# ОБЩЕСПОРТИВНАЯ ТЕМАТИКА

# TEXT I

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

# SPORTS AND GAMES

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

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

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

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

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

Outdoor sports are: golf, skiing (cross-country, down-hill, slalom, ski-jump), windsurfing, marathon-running, fishing, climbing, hiking (tourism), mountaineering, horse riding, rallies.

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

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

People all round the world go in for sports.

***Задания***

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

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

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

1. Sport is enjoyment because ...

2. Sports are very good for ...

3. Sports are important for ...

4. At an amateur level sport provides ...

5. At a professional level sport is a way of...

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

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

# TEXT III

***Переведите текст, выписав остальные неизвестные Вам слова.***

# MODERN PENTATHLON

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

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

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

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

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

In 1912 the officers' pentathlon was included in the Olympic programme and in 1948 renamed into the "modern pentathlon". Now it is practised in nearly fifty countries. The pentathlon competitions last for five days and begin with horse-riding. Sportsmen must cover a 1 km distance with twenty different fences in two and a half minutes. Horse-riding usually takes place at hippodromes. The sportsmen must ride unknown horses, whose names arc only announced an hour before the contest. And only fifteen minutes are given to the rider for learning the character and habits of the horse.

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

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

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

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

***Задания***

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

1. An officer was sent to carry on negotiations in the war-time.

2. The enemies wanted to shoot the officer.

3. Pentathlon was called "the officers' pentathlon" because at first officers started to practice this complex event.

4. The officers' pentathlon was included in the Olympic programme in 1912.

5. The pentathlon competitions begin with 300 m free-style swimming.

6. All events of modern pentathlon have definite (particular) order.

***2. Расположите элементы современного пятиборья по порядку.***

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

# TEXT IV

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

# TEAM SPORTS

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

Whether the sport is football*,* field or ice hockey, or basketball, every player tries to work with his teammates. The number of players in a team varies, depending on the sport. In field hockey and football there are 11 players on the field. In australian rules football, there are as many as 18.

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

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

# FIELD HOCKEY

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

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

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

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

# LACROSSE

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

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

***Задания***

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

1. in team sports

two teams compete against each other

two squads from the same team compete against each other

two or more teams compete, depending on the sport

2. A referee

helps the players improve their skills

is the same as a coach

makes sure the players obey the rules

***2. Выберите правильный вариант ответа.***

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

1. Lacrosse is played in many countries.

2. Field hockey is played by both men and women.

3. Every player tries to work with his or her teammates.

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

1. The object is to score a goal.

2. Teamwork is important.

3. The ball is made of hard leather.TEXT V

***Переведите текст, выписав остальные неизвестные Вам слова.***

# WHY DO SPORTS INJURIES HAPPEN?

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

Sports injuries occur for one of two basic reasons:

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

2*.* As a result of damage to the body tissues because of the long term stresses placed on particular body parts within their sport. Professional football­ers are again a good example of people affected in this way. They are often involved in two matches plus training each week for nine months of the year. They are in danger of suffering from overuse injuries affecting the groin, knee and ankle. These may develop into chronic injuries, never really healing and leaving the player permanently less than fully fit. His place in the team and therefore his career may be in danger. Overuse injuries are not only a problem for professional sportsmen and sportswomen. The increasing number of amateurs taking part in distance running with the necessary high training mileage is producing many new overuse injuries.

***Задания***

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

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

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

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

# TEXT VI

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

# HOW CAN SPORTS INJURIES BE PREVENTED?

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

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

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

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

Sportsmen and sportswomen can also overstrain. The signs of overtraining include persistent tiredness and loss of interest in training, continual soreness and stiffness in the muscles, joints and tendons as well as numerous minor inju­ries, frequent colds and so on.

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

***Задания***

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

1. .................. ?

The type of injury suffered depends on the particular sport.

2. ..................?

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

3. ..................?

Fit individuals are better able to cope with these stresses.

4. ..................?

Fitness must include stamina, strength, flexibility and skill.

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

1. Fitness includes ....

2. The signs of overtraining include ....

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

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

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

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

**TEXT** VII

***Переведите текст, выписав неизвестные Вам слова.***

# PERSONALITY AND SPORT

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

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

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

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

Extreme introverts would tend to show the opposite characteristics: little wish, or ability to express their ideas, very quiet when in a group with no wish to expose themselves or their ideas in new situations.

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

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

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

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

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

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

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

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

In general the most successful sportsmen and sportswomen tend to be sta­ble extroverts, although there are exceptions to this general rule. It is certainly true that the more neurotic a person is the less likely they are to take part in sport.

***Задания***

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

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

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

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

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

3. An extrovert sportsman is usually

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

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

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

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

1. ..................\_?

 The most successful sportsmen tend to be stable extroverts.

2. .................. ?

 Eysenck places individuals on two different scales.

3. .................. ?

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

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| **TEXT** VIII***Переведите текст, выписав неизвестные Вам слова.*** |
| **OLYMPIC GAMES IN SOCHI 2014** |
| There are many interesting and exciting events in our life, which help us to become better and to strive for self-culture. The Olympic Games are one of them. They have existed since ancient times and still remain the main event in the sporting life of our planet. The official motto of the Games is the Latin phrase “Citius, Altius, Fortius”, which means “Faster, Higher, Stronger”. The father of modern Olympic competition, Pierre de Coubertin, suggested this slogan. Since late 19th century every four years the whole world is thrilled to watch the Summer and Winter Games featuring the best athletes from different countries. I’m proud to say that 2014 Winter Olympics were held in Sochi. It’s one of the most beautiful Russian cities on the Black Sea coast. In July 2007 the International Olympic Committee held a conference in Guatemala, during which Sochi was chosen to host the 22nd Winter Olympic Games. More than 80 countries took part in this event. Some of the disciplines involved half-pipe skiing, mixed-team figure skating, biathlon mixed relay. Several new venues were built for these events, among them the Ice Cube Curling Center, the Shayba Arena, the Fischt Olympic Stadium. Apart from venues, there were a couple of spacious Olympic villages and the International broadcasting center. The official mascots of the event were a polar bear, a snow leopard and a hare. Being situated in subtropical zone, Sochi was declared to be the warmest city for Winter Olympics. The opening ceremony of the event took place on February 7th, 2014, and was said to be one of the most spectacular and impressive shows. The atmosphere during the Games was exciting. There were 98 events over 15 disciplines in 7 sports. According to the medal table Russian athletes won the highest number of medals. In total, they brought home 33 medals, including remarkable 13 golds. The closing ceremony took place at the Olympic Stadium on February 23, 2014. It was dedicated to Russian culture, music and arts. |

1. ***Напишите краткое изложение текста и задайте 10 вопросов по тексту.***