

ПРИДНЕСТРОВСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ
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Пособие состоит из двух глав. Первая глава содержит тексты по специальности, лексические упражнения, нацеленные на закрепление приобретенных навыков и умений, а также позволяющие развивать практические навыки профессионального общения.

Вторая глава представляет собой раздел дополнительных текстов, посвященный изучению текстов на спортивную тематику.

В конце пособия представлены правила употребления глаголов play ~ do ~ go с различными видами спорта; список часто употребляемых идиом.

Предназначено для студентов квалификации «Бакалавр» первого и второго курсов факультета физической культуры и спорта, обучающихся по направлениям 050100 «Педагогическое образование» профиль «Физическая культура», 034300 «Физическая культура» профиль «Спортивная тренировка», 034400 «Физическая культура для лиц с отклонениями в состоянии здоровья (адаптивная физическая культура)» профиль «Физическая реабилитация».

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ВВЕДЕНИЕ

Цель данного пособия – выработать у студентов навыки работы над текстами с целью извлечения информации; развить умение понимания прочитанного материала в кратком и обобщенном виде, а также обучать навыкам общения в сфере профессиональной деятельности.

Пособие содержит две главы, представляющие собой базовый курс второго и третьего семестра обучения английскому языку. В конце пособия представлены правила употребления глаголов *play ~ do ~ go* с различными видами спорта; список часто употребляемых идиом.

Первая глава содержит тексты по специальности, лексические упражнения, нацеленные на закрепление приобретенных навыков и умений, а также позволяющие развивать практические навыки профессионального общения.

Вторая глава представляет собой раздел дополнительных текстов, посвященный изучению текстов на спортивную тематику.

Тематический отбор текстов обусловлен концепцией пособия, требованиями вузовских программ, а также учебно-методическими задачами данного этапа обучения.

Каждая тема включает словарь к тексту (ключевые лексические единицы с транскрипцией и переводом, предназначенные для отработки произношения в аудитории), основной текст, лексические и речевые упражнения.

Тексты пособия посвящены изучению современных видов спорта, которые включены в программу Олимпийских игр и Международных чемпионатов мира. Студенты также знакомятся с основными понятиями, определениями, описаниями, аббревиатурами.

Данные тексты многофункциональны, носят проблемный и образовательно-развивающий характер; могут быть использованы для ознакомительного и поискового видов чтения, для развития навыков перевода, а также служат базой для совершенствования навыков говорения.

Лексические упражнения направлены на закрепление активной лексики, расширения словарного запаса, развитие языковой догадки, на совершенствование навыков работы со словарями английского языка.

Речевые упражнения (например, диалоги, представляющие реальные ситуации общения) носят, в основном, творческий характер и построены таким образом, чтобы в них обязательно присутствовала мыслительная задача, максимально стимулирующая развитие навыков говорения (спонтанной речи).

CHAPTER I

Unit 1. THE OLYMPIC GAMES

Exercise 1. Memorize the pronunciation of the following words:

athlete [ˈæθli:t] – спортсмен, атлет

compete [kəmˈpi:t] – состязаться, соревноваться

ancient [ˈeɪnʃənt] – древний, давний

wrestling [ˈreslɪŋ] – борьба

peace [pi:s] – мир

friendship [ˈfrendʃɪp] – дружба

abolish [əˈbɒlɪʃ] – отменять

renew [rɪˈnu:] – возобновлять

significance [sɪgˈnɪfəkəns] – важность, значимость

continuation [kənˌtɪnjuːˈeɪʃən] – продолжение, возобновление

representative [ˌreprɪˈzentətɪv] – представитель

host [həʊst] – проводить, выступать в роли хозяина

suitable [ˈsu:təbəl] – подходящий

march [mɑ:rtʃ] – маршировать, шествовать

flame [fleɪm] – пламя

skating [skeɪ.tɪŋ] – катание на коньках

Word combinations for connected reading:

Baron Pierre de Coubertin – барон Пьер де Кубертен

governing body – руководящий орган

International Olympic Committee (IOC) – Международный
олимпийский комитет

interlocking circles – сплетенные кольца

torch relay – эстафета Олимпийского огня

Chamonix – Шамони (город во Франции)

military patrol – военный патруль (соревнования военных патрулей на зимних Олимпийских играх 1924г.)

cross-country skiing – лыжные гонки

Nordic combined – лыжное двоеборье

ski jumping – прыжки на лыжах с трамплина

speed skating – конькобежный спорт, скоростное катание на коньках

Exercise 2. Read and translate the text.

The Olympic Games are an international sports competition which is held every four years in a different city. Thousands of **athletes** from all over the world **compete** against each other in individual and team sports. Over 1 billion people watch the games on TV.

The first Olympic Games were held in Greece in 776 B.C. They were called the **ancient** games and lasted until the 4th century A.D. They included many different kinds of sport: running, boxing, **wrestling**, etc. All the cities in Greece sent their best athletes to Olympia to compete in the Games. For the period of the Games all the wars stopped. So the Olympic Games became the symbol of **peace** and **friendship**. In 394 AD the Games were **abolished** and were not **renewed** until many centuries later.

In 1894, a Frenchman, **Baron Pierre de Coubertin**, addressed all the sport's **governing bodies** and pointed out the **significance** of sports and its educational value. Two years later the first modern Olympic Games took place. Of course, the competitions were held in Greece to symbolize the continuation of the centuries-old tradition.

In 1896 the **International Olympic Committee** was set up. It is the central policy-making body of the Olympic movement. It is formed by the **representatives** of all countries which take part in the Olympic Games. The headquarters of the IOC are in Lausanne, Switzerland. The International Olympic Committee decides upon the programme of the games, the number of the participants and the city-host for the Games. Over one hundred and fifty countries are represented in the International Olympic Committee now. Besides, each country has its National Olympic Committee. There are always several cities wishing

to **host** the Games. The most **suitable** is selected by the International Committee. After that the city of the Games starts preparations for the competitions, constructs new sports facilities, stadiums, hotels, press centers. Thousands of athletes, journalists and guests come to the Games, and it takes great efforts to arrange everything. There is always an interesting cultural programme of concerts, exhibitions, festivals, etc., for each Game.

The Olympic motto is “Faster, Higher and Stronger”. The Olympic symbol is five **interlocking circles** colored blue, yellow, black, green and red, on a white background, representing five continents. One of these colors appears in the national flag of every country.

The Olympic Games begin with the opening ceremony. Athletes from all the participating nations **march** into the stadium. Greece comes in first, because it was the first nation to hold the Olympics and the host nation comes in last.

The Olympic flag is raised and a chosen athlete lights the Olympic **flame**. It is a symbol of spirit, knowledge and life. The fire comes from Olympia, a small town in Greece and many runners transport the flame in a **torch relay** to the place of the games. It burns from the opening ceremony until the end of the games.

Today, there are summer and winter games. Up to 1994 both games were held in the same year, but now they are held separately from each other. The first Winter Olympics, the 1924 Winter Olympics, was held in **Chamonix**, France. The original 5 sports were divided into 9 disciplines: bobsleigh, curling, ice hockey, Nordic skiing (consisting of the discipline **military patrol**), **cross-country skiing**, **Nordic combined**, and **ski jumping**), and **skating** (consisting of the disciplines figure skating and **speed skating**). The first medalist at the Winter Olympics was US speed skater Charlie Jewtraw, who won the 500m speed skating medal in 1924. The Games were held every four years from 1924 until 1936, after which they were interrupted by World War II.

The Summer Olympic Games first held in 1896 in Athens, Greece. The most successful competitor was German wrestler and gymnast Carl Schumann, who won four events. Russia joined the

Olympic movement in 1952. Since then it has won a lot of gold, silver, and bronze medals. In 1980 Moscow hosted the Twenty- Second Olympic Games. Russian sportsmen got medals for their records in many sports events.

At present many people all over the world are interested of sport and active life style. Sport helps people to stay healthy and makes them more organized and better disciplined in their daily activities.

***Exercise 2.1.** Answer the following questions:*

1. What is the main aim of the Olympic Games?
2. When and where were the first Olympic Games held?
3. What did Baron Pierre de Coubertin do?
4. When was the International Olympic Committee set up?
5. Who selects the Olympic Games host?
6. What are Olympic motto and Olympic symbol?
7. What sports did Winter Olympics include?
8. Who was the most successful competitor in Summer Olympic Games?
9. When did Russia host Olympic Games?
10. Who is your favorite Olympic athlete?

***Exercise 2.2.** Find the Russian equivalents for the following words and word combinations:*

To compete against each other; host; team sports; symbol of **peace and friendship**;

to take part; speed skating; the opening ceremony; ski jumping; a torch relay; cross-country skiing; to light the Olympic flame; Nordic combined; wrestling.

командные виды спорта; Страна-хозяйка Олимпиады; лыжные гонки; церемония открытия; эстафета Олимпийского огня; лыжное двоеборье; борьба; принимать участия; соревноваться друг против друга; символ мира и дружбы; прыжки на лыжах с

трамплина; скоростное катание на коньках; зажечь Олимпийский огонь.

Exercise 2.3. *Give the definitions to the following statements.*

1. A physical competition, between two competitors or sparring partners, who attempt to gain and maintain a superior position.
2. A winter sport where you wear boots that attach to skis.
3. Sport in which sportsmen, singly or in pairs, perform various jumps, spins or dancing movements on the ice.
4. The sport of fighting with the fists, especially according to rules requiring the use of gloves and limiting legal blows to those striking above the waist and on the front or sides of the opponent
5. A tactical game in which players tended to confine their activities to certain areas of the pitch.
6. Competitive sport in which individuals perform optional and prescribed acrobatic exercises, mostly on special apparatus, in order to demonstrate strength, balance, and body control.
7. In recreation and sports, the propulsion of the body through water by combined arm and leg motions.
8. A game played with rackets and a light, elastic ball by two players or pairs of players on a rectangular court divided by a low net.
9. A game played between two teams of five players each, the object being to throw a ball through an elevated basket on the opponent's side of a rectangular court.
10. A series of motions and steps usually performed to music.

Exercise 2.4. *Complete the following sentences with the appropriate words from the text.*

1. The Olympic Games are ...
2. The first Games were held ...
3. The Olympic Games became the symbol of ...
4. ... is the central policy-making body of the Olympic movement.
5. The Olympic motto is ...
6. The Olympic Games begin with the ...
7. The first Winter Olympics was held in ...

8. The first medalist at the Winter Olympics was ...
9. The Olympic symbol is ...
10. Russia joined the Olympic movement in ...

Exercise 2.5. Translate into English:

1. Олимпийские игры – крупнейшие международные комплексные спортивные соревнования, которые проводятся раз в четыре года.

2. Современные Олимпийские игры были возрождены в конце XIX века французским общественным деятелем Пьером де Кубертенем.

3. Город, где пройдут очередные Олимпийские игры, определяется МОК за 7 лет до даты проведения соответствующих Игр.

4. Звание олимпийского чемпиона является наиболее почётным и желанным в карьере спортсмена.

5. Организаторы Игр разрабатывают символику Олимпиады: официальную эмблему и талисман Игр. Эмблема обычно имеет уникальный дизайн, стилизованный в соответствии с особенностями данной страны.

6. При равном количестве золотых и серебряных медалей места команд выстраиваются по количеству бронзовых медалей.

7. Сочи был выбран столицей XXII зимней Олимпиады в городе Гватемале 4 июля 2007 года.

8. Официальный флаг Олимпийских Игр представляет собой изображение олимпийского логотипа на белом фоне. Олимпийский флаг используется в церемониях открытия и закрытия каждой Олимпиады.

9. Зажженный огонь день и ночь несут факелоносцы – в дождь, в снегопад, в штормовой ветер; поэтому они должны быть очень мужественными людьми.

10. За последние годы олимпийское движение приобрело огромные масштабы, и столицы Игр на время их проведения становятся столицами мира. Спорт играет все большую роль в жизни людей!

Unit 2. ATHLETICS

Exercise 1. Memorize the pronunciation of the following words:

Athletics [æθ'letIks] – легкая атлетика

compete [kəm'pi:t] – соревноваться

running ['rʌnɪŋ] – бега

event [ɪ'vent] – соревнование, мероприятие

sprint [sprɪnt] – спринт, бег на короткую дистанцию

while [waɪl] – пока, в то время как

top [tɒp] – самый главный

meeting ['mi:tɪŋ] – встреча, игра

biennial [bɪɪ'ɛnɪəl] – двухгодичный; случающийся раз в два

года

venue ['venju:] – место, место сбора

hurdle ['hɜ:dl] – препятствие, барьерный бег

steeplechase ['sti:p(ə)ltʃeɪs] – бег с препятствиями

track [træk] – дорожка

triple jump [trɪpl][dʒʌmp] – тройной прыжок

pole-vault ['pəʊl' vɔ:lt] – прыжок с шестом

wire [waɪə] – проволока

handle ['hændl] – рукоять

fiberglass ['faɪbəglɑ:s] – стекловолокно, стекловата

javelin ['dʒav(ə)lɪn] – метательное копье

Word combinations for connected reading:

track and field – легкая атлетика

shot put – толкание ядра

give up – бросать

high jump and long jump – прыжки в высоту и прыжки в

длину

highly-skilled – высококвалифицированный

IAAF World Championships in Athletics (International Association of Athletics Federations) – Чемпионат мира по легкой атлетике

as long ago as – еще в

by the time – к тому времени

boosting interest – повышенный интерес

field events – “полевые” соревнования

hammer throw – метание молота

spear-like – копьеобразный

held around the world – проводятся по всему миру

Exercise 2. Read and translate the text.

A lot of people compete in athletics (“track and field”), in school too. Some compete in running events, for example sprints and longer-distance races, or jumping events (high jump and long jump), or throwing events (discus and shot put). While most people give up athletics after they graduate school, a few go in for athletics and contend in top meetings in all over the world. We like to watch these highly-skilled athletes when they compete in important contest (IAAF World Championships in Athletics and the Olympic Games).

As long ago as the 8th century B.C., athletics events were being held as part of the original Olympic Games in ancient Greece. Athletics events were being held in military and public schools in 19th-century in England. By the time of the first modern Olympic Games in 1896, the athletics events were central in the competition.

Since 1983, the World Championships in Athletics have also been boosting interest in the sport. This biennial contest is arranged by the International Association of Athletics Federations (IAAF).

Modern athletics events are held at both outdoor and indoor venues. Outdoor meetings are usually held in summer and spring, with track events run on a 400 meter track with 8 lanes while the jumping and throwing events take place on the large open zone inside the track. Indoor meetings are held in winter, with running events usually held on a 200 metre track and a limited range of field events held on the area inside the track (hurdles are lower for women). In field events, the weights of the shot, discus, javelin and hammer are less for women than for men.

The shorter races are called **sprints** and they include 60 metre (indoors only), 100m, 200m and 400m. Middle-distance races are the 800m, 1500m, the mile, the 3,000m, and the **steeplechase**, in which

runners have to jump over barriers and water jumps. Long distance events are the 5,000m and 1,0000m, along with athletics' longest race for runners, the *marathon*. Most of this 42.195 km race is run on public roads, with only the last part being run on an athletics track.

Field events include jumping events and throwing events. The jumping events are the *high jump*, *long jump*, **triple jump** and **pole-vault**. The throwing events are the *shot put*, in which a heavy metal ball (called the shot) is thrown as far as possible; the **hammer throw**, in which a heavy metal ball attached to a wire and handle is thrown; the **javelin**, in which a spear-like object made of metal or fiberglass is thrown; and the *discus*, in which a heavy disc is thrown.

There are a lot of athletics events held around the world for professional athletes. The biggest one is the World Championships, held every two years by the IAAF. There are also several regional competitions, for example the European Championships, the Pan-American Games, and the Commonwealth Games. In addition, there is the Golden League circuit in which athletes who win their chosen event at all six meetings share a \$1,000,000 jackpot.

Exercise 2.1. Answer the following questions:

1. What century were being athletics events held as part of the original Olympic Games in ancient Greece?
2. What is organized by the International Association of Athletics Federations (IAAF), and is now seen as one of the top events in the world of sports?
3. Hurdles are lower for women, aren't they?
4. How many do track events include races for runners?
5. Do field events include jumping events and throwing events?
6. What are the jumping / throwing events?
7. What is the biggest athletics competition held around the world?

Exercise 2.2.

- a) Read the following text and entitle it.
- b) Write questions to the text.

Paavo Nurmi was born in Finland in 1897, and grew up to become one of the world's greatest middle-distance and long-distance runners. He still holds the record for having won the greatest number of Olympic athletics medals, with 12 medals in all. These include 9 gold medals which he won in the 1,500m, 5,000m, 10,000m, cross country, cross country team and the 3,000m team races. Due to this fact he is often regarded as the greatest track and field athlete of all time. Known as the "Flying Finn", he is probably also the only athlete to have had a heavenly body named after him.

Carl Lewis, regarded by many as the greatest competitor of all time in athletics, was named the world male athlete of the 20th Century by the IAAF. Born in 1961 in the U.S.A., he became a champion sprinter and long jumper who, like Paavo Nurmi, won 9 Olympic gold medals. Lewis won the gold medal for the long jump in the 1984, 1988, 1992 and 1996 Olympic Games. He also won gold medals in 1984 and 1988 in the 100 metres sprint and a gold medal for the 200 metres in 1984, as well as a silver medal for the same event in 1988. His two other Olympic gold medals were won in 1984 and 1992 in the 4 x 100 metre relay races. British Formula 1 racing driver Lewis Hamilton was named after Carl Lewis because Hamilton's father was a huge fan of the great American athlete.

***Exercise 2.3.** Read and translate the following words' definitions.*

Athlete – a person who is proficient in track and field events;

Athletics – the sport of competing in track and field events;

Baton – a short stick or tube passed from runner to runner in a relay racing;

Decathlon – a men's athletic competition joining 10 track and field events;

Discus – a weighty, thick-centered disk;

Hammer – a 16-pound metal ball fixed to a wire for throwing in an athletic event;

Long jump – an athletic event in which competitors jump as far as possible along the ground in one spring;

Marathon – a long-distance running race of 26 miles and 385 yards (42.195 km);

Sprint – a short race run over a distance of 400 metres or less;

Steeplechase – a running race in which competitors must clear hurdles and water jumps;

Triple jump – an event in which competitors leap as far as possible by performing a hop.

***Exercise 2.4.** Complete the following sentences with the appropriate words from the text.*

1. A lot of people compete in athletics (...), in school too.
a) “track and field” b) steeplechase c) marathon
2. As long ago as the ... century B.C., athletics events were being held as part of the original Olympic Games in ancient Greece.
a) 10th b) 9th c) 8th
3. Modern-style athletics competitions began in English schools in the ... century.
a) 18th b) 19th c) 20th
4. Since ..., the World Championships in Athletics have also been boosting interest in the sport.
a) 1975 b) 1983 c) 1985

***Exercise 2.5.** Answer the questions about your career.*

1. First, what is your biggest accomplishment in your sport ?
2. What do you do in your training that is key to your success?
3. What was the best advice you were ever given?
4. Who are your heroes? Why?
5. How did you learn to train, to win?
6. What is your biggest challenge, and how do you do manage this challenge?
7. What makes you different from other athletes?

***Exercise 2.6.** What can you say about athletics? Render contents of the text.*

Unit 3. GYMNASTICS

Exercise 1. Memorize the pronunciation of the following words

gymnastics [dʒɪm'næstɪks] – гимнастика

aid [eɪd] – помогать, способствовать

wrestling ['reslɪŋ] – борьба

throwing ['θrəʊɪŋ] – метание

precision [pri'sɪʒən] – точность; чёткость

challenge ['tʃæləndʒ] – бросать вызов

grace ['greɪs] – грация, изящество

agility [ə'dʒɪləti] – быстрота, ловкость

flip ['flɪp] – кувыркание, сальто

trampoline ['træmp(ə)li:n] – батут

pioneer [ˌpaɪə'nɪə] – вести, управлять

vault [vɔ:lt] – опорный прыжок, прыжок с шестом

twisting ['twɪstɪŋ] – вращение; выкручивание

maintain [meɪn'teɪn] – сохранять, поддерживать, удерживать

ribbon ['rɪb(ə)n] – лента

rope [rəʊp] – скакалка

hoop [hu:p] – обруч

routine [ru:'ti:n] – номер

bounce ['baʊns] – сильный удар

Word combinations for connected reading:

date back – восходить, относиться (к какому-либо времени)

weight lifting – поднятие тяжестей

parallel bars – параллельные брусья

balance beam – гимнастическое бревно

The Amateur Athletic Union – Любительский спортивный союз

floor exercise – вольные упражнения

pommel horse – гимнастический конь

still rings – кольца на месте

high bar – высокая перекладина

swinging movement – качательное движение; возвратно-вращательное движение

uneven bars – разновысокие брусья

floor mat – коврик

Exercise 2. Read and translate the text.

Gymnastics is a set of exercises that **date back** to ancient Greek civilization. It was a sport created to **aid** in body development. Gymnastic events included running, **wrestling**, swimming, **throwing** and **weight lifting**. Friedrich Ludwig Jahn was the “father of modern gymnastics”. He developed the **parallel bars**, **balance beam**, horizontal bar and the jumping events that are part of gymnastics today. Men’s gymnastics was first introduced in the modern Olympics in 1896. Women did not participate in the Olympic events until 1936.

Men’s gymnastics includes **floor exercise**, **pommel horse**, **still rings**, **high bar**, parallel bars, and **vault**. Each event requires high levels of power and control. The vault, high bar, rings and parallel bars showcase the male gymnast’s strength when he performs **twisting**, **swinging movements** while **maintaining** balance. The floor exercise and pommel horse highlight **precision**, coordination.

Women’s gymnastics is composed of four events – vault, floor exercise, balance beam, and **uneven bars**. Each event attempts to **challenge** the **grace**, **agility**, coordination and strength of the gymnast. The balance beam, perhaps the most challenging event, involves the use of balance and agility while performing acrobatic and dance movements. Vault requires great strength as gymnasts perform **flips** in the air, while the uneven bars require coordination in order to swing from bar to bar while switching hands and using various transitions. Floor exercise, which is set to music, seems to be a crowd-pleaser, as female gymnasts incorporate elements of acrobatics and dance that showcase their personality. In each event, gymnasts aim to “stick” their landing by taking no extra steps.

In 1881 the International Gymnastics Federation (FIG) was formed, later was renamed to Bureau of the European Gymnastics Federation. This organization **pioneered** the international competition.

The Amateur Athletic Union (AAU) was formed in United States in 1883. Along with other amateur sports in United States, this organization took over the control of the gymnastics in U.S. Various “championships” started to develop by various clubs and organizations at about the same time during 1880s.

The first large-scale competition was the 1896 Olympics in Athens, Greece. There Germany was the dominant team. Five countries participated in this event.

The first international event was held in 1903 in Antwerp, Belgium. There competed gymnasts from such places as Belgium, France, Luxembourg and the Netherlands. This event is now considered the first World Championship. The first men’s team competition was added and held in 1904 Olympics at St. Louis.

There are three types of gymnastics in the Olympics: artistic gymnastics, rhythmic gymnastics, and **trampoline**. Artistic gymnastics is the most commonly-known type. Men and women both compete, on equipment like the uneven bars, parallel bars, and rings. Rhythmic gymnastics is the second best-known. In rhythmic, gymnasts all compete on the same floor mat, but use **ribbons**, **ropes**, **hoops**, and other equipment. Rhythmic gymnastics also includes various leaps, jumps and choreographed dance moves. Trampoline was named an Olympic discipline of gymnastics for the 2000 Olympics. Gymnasts perform **routines** on a trampoline, completing flips on every single bounce.

Other types of gymnastics not currently on the Olympic roster include tumbling, acrobatic gymnastics, and group gymnastics.

World Championships are the biggest competition in gymnastics, and in recent years have been held every non-Olympic year. Other major competitions include the European Championships, the Asian Games, the Pan American Games, and World Cup meets.

***Exercise 2.1.** Answer the following questions:*

1. What is gymnastics?
2. Who was the “father of modern gymnastics”? Why?
3. What does the men’s gymnastics include?

4. What abilities should have a gymnast?
5. When was the FIG formed?
6. Where was the first large-scale competition?
7. How many types in the Olympics do you know?
8. What equipments are used in rhythmic gymnastics?
9. When was trampoline named as an Olympic discipline?
10. What sport competition in gymnastics do you know?

Exercise 2.2. Find the Russian equivalents for the following word combinations:

floor exercise; parallel bars; amateur sports; weight lifting; balance beam; high bar; grace and agility; rhythmic gymnastics; to maintain balance; to showcase precision and coordination of movements; pommel horse; uneven bars.

вольные упражнения; любительские виды спорта; высокая перекладина; гимнастическое бревно; поднятие тяжестей; гимнастический конь; параллельные брусья; грация и ловкость; разновысокие брусья; художественная гимнастика; сохранять равновесие; демонстрировать точность и координацию движений.

Exercise 2.3. Complete the following sentences with the appropriate words from the text:

1. Gymnastic events included ...
2. Friedrich Ludwig Jahn developed ...
3. ... was introduced for the first time in the modern Olympics in 1896.
4. Women's gymnastics is composed of four events – ...
5. ... requires great strength as gymnasts perform flips in the air.
6. ... was formed in United States in 1883.
7. The first large-scale competition was the ... in ...
8. There are three types of gymnastics in the Olympics – ...
9. Rhythmic gymnastics includes ...
10. ... are the biggest competition in gymnastics.

Exercise 2.4. Translate into English:

1. **Спортивная гимнастика** – вид спорта, включающий соревнования на гимнастических снарядах, в вольных упражнениях и в опорных прыжках.

2. Выполнение под музыку различных гимнастических и танцевальных упражнений называется художественной гимнастикой.

3. Гимнасты демонстрируют четкость и координацию движений, умение сохранять равновесие.

4. Акробатическая гимнастика включает в себя три группы упражнений: акробатические прыжки, парные и групповые упражнения.

5. Разновысокие брусья – это спортивный снаряд, применяющийся в спортивной гимнастике у женщин.

6. В 1881 году была создана Международная федерация гимнастики, а с 1896 года спортивная гимнастика была включена в программу Олимпийских игр.

7. Выполняя упражнения на батуте, гимнасты должны демонстрировать разнообразие элементов, хорошую координацию и сохранение высоты прыжков.

8. Гимнасты демонстрируют четкость и координацию движений, умение сохранять равновесие.

9. Опорный прыжок выполняется с разбега с использованием дополнительной опоры.

10. Мужские упражнения на брусьях содержат различные подъемы, повороты, переходы, круги одной и двумя ногами, сальто, большие обороты, а также стойки на руках.

10. Именно гимнастические тренировки с раннего возраста развивают артистизм, грацию и пластичность.

Exercise 2.5. “Try to guess my name.

I was born in Tashkent, on 12 May 1983. I started rhythmic gymnastics career at the age of 3 with coach Margarita Samuilovna. In my young teens I moved to Russia, where my mother took me to the Russian head coach Irina Viner, who liked me from the start.

I joined Russian Olympic team and made my international debut in 1996. In 1998 the 15-year-old I won the European Championships in Portugal. At the time I was the youngest member of the Russian squad, competing alongside internationally recognized teammates, like Amina Zaripova. In 1999 I became European Champion for the second consecutive time and won the World title in Osaka, Japan. I took the bronze at the 2000 Sydney Olympics, won the gold for the Ball, Clubs and Rope, and silver in the individual All-Around and Hoop at the 2001 World Rhythmic Gymnastics Championships. I went on to win a total of 5 all-around titles at the European Championships and added another World title in 2003 in Budapest.

I am a Russian Honored Master of Sports, retired rhythmic gymnast, and politician. Since 2007, I have been a State Duma deputy from the United Russia party. I am Russia's second most successful rhythmic gymnast after Evgenia Kanaeva. I am also one of the most decorated gymnasts in the history of rhythmic gymnastics with two Olympic medals, 14 world championship medals and 25 European championship medals. And my name is ...”

Unit 4. BASKETBALL

Exercise 1. Memorize the pronunciation of the following words:

score [skɔ:] – засчитывать очки

hoop [hu:p] – баскетбольное кольцо; корзина; бросок из-под корзины

indoor [ˈInˈdɔ:] – находящийся или происходящий в помещении

fit [fɪt] – находящийся в хорошей форме

nail [neɪl] – прибивать гвоздями

backboard [ˈbækbɔ:d] – баскетбольный щит

attract [əˈtrækt] – притягивать, завоевывать

approx. (сокр. от **approximately**) [əˈprɒksɪmətli] – приблизительно

earn [ɜ:n] – заслуживать, получать

substitute [ˈsʌbstɪtju:t] – заменять, заменяющий игрок

time-out [ˈtaɪmˈaʊt] – перерыв

oversee [ˌəʊvəˈsi:] – наблюдать, смотреть за чем-либо

referee [ˌrefrɪˈi:] – судья

foul [faʊl] – нарушение правил игры, фол

bouncing [baʊnsɪŋ] – отбивание с рикошетом; отбивающий
с рикошетом

dribbling [ˈdrɪblɪŋ] – ведение мяча

violation [vɪəɪˈleɪʃn] – нарушение

travelling [ˈtravəlɪŋ] – пробежка

challenge [ˈtʃælɪndʒ] – бросать вызов

unfairly [ʌnˈfeəli] – несправедливо; недобросовестно;
нечестно

punish [ˈpʌnɪʃ] – наказывать

Word combinations for connected reading:

‘the goal’, ‘the basket’ – попадание

physical education instructor – преподаватель физической
культуры

YMCA Training School (Young Men’s Christian Association) –
(Юношеская христианская ассоциация) колледж Молодёжной
Христианской Ассоциации

soccer ball – футбольный мяч

rectangular court – прямоугольная площадка

three-point line – трехочковая линия

table officials – судьи

keep score – вести счет

personal foul – персональный фол

free inbound pass – проникающий (свободный) пас

free throws – свободный бросок

sending off – удаление

‘foul out’ – быть удалённым из-за нечестной игры

chest pass – пас от груди

free throw – штрафной бросок

sending off – удаление

bounce pass – пас с отскоком мяча от пола

no-look behind-the-back pass – пас не глядя за спину

Exercise 2. Read and translate the text.

Basketball is played between two teams, with five players per team allowed on the court at any one time. Points are **scored** by getting the ball through a **hoop** called '**the goal**' or '**the basket**', and the team scoring the most points wins.

In 1891, Dr. James Naismith, a Canadian **physical education instructor** at **YMCA Training School** in Springfield, Massachusetts, USA, decided to create a new **indoor** game to keep his students **fit** during the cold winter months. He experimented with a team game in which players threw a **soccer ball** to each other and scored by throwing it into a peach basket **nailed** high on a wall. Later that year he wrote the first version of the rules of what he now called 'Basket Ball'. In 1906, the baskets were replaced by metal hoops in front of **back-boards**. The ball still had to pass through the hoop from above to score a goal, however, as it did when baskets were used.

The game soon spread to other U.S. schools and universities. In the early twentieth century, basketball competitions and leagues were set up all over North America, but most didn't last long. Then, in 1946, the Basketball Association of America (BAA) was formed to organize the top professional teams in the U.S.A. and Canada into one professional league. The BAA became the National Basketball Association (NBA) in 1949, and today the NBA is the world's top professional basketball league. Most of the world's best players are with NBA teams, **attracted** by the competition's popularity, its high standard of play, and the high salaries.

Basketball is played on a **rectangular court** 28 metres long and 15 metres wide (**approx.** 92 ft by 49 ft) with a basket at a height of 3.05 metres (10 ft) at each end. Most indoor courts have a floor made of wood. Points are scored by throwing the ball through the opponents' basket. A goal scored from inside the **three-point line** earns two points, and a goal scored from outside the three-point line earns three points, and goals from free throws earn one point.

NBA games are played over four quarters of twelve minutes. Teams include twelve players, but only five can be on court at one time. Players can be **substituted** as often as the coach likes. Each coach has a limited number of **time-outs** they can call during a game, and the game clock is stopped whenever play stops. Several officials **oversee** each game, including three on-court **referees** who call **fouls**, and **table officials** who **keep score**, run the game and shot clocks, and keep track of fouls and substitutions.

The ball can be moved by throwing it to another player (called *passing*) or by **bouncing** it with one hand while running or walking (called **dribbling**). If a player moves both feet without bouncing the ball, he commits a **violation** called **travelling**. If he uses two hands while dribbling, he commits a violation called *double-dribbling*. If a player's hand moves under the ball while dribbling, he commits a violation called *carrying the ball*. Violations are also committed when time-limits are exceeded, and usually result in a free inbound pass for the opposition team.

A **personal foul** is committed when a player **challenges** another player **unfairly**, such as by blocking their run or hitting their arms. A player or coach who argues with a referee commits a *technical foul*. Fouls can be **punished** with a **free inbound pass**, **free throws** at goal, or with **sending off**. A player who commits five fouls, or six in the NBA, can no longer take part in the game and is said to have been '**fouled out**'.

Passing can be done with a **chest pass**, a **bounce pass** or an *over-head pass*. More difficult passes are the **no-look pass** and the **behind-the-back pass**, though some coaches don't like these techniques because they can easily go wrong.

Michael Jordan is a former US player named "the greatest player of all time" by the NBA. He joined the NBA's Chicago Bulls in 1984 after an outstanding career at the University of North Carolina. He won the NBA championship with the Bulls in 1991, 1992, 1993, 1996, 1997 and 1998. He also won two Olympic gold medals with U.S. basketball teams in 1984 and 1992.

Yao Ming is a Chinese player who went to the U.S.A. and joined the NBA's **Houston Rockets**. Standing 7'6" tall (2.29 m), he is one

of the tallest players in the history of the NBA. After joining the NBA draft in 2002, he was picked by the Houston Rockets and became the first player without any American basketball experience to be selected first overall in the draft.

Exercise 2.1. *Answer the following questions:*

1. Is the game played between two teams, with five players per team allowed on the court at any one time?
2. Who decided to create a new indoor game to keep his students fit during the cold winter months?
3. When was the Basketball Association of America formed to organize the top professional teams in the U.S.A. and Canada into one professional league?
4. How many players do teams include?
5. What is a *personal / technical foul*?
6. What passing can be done with?
7. Who is named «the greatest player of all time» by the NBA?

Exercise 2.2. *Put together these beginnings and endings of the sentences consulting the text.*

1. Points are scored by getting the ball through a hoop called ‘the goal’ ...	a) players threw a soccer ball to each other and scored by throwing it into a peach basket nailed high on a wall
2. He experimented with a team game in which	b) by bouncing it with one hand while running or walking
3. Basketball is played on ...	c) or ‘the basket’, and the team scoring the most points wins.
4. The ball can be moved by throwing it to another player or ...	d) rectangular court 28 metres long and 15 metres wide with a basket at a height of 3.05 metres at each end.
5. A <i>personal foul</i> is committed when ...	e) a player challenges another player unfairly.

Exercise 2.3. Read and translate the following words' definitions.

Assist – a pass to a player that guides immediately to a target;

Backboard – a board behind the basket, off which the ball may rebound;

Basket – a net fixed on a hoop used as the target;

Bounce pass – a pass that bounces off the floor before it reaches the receiver;

Chest pass – a bimanual pass thrown from chest height;

Double-dribbling – infringement of dribbling the ball with two hands, or stopping and restarting the dribble;

Hoop – the ring-shaped metal rim from which a basketball net is hung;

No-look pass – a pass thrown without looking to the receiver;

Overhead pass – a pass cast from over the head, to clear a defender;

Overtime – a five-minute additional period of time;

Violation – an breach of the rules.

Exercise 2.4. Test. Choose the right answers.

1. Basketball was invented by a physical culture instructor from...
a) USA b) Germany c) China
2. The game was invented in the ... century.
a) 18th b) 19th c) 20th
3. At first, players threw the ball into a ... basket.
a) apple b) baking c) peach
4. The National Basketball Association (NBA) was set up in the ...
a) 1870 b) 1940 c) 1970
5. The basket's rim must be at a height of ... feet.
a) 10 b) 11 c) 12
6. Michael Jordan played most of his basketball for the ...
a) La Lakers b) Houston Rockets c) Chicago Buuls
7. One of the tallest NBA players is Yao Ming who was born in ...
a) China b) Japan c) Korea
8. A goal scored by shooting from inside the 3-point line earns ...

- a) 1 points b) 2 points c) 3 points
9. Travelling, double-dribbling and carrying the ball are ...
a) penalties b) violations c) fouls
10. If a coach wants to talk to the players, he calls for ...
a) a time foul b) time out c) an overtime

Exercise 2.5. What can you say about basketball? Render contents of the text.

Unit 5. BOXING (I)

Exercise 1. Memorize the pronunciation of the following words:

fighting ['faɪtɪŋ] – бой

fist [fɪst] – кулак

protect [prə'tekt] – защищать

punch [pʌŋʃ] – бить кулаком

glove [glʌv] – перчатка

courage ['kʌrɪdʒ] – храбрость

ban [bæn] – запрещать

carving ['kɑ:vɪŋ] – резьба, резной орнамент; высеченная фигура

painting ['peɪntɪŋ] – живопись, малярное дело

weight [weɪt] – вес

biting ['bɪtɪŋ] – кусающий

injury ['ɪndʒəri] – рана, ушиб, повреждение

oversee [əʊvə'si:] – наблюдать, контролировать

regional ['ri:dʒənəl] – региональный, областной, районный

Word combinations for connected reading:

human beings – люди

protective gear – защитное снаряжение

mental alertness – живость ума

bare-knuckled prizefighting – профессиональный бокс с обнаженными кулаками, без перчаток

head-butting – ударять головой
hitting “below the belt” – удар «ниже пояса»
a ten-second count – счёт до 10

Exercise 2. Read and translate the text.

HISTORY

Fighting with the **fists** seems to come naturally to **human beings**. Kids are playfully fighting for fun, adults are fighting in fury, and other **protects** themselves by their fists and attack by **punching** with their fists. For thousands of years, men and boys, sometimes girls and women, have fought in boxing matches, sometimes with **gloves** and **protective gear**, and sometimes with bare fists. Boxing has always been a disputable sport, loved by some and disliked by others. Boxing shows person's physical strength, **mental alertness** and **courage**. But who doesn't like boxing think it is a cruel and unsafe sport, and some even suppose it should be **banned**.

Carvings and **paintings** show people fighting with their fists over 5,000 years ago in ancient Sumeria and over 3,000 years ago in ancient Egypt. We don't know if these fights were a regulated sport like boxing, or a form of violent entertainment like gladiator fighting in ancient Rome. In ancient Greece boxing had become a sport and it was part of the Olympic Games (688 B.C). It then became popular in other parts of Europe, but in 500 A.D. it was forbidden by the Roman Emperor Theodoric the Great. Theodoric was a Christian who believed that the human face was made in God's image, and that by damaging the face, boxing also damaged God's image.

Nowadays boxing had its origins in England during the early 18th century, when **bare-knuckled prizefighting** was popular. This was not a regulated sport, however, but an illegal business run by criminal gangs who earned money by selling tickets and taking bets. There were no written rules, no **weight** divisions, no rounds or time limits, no protective gear like gloves, and no referee. Many fighters were seriously hurt, and some were even killed.

Improvements began with the introduction of the London Prize Ring rules in 1743. Hitting a fighter while he was down was no longer allowed, and if a fighter went down and could not continue after a count of 30 seconds, the fight was over. In 1853, more rules were introduced, with **biting**, **head-butting** and **hitting “below the belt”** being banned and called fouls.

Development continued with the introduction of the Marquess of Queensberry rules in 1867, which mark the real transformation of prize-fighting into the sport of boxing. Matches would be held in a 24-foot-square ring, with three-minute rounds and one-minute breaks between them. If a fighter was knocked down he was given a **ten-second count**, and if he couldn't get up in time, the referee would stop the fight. Thickly padded boxing gloves had to be worn to protect fighters from facial and hand **injuries**. The Queensbury rules still form the basis of boxing to this day.

Boxing's image was greatly improved by its return to the Olympic Games in 1908, and by the establishment of boxing commissions to further regulate the sport. They developed a ratings system, **oversaw regional** and national competitions and world championship matches, and handled any disputes and protests.

***Exercise 2.1.** Answer the following questions:*

1. How many years ago did carvings and paintings show people fighting with their fists?
2. What had its origins in England during the early 18th century, when bare-knuckled prizefighting was popular?
3. There were no written rules, no weight divisions, no rounds or time limits, no protective gear like gloves, and no referee, weren't there?
4. When did improvements begin?
5. Do the Queensbury rules still form the basis of boxing to this day?

***Exercise 2.2.** Study the article. List all the problems touched upon in the text.*

Great rounds of boxing history: Arturo Gatti v Micky Ward I, round nine

When Micky Ward and Arturo Gatti met in Connecticut in 2002, the ninth round of their fight contained more drama, heart and action than some boxers produce in their whole careers

If you are going to produce a series of articles based on great rounds of boxing, there is really only one place to begin. The decision has me fencing with a double-edged sword. On the one hand, what more can be written about these three minutes? From Eric Raskin's excellent primary source anniversary review, to Sergio De La Pava's colourful metaphor-for-life piece, this one round of boxing has received more column inches in the pugilism press than anything since Muhammad Ali ceased producing movie scripts every time he climbed between the ropes. There is a risk that, 12 years on, everything that needs to be said about the men, the fight and the round is already out there.

These great moments of almost supernatural endeavor become personalized by each individual who views them through their own unique lens. If we were to start a rote and, from now until kingdom come, every day a different one of us delivered our thoughts on the 180 seconds Gatti and Ward shared in Connecticut on 18 May 2002, the exercise would never get tired. [...]

When the bell is struck to open Round Nine, Ward is already a foot from his corner and moving forward, head bowed, towards his opponent. The bell's timbre, partially swallowed by the noise of a crowd scarcely able to believe the continued intensity of the fight, had barely dissipated when he lunged forward with a reaching left hand lead and allowed his momentum to carry him into another prolonged assault that sent Gatti careering into the ropes and rebounding into the centre of the ring. There, in the middle of the mayhem, Ward remembered and, more importantly, adhered to the game plan. Body, head, body.

The culmination of this combination, a chopping left hook into the kidney and liver and whatever other unfortunate insides reside in the lower right torso, froze Gatti where he stood. A second later his face crumples into an expression that is a mixture of pain and confusion. A further second on and he is down on one knee, now devoid of any feeling other than lacerating pain as his battered diaphragm spasms

and prevents his lungs from doing their job. Doctors recommend a minimum of 15 minutes rest following even the lightest of solar plexus traumas. Gatti had less than 10 seconds to recover from a perfectly executed Ward signature chopped liver punch.

Gatti was still dragging his exhausted body from his seat as Ward started forward in anticipation of the bell for Round Nine. In fact, when the first blow landed, his stool had not yet made it through the ropes to the sanctuary of its mid-round ringside position. Round 8 had been hard on Arturo and commentators were already voicing doubts on whether he could continue. Within 15 seconds he was down and the rest of the opening minute was spent in the autopilot survival mode that is hardwired into fighters with real heart. And then we entered the second minute. [...]

Despite the 98 years still to go, the great Emmanuel Stewart christened it Round of the Century live on television before the two fighters had even made it on to their stools. Even in the hyperbolic world of boxing it did not smack of premature bombast at the time and does not do so today. Stewart is with Gatti now and, looking down each weekend, I doubt he has seen anything since to change his opinion. I do not believe I will ever witness another three minutes to rival it.

(abridged from Guardian Sport Network)

Exercise 2.3. *Role play. Interview the famous boxer. Work in pairs.*

Exercise 2.4. *Complete the following sentences. Find the ending according to the text.*

1. For thousands of years, men and boys, sometimes girls and women....
2. Boxing shows person's physical strength, **mental alertness**
3. Modern boxing had its origins in England during the early 18th century, when
4. Improvements began with the introduction of
5. Boxing's image was greatly improved by

Exercise 2.5. *Translate the following sentences into English .*

1. На протяжении тысяч лет мужчины и мальчики, а иногда женщины и девочки боролись в боксерских матчах в перчатках, а иногда и голыми руками.

2. В Древней Греции бокс стал видом спорта и входил в программу Олимпийских игр.

3. Современный бокс восходит к началу 18-го века Англии, когда были популярны беспощадные бои боксёров-профессионалов.

4. В 1853 были введены правила и признавались нарушениями удары головой и удары ниже пояса.

5. Если боец сбит с ног и не мог подняться в течении 10 секунд, судья останавливал бой.

Unit 6. BOXING (II)

Exercise 1. *Memorize the pronunciation of the following words:*

amateur ['æmətə] – любительский

bout [baʊt] – встреча по боксу

knockout ['nɒkaʊt] – нокаут

exhaustion [ɪg'zɔ:st(ə)n] – сильная усталость

deduct [dɪ'dʌkt] – вычитать, отнимать; удерживать; сбавлять

kick [kɪk] – ударять ногой, пинать

knee [ni:] – ударять коленом

elbow ['elbəʊ] – толкать локтем, проталкиваться

jab [dʒæb] – толкать, наносить удар

hook [hʊk] – хук, короткий боковой удар левой

uppercut ['ʌpəkʌt] – удар снизу

aim [eɪm] – направлять, нацеливать

evade [ɪ'veɪd] – избегать; уклоняться

hip [hɪp] – бедро

bob [bɒb] – двигаться вверх-вниз; подпрыгивать, подскакивать

weave [wi:v] – качаться, покачиваться

parry ['pærɪ] – отбив

clinch [kɪn(t)ʃ] – войти в клинч (в боксе); сдвливать, сжимать; обнимать

punch [pʌnʃ] – бить кулаком

rear [rɪə] – задний, тыльный

Word combinations for connected reading:

orthodox fighter – традиционный боец

southpaw fighter – спортсмен-левша

lead hand – ведущая рука

Exercise 2. Read and translate the text.

HOW THE GAME WORKS

Nowadays boxing has two main forms; **amateur** and professional. Amateur boxing can be seen at colleges and universities, at national and international tournaments, and at major sporting events such as the Olympic, Commonwealth and Asian Games. Protective headgear must be worn, the **bouts** are limited to three or four two-minute rounds and results are decided on a strict points-scoring system.

Professional boxing is far more popular than amateur boxing, which is often seen as a way of developing the skills needed for the professional form of the sport. Matches are usually much longer than amateur bouts, lasting for ten to twelve three-minute rounds, and protective headgear is not permitted. Fights are more often decided by **knockout** or technical knockout, meaning the referee decides a fighter cannot continue because of injuries such as cuts to the face, or because of **exhaustion**. But if a fight goes the full distance, the result is decided by a team of three judges who keep score during the fight by awarding points for legal punches. The referee can also instruct the judges to **deduct** points if a fighter commits a foul. If all the judges agree on which fighter is the winner, it is a unanimous decision, but if they disagree, the result is a split decision.

Boxing involves techniques for both attacking and defending. The only attacking move allowed in boxing is punching. **Kicking, kneeling,**

elbowing, head-butting, holding and throwing are not allowed. There are four basic punches: the jab, the cross, the hook and the uppercut.

The **jab** is a quick, straight punch thrown with the lead hand, which for a right-handed, **orthodox fighter** is the left hand, and for a left-handed, **southpaw** fighter is the right hand. The jab is not a powerful punch, but it's good for scoring points, for checking distance, and for starting a combination of punches.

A cross is a powerful, straight punch thrown with the **rear** hand, which is the right hand for orthodox fighters and the left hand for southpaws. It can follow a jab to create the classic "one-two" combination.

The **hook** is a semi-circular punch thrown with the **lead hand** to the side of the opponent's head. A hook can also target the lower body and this punch is sometimes called a "rip". The **uppercut** is a rising punch thrown with the rear hand, **aimed** at the jaw or deep into the stomach area. The right uppercut followed by a left hook is a powerful and dangerous combination.

Just as important as the attacking techniques are the defensive techniques. These include the protective guard, as well as techniques to **evade** and block punches. There are several defensive positions, called guards, which boxers use. In a high guard both hands are raised to protect the face, while in a low guard the rear hand is held lower to add protection to the body. To evade punches and avoid being hit, boxers use a number of moves. One such move is slipping, in which a boxer turns his body slightly from the **hips** to let a punch "slip" past.

Boxers also **bob** and **weave**, meaning they evade a punch by bobbing, or bending the legs and lowering the head, and then move into an attacking position by weaving, or straightening up while stepping in towards the opponent. Other defensive techniques include **parrying**, blocking and **clinch**ing.

In order to win a fight, a boxer must use these techniques for attacking and defending within a good overall strategy. In the early rounds of a fight, boxers figure out what their opponent's strong points and weak points are, and then try to find a winning strategy, taking into account their own strengths and weaknesses as well. As such,

boxing is very much a “mental” contest as well as a physical one, and champion boxers need to be quick thinkers as well as quick punchers and movers.

Exercise 2.1. *Answer the following questions:*

1. Is professional boxing far more popular than amateur boxing?
2. What do you know about fights?
3. What is allowed in boxing? What are not allowed?
4. What are four basic punches: the jab, the cross, the hook and the uppercut?
5. How many defensive positions do boxers use?
6. Is boxing very much a «mental» contest as well as a physical one, and champion boxers need to be quick thinkers as well as quick punchers and movers?

Exercise 2.2. *Read the text “Most Famous Boxer: Muhammad Ali”. List all the problems touched upon in the text.*

On January 17, 1942, Cassius Marcellus Clay Jr. was born in Louisville, Kentucky, U.S.A. But people know him as Muhammad Ali, the name he assumed in 1964 when he changed to Islam. He grew up to become distinguished boxer of all time, Ali is a former three-time World Heavyweight Champion and winner of an Olympic gold medal. In 1999, he was crowned «Sportsman of the Century» by Sports Illustrated and the BBC. He stood 6-ft 3-in tall (1.91 m) and had a strong figure. He practiced his foot-speed and quick body movement to evade hits, and this permitted him to use a low guard in place of the high guard usually preserve the face. This made Ali look very relaxed in the ring, and he would seem to be «playing» with his opponent, in the way a cat might «play» with a mouse, before suddenly stepping up the pace and going «in for the kill». Later Ali created a new style he called «rope-a-dope». This technique of the ropes with a high guard and cover up to



absorb punches to his arms and body, or lean back on the ropes and sway to avoid the punches, until his opponent wore himself out. Then Ali would begin a strong attack which usually ended the fight with a knockout. The beauty of his early style, which Ali himself described as «Float like a butterfly, sting like a bee», will never be forgotten by boxing's many fans. Muhammad Ali retired from boxing in 1981, though his affect on the sport will continue forever.

Exercise 2.3. Read and translate the following words' definitions.

Bare-knuckled – without protective gloves;

Block – use the hands, arms and shoulders to stop punches;

Counterpunch – punch thrown after an opponent has thrown a punch;

Fist – closed hand with the fingers bent in to the palm;

Gloves – defensive leather padded coverings for the hands;

Head-butt – foul of hitting a contestant with the head;

Hook – short sideways inside punch delivered with the elbow bent;

Knockdown – occurs when one of the boxer evading attacks touches the floor (knee, hand);

Jab – quick punch with the leading hand, straight from the chin to the target;

Knockout – occurs when one of the boxer gets hit and after which he can't continue the fight after the counting from 1 to 10;

Punch – hit with a clenched fist;

Rabbit punch – wrongful punch to the back of the head or neck which can damage the spinal cord;

Ring – raised square platform on which boxing matches are held;

Technical knockout – a legal punch causes a cut, usually on his face, that stops the fight.

Exercise 2.4. Translate into English the following sentences.

1. Бои заканчиваются нокаутом или техническим нокаутом, судья решает, будет боксёр сражаться или нет из-за травм или усталости.

2. Хук – это боковой удар, который выполняется в челюсть, но может быть выполнен по корпусу.
3. Кросс – это прямой контратакующий удар .
4. Джеб – это длинный прямой удар рукой.
5. Существует несколько оборонительных позиций, которые используют боксёры.
6. Боксёры используют ряд шагов для уклонения от ударов.

Exercise 2.5. What can you say about boxing? Render contents of the texts.

Unit 7. FOOTBALL (SOCCER)

Exercise 1. Memorize the pronunciation of the following words

- kick** [kɪk] – удар ногой, ударять
repeatedly [rɪˈpiːtɪdli] – повторно, неоднократно
banned [bænd] – запрещенный
authority [əˈθɔːrəti] – власть
violence [ˈvaɪələns] – насилие
oversee [əʊvəˈsiː] – наблюдать
rectangular [rekˈtæŋɡjələŋ] – прямоугольный
tackle [ˈtækəl] – отбирать (мяч)
offside [ˈɔːfsaɪd] – вне игры, офсайд
handball [ˈhænd,bɔːl] – игра рукой
foul [faul] – нарушение правил
commit [kəˈmɪt] – совершать
offence [əˈfens] – нарушение
issue [ˈɪʃuː] – выдавать
warning [ˈwɔːnɪŋ] – предупреждение
substitute [ˈsʌbstə,tuːt] – запасной игрок
defender [dɪˈfendə] – защитник
teammate [ˈtiːmmeɪt] – товарищ по команде

Word combinations for connected reading:

the International Football Association Board (IFAB) –
Международный совет футбольных ассоциаций

Federation Internationale de Football Association –
Международная федерация футбольных ассоциаций

World Cup – Кубок мира

goal-post – стойка ворот

heading a ball – игра головой

draw (tie a game) – сыграть вничью

penalty shootout – штрафной удар

extra time – дополнительное время

illegal actions – противоправные действия

free kick – штрафной удар

penalty kick – пенальти (одиннадцатиметровый)

Exercise 2. Read and translate the text.

Football is one of the world's most popular games. It is played in nearly every country, by everyone from kids in vacant lots and back streets to professional players in giant stadiums. Professional football is watched by billions of people all over the world, and is probably the world's most popular spectator sport. The ancient known form of the game was developed in China around 500 B.C. It was known as *ciju* ('kick-ball') and was played with a leather ball. The object was to **kick** the ball into a net stretched between two **goal-posts**. By 800 A.D. there was a well-organized professional league in China, and similar games were also being played in Korea and Japan.

The earliest form of the game that we know of in Europe was played in England around 1100 A.D. It was played between big teams, sometimes whole villages, on a large field, and the ball could be thrown, kicked, or carried towards the opponent's goal. There were very few rules and games were often wild and rough. The game was **repeatedly banned** by the **authorities** because of the violence and injuries it caused.

The modern game first developed in England in the 19th century. The Football Association was set up in 1863 and the 'Laws of the

Game' were drawn up in the same year. In 1882 the **International Football Association Board** (IFAB) was formed, and this organization still **oversees** the rules of the game. Then FIFA (**Federation Internationale de Football Association**) was founded in 1904 to run international competitions. FIFA still runs the **World Cup**, as well as regional competitions such as the European and Asian Cups.

The modern game is played by two teams of eleven players on a **rectangular** field with a goal at each end. Players pass the ball to each other by kicking or **heading** it, with the aim being to score goals by getting the ball into the opponent's goal. The game lasts for two 45-minute halves, and the team scoring the most goals wins. **Draws** are common, but if a winner has to be found, a game can go into **extra time**. If the score is still tied after thirty minutes of extra time, a '**penalty shootout**' can decide the winner.

In general play, the goalkeeper is the only player who can touch the ball with the hands or arms. All the other players can kick or head the ball only. Players can **tackle** an opponent in order to get the ball from them, but must do so without pushing or tripping the player. Pushing and tripping, along with other illegal actions such as '**handball**' and '**offside**', are **fouls** that can be penalized with a **free kick**. If a foul is **committed** in the penalty area near either goal, the referee can award a penalty kick, meaning a player can have a free shot at goal, with only the goalkeeper being allowed to try to block it. If a player commits a more serious **offence**, such as dangerous play, the referee can **issue** a yellow card as a **warning**, or issue a red card, in which case the player is sent off and cannot be replaced by a **substitute**. Teams are normally allowed three substitutes, which can be used to replace players because of injury, or for tactical reasons.

Edison Arantes do Nascimento, or Pele, is rated by many as the greatest footballer of all time. The Brazilian champion was given the title of Athlete of the Century by the International Olympic Committee and jointly named FIFA Player of the Century with Diego Maradona. He was part of three World Cup winning teams, and was known for his brilliant passing, his speed, his strong heading of the ball, as well as for his brilliance at shooting for and scoring goals.

Diego Maradona is one of the most well-known footballers of all time. He played in four World Cups for his country Argentina, and led them to their victory over West Germany in 1986. He also won many trophies with Boca Juniors in Argentina, FC Barcelona in Spain and SSC Napoli in Italy. Together with Pele, he was named FIFA Player of the Century in 2000. Maradona had a stocky build and his strength and speed made him a difficult opponent for **defenders**. He had great ball-control and passing abilities, and was often able to create goal scoring opportunities for his **teammates**. He also scored many goals himself, including 34 goals for Argentina in international competitions.

Exercise 2.1. Answer the following questions:

1. When did the history of football begin?
2. Where was football invented?
3. Why was the game banned by the authorities?
4. When was the International Football Association Board (IFAB) set up?
5. What is the main aim of football?
6. Where was the modern game developed?
7. How does the game work?
8. What kinds of fouls do you know? How can players be penalized?
9. Why did Pele and Maradona become so famous footballers?

Exercise 2.2. Read and translate the following words' definitions.

Assistant referee (linesman) – an official empowered with assisting the referee and give advises as for offside decisions during the game;

Corner kick – a free kick taken from one of the corners of the pitch;

Defender – a player whose primary role is to prevent the opposition team from goals;

Draw – finish a game with a tie score;

Dive – to knowingly fall over when tackled in order to delude the referee into awarding a free kick;

Extra time (overtime) – an additional period of play consisting of two periods played when a game ends in a draw after normal time;

Foul – an incorrect action punishable by a free kick;

Goal – a desired result achieved by kicking or heading the ball into the goal;

Goalkeeper – a player whose role is to stop the ball from entering the goal, and the only player who can handle the ball in general play;

Goal line – the line separating an end zone from the rest of the playing field on which the goals are placed;

Handball – a foul committed by touching or passing the ball with a hand or an arm;

League – a group of sports clubs that play each other over a period for a championship e.g. English Premiership League;

Offside – law requiring at least two defenders to be between an attacker and the goal line when the ball is passed to the attacker;

Pass – kicking or heading the ball by players without allowing the opposition an opportunity to attack;

Penalty – a direct free kick taken from 11 meters from the goal;

Penalty area (penalty box) – rectangular area near each goal which extends 16.5m to each side of the goal and 16.5 meters in front of it;

Red card – the most severe punishment given by a referee, in which the player is sent off the pitch;

Pitch – an outdoor playing field for different kind of sports;

Substitute – to replace one player with another player;

Yellow card – a warning issued to a player after a rule infraction, two of which result in a red card and sending off.

Exercise 2.3. Find the Russian equivalents for the following words and word combinations:

illegal actions; to head the ball; to speed up the game; free kick; to play attacking football; to handle the ball; to slow down the game; a foul; the penalty area; centre forward; to take a corner; a substitution; the final whistle; national team; to issue a yellow card; to play defensively; a warning; to be on the bench.

сборная страны; предупреждение; штрафной удар; замена; штрафная площадка; выдать желтую карточку; прибавить скорость в игре; играть рукой; играть головой; играть в нападении; нарушение правил: центральный нападающий; играть в защите; противоправные действия; снизить темп игры; финальный свисток; сидеть в запасе; подать угловой.

Exercise 2.4. *Complete the following statements with the appropriate words.*

1. The first known form of the game was developed in ...
2. The modern game developed in ... in the ... century for the first time.
3. The football game is played by ... teams of ... players on a rectangular field.
4. The game lasts for two ... minute halves, and the team scoring the most goals ...
5. ... is the only player who can touch the ball with the hands or arms.
6. Fouls that can be penalized with a ...
7. ... can issue a yellow card as a warning, or issue a red card, in which case the player is sent off.
8. If a game ends in a draw, it can go into extra ...
9. Teams are usually allowed three ... , which can be used to replace players because of injury.
10. Pele and ... are the FIFA Players of the Century.

Exercise 2.5. *“Try to guess my name.*

I was born in England on May the second in 1975. I am a very famous English footballer. I was the first English player who wins league titles in four countries, England, Spain, the United States and France. I'm one of the world's highest paid footballers. In 2013 I was listed as the best paid player in the world, earning over \$50 million in the previous 12 months. When I lived in England, I played for Manchester United and then for Real Madrid, Milan and the England national team. In international football, I made debut in England on

September the first in 1996, at the age of 21. I was captain for six years during which I played 58 times. I made 115 career appearances in total, appearing at three FIFA World Cup editions (1998, 2002, and 2006) and two UEFA European Championship tournaments (2000 and 2004). My wife's name is Victoria. She used to be in a band the Spice Girls. We have three sons, and a daughter. And my name is ...”.

Unit 8. DANCING

Exercise 1. Memorize the pronunciation of the following words:

prescribe [prɪ'skraɪb] – предписывать, устанавливать

gesture ['dʒestʃər] – жест, телодвижение

sequence ['si:kwəns] – последовательность

incorporate [ɪn'kɔ:rpəreɪt] – включать

myth [mɪθ] – миф

record ['rekərd] – запись

furies ['fjʊrɪəs] – яростный

jig [dʒɪɡ] – джига, жига (быстрый старинный британский танец кельтского происхождения)

waltz [wɔl(t)s] – вальс

genre [ʒɑ:ŋr] – жанр, стиль

baroque [bə'rɔk] – барокко

effortlessly ['efətləsli] – легко

strive [straɪv] – стараться, прилагать усилия

leotard ['li:ətɑ:d] – леотард (трико акробата или танцовщица)

tutu ['u:tu:] – пачка (балерины)

reject [rɪ'dʒekt] – отвергать, отклонять

permit [pəg'mɪt] – позволять, разрешать

Word combinations for connected reading:

Natya Shastra – натьяшастра (древнеиндийский текст на санскрите)

integral part – неотъемлемая часть

ballroom dancing – бальные танцы

stringent rule – строгое правило
square dancing – кадрили
clog dance – сельская чечетка
pointe shoes – пуанты

Exercise 2. Read and translate the text.

Dance is popular all over the world. People enjoy expressing themselves through movement. Dance is the art of movement of the body, usually rhythmically and performed to music, using **prescribed** or improvised steps and **gestures**. Different styles of dance are distinguished by many things such as shoes, music, and costumes. Gymnastics, figure skating and synchronized swimming are sports that **incorporate** dance.

Dance history. It is not possible to identify exactly when dance became part of human culture. Dance has certainly been an important part of ceremony, rituals, celebrations and entertainment since before the birth of the earliest human civilizations. An early manuscript describing dance is the **Natya Shastra** on which is based the modern interpretation of classical Indian dance. One of the earliest structured uses of dances may have been in the performance and in the telling of **myths**. It was also sometimes used to show feelings for one of the opposite gender. In European culture, one of the earliest **records** of dancing is by Homer, whose “Iliad”; describes chorea. The early Greeks made the art of dancing into a system, expressive of all the different passions, for example, the dance of the **Furies**.

Many early forms of music and dance were created and performed together. This paired development has continued through the ages with dance music forms such as: jig, waltz, tango, disco, salsa and and hip hop. Some musical genres also have a parallel dance form such as baroque music and baroque dance whereas others developed separately: classical music and classical ballet.

In the early 1920s, dance studies began to be considered an academic discipline. Today these studies are an **integral part** of many universities’ art and humanities programs.

There are many different styles of dance, which fall into these general types: professional dancing (ballet, modern dance), social dancing (**ballroom dancing**, waltz, foxtrot, tango, cha-cha-cha, salsa, street dance, break dancing, funk and hip hop), folkloric dancing and also many national and local dances.

Folk dance is a form of dance developed by a group of people that reflects the traditional life of the people of a certain country or region. Folk dances, unlike most other dance forms, tend to have no **stringent rules**, and are sometimes formed spontaneously among groups of people. The steps of folk dances are passed through generations, rarely being changed. A few famous American folk dances include contra dancing, **square dancing** and **clog dancing**. *Ballet* dancing is known for its grace and elegance, as ballerinas seem to glide across the stage almost **effortlessly**. Ballet dancers **strive** to appear tall and light on their feet. Probably the most important part of ballet dancer's equipment are **pointe shoes**, tights and **leotards** and **tutus**, or ballet skirts. Pointe shoes make it possible for ballerinas to dance on the tips of their toes. Ballet serves as a backbone for many other styles of dance, as many other dance genres are based on ballet. Ballet is based on techniques that have been developed over centuries. Ballet uses music and dance to tell stories. Ballet dancers have the ability to transport an audience to another world. *Modern* dance is a dance style that rejects many of the strict rules of classical ballet, focusing instead on the expression of inner feelings. Modern dance was created as a rebellion against classical ballet, emphasizing creativity in choreography and performance. *Hip-hop* is a dance style, usually danced to hip-hop music that evolved from the hip-hop culture. Hip-hop includes various moves such as breaking, popping, locking and krumping, and even house dance. Improvisation and personal interpretation are essential to hip-hop dancing. *Jazz* is a fun dance style that relies heavily on originality and improvisation. Many jazz dancers mix different styles into their dancing, incorporating their own expression. Jazz dancing often uses bold, dramatic body movements, including body isolations and contractions.

A **dance competition** is an organized event in which contestants perform dances before a judge or judges for awards and, in

some cases, monetary prizes. There are several major types of dance competitions, distinguished primarily by the style or styles of dances performed. Major types of dance competitions include: competitive dance, in which a variety of theater dance styles—such as ballet, jazz, hip hop, lyrical, and tap – are permitted; **open** competitions, which permit a wide variety of dance styles; **sport dance**, which is focused exclusively on ballroom and Latin dance; **single-style** competitions, such as highland dance, dance team, and Irish dance, which only permit a single dance style.

***Exercise 2.1.** Answer the following questions:*

1. What is dance?
2. What sports are incorporate with dance?
3. What was the main aim of dance in ancient times?
4. When were dance studies considered as an academic discipline?
5. How many styles of dance do you know?
6. What genre of dance reflects traditions of different countries?
7. How many types of competitions do you know?
8. What style of dance do you prefer?

***Exercise 2.2.** Find the Russian equivalents for the following words and word combinations:*

improvised steps and gestures; the art of dancing; stringent rules; ballroom dancing; pointe shoes; to mix different styles; basic movements;

основные движения; строгие правила; смешивать различные стили; пуанты; бальные танцы; искусство танца; импровизированные шаги;

***Exercise 2.3.** Complete the following sentences with the appropriate words from the text:*

1. ... are sports that include dance.
2. An early manuscript describing dance is the ...
3. There are many different styles of dance such as ...

4. Professional dancing incorporates ...
5. ... shows the traditional life of the people of a certain country or region.
6. Ballet dancer's equipment are ...
7. ... often uses bold, dramatic body movements, including body isolations and contractions.
8. ... is a dance style, usually danced to hip-hop music that developed from the hip-hop culture.
9. There are different theater dance styles such as ...
10. Major types of dance competitions include ...

***Exercise 2.4.** Read and translate the following words' definitions.*

Chaine Turn – a quick turn on alternating feet performed in ballet and jazz dance or other styles.

Ball Change – shifting weight from one foot to the other, and back again.

Grapevine – a dancer steps out to the side, crosses the other foot in front, steps out to side again, and crosses the other foot behind.

First Position – one of five ballet positions. Heels touch and toes pointed outward, forming a line with the feet. Arms are rounded.

Pique Turn – dancer steps out on one foot, and a complete turn is made on releve while the opposing foot's toes are brought up to the inside knee.

Heel Pull – found in ballroom dancing, a half turn is completed on each heel.

Attitude Turn – while turning on releve, one leg is bent backward behind the body, leading the turn outward.

Plie – a bend of the knees in any of the five ballet positions.

Pas de Bourree – a connecting step used in dance combinations, it involves the transfer of weight from one foot to the other, usually to “prep” for a turn or leap.

Bridge – body is arched upside down, supported by the hands and feet with head dropped downward.

Working Leg – the leg that is currently being used in a dance step.

Feather Step – in partner dancing, the man takes four steps toward the woman, with the third step going around the outside of her body.

Jete – a leap from one foot to the other.

Splits – one leg stretched straight in front of the body and one stretching directly behind.

Passe – the toes of one foot are brought up to the knee of the opposing leg.

En Pointe – to execute ballet steps on the tips of the toes, wearing special ballet slippers known as pointe shoes.

Rond de Jambe – half circles traced with one foot.

Reverence – a bow or curtsy in dance.

Exercise 2.5. “Try to guess my name.

I am the most famous and decorated ballet artist in Russia. I was a premier dancer of the Bolshoi Ballet for 21 years (1992-2013), my performances delighted audiences around the globe. I was born in Tbilisi on 31 December 1973. I began my study at the Tbilisi Ballet School in 1984 and joined the Moscow Ballet School in 1987. People said I was graceful, refined, diligent and dedicated young student continued to perfect my professional skills throughout my school years. A unique combination of natural abilities such as flexibility, musicality, charisma and superlative lyrical expressiveness distinguished me, and in 1992 I graduated at the top of his class, having studied under the renowned pedagogue Professor Peter Pestov. In 1992 I joined the ballet company of the Bolshoi Theater. Over the course of my dance career I performed more than 70 roles in major classical works. One of the best ballet princes, I was equally convincing in modern choreographies. Roland Petit, who staged “La Dame de Pique” in 2001, created the role of Hermann especially for me.

I continued my education and in 1996 and completed my studies at the Pedagogical faculty of the Institute of Choreography (today College and Institute have been amalgamated into the Moscow Choreographic Academy) and I was awarded a diploma with the classification of first-rank soloist, as well as teaching credentials. Since 2003 I

was teaching a daily ballet class at the Bolshoi Theatre. Besides, since 2004 I was also teaching at the Moscow Ballet Academy.

I became the youngest person to be named a People's Artist of Russia (2001) and also received the State Prize of the Russian Federation in 2001. During my career I was awarded by many honors – Silver medal at the Osaka Ballet Competition (1995), Golden medal at the Moscow Ballet Competition (1997), Russian Golden Mask theatrical prize (1998, 2000, 2003), People's Artist of North Osetia –Alania Republic (2013), etc.

In 2014, I graduated as a Master of Law at Kutafin Moscow State Law University. On 29 Nov, 2014 I was elected as Rector of Vaganova Academy of Russian Ballet in Saint Petersburg. And my name is ...”

Exercise 2.6. Translate into English:

1. Танец это искусство выполнения ритмичных движений тела в такт музыке.

2. Искусство Древнего Востока оказало большое влияние на развитие европейской танцевальной культуры.

3. Народные танцы являются характерной особенностью национальной культуры.

4. С помощью танцевальных движений передаются все человеческие эмоции.

5. Акробатический танец – это стиль танца, в котором считаются акробатические движения и танцевальные элементы.

Unit 9. TENNIS

Exercise 1. Memorize the pronunciation of the following words:

tournament [ˈtʊənəmənt] – турнир

hit [hɪt] – ударять

shot [ʃɒt] – удар, бросок

permission [pəˈmɪʃn] – разрешение

blame [bleɪm] – винить
injustice [ɪn'dʒʌstɪs] – несправедливость
revive [rɪ'vaɪv] – возрождать
lawn tennis [lɔ:n'tɛnɪs] – теннис на траве
deuce [dju:s] – равный счёт 40 : 40
rectangular [rɛk'taŋɡjʊlə] – прямоугольный
server ['sɜ:və] – игрок, подающий мяч
diagonally
 [daɪ'ægənəli] – по диагонали
set [set] – 1) партия (*часть матча*) 2) сет (*теннис*)
serve [sɜ:v] – подача (мяча)
forehand ['fɔ:hænd] – удар справа
backhand ['bækhaend] – удар слева
volley ['vɒli] – удар с лёта
half-volley [ˌhɑ:f'vɒli] – удар с полулёта
lob [lɒb] – высоко посылать мяч (*поверх голов других игроков*)
weakness ['wi:knəs] – слабость, недостаток
Word combinations for connected reading:
singles matches – одиночные матчи
doubles matches – двойные матчи
felt-covered ball – войлочный мяч
simplifying the rules – упрощение правил
scoring system – система баллов
clay court – теннисный корт с грунтовым покрытием
hard court surface – теннисный корт с грунтовым покрытием
overhead smash – удар над головой
drop shot – укороченный удар

Exercise 2. Read and translate the text.

Tennis is one of the world's most widely-played sports, enjoyed by players of all ages. It is also a popular spectator sport, with star players in glamorous **tournaments** watched on TV by millions of fans all over the world. Women's matches attract as much interest as the men's, and tennis is one of the few professional sports in which

women can earn as much prize money as men. **Singles matches** are played between two players and **doubles matches** are between two teams of two players. Each player uses a racket to **hit a felt-covered ball** over a net into their opponent's side of a court. A player wins a point when his or her opponent cannot return a **shot**, or the opponent's shot doesn't land in the court.



The modern form of tennis first appeared in the 19th century, but earlier forms of the game had been played in Europe for centuries. The most well-known was real tennis (or royal tennis), which had been popular with royal families and the rich since the thirteenth century. In 1571, French King Charles IX gave **permission** for the 'Corporation of Tennis Professionals' to be started, which shows how popular real tennis had become. The game became less popular around the time of the French Revolution, however, because of its links with royalty and the 'ruling classes' that people **blamed** for social **injustices**. In England in 1873, Major Walter Clopton Wingfield **revived** interest in the game by **simplifying the rules** and designing new courts that were easier and cheaper to build. He called his new version of the game '**lawn tennis**' and kept most of the old **scoring system**, and many of the original French words used in real tennis, such as love and **deuce**.

Tennis is played on a **rectangular** court, usually with a grass, **clay**, or **hard court surface**. The court is 78 feet (23.77 m) long and 27 feet (8.23 m) wide for singles matches and 36 feet (10.97 m) wide for doubles matches. The net is 3 feet 6 inches (1.07 m) high at the outer posts and 3 feet (.914 m) high in the middle. Lines divide the court into different areas, including four 'service boxes' in the centre of the court, in which serves must land. Before a match begins, one player is designated **server** in the first game, and play begins with this player serving the ball from one side of the back of the court into

the service box **diagonally** opposite. If the serve is good, the receiver must hit it back into the server's side of the court.

Play continues until one player cannot return a shot, or hits a shot out of the court, and loses the point. The server then serves again, and play continues until one player scores enough points to win the first game. Then the second game begins with the player who received in the first game now serving. Play continues until a player wins the first 'set' by being the first to win at least six games. Then the second set begins, and play continues until a player has won enough sets to win the match. In a 'best of three' match, the winner is the first to win two **sets**, and in a 'best of five' match, the winner is the first to win three sets.

Professional players learn to use many different shots, including the **serve**, **forehand**, **backhand**, **volley**, **half-volley**, **overhead smash**, **drop shot**, and **lob**. They also learn how to put **spin** on their shots to make them more difficult to return, and learn how to use tactics to win, such as by playing to their opponent's **weaknesses**.

Every year hundreds of tournaments are held for professional players. The biggest of these are the Grand Slam tournaments; the Australian Open, the French Open, The Championships at Wimbledon in England, and the US Open. The greatest **challenge** in tennis is to win all four Grand Slam tournaments in one year. In men's singles this has only ever been done by two players; Don Budge (1938) and Rod Laver (1962 and 1969). In women's singles it has been done by only three players; Maureen Connolly (1953), Margaret Smith Court (1970), and Steffi Graf (1988).

***Exercise 2.1.** Answer the following questions:*

1. What matches attract as much interest as the men's?
2. When did the modern form of tennis first appear?
3. In 1671, French King Charles IX gave permission for the 'Corporation of Tennis Professionals', didn't he?
4. Is tennis played on a rectangular court, usually with a grass, clay, or hard court surface?
5. How much time does the play last?
6. What shots do you know?

7. Which are the biggest tournaments held for professional players every year?

Exercise 2.2. *Read and translate the following words' definitions.*

Ace – a winning serve which the receiver fails to touch with his racket;

Backhand – a shot in which the ball is hit on the opposite side of the body to the racquet hand;

Baseline – a line at each end of the court, marking the border of the playing zone;

Break point – a point which will result in a break of service if it's won by the receiver;

Deuce – a score of 40-40, after which a player must win two consequent points to win the match;

Double fault – 2 faults served in a row, resulting in the server losing the point;

Drop shot – a shot that just drops over the net;

Love – zero;

Set point – a point that, if won by the leading player, will win him or her the game and the set;

Volley – a shot on which the ball is struck before it bounces.

Exercise 2.3. *Test. Choose the right answers.*

1. Real tennis was an early form of the game that developed in ...

a) USA b) Asia c) Europe

2. Major Wingfield revived tennis in the ...

a) 18th b) 19th c) 20th

3. A game begins with a player ... the ball.

a) returning b) serving c) stroking

4. The four biggest tournaments make up the Grand ...

a) Prix b) Slam c) Tour

5. A match is usually the best of three or five ...

a) games b) points c) sets

6. When the score gets to 40-40, the umpire says, ...

a) "Deuce" b) "Advantage" c) "40 all"

7. One of the gentlest shots in tennis is the ...
a) smash b) drop shot c) serve
8. A player stands behind the ...
a) behind line b) backline c) baseline
9. A shot that goes over the opponent's head is ...
a) a lob b) an overhead smash c) volley
10. He usually serves well, but today he served too many ...
a) lobs b) aces c) faults

Exercise 2.4. *Translate into English the following sentences.*

1. Теннис является одним из наиболее распространенных видов спорта, в который играют люди любого возраста .
2. Одиночные матчи проводятся между двумя игроками, а парные между двумя командами, состоящими из двух игроков.
3. Каждый игрок направляет войлочный мяч ударами ракетки через сетку на сторону соперника.
4. Игрок получает очко, когда его оппонент не может отразить удар.
5. Каждый год проводятся сотни турниров по теннису.

Exercise 2.5. *Complete the following sentences. Find the ending according to the text.*

1. Tennis is one of the world's most widely-played sports, enjoyed by
2. Singles matches are played between two players and doubles matches
3. The most well-known was real tennis (or royal tennis), which
4. He (*Major Walter Clopton Wingfield*) called his new version of the game ...
5. The server then serves again, and play continues until
6. In a 'best of three' match, the winner is

Exercise 2.6. *Project work.*

1. Using the Internet, newspapers and magazines, collect some information about the most famous tennis players. Present the results of your research.

2. Interview a famous sportsman (tennis player). Ask him any questions you would like.

3. Role play. Persuade your friend to go in for tennis.

Unit 10. CRICKET (I)

Exercise 1. Memorize the pronunciation of the following words:

bowler [ˈbəʊlə] – боулер (игрок, который подает мяч)

bowl

[bəʊl] – подавать мяч; бить по мячу

batsmen [ˈbætsmən] – бэтсмен, отбивающий (игрок с битой)

shot [ʃɒt] – удар, бросок

bat [bæt] – бита

thankfully [ˈθæŋkfully] – к счастью

evidence [ˈeɪdɪns] – доказательство

exist [ɪɡˈzɪst] – существовать

score [skɔ:] – счёт очков (*в игре*); засчитывать очки, вести счёт

run [skɔ:] – пробег; перебежка, за которую засчитывается очко (*в крикете или бейсболе*)

especially [ɪˈspeʃəli] – особенно

dignity [ˈdɪɡnəti] – достоинство

replacement [rɪˈpleɪsmənt] – замена

Word combinations for connected reading:

“bat and ball” game – игра «бита и мяч»

Test match – Тестовый матч (особый формат проведения матча)

as early as – в самом начале

Marylebone Cricket Club – Мэрилебонский крикетный клуб

Exercise 2. Read and translate the text.

HISTORY

Everybody agrees that the most popular sport in the world today is soccer. But which is the second most popular? Is it basketball? Maybe rugby? Tennis perhaps? No, as you've probably guessed by now, the answer seems to be cricket. The reason for this is that cricket is the number one sport in many countries with huge populations, such as India, Pakistan. It is popular in many other countries as well, including the U.K., Australia, South Africa and New Zealand.

Cricket is, like baseball, a **“bat and ball” game** in which **bowlers “bowl”** the ball and **batsmen** try to hit **“shots”** with a **bat** and **score runs** for their team. As in baseball, batsmen are “out” if their shot is caught, or if they don't get to a “safe haven” in time when they're making runs. What is very different, however, is the time taken to play the game. In cricket, a single game in the traditional **“Test match”** format can take five full days to complete! But **thankfully** there are shorter formats for people who love to play the game but also have to go to work sometimes.

Cricket has been a team sport in Britain for hundreds of years. Even though there is **evidence** that the game **existed** in England **as early as** the 12th century, it wasn't until the 18th century that it became a well-organized sport. This resulted from cricket's growing popularity within traditional gentlemen's clubs, **especially** in London. These clubs were devoted to their wealthy members' enjoyment of eating, drinking, gambling and sports. Cricket was the perfect game for such gentlemen. It was not too demanding physically and could be played with **dignity** even by slightly older gentlemen, unlike more athletic games such as football and rugby.

In 1787, the development of the game took a step forward with the formation of the **Marylebone Cricket Club** by a group of powerful and wealthy cricket lovers. It was based at Lord's Cricket Ground near St John's Wood in London, and MCC members took it upon themselves to write the “Laws of Cricket”, upon which the game is still based today. The MCC also became the governing body

of cricket in England, in which it still has a role to this day, and also governed international cricket until 1909 when the ICC (International Cricket Council) was formed.

One of the biggest changes to the game in the 19th century was the **replacement** of under-arm bowling with over-arm bowling. This meant one of the most exciting parts of the game, fast bowling, was now possible. International matches also began in the 19th century, with the first match being between the U.S.A. and Canada in 1844. While the game never became popular in these two countries, it became very popular in most Commonwealth countries and an international system of “Test matches” between these countries soon developed. The first official Test match was between England and Australia in March 1877 at Melbourne Cricket Ground, which the Australians won by 45 runs.

Test cricket is the most demanding form of the game, with matches lasting up to five days. In the late 20th century, shorter forms of the game developed, such as One Day Internationals and the Twenty20 format. These developed in order to satisfy demands for shorter, faster games that would make exciting viewing on television. An example of this development is the Cricket World Cup, a tournament in the one-day limited-over format, which is held every four years and has now become the world’s third most viewed sporting event. Cricket, like most other sports, has now become very big business, and the media form a major source of income for teams, players and governing bodies alike.

***Exercise 2.1.** Answer the following questions:*

1. What is cricket?
2. How many days does a single game in the traditional «Test match» format take?
3. Is there evidence that the game existed in England as early as the 12th century?
4. Does the development of the game take a step forward with the formation of the Marylebone Cricket Club by a group of powerful and wealthy or poor cricket lovers?

5. What also became the governing body of cricket in England, in which it still has a role to this day, and also governed international cricket until 1909 when the ICC (International Cricket Council) was formed?

6. International matches also began in the 19th century, with the first match being between the U.S.A. and England in 1844, didn't they?

***Exercise 2.2.** Study the article. List all the problems touched upon in the text.*

Sachin Tendulkar: Tests will always be top priority for cricketers

(Sachin Tendulkar is a former Indian cricketer widely acknowledged as one of the greatest batsmen of all time, popularly holding the title “God of Cricket” among his fans. Some commentators, such as former West Indian batsman Brian Lara, have labelled Tendulkar the greatest cricketer of all time).



According to me Test cricket will always be at the very top: Sachin Tendulkar © Agencies London, Fri, Nov 07 2014

Sachin Tendulkar on Friday said that Test cricket will remain supreme despite the rising popularity of Twenty20, even as he acknowledged that the shortest format has helped players to innovate in their techniques.

Speaking to reporters at the launch of his autobiography ‘Playing It My Way’ at Lord’s Cricket Ground here, the cricket legend said, “It’s only fair that all three formats have their own place but according to me Test cricket will always be at the very top.

“Somebody who is interested in Test cricket is not going to get satisfaction by playing just T20s. If you go to most of the players,

they will back Test cricket as No. 1 spot,” said the 41-year-old cricket legend. “T20 has just opened up a different kind of audience to be attracted to cricket and somewhere we can have more audience watching the sport, that’s good for the sport,” said Tendulkar who played for Mumbai Indians in the Indian Premier League till 2013.

Tendulkar said that as cricket was the only sport which has three different formats, it was impossible to keep all three formats as popular as each other.

Cricbuzz (with inputs from agencies)

Exercise 2.3. Fill the gaps in the sentences. Choose words from the Box:

demanding, dignity, under-arm bowling, the Cricket World Cup, over-arm bowling, “out”, Commonwealth countries, Test cricket, the one-day limited-over format.

1. As in baseball, batsmen are ... if their shot is caught.
2. It was not too ... physically and could be played with ... even by slightly older gentlemen.
3. One of the biggest changes to the game in the 19th century was the replacement of ... with
4. While the game never became popular in these two countries, it became very popular in most
5. ... is the most demanding form of the game, with matches lasting up to five days.
6. An example of this development is ..., a tournament in ..., which is held every four years.

Exercise 2.4. Make up your own sentences with the following expressions:

“bat and ball” game, single game, well-organized sport, replacement, “Test match” format, limited-over format.

Exercise 2.5. Agree or disagree with the following statements. Prove your point of view.

1. Cricket is, like badminton, a «bat and ball» game in which bowlers «bowl» the ball.

2. Even though there is evidence that the game existed in Scotland as early as the 11th century.

3. In the late 20th century, shorter forms of the game developed, such as One Day Internationals and the Twenty20 format.

4. The first official Test match was between England and Australia in March 1877 at Melbourne Cricket Ground, which the Australians won by 45 runs.

5. Cricket has now become very big business.

Unit 11. CRICKET (II)

Exercise 1. Memorize the pronunciation of the following words:

tubular ['tju:bjələ] – трубчатый

stake [steɪk] – кол, столб

stump [stʌmp] – столбик калитки

upright [ʌpraɪt] – прямо

bail [beɪl] – верхняя перекладина

wicket ['wɪkɪt] – воротца

crease [kri:s] – линия, на которой стоит игрок, отбивающий мяч

declare [dɪ'kleə] – объявлять, заявлять

innings ['ɪnɪŋz] – очередь подачи

draw [drɔ:] – сводить вничью

bat [bæt] – бить битой по мячу

bowl [bəʊl] – подавать мяч; бить по мячу

wicketkeeper ['wɪkɪt,ki:pə] – игрок, охраняющий воротца (калитку)

delivery [dɪ'liv(ə)rɪ] – подача

wrist [rɪst] – запястье

Word combinations for connected reading:

cricket pitch – поле для крикета (питч)

bowler – боулер
all-rounder – воротник
full-toss – полный бросок

Exercise 2. Read and translate the text.

HOW THE GAME WORKS

A cricket match is usually played between two teams of eleven players on an oval-shaped grass field. In the centre of the field is a strip of hardened turf 22 yards (20.12 m) long, called a **cricket pitch**. At each end a set of three **tubular stakes** called “**stumps**” are stuck **upright** in the earth with two small pieces of wood, called **bails**, balanced across the top of each set. These are the **wickets**, and a batsman stands in front of a wicket with his long wooden bat as he waits for a bowler to bowl the hard, fist-sized ball. The bowler bowls from just beside the wicket at the other end of the pitch. At the same time, the other members of the bowler’s team stand in various positions around the field acting as fielders. If the batsman misses the ball, and the ball hits the wickets, he is out and his turn to bat is over. If he hits the ball into the air and a fielder catches it, he is out. If a ball which the umpire thinks is going to hit the wicket is blocked by batsman’s legs (leg before wicket). But if the batsman hits the ball, he and his batting partner, who is standing at the other end of the pitch, can run to the opposite ends of the pitch to score one run. They can score two runs by each running back again. Three runs are scored if each batsman runs three lengths of the pitch, and so on.

But if a fielder gets to the ball and throws it at one of the wickets, and the ball hits the wicket before a running batsman crosses a line near the wicket called the **crease**, the batsman is “run out”. In the Test match format, teams take turns to bat, and each team continues batting until ten players have gone “out”, or until the team’s captain “**declares**” and his team finishes its **innings** early. A captain can do this to ensure his team has a chance of winning the match, which they can only do if there’s enough time left for both teams to complete two innings.

If they do, the team with the highest run total wins. But if the five days allowed for the match have passed before both teams have completed two innings, the match is a **draw**. In the shorter forms of the game, each team has just one innings in which to bat, and the innings is sometimes limited to a fixed number of over's. The team scoring the most runs in its innings is the winner.

Most players specialize in **batting** or **bowling**, or they are “**all-rounders**”, meaning they are good at both. Each team also has a **wicketkeeper**, who stands behind the wickets and catches any balls that aren't hit by the batsmen. The central contest in cricket is between a batsman and a bowler. A batsman's job is to hit shots and score runs, while a bowler tries to get batsmen out, or take wickets, while trying to prevent runs from being scored. A bowler bowls six over arm balls in one over, and then returns to his fielding duties while another bowler bowls another six-ball over from the other end of the pitch.

There are several styles of bowlers, including fast bowlers, leg spinners, off spinners, swing bowlers and medium-paced bowlers. Most bowlers specialize in one type of **delivery**, and most deliveries are supposed to hit the pitch once and bounce up again before reaching the batsman. A ball which doesn't bounce, but reaches the batsman on the full, is a **full-toss**. Spin bowlers use the fingers or the **wrist** to put spin on the ball so that it doesn't come straight up off the pitch after bouncing, but bounces up at an unexpected angle.

Swing bowlers try to get the ball to move unexpectedly through the air, while fast bowlers try to beat the batsmen with speed. If a batsman manages to hit the ball, he could hit one of several shots.

These include drives, hooks, cuts and blocks. If a player hits a shot over the boundary line at the edge of the field on the full, he has “hit a six” and gets six runs. If the ball bounces or runs along the ground on the way to the boundary, he has “hit a four”. One of the most important skills a batsman needs is the ability to place his shots between the fielders so that he won't be caught out, and so that he has time to score runs before a fielder can get to the ball and throw it back towards the wickets.

Exercise 2.1. Answer the following questions:

1. How does a cricket work? Say about the main principles.
2. Who stands behind the wickets and catches any balls that aren't hit by the batsmen?
3. What is between a batsman and a bowler?
4. How many styles of bowlers are there?
5. What ball is a full-toss?
6. If a player hits a shot over the boundary line at the edge of the field on the full, he has «hit a six» and gets six runs, doesn't he?

Exercise 2.2. Match the word to its meaning.

1. Bails	a) small pieces of wood that lie on top of the stumps to form the wickets
2. bowled	b) a leg spin delivery which spins away from the batsman, from the leg side to the off side
3. wicket	c) game format played over five days between top-level international teams
4. leg break	d) a set of stumps and bails; the pitch; dismissal of a batsman
5. batting average	e) the average number of runs a batsman has scored per innings
6. Test match	f) dismissal of a batsman when he misses a ball and it hits the stumps
7. wicket-keeper	g) one player's, or team's, turn to bat
8. pitch (also «wicket»)	h) the half of the field behind the batsman as he faces the bowler (also known as the «on side»)
9. leg spin	i) form of bowling in which the bowler puts spin on the ball by turning the wrist
10. leg side	j) hard rectangular surface in the centre of the field, 22 yards long, on which bowling and batting occur
11. innings	k) player standing behind the wicket who catches any balls a batsman doesn't hit

Exercise 2.3. Read the text about the most famous player. Fill the gaps in the sentences using words from the Box:

batting average, the ground, bowled, golf ball, match innings, cricket stump, stump, achievements, years



Don Bradman

Around the time of the First World War, a young boy in the small Australian town of Bowral spent hours every day playing alone with a ... , a golf ball and a water tank. He'd use the ... to hit the ball against the tank's brickwork base, and the ... would bounce back quickly at unpredictable angles. But the boy became so fast that he could hit the ball with the stump again and again without letting it touch The boy went on to use the quick reflexes and sharp eye he developed beside the water tank to become crick-

et's greatest batsman of all time.

Sir Don Bradman (1908–2001) played in 52 Test matches for Australia from 1928 to 1948. His Test ... of 99.94 is generally regarded as one of the most remarkable ... in any sport. The next best batting average for a player who has played more than 20 Test ... is just 60.97 by South Africa's Graeme Pollock. Before his last Test match, at The Oval in London, Bradman's Test batting average was 101.39.

But in his last innings he was ... by the second ball he faced. If he had scored just 4 runs, his average would have been over 100, but having scored no runs, he finished his Test career with an average of 99.94 runs per innings. For many ... it was claimed that the magnificent ovation Bradman received as he walked out to the pitch for his last Test match had left him with tears in his eyes, and the tears had made him miss the ball and "go out for a duck". Bradman always claimed there was no truth to this story.

Exercise 2.4. Test. Choose the right answers.

1. A cricket bat is made of ...
a) Aluminum b) fiberglass c) wood
2. A Test match is played over ... days.
a) 5 b) 4 c) 3

3. The «Laws of Cricket» were written by members of the ... Cricket Club.

a) Melbourne b) Majorca c) Marylebone

4. The MCC is based at ... Cricket Ground in London.

a) Wimbledon b) Lord's c) Wembley

5. The letters «lbw» stand for «leg before ...»

a) wicket b) wide c) window

6. Each team has ... players batting in each innings.

a) 9 b) 10 c) 11

7. Sir Don Bradman was born in ...

a) Australia b) Canada c) England

8. Small pieces of wood that sit on top of the stumps are called ...

a) pads b) wicket c) bails

9. A batsman who goes out before scoring gets a ...

a) hook b) duck c) zero

10. A delivery that spins away from the batsman, from the leg side to the off side, is a leg ...

a) break b) spin c) side

Exercise 2.5. Complete the sentences with the words from the text "Cricket".

1. A cricket match is usually played between ... on an oval-shaped grass field.

2. These are ..., and a batsman stands in front of a wicket with his long wooden bat as he waits for a bowler ... the hard, fist-sized ball.

3. If he hits the ball into the air and a fielder catches it, he is

4. Most players specialize in ..., or they are «all-rounder's», meaning they are good at both.

5. There are several styles of bowlers, including

Exercise 2.6. Translate the following sentences into English.

1. В крикет играют две команды из 11 игроков на поле овальной формы.

2. Боулер подает мяч у калитки на другом конце поля.

3. Если бэтсмен пропускает мяч, и калитка разрушается, то бэтсмен выводится из игры.

4. В Тестовом матче команды по очереди бьют по мячу, пока не выйдут 10 игроков, а капитан команды объявляет прекращение подачи.

Unit 12. ICE HOCKEY

Exercise 1. Memorize the pronunciation of the following words:

collision [kə'liʒən] – столкновение, противоречие

rough [rʌf] – грубый, бурный

hurling ['hɜ:liŋ] – хёрлинг (командная игра кельтского происхождения, в которую играют клюшками и мячом)

shinty ['ʃinti] – шинти (один из предков хоккея с шайбой)

carve [kɜ:rv] – гнуть, сгибать, изгибать,

ironwood ['aɪənwʊd] – «железное» дерево (твёрдая тяжёлая древесина)

hit [hit] – ударять, поражать, удариться, попадать, больно задеть

blow [bləʊ] – удар

helmet ['helmɪt] – шлем

mouthguard ['maʊθgɑ:d] – каппа

reduce [rɪ'dju:s] – сокращать, уменьшать

rectangular [rek'tæŋ.gjə.ləŋ] – прямоугольный

ensure [ɪn'ʃʊə] – обеспечивать

surround [sə'raʊnd] – окружать

transparent [træn'spærənt] – прозрачный, просвечивающий

lineman ['laɪnzməŋ] – помощник судьи

scorekeeper ['skɔ:ki:pə] – судья-регистратор

timekeeper ['taɪmki:pə] – судья-хронометрист

announcer [ə'naʊnsə] – диктор

goal [gəʊl] – ворота

score [skɔ:] – счет

goalkeeper (GK) ['gəʊlki:pə] – вратарь

puck [pʌk] – шайба
bodycheck – посечка на корпусе
field hockey – хоккей на траве
penalize ['pi:n(ə)laɪz] – штрафовать

Word combinations for connected reading:

the National Hockey League (NHL) – Национальная хоккейная лига

the International Ice Hockey Federation (IIHF) – Международная федерация хоккея

Mi'kmaq people – микмаки (*один из индейских народов Канады*)

hockey stick – клюшка

face shield – защитная маска

neck guard – подшлемник

shoulder pads – подплечники

elbow pads – налокотники

shin guards – щитки на голень

goal judge – судья за воротами

two penalty bench attendants – двое судей на скамейке штрафников

video goal judge – судья видеоповтора

Exercise 2. Read and translate the text.

Ice hockey and field hockey are two of the most popular and well-known forms of hockey. Both are played at the Olympic Games, although field hockey is played at the Summer Olympics and ice hockey is played at the Winter Olympics. Like field hockey, women's ice hockey is a non-contact sport, but men's ice hockey is a full-contact sport in which heavy collisions often occur. Players skate over the ice at high speeds, so the game is fast, **rough** and exciting to watch. As a result, it's become a major spectator sport, especially in North America where it is a billion-dollar industry. This industry, as well as the sport itself, is run in North America by **the National Hockey League (NHL)**. But in the rest of the world,

the sport is governed by **the International Ice Hockey Federation (IIHF)**.

Even though Europeans had skated on ice for centuries, and played hockey-like games for just as long, the two weren't combined until early in the 19th century. This happened in an area of Canada that European settlers called Nova Scotia. The area is the traditional homeland of the **Mi'kmaq people**, who'd also played a game like hockey for centuries. The settlers had brought over their own hockey-like games in the 18th century, including hurling from Ireland and shinty from Scotland. We don't know which of these games, if any, was the first to be played on ice, but we do know that the first **ice hockey sticks** were **carved** from **ironwood** by the Mi'kmaq people in the 1850's. They sold them to traders, who began buying more and more of them as the game spread across Canada. By 1870, people in Montreal were playing the game, and by 1875 they were using a small, wooden disc instead of a ball. They'd discovered that after being **hit**, a disc would stay closer to the ice than a ball and was less likely to hurt them. Then in 1877 they formed the first ice hockey club and wrote the first rulebook. The game soon spread to the USA where a league was formed in 1893, and then to Europe where the first European championship was held in 1910. In 1920, men's ice hockey was played at the Olympic Games for the first time, but women's ice hockey wasn't included until 1998, even though international competitions had been held since the 1920's.

The Mi'kmaq people's hand-crafted "Mic-Mac Hockey Sticks" dominated the market for ice hockey sticks until cheap, factory-made sticks appeared in the 1930's. These new sticks were also made of wood, and it wasn't until the 1990's that sticks made of other materials like graphite began to appear. As well as hockey sticks, players need skates and a lot of protective equipment. Ice hockey skates must protect a player's feet from hard **blows**, so they're heavier and stronger than skates made for racing or figure skating. Other protective equipment includes a **helmet** with a **face shield**, a **neck guard**, **shoulder pads**, **elbow pads**, hockey gloves, protective hockey pants, and **shin guards** and a **mouthguard**. Despite all this protective equipment, injuries can

still occur. The most serious of these is long-term brain damage caused by repeated blows to the head. This can occur even if a helmet is worn, but research has shown that a full face shield can greatly **reduce** the risk of this, and parents are strongly advised to ensure their children wear helmets with full face shields.

Ice hockey is played by two teams on a **rectangular** hockey rink 61 meters long and 30 meters wide. The rink has round corners and is **surrounded** by a wall one meter high, with a **transparent** barrier above it. The officials include one or two referees, two **linesmen**, two **goal judges**, a **scorekeeper**, a **timekeeper**, an **announcer**, **two penalty bench attendants** and a **video goal judge**. The game is played over three twenty-minute periods. Each team has eighteen players, six of whom can be competing at any one time. At each end of the rink is a net-covered metal frame called a “**goal**”. A player scores by using his hockey stick to hit a small, disc-shaped “**puck**” into the opposing team’s goal. Each team has a **goalkeeper** who guards the goal and tries to block these shots. All other players can move freely around the ice, trapping, controlling and passing the puck to create goal-scoring chances. In men’s ice hockey, players can hit or “bodycheck” an opponent who’s controlling the puck, although hits from behind are **penalized**. In the women’s game, all bodychecks are penalized.

***Exercise 2.1.** Answer the following questions:*

1. What is ice hockey?
2. Is it a team sport?
3. How many types of hockey do you know?
4. When was the first ice hockey club formed?
5. How many players are involved in the game?
6. Are there any differences between hockey and figure skates?
7. What hockey officials do you know?

***Exercise 2.2.** Read and translate the following words’ definitions.*

Bodycheck – hitting a player, often with shoulder, upper arm and hip and elbow, into the opponent to separate him from the puck;

boarding – a penalty when offending player in a towering range pushes or checks an opposing player into the boards of the hockey rink;

centre line (also “red line”) – a line across the ice that divides it into two equal halves;

checking – one of a number of defensive techniques which disrupt an opponent with possession of the puck, or separate them from the puck. As a rule it isn’t a penalty;

charging – a penalty when one player strongly slams into another from a distance;

face-off – is the method used to begin play where two teams line up in opposition to each other;

goal judge – an official who judges whether a puck has crossed the goal line;

goalkeeper – a player whose role is to stop the puck from entering the goal;

hockey helmet – a tight-fitting head protector from potential injury;

icing – a shot from behind the centre line that passes the opposing team’s goal line without being touched. When it’s occurs, a linesman stops play.

infraction – the breaking of a rule that results in the stoppage of play or a penalty;

linesman – an official person who is responsible for enforcing the rules and maintaining the order of the game;

penalty – a punishment for infringement one of the rules;

penalty shot – a free shot at goal awarded when a team loses a clear scoring opportunity on a breakaway because of a foul committed by an opposing player;

puck – a small, hard disc made of vulcanized rubber;

violation – the breaking of a rule that results in the stoppage of play or a penalty.

Exercise 2.3. Find the Russian equivalents for the following words and word combinations:

scoring opportunity; players' bench; field hockey; empty-net goal; timekeeper; out of play; to reduce the risk of blow; the opposing team's goal; forward line; pulling the goalie; length of game; to block the shots; overtime; game ejection; officials; substitution; interruption of the game; penalized player; game-winning goal.

хоккей на траве; скамейка запасных; блокировать броски; звено нападающих; гол в пустые ворота; продолжительность игры; судья-хронометрист; победный гол; остановка игры; замена вратаря; судейская бригада; удаление до конца игры; дополнительное время; уменьшить риск удара; ворота команды соперника; вне игры; голевой момент; замена игрока; оштрафованный игрок.

Exercise 2.4. Complete the following statements with the appropriate words or answer the questions where it is necessary.

1. The game is played at the ...
2. Men's ice hockey is a ...
3. The IIHF governs ice hockey in ...
4. The first hockey sticks were made by...
5. Women's ice hockey was first played at the Olympic Game in ...
6. How many players are on the ice when a game starts?
7. ... are protective equipments in ice hockey.
8. Players are not allowed to ... the puck.
9. What happens after an offside violation?
10. The most serious penalty is...

Exercise 2.5. Fill in the gaps with the appropriate words from the box.

team clubs ice hockey NHL money
the game television broadcast top players
sources huge leagues

Professional ice hockey ... exist in many countries, but North America's ... is the richest and most powerful by far. It was established in Montreal in 1917 and the first US ... joined in 1924. The NHL, which

now includes many ... in the USA and several in Canada, controls the billion-dollar industry surrounding ... in North America. It sells the rights to televise games or carry its logo for ... sums of ..., and teams in the NHL pay ... millions of dollars a year. Top NHL executives are also paid millions of dollars a year. Critics claim that NHL executives have refused to make ice hockey safer and less violent because they fear this would make ... less popular, and less money would be made from ... and other ... of income.

Unit 13. Skiing

Exercise 1. *Memorize the pronunciation of the following words:*

travelling ['trævəlɪŋ] – перемещение, передвижение

slope [sləʊp] – склон, наклон

peak [pi:k] – вершина

downhill ['daʊn'hil] – скоростной спуск

attach [ə'tætʃ] – прикреплять

binding ['baɪndɪŋ] – крепление

highway ['haɪ,weɪ] – шоссе, автострада

sophisticated [sə'fɪstə,keɪtɪd] – сложный

originate ['ɔ:rɪdʒɪn] – происходить

length [leŋθ] – длина

goggles ['gɒɡəlz] – защитные очки

gondola ['ɡɒndələ] – гондола

relay [ri:'leɪ] – эстафета

sprint ['sprɪnt] – спринт (*соревнование на короткие дистанции*)

inrun ['ɪnrʌn] – разгон

ramp [ræmp] – трамплин, скат, уклон

score [skɔ:r] – счет, результат

target ['tɑ:rgɪt] – мишень, цель

penalty ['penəltɪ] – штраф

slalom ['slɑ:ləm] – слалом **compete** [kəm'pi:t] – состязаться, конкурировать

Word combinations for connected reading:

take place – происходить

bumpy trail – ухабистая трасса

steep terrain – крутые склоны

downhill skier – горнолыжник

carved out – вырезать

ski poles – лыжные палки

ski lift – подъёмник для горнолыжников

chair lift – кресельный подъёмник (для лыжников)

snow-grooming machine – снегоуплотнительная машина

rifle shooting – стрельба из винтовки

Exercise 2. Read and translate the text

Skiing is the action of **traveling** over snow or ice with one's feet placed on skis (long narrow pieces of wood or other material). There are many different forms of skiing. Some skiing events **take place** on icy mountain slopes and **peaks** and **bumpy trails**. The three main types of skiing are Alpine, Nordic and Freestyle. Alpine skiing events take place on **steep terrain**. Many people call this “**downhill**” skiing. The boots are **attached** to the skis with **bindings**. Top **downhill skiers** can go 100 kilometers per hour or faster. Their average speed is similar to a car on a **highway**. Nordic skiing is generally for terrain that is less steep. In this type of skiing, the toe is fixed firmly to the ski, but the heel is free. The most popular type of Nordic skiing is “cross country”. Freestyle skiing is a form of acrobatics. Skiers show off their skills by doing tricks.

Nordic skiing has been around for about 5,000 years. It likely developed as a method for hunting. Skis were **carved out** of wood. In Scandinavia, skiing was a major mode of transportation before it became a sport. Alpine skiing required more sophisticated bindings to hold the toes and heels to the skis. These were developed in the late 1800's. Downhill skiing **originated** in the European Alps. Nordic skiing became an official Olympic event at the 1928 Winter Games in Switzerland. This was the first year the Winter Olympics were recognized by the IOC. Alpine skiing was added in 1936. Since then

many more skiing events have been added to the Olympic program, including the popular sport with one large ski better known as “snowboarding”.

Different types of skiing require different equipment. The **length** of the skis depends on the type of skiing. Some skiers hold ski poles for balance and wear helmets to protect their heads. Many professional skiers wear **goggles** to protect their eyes as well. **Ski lifts, chair lifts or gondolas** are often used to transport skiers up to the top of a mountain to ski down a run. **Snow-grooming machines** are sometimes used when there is not enough real snow.

Nordic Skiing. In the Olympics there are various types of Nordic events, including individual races, relays, sprints, combined events, and races of different distances.

Cross Country. There are two main types of cross-country skiing. **Classical** cross-country skiing involves straight skiing on designated trails. **Freestyle** cross-country is a faster type of skiing. In this sport skiers push off on each ski every time they take a stride. Some events combine cross-country and freestyle skiing. Skiers do not go down steep inclines on cross-country skis.

Ski Jumping. This event is held at the top of a hill. The hill can be “normal”, “large” (higher), or “ski-flying” (highest). Skiers start at the top of the hill called an “inrun”. They then jump from a ramp. The score for a ski jump is based on the distance and the style of the jump. Ski jumping in the Olympics is a male-only event. Women ski jumpers hoped the sport would be added in 2010, but the IOC chose not to include it.

Nordic Combined. In this event, skiers must complete a cross-country race and at least one scored ski jump from the top of a ski hill. The distance, order and number of jumps in the Olympic Nordic combined event changes often.

Biathlon. This event involves cross-country skiing and rifle shooting. Skiers race around a track and make several stops to shoot at targets. When skiers miss a target they receive a penalty, such as having to ski an extra loop or having time added to their total. Racers are free to use either classic or freestyle forms of skiing.

Alpine Skiing. In the Olympics there are five types of Alpine events, plus an event that combines downhill and slalom racing. Downhill and Super G are “speed events” while slalom and giant slalom are “technical events”. Men and women compete in the following races against other skiers. Downhill is the longest type of downhill race. Skiers compete to have the fastest time. They have one run down a very steep hill that is usually covered in ice.

Freestyle Skiing. It was a demonstration sport at the 1988 Winter Olympics and has been an official discipline ever since. The two main forms of freestyle skiing are aerials and moguls. Outside of the Olympics, skiers compete in many other freestyle forms.

Exercise 2.1. Answer the following questions:

1. What is skiing?
2. How many types of skiing do you know?
3. When was Alpine skiing formed?
4. Where and when did Nordic skiing become an official Olympic event?
5. What ski equipment do you know?
6. Where are skiing events held?
7. What form of skiing is a male-only event in the Olympic Game?
8. What is the essence of skiing?
9. What type of skiing event can involve targets and rifle shooting?
10. Is the sport popular in your country?

Exercise 2.2. Read and translate the following words' definitions:

Alpine – downhill ski events;

Binding – holds the ski boot onto the ski;

Combined – a competition that mixes two events;

Gates – two sets of poles that skiers must go through in certain events;

Hot-dogging – another word for flipping in the air on skis;

Penalty – a time or score punishment for making an error or breaking a rule;

Relay – an event where members of a team take turns to complete a race or task;

Slalom – an Alpine skiing and Alpine snowboarding discipline in which event includes sharp turns;

Slopes – downgrade sections on a piece of terrain; hills;

Stride – one step or pace on skis;

Target – the object you are aiming for;

Terrain – ground that you pass over;

Loop – a circular track;

Aerial – freestyle ski jumping that involves flipping in the air;

International Olympic Committee (IOC) – the supreme authority of the worldwide modern Olympic movement.

Exercise 2.3. Find the Russian equivalents for the following word combinations:

cross-country skiing; downhill skier; the team event; steep terrain; ski jumping; ten sets of medals are awarded; Alpine skiing; mixed relay; chair lift; four runs; super combined; team sprint; ski poles; rifle shooting; Nordic skiing; ski lifts.

разыгрываются 10 комплектов наград; стрельба из винтовки; супер-комбинация; прыжки на лыжах с трамплина; горнолыжник; командный спринт; лыжные палки; лыжные гонки; командные соревнования; смешанная эстафета; четыре заезда; крутые склоны; подъёмник для горнолыжников; кресельный подъёмник; горнолыжный спорт; лыжное двоеборье.

Exercise 2.4. Complete the following sentences with the words from the text. 1. Nordic skiing became an official Olympic event at the ... Winter Games in...

a) 1927, Norway b) 1953, Canada c) 2014, Sochi d) 1928, Switzerland

2. The most popular type of Nordic skiing is ...

a) relay b) sprint c) cross country d) Nordic combined

3. Many professional skiers wear ... to protect their eyes.

- a) helmet b) ski gloves c) goggles d) ski suit
 4. When skiers miss a target they receive a ...
 a) medal b) penalty c) reprimand d) encouragement
 5. ... is the longest type of downhill race.
 a) Super G b) slalom c) downhill d) giant slalom

Exercise 2.5. Fill the gaps with the appropriate words from the box.

***ski field go skiing snow plough
 ski resort slopes ski pass progressing
 cable car ski equipment skis
 goggles helmet short radius turns***

Dear mum and dad,

We have at last arrived at the It had snowed all the night and the driver had to keep the bus behind the The weather is rather sunny now. This morning, we visited the Wonderful! I can't remember how many ... there are, but we can ... every day on a different ones! It's a real delight. At the moment, we are going to rent our I just need a pair of ... and, of course, a ... to protect my head and ... to protect my eyes as well. It's a good I don't need to buy a ... : it is included in the price of the journey. After my breakfast I'll take my first lesson. The ... will take the group to the top of the mountain. I am eager to perform my ... style. Don't be afraid of Paul. He is too young to come with us and he will take his first lesson with beginners. I hope he will tell you about all his progressing in a next letter.

Take care.

Kisses.

John

Unit 14. FIGURE SKATING

Exercise 1. Memorize the pronunciation of the following words:

skate [skeIt] – кататься на коньках

perform [pər'fɔ:rm] – исполнять, выполнять, представлять

spin ['spɪn] – вращение

spiral ['spaɪəəl] – **спираль**

lift [lɪft] – поддержка, подъем

competitor [kəm'petɪtər] – соперник, конкурент

award [ə'wɔ:rd] – присуждать, назначать (награду, премию)

expressive [ɪk'spresɪv] – выразительный, экспрессивный

skater ['skeɪ.tər] – конькобежец

spectacular [spek'tækjələŋ] – эффектный, захватывающий

attract [ə'trækt] – притягивать, привлекать

viewer ['vju:ə] – зритель

entertainment [,entər'teɪnmənt] – развлечение

appeal [ə'pi:l] – привлекать, притягивать, нравиться,

spectator ['spek,teɪtər] – зрелищный

entertainer [,entər'teɪnə] – эстрадный артист; конференсье;

celebrity [sə'lebrəti] – знаменитость

equipment [ɪ'kwɪpmənt] – **оборудование**, оснащение,

groove [gru:v] – прорез; выемка; углубление;

bottom ['bɒtəm] – низ, нижняя часть

distinct [,dɪ'stɪŋkt] – отчётливый;

edge [edʒ] – ребро, край

precision [prɪ'sɪʒən] – точность, четкость

leap [li:p] – прыгать, прыжок, скачок

landing ['ləndɪŋ] – приземление, посадка,

salchow ['salkəʊ] – прыжок «внутренний лутц» (*фигурное катание*)

loop [lu:p] – петля

flip [flɪp] – **флип**, щелчок (прыжок в фигурном катании)

lutz – лутц (прыжок зубцовый с внешнего ребра левого конька)

hydroblading – скольжение по кругу на крутом ребре

(Кораблик)

Word combinations for connected reading:

ice-skating rink – каток

panel of judges – судейская коллегия

World Figure Skating Championships – Чемпионаты мира по фигурному катанию

the International Skating Union (ISU) – Международный союз конькобежцев

A Treatise on Skating – «Трактат о катании на коньках»

televised broadcasts – телевизионные трансляции

synchronized skating – синхронное **катание**

highly-profitable – высоко прибыльный

step sequences – дорожки шагов

toe loop – тулуп

jump combination – Каскад (несколько прыжков, следующих друг за другом)

camel spin – либела (вращение с ногой, удерживаемой выше уровня бедра)

sit spin – волчок

upright spin – вращение стоя

stationary lift – поддержка на месте

straight-line lift – поддержка по прямой линии

curve lift – поддержка по дуге

serpentine lift – поддержка Серпантин

rotational lift – вращательная поддержка

combination lift – комбинированная Поддержка

edge changes – перетяжка (смена ребра скольжения)

spread eagle – кораблик (*скольжение на двух коньках, поставленных пятками друг к другу*).

Exercise 2. Read and translate the text.

Figure skating is a sport in which skaters **perform** a series of set movements on an **ice-skating rink**. The movements are performed as part of a program set to music that lasts several minutes. A program can include **spins**, **spirals**, **lifts**, jumps, steps, turns, etc. Programs are performed by individual **competitors** or by pairs of competitors, and points are **awarded** by a **panel of judges**. Competitions are held at local and national levels, and also at the international level. International competitions such as the **World Figure Skating Championships** and

figure skating events at the Winter Olympic Games are regulated by **the International Skating Union (ISU)**.

History. Ice skating has been a popular winter pastime for centuries, especially in northern and eastern Europe. Before the invention of modern ice-skating rinks, people skated on frozen lakes, rivers and ponds. Figure skating gradually developed from this long tradition of ice skating, along with other sports like speed skating and ice hockey. The first known account of figure skating is “A Treatise on Skating” (1772) by the English writer Robert Jones, in which he describes a very formal and rigid style of skating. A much freer and more **expressive** style was developed in the 1860’s by the American skater Jackson Haines, and it’s this style that forms the basis of modern figure skating. In the twentieth century figure skating became more popular and competitive as movements and programs became more spectacular and athletic. National championships became major sporting events, especially in North America, and **televised broadcasts attracted many viewers**. The growing popularity of figure skating as a form of entertainment was further boosted by new forms like “ice dancing” and “**synchronized skating**” that **appealed** to mass audiences. Modern figure skating is both a popular **spectator** sport and a highly-profitable part of the entertainment industry. Live shows such as *Disney on Ice* constantly tour the world, televised figure-skating shows attract millions of viewers, and the world’s top figure skaters can become highly-paid entertainers and celebrities.

Equipment. The most important piece of equipment for skaters is their “figure skates”. At the front of each blade on a pair of figure skates is a set of jagged teeth called “toe picks” or “toe rakes” that are used when executing movements such as jumps and **step sequences**. There’s also a **groove** along the **bottom** of each blade that creates two distinct edges; the inside **edge** and the outside edge. Skaters learn to use these edges to increase speed and precision in various ways. *Elements and Moves.* Elements are particular moves in a figure-skating program, such as jumps, spins, lifts, spirals and step sequences. *Jumps* are moves in which a skater **leaps** into the air and then rotates his or her body. Most jumps are completed by **landing** on one foot

and then skating backwards. The six main rotational jumps are called the **axel**, the **salchow**, the **loop**, the **toe loop**, the **flip** and the **lutz**. Jumps can be performed as individual elements, or one after another in a jump combination or sequence. *Spins* are moves in which a skater rotates many times. The three basic types of spin are the **camel spin**, the **sit spin** and the **upright spin**. They can be performed as individual elements or in a sequence.

Lifts are required elements in pair skating and ice dancing. Pair lifts usually involve a male skater lifting his female partner overhead while rotating. Dance lifts, which cannot be above the shoulders, include **stationary lifts**, **straight-line lifts**, **curve lifts**, **serpentine lifts**, **rotational lifts** and **combination lifts**. *Step Sequences and Moves in the Field*. A “step sequence” is a combination of turns, steps, hops and **edge changes** performed while moving over the ice in a straight line or while following a curved or serpentine path. “Moves in the field” are a range of other moves in which skating skills are demonstrated. They include spirals, spread eagles, and hydroblading, in which a skater moves over the ice with his or her body in a very low position, often almost horizontal to the surface.

Figure skating competitions have been held at the Winter Olympic Games since 1924. The five events now included are the men's singles, ladies' singles, pair skating for male and female duos, ice dancing for male and female duos, and a team event. At the 2014 Winter Olympics in Russia, the figure skating competitions were held at the Iceberg Skating Palace in Sochi from February 6 to 22.

Exercise 2.1. *Answer the following questions:*

1. What is figure skating?
2. How many types of figure skating do you know?
3. What is the main feature of this sport?
4. What figure skating movements are performed by skaters?
5. How many participants can be involved in ice-skating program?
6. When was the basis of modern figure skating developed?
7. What international figure skating competitions do you know?

Exercise 2.2. *Read and translate the following words' definitions:*

Blade – the metal bar on the bottom of an ice skate.

Choreography – the art of planning figure skating programs, or an instance of this.

Combination – two or more elements performed one after the other;

Element – a distinct figure skating move, like a jump, spin, lift, step sequence, etc.

Hop – a kind of small jump usually performed only one or two legs without a rotation.

Hydroblading – a low gliding movement, with the body almost horizontal to the surface.

ice dancing – a figure skating discipline that resembles ballroom dancing where dancers compete a couple consisting of a man and a woman;

Jump – a rotational movement in which a skater pushes off the ice and rotates in the air.

Lift – an element in which a skater lifts his or her partner into the air while rotating.

pair skating – a figure skating discipline in which two skaters one lady and one man perform overhead lifts, twist lifts, death spirals, and throw jumps.

Program – a performance of figure skating movements set to music.

Required element – a skating element that must be included in a competitor's program.

Rink – a large iced surface that's used for skating or ice hockey.

Rotation – a circular movement around a central point.

Short program – the first and shorter program in singles and pairs competitions.

Spin – an element in which skaters continually rotate.

Spiral – a move in which skaters glide on one leg while raising the other.

Spread eagle – a move in which skaters glide on both feet with their toes pointing outwards.

Step sequence – is an element in which a series of steps and turns follows one another.

Synchronized skating – a discipline in which 8 to 20 figure skaters perform together.

Exercise 2.3. Find the Russian equivalents for the following word combinations:

figure skating competitions, landing on one foot, rotational jumps, straight-line lift, step sequences, to attract many viewers, synchronized skating, to perform movements, the inside and the outside skates' edges, pair skating, to increase speed, rotational lift, a form of entertainment, personal best, short program, spectator sport.

соревнования по фигурному катанию, поддержка по прямой линии, вращательная поддержка, выполнять движения, дорожки шагов, привлекать много зрителей, личный рекорд, парное катание, зрелищный вид спорта, форма развлечения, «**ребра**» **конька** – **внутреннее** и наружное, увеличить скорость, приземление на одну ногу, вращательные прыжки, синхронное катание, короткая программа.

Exercise 2.4. Complete the following statements with the appropriate words or answer the questions where it is necessary:

1. What equipments do figure skaters usually wear?
2. International competitions are controlled by the ...
3. The first known account of figure skating was described in ...
4. There are ... along the bottom of a figure skate blade.
5. Which elements aren't performed in competitive figure skating?

Exercise 2.5. Complete the sentences with the correct words using Figure Skating Vocabulary.

1. A combination is a series of ... in figure skating.
2. A performance in figure skating is called ...
3. Jumps, spins and lifts are called ...

4. ... is a small jump.
5. ... is a series of steps and turns.
6. ... is a movement in which one skater is lifted by another.
7. ... is performed by several skaters together.
8. ... is the first program that a skater performs.
9. ... is an element in which skaters rotate repeatedly.
10. Movements that have to be included in a ...

Exercise 2.6. Translate into English:

1. Фигурного катания – это конькобежный вид спорта, заключающийся в передвижении спортсменов на коньках по льду.
2. Главной целью синхронного фигурного катания – это выступление команды как единого целого.
3. Вычерчивание на льду разнообразных фигур – первоначальная цель фигурного катания.
4. Фигуристы в одиночном катании должны продемонстрировать владение такими элементами как шагами, спиралями, вращениями, прыжками.
5. Смена позиции и смена ноги при исполнении вращений позволяет выполнить комбинацию вращений.
6. В парном катании спортсмены должны выполнить все элементы так, чтобы продемонстрировать единство действий.
7. Успех в спортивных танцах заключается в пластике движений и привлекательности внешнего вида пары.
8. Евгений Плющенко – известный российский фигурист.
9. В России фигурное катание, как зимний вид спорта было основано в 1865 году.
10. Впервые фигурное катание появилось в программе зимних Олимпийских игр в 1924.

Unit 15. BOBSLEDDING

Exercise 1. Memorize the pronunciation of the following words
bobsleigh [ˈbɒsleɪ] – бобслей

slide [slaɪd] – скольжение
sled [sled] – санки, сани
carry ['kæri] – нести, везти
generate ['dʒenəreɪt] – производить
descend [dɪ'send] – спускаться спуск
courageous [kə'reɪdʒəs] – смелый, отважный, храбрый
composure [kəm'pəʊzə] – спокойствие, самообладание
crucial ['kru:ʃəl] – решающий, ключевой
velocity [vɪ'lɒsɪti] – скорость
brakeman ['breɪkmən] – брейкман
heat [hi:t] – забег

Word combinations for connected reading:

artificial incline – искусственный наклон

smooth runners – гладкие полозья

turn over – переворачиваться

ski resort – лыжный курорт

elapsed time – затраченное время

Fédération Internationale de Bobsleigh et de Tobogganing,

FIBT – Международная федерация бобслея и тобогана, ФИБТ

Exercise 2. Read and translate the text.

Bobsledding, also called **bobsleighing**, the sport of **sliding** down an ice-covered natural or **artificial incline** on a sled, called a bobsled, bobsleigh, or bob, that **carries** either two or four persons. Early bobsleds were built mostly of wood but modern combine light metals. Each bob has an aerodynamic shape and **smooth runners** which help to **generate** the fastest possible speed. As it **descends**, the bob reaches speeds of around 80 mph (130 km/h). Bobsleighs do occasionally **turn over**.

Not surprisingly, bobsleighters must be **courageous** and have a good sense of balance. Driving a bob downhill, however, requires more than just good coordination and **composure**. Bobsleighs weigh hundreds of kilograms. The pilot and the brakeman (and also the pushers in a four-man bob) are required to get the bobsleigh moving.

The start of the race is **crucial** to a team's success. Riders run alongside the sled, pushing it to achieve maximum **velocity**. Their task is to run as fast as they can and jump into the bob before the start of the first turn. The athletes experience enormous g-forces during the run. A race consists of four descents by each team, the total time for the four heats determining the winner. Electric timing equipment measures **elapsed time** to 0.01 second.

Bobsledding was developed in the 1880s both in New York and at the **ski resorts** of the Swiss Alps. The first organized competition (among teams consisting of three men and two women) was held in 1898 on the Cresta Run at Saint Moritz, Switzerland. In 1923 bobsledding became an internationally recognized sport with the organization of the **Fédération Internationale de Bobsleigh et de Tobogganing** and with its inclusion in the first Winter Olympic Games at Chamonix, France. Since 1931 both two-person and four-person world-championship competitions have been held yearly, except during World War II. Though women have participated in bobsledding since the sport's creation, International competition for women did not begin until the 1990s. The women's two-person bobsled event made its Olympic debut in 2002. The gold medal for the women's event went to Jill Bakken and Vonetta Flowers of the United States. Flowers was the first black athlete to win an Olympic gold medal at the Winter Games.

Due in large part to their innovative sled design and construction, bobsledders from the United States were both successful and influential during the first half of the 20th century. Since then teams from Germany and Switzerland have dominated international competition.

***Exercise 2.1.** Answer the following questions:*

1. What is bobsledding?
2. Is the sport dangerous? Why?
3. How do the athletes get bobsleighs moving?
4. When was bobsledding developed?
5. Where were competitions held for the first time?
6. When did the sport appear on the Olympic program?

7. Is it an Olympic game today?
8. Who won the gold medal for the women's event in 2002?
9. What countries have dominated since the first half of the 20th century?
10. Is it a very popular kind of sport in your country?

Exercise 2.2. Find the Russian equivalents for the following words and word combinations:

artificial incline; women's event; crucial to a team's success; to get the bobsleigh moving; a good sense of balance; to run alongside the sled; bobsledding; to reach speeds; international competition; to achieve maximum velocity; to determine the winner; elapsed time; smooth runners.

определить победителя; катание с гор; международные соревнования; хорошее чувство равновесия; искусственный наклон; достигать скорости; привести боб в движение; женские соревнования; решающий для успеха команды; затраченное время; гладкие полозья; достигнуть максимальной скорости; бежать рядом с санями.

Exercise 2.3. Complete the following statements with the appropriate words:

1. The sport of sliding down an ice-covered natural or artificial incline on a sled, called ...
2. The bob reaches speeds of around ...
3. Early bobsleds were built mostly of ...but modern combine ...
4. Riders run alongside the sled, pushing it to achieve ...
5. Bobsledding was developed in the ... both in ...
6. A race consists of ... by each team.
7. In ... bobsledding became an internationally recognized sport with organization of the ...
8. The first Winter Olympic Games were held in ...
9. The gold medal for the women's event went to ...
10. Teams from ... and ... have dominated international competition.

Exercise 2.4. *Translate the following sentences into English:*

1. Бобслей – это высокоскоростной зимний олимпийский вид спорта, представляющий собой скоростной спуск с гор по специально оборудованным ледовым трассам на управляемых санях – бобах.

2. Каждый боб имеет аэродинамическую конструкцию и гладкие полозья, чтобы ехать как можно быстрее.

3. Экипаж состоит из двух либо четырех спортсменов, которые управляют бобом, тормозят его и прибавляют саням вес.

4. Пилот и брейкман должны привести боб в движение.

5. Спортсмены во время заезда испытывают на себе сильнейшие перегрузки.

6. Бобслейная гонка начинается в зоне старта.

7. Бежать как можно быстрее – задача каждого спортсмена, поскольку толчки и сила тяжести являются для боба единственным источником скорости в течение всей гонки.

8. Как правило, первым в боб запрыгивает пилот, а последним – задний разгоняющий (брейкман).

9. Пилот ведет боб вниз по трассе при помощи точных движений.

10. Чтобы выиграть соревнования, экипаж должен обеспечить хороший старт, который задаст и скорость, и инерцию.

CHAPTER II ADDITIONAL READING

Exercise 1. Read and translate the following texts into Russian.

Exercise 2. Retell these texts.

Text 1. SPORTS IN RUSSIA

Sport in the Russian Federation is widespread. Because a lot of people have tried some kind of sport in their childhood. Russia always has good results in classical kinds of sport. This is connected with the period of Soviet Union when big attention was paid to physical education of the youth.

We can see Russian sportsmen struggling of medals for other countries. There are many jokes about it. For example when we watch international championship we hear that the trainers and the sportsmen easily understand each other because they all speak Russian. Nowadays people are interested in sport, come to gyms and swimming pools, and other places. It's clear a healthy way of life is very popular in Russia.

Tennis players of Russia are well-known throughout the world. Sharapova, Kurnikova, Kafelnikov, Miskina are the famous Russian tennis players. They play superbly at Wimbledon and other events.

Ice-hockey is another one flourishing sport in the country. The Russian team takes excellent places in championships. The customs of Soviet school are kept here too. In Soviet Union there was a period when hockey team won 9 world championships in a row. In addition, there are only 2 hockey players which became championship winners 10 times. These are Russian sportsmen Alexander Rogulin and Vladislav Tretyak.

Football is popular in Russia. In the Russian Federation there are still many amateurs of this game. But regrettably there are only few professionals. This country hasn't got any prizes in this kind of sport for a long time. Although football matches are always broadcasted on central TV and find their spectators. Spartak, TsSKA, Zenit, Locomotive are names of best known football clubs.

The favorite sport of many women is figure skating. This is a very wonderful show. Today Russian figure skaters are favorites at any championship and here they are the leader.

Text 2. TABLE TENNIS

Table tennis was first created in England in about 1880. At the beginning the game had several extraordinary names: Gossima. Whiff Whaff and Ping Pong. But in 1926 the International Table Tennis Association was organized with international championships and rules. British players don't success in international competitions nevertheless the game was formed in England. Japanese and Chinese ruled the sport through the 50s, 60's and 70's, and table tennis went in to Olympic game in 1988.

A widespread name of table tennis is Ping-Pong, is the 2 most played kind of sport all around the world, after soccer. Table tennis is played on a special table. Its rackets look like paddles, and the ball is smooth, empty, very light, and bounces easily on the firm table surface.

The table is rectangular and green color with a white sideline along each side and edge. The table top is subdivided into 2 equal courts by a low, vertical net running parallel to the edges, withheld by clamped posts located intermediate on each side.

There is a white center line running perpendicular to the net, or parallel with the sides. This creates 2 half-courts on each side, used when playing doubles, or 2 to a team. The net is about 15.25cm high.

Rackets have round form with a short handle, usually made of wood, and are flat. The striking top is covered with evenly-pimpled rubber, but the blade of the racket is left bare. In case a player chooses

to switch to a new racket in a game, the player must offer the new racket to his or her competitor for test before restarting the game.

To start a match the server drops the ball to the table permitting it to bounce, then hits the ball so that it first hits in his court before passing over the net to hit the competitor's court. The ball must not swipe any part of the net on a serve or the serve is disabled. To return the serve, the receiver hits the ball to pass over or around the net to land on the contrary court. It may swipe the net till it passes over.

When the ball is in game it is referred to as a rally. Points are scored when the server fails, or when the receiver misses a good serve or is unable to return it with success. Whoever breaks the rally by missing the ball, hitting it into the net, or failing to strike the competitor's court on the return, is punished by awarding the competitor 1 point.

The first person or team to rack up 11 points wins, unless the score becomes tied at 10 points each. In this case the first to reach a 2-point lead wins. A match consists of winning the best of any odd number of games.

Text 3. CHESS

Chess is a two-player board game played on a chessboard, a square checkered board with 64 squares settled in an eight-by-eight grid. It is a widespread game all around the world, played by millions of people at home, in clubs, online, and in competitions. Each player begins the game with sixteen pieces: one king, one queen, two rooks, two knights, two bishops, and eight pawns. Each of the six piece types moves specifically. Pieces attack and capture the competitor's pieces. The aim of the game is to 'checkmate' the competitor's king by placing it under an inescapable threat of capture. The game can be won by the voluntary resignation of one's competitor, which typically occurs when too much material is lost, or if checkmate appears ordered. A game may also finish in a draw in several ways, where neither player wins. The game lasts according to three phases: opening, middle game and endgame. This is not a new game. It has seen played since the 16th century.

The first official chess competition was held in Madrid in 1560 and was won by a priest, Father Ruy Lopez de Segura. Centuries later, in 1886, the first official World Chess Championship took place. Russia has a long history with the game of chess. In fact, Russia has produced more chess champions than any other country. The most amazing of these players is Garry Kasparov. He holds the record for the most victories won in a row by any chess player. In 1989, he even played against a chess-playing computer Deep Thought. He won easily. However, he wasn't so fortunate in 1997 when he lost against a newer computer, Deep Blue. Despite this, Kasparov still remains the best player in the history of Chess. The current World Chess Champion is Viswanathan Anand.

Text 4. WHY DO PEOPLE GO IN FOR SPORT?

Today many fond of such activities that allow them to keep fit. Most of us go in for sports and sports activities such as swimming, skiing, playing badminton, ice hockey, football or basketball. Physical training is an important subject at schools, universities and colleges. As usual students and pupils have got physical training lessons twice a week. Boys and girls play volley-ball and basket-ball at the lessons. There are many sport grounds, stadiums where young people can go in for sports. Many different competitions are often held between university and school teams in which students and pupils take part with great pleasure. All participants try to get good results and become winners. Sport helps people to keep in good health. If you go in for sports, you have good health and don't catch cold. Sport also can protect us from a wide range of hard diseases.

Participating in sports and sport activities have already gained popularity among the people of all ages.

A lot of people enjoy swimming that is why they can go to the swimming pool in autumn, winter and spring. But in summer they swim in the lakes and rivers or sea. Nowadays everybody wants to be fit, feel good, look slim and stay young. Sports are fashionable in

Europe and America. For example, popular marathons are now held everywhere. According to the latest figures the most popular sports in Europe and America are walking, cycling, jogging, and playing football and golf. Other popular sports are bowling, badminton, and tennis.

Sport has become an integral part in the people's life. But tastes differ and different people have different attitudes to sport. Some people prefer to watch different sports events; others choose to participate in them actively. Sport is the best and the shortest way to health.

Text 5. EXTREME SPORTS

Extreme sports are untraditional sports and actions that need participants to integrate athletic skill and obvious danger. An extreme sport is a widespread name for definite activities which have a prominent level of jeopardy; and it is rarely approved by schools. You can find speed, excitement, danger in the different extreme sports. For example bungee jumping. You jump off a bridge and you fall, and then, just before you hit the water or ground, a resilient rope pulls you back. In sky surfing you jump out of plane and apply a board to "surf" the air, doing calisthenics in mid-air!

There is a component of risk in winter sports. For example snowboarding, which has all the thrill of surfing but on snow, is more unsafe even than skiing.

As a rule sportsmen don't have an instructor. People in extreme sports compete against each other, weather and difficulties of exact kind of extreme sport. Some are held in air, land, and water. For example ski jumping, sky diving, sky surfing, sky flying, snowboarding, indoor climbing, BMX (bicycle motocross), mountain biking, mountain boarding, skateboarding, powerboat racing, surfing, whitewater kayaking, windsurfing. All these sports need to have special equipment and glasses. For surfing it's need a surfboard and swimming kits. For snowboarding – a snowboard, special boots, a suit, sunglasses, and a helmet. For BMX sport you need a special not high bike with small

wheels. Sportsmen can dress fashionably, as a rule in shorts and a T-shirt, trainers, a cap. It's clear a lot of modern extreme sports will arise in a short time. Every year many people go in for extreme sports and they are interested in such kind of sport.

They say the most dangerous of all winter sports is snowrafting. Sportsman sit in a rubber boat and sail down a mountain at great speed – and he can't control the boat! But water sports are funny. Ice diving for people who are completely crazy. They put on diving equipment and dive under a frozen lake. And, if that's not enough, you try to walk upside down on the ice!

Text 6. CYCLING

Cycling is also called bicycling or biking. We use cycles for recreation, transport, for sport, or even improving the health. They are the main means of transportation in many countries of the world. Today millions bicycles are sold each year only in different countries. We often hear a saying "Don't invent a bicycle" about simple and known things for a long time. Bicycles are very old invention – more than a hundred years ago. First it appeared in 1791 in France. In 1800 our compatriot Artamonov invented an iron bicycle and travelled on it from Nizhni Tagil to Moscow.

Early bicycles looked extraordinary: a large (about 1.5 meters high) front wheel and the back wheel were usually smaller. Bicycles were made of iron and riding them was hard because of shaking. They also were too rigid and not comfortable for riders. New models of bicycles appeared every year but only in 1885 people saw a model which looked like modern cycles. It had two almost equal wheels and a chain drive to the rear. The new machine looked more stylish than the old ones which were soon abandoned. As time went by, new bicycles were invented – for two, three and even fifteen riders!

The first bicycle race was held in 1868 in Paris. But the sport became popular only several decades later because bicycles were expensive and only rich people could buy them. By the end of the

19th century many factories produced thousands of bicycles, which became cheaper so many people could cycle and take part in different competitions. The development of racing as a popular sport in Europe began to spread in the 1890s with the improvement in road conditions. By the mid-1930s, European bicycle manufacturers were building new lightweight bicycles made of alloy materials. These bikes were easier, more comfortable and faster.

Modern cycling competitions are generally divided into road and track events. Track events take place on special cycling tracks with a sloping runway made of concrete, wood or plastics. Track events are very spectacular and attract many viewers from all over the world. The Olympic programme includes 1 km sprint races, 1 km heat or time trial, individual pursuit and team pursuit over 4 km. wheel. The frame of the cycle was diamond-shaped. This shape survived and became basic.

There are also different kinds of extreme cycling: uphill, downhill, freeride and North shore. The main aim of *uphill* it is to climb the hill as fast as possible. Rider should direct all his energy to his legs, not to face. He also should stay light on the pedals and keep his legs moving rhythmically. The lighter mountain bikes are used for this discipline (about 10kg). *Downhill* is a mountain biking discipline practiced on rough terrain where riders go down with the high speed (about 100 km/h). Drops, jumps and overcoming obstacles are usually performed by sportsmen. Sport is very spectacular but very dangerous. *Freeride* is a sport where long jumps are made from steep cliffs and low-rise building. So riders should have Alpine skills. North shore requires perfect balance because the sportsmen cycle above the ground on special paths made of logs and plants.

The bicycle became an integral part of the world's culture. The sport continues to grow. Europe makes strides in the development of cyclists and the promotion of races. Wherever someone is riding a bike, there is also someone thinking about riding faster, sweeping through the turns, and feeling the unique rush that only a bike ride can bring.

Living in time of technical revolution a bike is still actually. It need not use fuel – one of the main cycle's advantages and so it

doesn't pollute the environment. Cycling is very spectacular as a sport and very useful for daily life. It's almost perpetual motion machine!

Text 7. SPORT IN THE USA

Sport is an integral part of culture in every country. American people are very fond of sport. The most popular kinds of sport are football, rugby, basketball, hockey, swimming and cycling. American sports attract many foreign visitors from all over the world. Television networks spend millions of dollars arranging to telecast sports events. Sports are particularly associated with the educational establishments of the United States, with most high school and universities having organized sport competitions.

US athletes won the highest number of medals in the history of the Olympic Games – more than 2,500 in total, including more than one thousand golden medals. At the same time they were leading in the number of gold, silver and bronze awards US athletes won the highest number of medals in the history of the Olympic Games – more than 2,500 in all, including more than one thousand gold. At the same time they are leading in the number of gold, silver and bronze awards in both Summer and Winter Games.

Soccer is the sport that is most popular in most parts of the world but is not well known in the US. The most high schools have coaches as faculty members, and school teams compete with each other. American football and baseball are not played in large number of countries. Americans do not play football in the same as the rest of the world. The players can run with ball, touch and the even push each other. Players wear special clothes and helmets to protect their heads, because the game can be sometimes dangerous.

The other popular game in America is basketball. The first American baseball match was in 1839 in New York. American children of 8 years old can join certain leagues where they are taught by coaches.

In the US professional athletes can become national heroes. Many Americans glorified their country by many achievements in sports.

Among the best known are: famous boxer Muhammad Ali, athlete Bob Beamon whose record in long jump lasted more than 20 years, cyclist Lance Armstrong – a multiple winner of the Tour de France and many others.

Many Americans jog every day, or play tennis or bridge two or three times a week. They go on ski trips and hunting expeditions that require weeks of planning and organizing. In the Americans' view, all these activities are worth the discomfort they may cause because they contribute to health and physical fitness. That is probably why Americans are known as a healthy nation.

Text 8. SNOWBOARDING

Snowboarding is one of the fastest and popular winter sport. It is Olympic discipline where athletes descend from the snow-covered slopes and mountain on a special implement – snowboard. Originally it is a winter sport, but some extremists ride on a snowboard even on the sandy slopes in summer. In 1998 it was first included to the Olympic program in Nagano.

Snowboard invention date from the beginning of the 1960s. Sherman Poppen of Muskegon, Michigan invented and built so-called snurfer for his daughter in 1965. He glued two skis in one. By design it was very similar to the skateboard without wheels. Few years later snowboarding popularity was quickly growing. A great contribution to the improvement of the snowboarding equipment was made by such people as Dmitri Milovich, Jake Burton Carpenter (founder of Burton Snowboards), Tom Sims (founder of Sims Snowboards) and Mike Olson (founder of Mervin Manufacturing). In 1972 Dimitri Milovich founded the company “Winterstick” manufacturing snowboards.

The first competitions were the National Snurfing Championship held in 1979, at a Michigan ski resort. They were organized by Poppen and invited enthusiasts from all over the country.

Jake Burton participated in these competitions. He improved snurf by adding fixings for feet. This improvement caused protests

from the other participants because it differs from the original implement. However organizers were convinced by Paul Graves, the best of serfers that time, together with other athletes, to allow him to compete. The result is a separate competition in which Burton won, being the only participant. This championship was the first in the history of snowboarding competitions as an independent discipline.

In 1977 Jake Burton founded his own company in Londonderry, Vermont, and experimented continually with new materials and designs. Eventually, he was building a snowboard made of steam-bent wood and fiberglass, with high-back bindings and metal edges. In 1985, the first World Cup was held in Zürs, Austria, and snowboarding was recognized as an official international competitive sport.

Snowboarding continued to increase in popularity over the next years but for a long time, snowboarders were seen as society's outcasts. Ski resorts banned them and the upper-middle-class ski community looked down upon them. In 1985 snowboarding was only allowed in 7% of U. S. ski areas and story was much the same in Europe. As equipment and skill levels improved, though, snowboarding gradually became more acceptable. Most of the major ski areas had separate slopes for snowboarders by 1990. Now, about 97% of all ski areas in North America and Europe allow snowboarding and more than half of them have ramps and pipes. The number of snowboarders increased from about 2 million in 1990 to more than 7 million in 2000. It is predicted that the snowboarders will outnumber skiers by 2015. Today snowboard held all kinds of top-level competitions: Olympic Games, World Championships, World Cup, X-Games, US Open, and others.

Text 9. SPORT AND HEALTHY LIVING GUIDE

Nowadays going in for sport is very important for everyone. We don't need to be a professional sportsman to perform some sport activities or play different games. It is widely known that sport improves our health and may prevent many diseases.

We say, “A sound mind in a sound body”. One of the first duties is to keep body in perfect health. If body suffers from any disorder, mind suffers with it too.

There are certain laws of health lifestyle which deserve particular attention and they are so simple that even a child can learn them. A certain amount of exercises are necessary to keep fit. Moderation in eating and drinking, reasonable hours of labour and study, enough sleeping time (not less than 7-8 hours a day), regularity in exercise, recreation and rest, cleanliness are the foundations for health and long healthy happy life.

Thousands of people consider that a sport is very helpful in gaining good health. That's why every country pays much attention to developing sports. It is sport that helps to bring up physically strong, strong-willed, courageous and energetic people.

Regular visits to sporting events or perform any complex of exercises can not only develop self-discipline, but also help the full personal development, hardening and recovery of human organism. Sport is able to maintain health, to give a charge of vivacity and good mood.

Sport isn't a hobby for many people. It is work for them. Today there are many problems which are always discussed in professional sport. There is a lot drug taking in sport. There is too much pressure on young sports people. Mountaineering and air sports kill at least 16 people every year. In one Sports Council study of 28,000 people, football was found responsible for more than a quarter of 2,000 injuries seen every year. But many people go in for professional sport and millions of them can't live without it. They prefer watching sporting events rather than taking part in them. They are so-called sport-fans. They pack stadiums during sport matches and competitions, they sit glued to the TV, and they are ready to give every moral support to their favorite sportsmen or teams.

Many people wish to devote their free time to going in for sports. They play indoor and outdoor games: volleyball, basketball, table tennis, hockey, lawn tennis and many others. The number of participants and spectators show that the most popular games are

basketball, hockey and, of course, football. A lot of people go in for track-and-field athletics, cycling, boxing, wrestling, and gymnastics and so on. And the most spectacular winter sports are hockey, figure skating, skiing and skating. And in summer millions of people prefer volleyball and swimming. So if you arrange your day correctly you can find an opportunity for sports.

Physical training is an important part of young people's development. All pupils and students have regular training at PT lessons. Everybody likes these classes as they give much energy, develop muscles, and make pupils strong, quick and healthy. From time to time different kinds of competitions are organized at school or between schools. The most popular sports at school are basketball, football and volleyball. Besides, pupils and students attend a lot of sports clubs and sports sections after classes, where they take up their favourite kind of sport.

Today there are many ways of preserving our health. People should visit fitness and health clubs, public leisure centers, water parks, skating rinks or go to the stadium. Modern people of all ages have a great possibility to choose or design exercises that will fit to them. We have a great range of different sport activities for girls and boys, for women and men and even for old people. We can fond of football, swimming, cycling, fishing, skating, dancing, aerobics, yoga or even hunting. It is vital to protect our life from hard disease such as heart disease, liver disease and cancer. Sport is life! Indeed, sport is a part of everyday life of many generations all over the world. Practicing sport, balanced meals, giving up unhealthy habits help people to be beauty and healthy.

Appendix

Verbs Used To Talk About Sports

In English, we apply three various verbs to talk about sports:

play ~ do ~ go

1) We use **PLAY** for team sports or sports played with a ball:

Football, baseball, basketball, rugby, tennis, hockey, volleyball, cricket, soccer, badminton, golf

For example: He likes to play baseball.

He played football when he was 18.

2) We use **GO** for sports that end in –ing (gerunds):

Skiing, swimming, climbing, diving, fishing, running, jogging, skating / figure skating

He likes to go jogging in the evening.

My father and I go fishing every week.

***NOTE:**

There is **NO to** between **go** and the activity. You do NOT ‘go to swimming.’ You just ‘go swimming.’ The sports that end in –ing are all in gerund form. They can also be used in their verb form: **ski, swim, climb, dive / scuba dive, fish, run, jog, skate / figure skate**

For example:

Do you scuba dive? Yes! I love scuba diving.

He learned how to ski when he was 6.

EXCEPTIONS! There’s always an exception to the rule in English! These sports are not used with **go**: **boxing, fencing, weight training**

Don’t use a verb with these sports. They don’t fit easily into any of the three categories. Don’t say “I do boxing” or “I go fencing.” You can say, for example:

He likes to box.

He likes watching fencing at the Olympics.

Sometimes we use these sports with **do some**,

For example:

He's going to the gym to do some weight training.

3) We use **DO** with sports that you don't need any equipment to do:

Aerobics, karate / martial arts, yoga, gymnastics

For example:

Kate does a lot of yoga – that's why she looks so great!

Lena does gymnastics.

***NOTE:**

• ~~**Make**~~ is not used to talk about sports.

• **Practice** is rarely used to talk about sports. It is only used to talk about sportsmen who need to practice their skills before a game or a competition.

SPORTS IDIOMS

Sports idioms generally originate from a specific sport such as baseball or sailing. Over time these phrases have come to mean something that can be used in everyday life. While most sports idioms can still be used when discussing sports, they are even more common in other areas of life, especially the business world.

Idiom	Meaning	Example Sentence
<i>sport of origin</i>		
across the board <i>cards</i>	equal for everyone	20% raises were given across the board .
at this stage in the game <i>any sport</i>	at this time	He knows who is going to win the election at this stage in the game .
the ball is in your court <i>tennis</i>	it's your decision or responsibility to do something now	«Don't ask me. The ball is in your court now».

Idiom <i>sport of origin</i>	Meaning	Example Sentence
bark up the wrong tree <i>hunting</i>	you've got the wrong person or idea	I think she is barking up the wrong tree by blaming Matt for the wasting money.
blind-sided <i>any sport</i>	to not see something coming	John blind-sided Jack with his fist at the bar.
blow the competition away <i>any sport</i>	win easily	If she wears that dress to the beauty contest she is going to blow the competition away .
call the shots <i>billiards</i>	make the decisions	While your boss is on vacation, Kate will call the shots .
chip in <i>gambling</i>	help by donating money or time	The staff members chipped in 5 dollars each to buy Kate a birthday gift.
down to the wire <i>horse racing</i>	right at the end	It's coming down to the wire to get these done on time.
front runner <i>track</i>	one of the people who is expected to win	Kate is a front runner for the new supervisor position.
get a head start <i>horse racing</i>	start before all others	He gave the walkers a head start in the run for cancer.
get into the full swing <i>tennis</i>	be comfortable doing something after some time	It will evidently take a month of working at my new job before I get into the full swing of things.
get off the hook <i>fishing</i>	escape, have responsibility removed	The robbery got off the hook for stealing because the security guard was busy.
give something or someone a fair shake <i>gambling</i>	try for a while before giving up	You should give Kate a fair shake before you decide she isn't good enough for the job.

Idiom <i>sport of origin</i>	Meaning	Example Sentence
get a second wind <i>sailing</i>	have a burst of energy after tiring	He was tired after 3 kilometers of running, but he got a second wind after he passed the beach.
give it your best shot <i>hunting</i>	try your hardest	Give it your best shot and you may just make it to the finals.
give one a run for one's money <i>horseracing</i>	try one's hardest to defeat another person	I know the other team is expected to win, but let's give them a run for their money tonight.
go overboard <i>sailing</i>	do or say more than you need to	You can't believe everything Janice says about Rick. She tends to go overboard when she's complaining about him.
go to bat for someone <i>baseball</i>	defend someone	Andy is asking for a salary increase, and I'm going to go to bat for him if the boss says no.
have the upper hand <i>cards</i>	have a better chance of winning or succeeding	The Blues have the upper hand in the tournament, because none of their players is injured.
hit below the belt <i>martial arts</i>	do or say something that is very unfair or cruel	Amanda was hitting below the belt when she called Adrian an unfit father.
hit a snag <i>boating</i>	come up against a problem	The renovations were going along great until we hit a snag with the carpet installation.
hold all the aces <i>cards</i>	expected to win or succeed	The children hold all the aces when it comes to the father-son baseball tournament.
the home stretch <i>baseball</i>	almost the end	I think Alice's pregnancy is in the home stretch .

Idiom <i>sport of origin</i>	Meaning	Example Sentence
hot shot (big shot) <i>hunting</i>	a person who thinks they are the best	Even though Luke only placed 20th in the ski race, he thinks he's a hot shot .
jump the gun <i>track</i>	start too early	I guess I jumped the gun by buying Pam and Steve a wedding gift. They called off the engagement.
keep one's head above water <i>swimming</i>	try not to fall behind in work or other duties	We are so busy during the tourist season I can barely keep my head above water .
learn the ropes <i>sailing</i>	understand new things	The first week on the job you will just be learning the ropes .
let her rip <i>boating</i>	go ahead now	Okay, here are the keys to your new car. Let her rip!
level playing field <i>any field sport</i>	everyone has an equal chance	The spelling bee is a level playing field because all of the kids are in grade nine.
long shot <i>hunting</i>	a very difficult thing to accomplish	Jim thinks we can afford the house, but I think it's a long shot .
make the cut <i>any sport</i>	be chosen to be part of a team or group	I didn't get a second interview, so I'm pretty sure I won't make the cut .
neck and neck <i>horse racing</i>	to be in a close tie with someone	George and Stan are neck and neck in the hockey pool. Either of them could win the money.
no sweat <i>any sport</i>	no problem	I told Lily it was no sweat for us to babysit next weekend.
not playing with a full deck of cards <i>cards</i>	not having full brain capacity	I think Jerry was still drunk at work on Sunday because he wasn't playing with a full deck of cards .

Idiom <i>sport of origin</i>	Meaning	Example Sentence
not up to par <i>golf</i>	not good enough for a job or position	I'm afraid your resume isn't up to par for the engineering position.
to be off base <i>baseball</i>	not making a fair or true remark	You were way off base when you said Bill needed to lose weight.
on target <i>darts</i>	doing the right thing to succeed	We are on target to meet our budget this month.
on the ball <i>baseball</i>	ready and able	The new receptionist is really on the ball when it comes to answering the phone.
out in left field <i>baseball</i>	nowhere near being true, nowhere near doing something correctly	All of the students laughed when Joe gave an answer that was out in left field .
out of someone's league <i>team sport</i>	not as good as someone	I'd like to date Maria, but I'm afraid I'm out of her league .
par for the course <i>golf</i>	an expected circumstance	Waiting in line is par for the course at Christmas time.
plenty of other fish in the sea <i>fishing</i>	there are many other men and women to date	I know you still love Jack, but remember there are plenty of other fish in the sea .
race against time <i>track</i>	there is almost no time left to accomplish something	It's a race against time to find a kidney donor for my cousin.

Idiom	Meaning	Example Sentence
<i>sport of origin</i>		
settle a score with someone <i>any sport</i>	get even with a person after a previous battle	My mother wants to settle the score with that guy who stole my wallet.
shot in the dark <i>hunting</i>	a guess	All his answers were shots in the dark .
skate on thin ice <i>skating</i>	do something risky, take a chance	You're skating on thin ice by not sending in your college application before now.
start the ball rolling <i>ball sports</i>	begin something	Please can everyone be seated so we can start the ball rolling .
step up to the plate <i>baseball</i>	do the honourable thing, take responsibility	It's time you stepped up to the plate and apologized for your mistake.
take a rain check <i>baseball</i>	accept at a later time	Sorry, I can't go to the movies today, but I'd love to take a rain check .
take sides <i>any sport</i>	choose a person or group to support	I hate to take sides , but I think Bob is right about the paint colour.
take the bull by the horns <i>bull fighting</i>	accept the challenge and try your hardest	Even though this new job will mean relocating, I think you should take the bull by the horns for once.
take the wind out of one's sails <i>sailing</i>	make someone feel deflated	He took the wind out of Jack's sails when he told her she was a terrible hairdresser.

Idiom <i>sport of origin</i>	Meaning	Example Sentence
throw in the towel <i>boxing</i>	give up	If they don't accept our offer this time we are going to throw in the towel and look at houses elsewhere.
time out <i>any sport</i>	break	Let's take some time out and drink a coffee.
three strikes and you're out <i>baseball</i>	you only get three chances	The school's no smoking policy is three strikes and you're out .
two strikes against <i>baseball</i>	you only have one chance remaining	Kate already has two strikes against her for coming in late.
under the table <i>gambling</i>	illegally	He doesn't have a work visa, so they have to pay me under the table .
win hands down <i>gambling</i>	easy victory	Their team was missing half of its players. We won hands down .

1. **Kick off** – начинать, ввести мяч в игру (*футб.*). Everybody is here we may kick off.

2. **On target** – «по цели!»; «выход на цель»; добиваться успеха. He is on target.

3. **Up to scratch** – в полной готовности; «в хорошем виде, на должной высоте». His knowledge of English is up to scratch

4. **Know the ropes** – хорошо ориентироваться; «быть мастером на все руки», Our new accountant is professional.

5. **In pole position** – «выгодное, выигрышное положение», «иметь все шансы для победы». His education in pole position to get the job.

6. ***Jump the gun*** – начать до сигнала, совершить фальстарт, действовать преждевременно, без подготовки, не обдумав тщательно ситуацию. Don't jump the gun, think it over.

7. ***Ballpark figure*** – приблизительный подсчет, приблизительная оценка.

According to ballpark figure it is our applicant who will get a new job.

8. ***Neck and neck*** – минимальное преимущество = иметь одинаковые шансы к кем-то для выигрыша. They are neck and neck with them to win this match.

9. ***The ball in our court*** – послать мяч, «следующее слово за вами», «ваша очередь действовать». They have done their business, now the ball is in their court.

10. ***Take our eye off the ball*** – не концентрироваться = совершить ошибку, особенно по невнимательности. If he take eye off the ball there will be severe effects.

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