952, and Dutch veterans took part alongside the British, making it the first international competition of its kind.

These early competitions, also known as the Stoke Mandeville Games, have been described as the **precursors** (5) of the Paralympic Games.

Vocabulary notes

- (1) a rider or performer on horseback
- (2) an infectious viral disease that affects the central nervous system and can cause temporary or permanent paralysis
- (3) the art of riding and training a horse in a manner that develops obedience, flexibility, and balance
- (4) a long, thin, tubular bundle of nervous tissue and support cells that extends from the brain
- (5) a person, animal, or thing that goes before and indicates the approach of someone or something else: The first robin is a precursor of spring

4. Answer the following questions.

1. Did athletes with disabilities compete before the appearance of the Paralympics? Give examples.
2. Who organised the first games for disabled athletes? Who participated in them?
3. What was the first international competition of this kind?

Text 12

LUDWIG GUTTMANN

1. Read the text.

Ludwig Guttmann was a neurosurgeon, born in Germany in 1899 into an Orthodox Jewish family. At the age of 17, he began working as a volunteer orderly at a hospital treating victims of mining accidents, and it was here that he first met a patient whose spine had been irreparably damaged. He later recalled that as he started to write up some notes on the patient's file, one of the medics told him not to bother: "He'll be dead in a few weeks". And that's exactly what happened.

It was known that there was no way of repairing the spinal cord (still true today), but there was also no treatment of what seemed like inevitable physical complications; patients were left to die, and life expectancy after spinal cord injury was a mere 3 months. Those few who did survive longer were shut away in long-stay institutions for the chronically and incurably ill, with little or no expectation that they could ever again be fulfilled and productive members of society.

Ludwig Guttmann disapproved. Deemed unfit for service in the German Army, he trained as a doctor and spent the next few years working his way up the ranks of the medical profession, becoming a professor of neurology in 1930. Three years later, the National Socialists were elected to power in Germany, and Jewish doctors were banned from treating gentiles in the country's hospitals. It was a sign of things to come.

Guttmann continued working as a doctor in Germany until March 1939, when he came to Britain with his family, escaping the danger of deportation to the concentration camps. Only three years later, as preparations were being made at the highest levels of government for the forthcoming Second Front offensive, Guttmann was invited to establish a specialist centre to treat the many anticipated cases of spinal cord injury amongst wounded servicemen. He agreed, on condition that he would have

complete autonomy to treat his patients as he saw fit and using regimes and methods that had never been tried with spinal cord injury before. This would become what is now the National Spinal Injury Centre at Stoke Mandeville Hospital in Buckinghamshire.

And so sport entered the world of the paraplegic and tetraplegic patients whom Guttmann started treating. He firmly and passionately believed in the efficacy of sport in treating chronically ill individuals – not simply in the sense of physical therapy, but also in raising the person’s sense of self-esteem and emotional wellbeing, of making him feel a sense of pride and achievement.

2. State if the following statements: a) true; b) false.

1. Ludwig Guttmann was born in France.
2. He was 20 when he started working as a volunteer at a hospital.
3. Ludwig Guttmann treated victims of car accidents.
4. Those days patients with spinal cord injuries were left to die.
5. Life expectancy after spinal cord injury was a mere 6 months.
6. Ludwig Guttmann served in the German Army.
7. Jewish doctors were banned from treating gentiles in the country's hospitals.
8. Guttmann came to Britain with his family in 1945.
9. Guttmann was invited to establish a specialist centre to treat the patients with spinal cord injuries.
10. Ludwig Guttmann believed in the efficacy of sport in treating chronically ill individuals.

3. Find out English equivalents for the following words and word combinations in the text.

Несчастный случай; беспокоиться; продолжительность жизни; неизлечимо больной; полноценный; непригодный; грядущий; ответственность; самооценка; благополучие; осложнение.

Text 13

AUSTRALIAN PARALYMPIC ATHLETE

1. Read and translate the text.

A Queensland boy, it's not surprising that sailor Daniel Fitzgibbon feels at one with the water. At 32 years of age, he has raced sailboats his entire life and continues to do so, despite a sailing accident that left him a quadriplegic.

After his accident, Daniel returned to his passion and won the 2004 Disabled Sailing World Championship in his class, showing his drive and determination to succeed. He went on to be named the 2004 Australian Sailor of the Year with a Disability and the 2004 Queensland Sailor of the Year.

Daniel's dream of winning Paralympic medals came true in Beijing where he and his partner Rachael Cox won silver in the SKUD-18 two person keelboat event. He is extremely happy with the result and feels years of hard work and relentlessly travelling around the world to compete were paid off. Daniel was surprised by the amount of local support at his first Paralympic Games and aims to compete again at the London Games but this time he wants gold.

2. State if the following statements: a) true; b) false.

1. Daniel Fitzgibbon was born in South Australia.
2. A sailing accident left him a hemiplegic.
3. After his accident, Daniel stopped his sport career.
4. Daniel went on to be named the 2004 Australian Sailor of the Year with a Disability.
5. Daniel's dream of winning Paralympic medals came true in Athens.
6. Daniel and his partner Rachael Cox won bronze in Beijing.
7. Daniel aims to compete at the London Games.

3. Find out English equivalents for the following words and word combinations in the text.

В согласии; паралич рук и ног; стимул; решимость; осуществиться; килевая яхта; постоянно; окупиться.

Text 14
NIKOLAI OZEROV – THE BEST-KNOWN SOVIET
SPORTS COMMENTATOR

1. Read the text.

Sports fans in this country will surely remember a famous tennis-player of yesteryear, Nikolai Ozerov, who won the title of Soviet Union’s champion 45 times. Theatre-goers knew him as a gifted actor. However, Nikolai Ozerov won nation-wide fame and acclaim as an all-time Soviet-era sports commentator.



Sports fans in this country will surely remember a famous tennis-player of yesteryear, Nikolai Ozerov, who won the title of Soviet Union’s champion 45 times. Theatre-goers knew him as a gifted actor. However, Nikolai Ozerov won nation-wide fame and acclaim as an all-time Soviet-era sports commentator. Several generations of people in this country knew and loved his voice and learned from him about the victories and records of Russian athletes. Millions of our fellow countrymen literally fell in love with sports thanks to Ozerov’s energetic and emotional reports that made him a household name in the Soviet Union.

Vladimir Zhamkin, Editor-in-Chief of our World Service in English, at the start of his journalistic career was fortunate enough to work with that outstanding man.

“When I came to work at the Soviet television in the mid 1970s, Nikolai Ozerov was a renowned sports commentator, a true superstar”, Vladimir Zhamkin recalls. “At the same time, he was a very kind, good-natured, and well-mannered man totally devoid of arrogance. He was always very kind to his young colleagues. At that time there were many young people working with Soviet television, and Nikolai Ozerov decided to form a group of young journalists, which he headed, to share his wealth of experience with them. As a rule, once a week we gathered at one place, where Nikolai Ozerov invited a well-known journalist, a popular anchorperson or some other TV personalities, and we had very interesting conversations and discussions. Sometimes we called him ‘uncle Kolya’, as he was many years our senior. Nikolai Ozerov was generally a likeable person, and we learned a lot from that remarkable man. He taught us both professional skills and the art of dealing with people”.

Born into a family of a well-known Bolshoi tenor, Nikolai was an artistic person by nature. A professional actor, he played at the Moscow Art Theatre, one of this country’s best theatre companies. Ozerov also appeared in several movies, and in each of them he played the role of ...a sports commentator. “Isn’t it wonderful – to bring people joy?” he would say. And that applied to both theatre and sports – his two life-long passions.

“I got to like sports at once – in all its diversity”, Nikolai Ozerov recalled. “I tried my hand at everything: skiing and boxing, volley-ball, track-and-field athletics, and handball. Nonetheless, my greatest passion – aside from tennis – was soccer”. But it is tennis Ozerov boasts remarkable achievements in, winning 170 championship titles at Soviet and international tournaments. The first of them he won at the age of 12.

In 1950 Nikolai Ozerov began his distinguished career of a sports commentator, which lasted for four decades – called by his colleagues “the era of Ozerov”. There were thousands of brilliant reports – emphatic, enthusiastic, coming straight from his heart. “For a sports commentator, each his report is a sort of an exam he has to pass, for he is listened to by millions of sports fans”, Nikolai Ozerov wrote in his memoirs. His work begins long before he turns on the mike and says: “Attention! This is Moscow!” Nikolai Ozerov covered 17 Winter and Summer Olympic Games, 9 world soccer championships, and 30 ice-hockey tournaments, broadcasting from 49 countries.

Nikolai Ozerov received 16 Soviet state awards, the first of them being the medal “For the Defence of Moscow” – for performing with a group of Soviet actors at the battle-fronts of the Second World War. He is also the recipient of the Olympic Order, the highest award of the Olympic Movement. The Russian Agency for Physical Culture and Sports recently established a Nikolai Ozerov medal to be awarded to Russian and foreign nationals for outstanding contribution in Russian sports and strengthening international cooperation.

My colleague Carl Watts, who met Nikolai Ozerov on numerous occasions, recalls:

“I first got acquainted with Nikolai Ozerov somewhere at the end of the 1960s. That was when we had an International Ice Hockey Tournament for the Izvestia Prize. We had teams coming from the United States, Canada, Europe, and the USSR. He was the sports commentator, doing everything on television, and I was a rink announcer and I did the post-game press-conferences. He would come to a press-conference, listened, and maybe asked a question of the coaches of the two teams that were just on the ice. And he got to know me. He was a real sports fan. He knew everything inside out, not only in ice-hockey, but also in football as well. And I found out that we’d lived on the same street, and a couple of times he took me in his car to the stadium, and we watched those games. I remember when Gordie Howe came here, Mr. Hockey, I was asked to be his personal interpreter. I introduced Gordie Howe to Nikolai Ozerov. He was fantastic. He gave everything to the sports. We worked together for many-many years. He is buried at the same cemetery where my mother-in-law is buried, and every time I go to see my mother-in-law I pass the grave of Nikolai Ozerov. He is buried together with his brother Yuri, who was a great film director in his time. And every time I go by I say, “Hello, Nick! Rest in peace”.

One day Nikolai Ozerov came to the Central Telegraph office in Moscow. There he saw an old man, whose face was familiar to him. It was none other than Vyacheslav Molotov, ex-Soviet Foreign Minister, once a leading figure in the Soviet government. Ozerov came up to him and said, “May I give you a lift?” In the car Molotov said, “Your voice seems familiar. Have we met before?” “I’m afraid not. But you may have heard my reports from ice-hockey and football championships. I’m Nikolai Ozerov, a sports

commentator”. Molotov paused a little and said, “Incredible! I’m being driven home by Nikolai Ozerov himself!”

In 2005, the Federal Agency for Physical Culture and Sports established the Nikolai Ozerov Medal, which is awarded to citizens of the Russian Federation and foreign countries for their great personal contribution to the popularization of Russian sports and the strengthening of international cooperation.

The name of Ozerov is the tournament in sports dancing “Cup named after Nikolai Ozerov”, as well as the football competition “Spartak Cup named after Nikolai Ozerov”.

Additional material

FILMOGRAPHY	ACHIEVEMENTS
1961 – Dangerous Bends	Order of Merit for the Motherland, III degree
1964 – Hockey Players	Order of the Red Banner of Labor
1971 – White Queen’s Move	Order of Friendship of Peoples
1971 – Lev Yashin	Order of the Badge of Honor
1975 – Eleven Hopes	Olympic order
1976 – Happy Dream, or Laughter and Tears	People’s Artist of the RF
1978 – The moment decides everything	Honored Artist of the RF
1979 – Ballad of Sports	Honored Master of Sports of the USSR
1981 – The Girl and the Grand	Honored coach of Russia
1981 – This Fantastic World	Honorary Railwayman
1985 – Zenit Gold	
1987 – Ten minutes with Nikolai Ozerov	

2. Discuss the following: what other sports commentators do you know?

Text 15

MASSAGE: ANOTHER HEALTH CARE TOOL

1. Read the text.

Massage is a “hands-on” treatment in which a therapist manipulates muscles and other soft tissues of the body to improve health and well-being. Varieties of massage range from gentle stroking and kneading of muscles and other soft tissues to deeper manual techniques. Massage has been practiced as a healing therapy for centuries in nearly every culture around the world. It helps relieve muscle tension, reduce stress, and evoke feelings of calmness. Although massage affects the body as a whole, it particularly influences the activity of the musculoskeletal, circulatory, lymphatic, and nervous systems.

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

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

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

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

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

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

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

2. State if the following statements: a) true; b) false.

1. Massage has been practiced as a healing therapy for centuries in nearly every culture around the world.

2. The rise of technology and prescription drugs began to overshadow massage therapy from ancient times.

3. During the 1970s both the general public and the medical profession began to take notice of alternative medicine and mind-body therapies, including massage therapy.

4. There is only one type of massage.

5. Deep-tissue massage technique uses slower commonly to help with muscle damage from injuries.

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

3. Find out English equivalents for the following words and word combinations in the text.

Поглаживание; разминание; оздоровительная терапия; напряжение; постукивание; соединительная ткань; триггерная точка; мышечное волокно; перегрузка; предписание; неприменяемый.

Text 16

MOUNTAIN MEN

1. Read and translate the text.

The history of Sumo wrestling goes back over 2000 years. Its origins are connected to the Japanese belief in Shinto, the “way of the gods”, where winning gains favour with the gods. This is why the ritual of a sumo match is taken so seriously.

The clay fighting ring is itself a sacred shrine. On entering it, the enormous wrestler first claps, to attract the gods’ attention and indicate his own purity of heart. Having done that, he shakes his apron to drive away evil spirits, and raises his arms to show he carries no weapons. Next comes his most dramatic gesture. With his left hand on his heart and his right arm extended to the east, the huge fighter raises his right leg as high as possible – to send it crashing down with all his force. Then he performs the same earth-

shaking stamp with the other leg. After that, he purifies himself and the ring by throwing salt, wiping himself, and rinsing his mouth with water. Finally, the opponents spend three or four minutes trying to intimidate each other with grimaces and threatening postures.

The fight itself is brief and brutal and consists of a thunderous collision that rarely lasts more than ten seconds, which ends when one giant is pushed to the ground or outside the circle.

2. State if the following statements: a) true; b) false.

1. Sumo wrestling appeared more than 2000 years ago in China.
2. Sumo has a religious foundation.
3. Just before the fight, wrestlers try to scare each other with aggressive faces and gestures.
4. The only way to win the fight is to push your opponent to the ground.
5. The ritual before the fight takes longer than the fight itself.

3. Find out English equivalents for the following words and word combinations in the text.

Заслужить милость; священное место; громадный; хлопать; оглушительные столкновения; угрожающие позы; сотрясающий землю; злые духи; глиняный; грунтовый; вытираться.

Text 17

WHEN AND HOW TO TREAT AT HOME

1. Read and translate the text.

Exercising is good for you, but sometimes you can injure yourself when you play sports or exercise. The most common sports injuries are sprains and strains, knee injuries, swollen muscles, Achilles tendon injuries, fractures, dislocations. If you don't have any of the above health problems, it's probably safe to treat the injury at home at least at first. If pain or other symptoms worsen, it's best to check with your health care provider. Use the RICE method to relieve pain and inflammation and speed healing. Follow these four steps immediately after injury and continue for at least 48 hours.

Rest. Reduce regular exercise or activities of daily living as needed. If you cannot put weight on an ankle or knee, crutches may help. If you use a cane or one crutch for an ankle injury, use it on the uninjured side to help you lean away and relieve weight on the injured ankle.

Ice. Apply an ice pack to the injured area for 20 minutes at a time, four to eight times a day. A cold pack, ice bag, or plastic bag filled with crushed ice and wrapped in a towel can be used. To avoid cold injury and frostbite, do not apply the ice for more than 20 minutes. (Do not use heat immediately after an injury. This tends to (increase internal bleeding or swelling. Heat can be used later on to relieve muscle tension and promote relaxation.)

Compression. Compression of the injured area may help reduce swelling. Compression can be achieved with elastic wraps, special boots, air casts, and splints. Ask your health care provider for advice on which one to use.

Elevation. If possible, keep the injured ankle, knee, elbow, or wrist elevated on a pillow, above the level of the heart, to help decrease swelling.

2. State if the following statements: a) true; b) false.

1. The most common sports injuries are sprains and strains, knee injuries, swollen muscles, Achilles tendon injuries, fractures, dislocations.
2. If pain or other symptoms worsen you should stay at home.
3. If you cannot put weight on an ankle or knee, crutches and cane may help.
4. To avoid cold injury and frostbite apply the ice at least for 30 minutes.
5. Compression can be achieved with elastic wraps, special boots, air casts, and splints.
6. Use heat immediately after an injury.

3. Find out English equivalents for the following words and word combinations in the text.

Костыль; трость; опираться; прикладывать; обернутый в; обморожение; эластичный бинт; шина; приподнятый; мышечная ригидность (напряжение); компрессия.

CONCLUSION

Изучив материалы пособия (профессионально ориентированные тексты, заимствованные из английских и американских научных изданий) и выполнив разнообразные упражнения, студенты смогут читать литературу и обсуждать темы по специальности, используя самые употребительные языковые средства и основные термины профессии.

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GLOSSARY

Aerobic exercise – activity that requires oxygen to produce the necessary energy to carry out the activity.

Agility – the ability to change body position and direction quickly and efficiently. Agility is important in sports such as basketball, soccer, and racquetball, in which the participant must change direction rapidly and at the same time maintain proper body control.

Balance – the ability to maintain the body in equilibrium. Balance is vital in activities such as gymnastics, diving, ice skating, skiing, and even football and wrestling, in which the athlete attempts to upset the opponent's equilibrium.

Body composition – the fat and nonfat components of the human body.

Body mass index (BMI) – incorporates height and weight to estimate critical fat values at which risk for disease increases.

Cardiorespiratory endurance – the ability of the heart, lungs, and blood vessels to supply oxygen to the cells to meet the demands of prolonged physical activity (also referred to as aerobic exercise).

Coordination – integration of the nervous system and the muscular system to produce correct, graceful, and harmonious body movements. This component is important in a wide variety of motor activities such as golf, baseball, karate, soccer, and racquetball, in which hand/eye or foot/eye movements, or both, must be integrated.

Craniosacral therapy – a manual technique involving therapeutic touch to encourage physiological rebalancing, with the help of the natural healing energy of the patient's body. Craniosacral therapy is an effective method in the treatment of soft tissue injury, blood pressure problems, incontinence, digestive disorders, and stress and panic disorders.

Dynamic exercise – strength training with muscle contraction that produces movement.

Health-related fitness – a physical state encompassing cardiorespiratory endurance, muscular strength and endurance, muscular flexibility, and body composition.

Hydrotherapy – the use of water as a medical treatment. It takes advantage of water's buoyant and turbulent properties for therapeutic purposes. Patients are asked to stay within a specially-built pool of warm, agitated water. The moist heat generated by the pool is known to cause an increase in local metabolism in the patient and a decrease in pain sensations; it also encourages muscle relaxation, reduces swelling, and soothes sensory nerve endings, thereby increasing the permeability of the cells. This treatment is particularly beneficial for patients with neck and back problems, those with arthritis and gout, and those who are being treated for neurological diseases and disorders such as stroke, multiple sclerosis and Parkinson's disease.

Joint manipulation – a method which relies on the passive movement of skeletal joints, in an aim to achieve a therapeutic effect. Benefits of the treatment include temporary relief from musculoskeletal pain, a reduced recovery period in acute back sprains, and an increase in the range of motion. The treatment is delicate and may cause further injury if performed unsatisfactorily, especially on the joints on the spinal area.

Massage – the oldest and one of the most reliable treatment methods, though it still requires the services of trained practitioners in order to achieve a full therapeutic effect. Massage is commonly employed on areas which need stimulation in blood flow, drainage improvement, and soft tissue mobilization; it is also commonly employed for its sedative effects.

Muscular flexibility – the achievable range of motion at a joint or group of joints without causing injury.

Muscular strength and endurance – the ability of the muscles to generate force.

Paraffin baths – treatment techniques which use paraffin wax and mineral oil as applications on areas which are difficult to warm up without the use of liquid mediums. The treatment is commonly used on the hands and the feet; positive results may include an increase in metabolism and perspiration on the affected area, muscle relaxation, a significant sedation of the nerve endings which lead to reduced pain, and softening of the skin.

Physical fitness – the general capacity to adapt and respond favorably to physical effort.

Physical fitness standard – required criteria to achieve a high level of physical fitness; ability to do moderate to vigorous physical activity without undue fatigue.

Power – the ability to produce maximum force in the shortest time.

Reaction time – the time required to initiate a response to a given stimulus. Good reaction time is important for starts in track and swimming; for quick reactions when playing tennis at the net; and in sports such as ping-pong, boxing, and karate.

Skill-related fitness – components of fitness important for successful motor performance in athletic events and in lifetime sports and activities.

Speed – the ability to propel the body or a part of the body rapidly from one point to another. Examples of activities that require good speed for success are soccer, basketball, stealing a base in baseball, and sprints in track.

Traction – a technique used in an effort to relieve pain and provide flexibility in the tissues, through a combination of distractive and gliding movements. These results may be achieved with the use of manual or electric traction units with halter and strap implements. Traction may result in a significant decrease in pain or sensation on the extremities or on the affected area, and an increase in muscle tone. It also is able to ease bulging, herniated, or protruding discs, and reduce muscle spasms.

Transcutaneous Electrical Nerve Stimulation methods – methods that used specifically for the purpose of pain management and relief through nerve stimulation. The equipment employed in the treatment involves a small, battery powered unit which sends electrical signals to the affected area through attached electrodes. These signals may be adjusted in terms of duration and frequency, depending on the patient's individual needs. The apparatus is an effective tool for pain relief since it interferes with the transmission of pain signals from the affected nerves and prevents it from reaching the brain, thereby minimizing the pain sensation on the area, if not doing away with it entirely.

Ultrasound – a technique employing sound waves of very high frequency on human tissue, which are then absorbed by the treated area in the form of heat. The benefits of this method include muscle relaxation, an increased metabolism on the affected area, and a significant reduction of pain, due to the sedation of nerve endings. The treatment's therapeutic potential (due to its utilization of molecular vibration) can also cause an increase in the flexibility of connecting tissues such as those on the joint, ligament, and tendon areas, as well as a favorable improvement in tissue adhesion and scar recovery.

Wellness – the constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

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