

**ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ
КУЛЬТУРИ**

Кафедра української та іноземних мов

Iryna Styfanyshyn

STRONGMAN

**методична розробка
з англійської мови**

*для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»*

*для студентів
денної та заочної форми навчання
за спеціальністю «фізичне виховання» та «спорт»*

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Стифанишин І. М.

«Стронгмен»

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роботи з теми “Спортивна спеціалізація” для студ. денної та заочної форми
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У методичній розробці представлено тему “Спортивна спеціалізація”
(*Стронгмен*) для самостійної та аудиторної роботи студентів денної та заочної
форми навчання. Теоретичний та практичний матеріал закріплюється
розширеною системою вправ. Матеріали методичної розробки спрямовані на
формування навичок усного та письмового мовлення. Методична розробка
призначена для студентів за спеціальністю “фізичне виховання” та “спорт”, які
навчаються за кредитно-модульною системою.

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Strongman

Text A

Pre-text exercises

1. Read and learn the active vocabulary.

compete	змагатися, конкурувати
aimed at	спрямовані на
broadcast	транслявати
cardiovascular conditioning	серцево-судинні захворювання
codify	кодифікувати, шифрувати
deadlift	тягар
display	демонструвати, виявляти
engage	займатися
entire body	весь організм
exhibitor	експонент, пред'явник
experienced trainers	досвідчені тренери
explosive power	вибухова сила
feat	майстерність, подвиг
gas cylinder	газовий балон
grip	хватка, стиснення
gym	тренажерний зал
inaccessible sport	недоступний вид спорту
involve	передбачати
large load	велике навантаження
listed features	перелічені функції
log	колода
number of repetitions	кількість повторень
overhead press	верхній прес
performer	виконавець
power rival	сила суперника
refer	називатися, звертатися
respective weight classes	відповідні вагові категорії
set of exercises	набір вправ
shell	снаряд
squat	присідання
strength	сила
the lifting of the greatest weight	підняття найбільшої ваги
tire	шина
to conduct competitions	проводити змагання
to limit	обмежуватися
to overcome the distance	подолати відстань
truck wheels	колеса вантажних автомобілів
yoke	гайка

2. Translate without using a dictionary.

Athlete, category, channel, cylinder, diet, distance, gym, international, powerlifting, bodybuilding, organizer, original, popular, regime, repetition, limit, Professional League, training.

3. Read and translate the text.

A strongman is a man who competes in strength athletics. In the 19th century, the term strongman referred to an exhibitor of strength or similar circus performers who displayed feats of strength. When strength sports were codified into their own categories such as weightlifting, powerlifting, etc., Strongman became its own specified category in strength sports.

A strongman is a power sport that attracts viewers to their spectacle. Organizers are not limited to the listed features. Athletes carry out massive shell exercises, such as truck wheels, gas cylinders, cars and so on. A new Strongman event may also provide us with a new set of exercises. Exercises can be aimed at the greatest number of repetitions, the lifting of the greatest weight or the speeding overcoming the distance with a large load on the shoulders, and so on. Strongmen are also called athletes engaged in this sport. Most of the strongmen of modern times were originally engaged in powerlifting, weightlifting or bodybuilding. For today, Strongman competitions are increasingly being held internationally. Since strongman is a very young and inaccessible sport, which means that within the same country there is not enough athletes of the respective weight classes, coaches (especially experienced trainers) for conducting competitions inside the country. This sport does not yet have such a base as its power rivals (heavy athletics, powerlifting), so it does not develop fast enough.

Training for strongman involves building overall strength in the gym and training with competition implements to gain familiarity. In the gym, it is necessary to train the entire body for strength, especially with variants of the squat, deadlift, and overhead press. Also important is explosive power, developed by weightlifting-style lifts, and cardiovascular conditioning. Grip strength must also be developed.

Some equipment used in a strongman competition would have to be found custom-made or at a strongman gym. Like any sport, it is necessary to train using the equipment one encounters in the sport. In the case of strongman, these include logs, tires, yokes, farmer's walk implements, etc.; building strength in the gym is insufficient without experience with implements. Another part of a strongman's training is its intense diet regime. A top athlete in strongman would need to ingest upwards of 10,000 calories a day. There is a Professional League of Strongmen of Ukraine. Conducted world-class competitions, including Arnold Classic, broadcasting competitions of various levels are featured on popular sports channels.

(Originated from en.wikipedia.org/wiki/Strongman(strength_athlete))

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- | | |
|--------------------------|--------------------------------|
| 1) strongman competition | 6) cardiovascular conditioning |
| 2) intense diet regime | 7) broadcasting competitions |
| 3) top athlete | 8) popular sports channels |
| 4) modern times | 9) world-class competitions |
| 5) strength sports | 10) respective weight classes. |

2. Match the definitions to the following notions:

- | | |
|---------------|--|
| 1) gym | a) the physical energy that someone has to lift or move things; |
| 2) experience | b) a man who entertains an audience by doing things that need great strength; |
| 3) diet | c) the tools, machines, or other things that you need for a particular job or activity; |
| 4) strongman | d) knowledge and skill that is gained through time spent doing a job or activity |
| 5) athlete | e) a person, team, or business that competes with another; |
| 6) strength | f) a large hall or room with special equipment for doing physical exercises; |
| 7) regime | g) a group of teams who regularly compete against one another, put in order according to how many points they have won |
| 8) rival | h) someone who is good at sports, especially athletics, and takes part in sports competition; |
| 9) League | i) a system of rules that control something; |
| 10) equipment | j) a limited range of foods that someone eats to improve their health. |

3. Combine the following words and translate them:

- | | |
|-----------------|----------------|
| 1) specified | a) strength |
| 2) strength | b) League |
| 3) power | c) category |
| 4) Professional | d) sport |
| 5) explosive | e) competition |
| 6) Grip | f) power |
| 7) strongman | g) sports |
| 8) sports | h) athlete |
| 9) top | i) regime |
| 10) diet | j) channels |

4. Insert the prepositions where necessary:

In(5), for(4), of(5), since, with(2), also, to

1. A strongman is a man who competes ... strength athletics.
2. Training ... strongman involves building overall strength ... the gym.
3. Training ... strongman involves training ... competition implements to gain familiarity.
4. ...the gym, it is necessary to train the entire body ... strength,
5. A top athlete ... strongman would need to ingest upwards ... 10,000 calories a day.
6. ... today, Strongman competitions are increasingly being held internationally.
7. ... strongman is a very young and inaccessible sport.
8. Most ... the strongmen ... modern times were originally engaged ... powerlifting.
9. A new Strongman event may ... provide us ... a new set ... exercises.
10. The term strongman referred ... an exhibitor ... strength.

5. Match two parts of the sentences.

- | | |
|--|---|
| 1. Grip strength must ... | a)... power sport. |
| 2. A strongman is a man ... | b)... massive shell exercises. |
| 3. A strongman is a ... | c)... and inaccessible sport . |
| 4. Training for strongman involves ... | d)... who competes in strength athletics. |
| 5. Strongman competitions are ... | e)... also be developed. |
| 6. Strongman is a very young ... | f)... provide us with a new set of exercises. |
| 7. Athletes carry out ... | g)... athletes engaged in this sport. |
| 8. A new Strongman event may also .. | h) ... increasingly being held internationally. |
| 9. Strongman it does not develop ... | i) ... building overall strength in the gym. |
| 10. Strongmen are also called ... | j)... fast enough. |

6. Complete the sentences with appropriate terms.

- a) shell exercises d) competitions g) diet i) Grip
b) power sport e) strongman h) Training j) repetitions
c) exhibitor of strength f) inaccessible

1. A strongman is a... that attracts viewers to their spectacle.
2. A ... is a man who competes in strength athletics.
3. The term strongman referred to ... an or similar circus performers.
4. Athletes carry out massive..., such as truck wheels, gas cylinders, cars.
- 5.... for strongman involves building overall strength in the gym.
6. Exercises can be aimed at the greatest number of....
- 7.... strength must also be developed.
8. Another part of a strongman's training is its intense ... regime.
9. Strongman ... are increasingly being held internationally.
10. Strongman is a very young and... sport.

7. Answer the following questions.

1. What is a strongman?
2. What did the term strongman refer to?
3. When did Strongman become its own specified category in strength sports?
4. Whom does a strongman attract?
5. What kind of exercises Athletes carry out?
6. Is strongman a very young and inaccessible sport?
7. What kind of strongman's training do you know?
8. What is the Strongman equipment?
9. Is there a Professional League of Strongmen of Ukraine?
10. Whom of the famous strongman do you know?

8. Finish the following sentences.

1. A strongman is a power sport that attracts...
2. A strongman is a man who competes....
3. The term strongman referred to...
4. Athletes carry out massive shell exercises, such as...
5. Training for strongman involves...
6. Exercises can be aimed at...
7. Grip strength must...
8. Another part of a strongman's training...
9. Strongman competitions are increasingly...
10. Strongman is a very young and...

1. Read the text to find the information about:

- *Origins*
- *Strongmen*
- *Codified sport*
- *Emergence of strength athletics as a new sport*

The origin of strength athletics lies within prehistory. Testing each other in feats of physical prowess has been something humans have done throughout their existence. This encapsulated in the modern Olympic motto of "Swifter, higher, stronger". There are records in many civilizations of feats of strength performed by great heroes, mythological or otherwise. In ancient western culture Greek heroes such as Heracles are blessed with great strength. In the Bible, figures with exceptional physical strength are described such as Samson and Goliath. Man's obsession with those who possess extraordinary strength is an ancient and persistent one. Displaying one's strength took two particular forms of note: as a pure exhibition and within the confines of sporting competition. Within the British Isles records, many centuries old, relay more formally the existence of organised events. Formalization and annual Highland gatherings began around 1820 when Sir Walter Scott encouraged the revival of Highland Culture. By 1848, such was the status of such games that Queen Victoria attended the Braemar Highland Games. The strongmen of the world of weightlifting and circus acts were also exhibiting their prowess. A number of famous names emerged at the turn of the 19th century. Thomas Inch, still remembered today for his Grip Strength, and his Challenge Dumbbell, known as the Inch Dumbbell, that "has defied thousands of strong men over the last hundred years...Many a strength athlete tried but failed to break it off the ground.". Other notable names in this genre were Louis Cyr, Joseph Greenstein, and Louis Uni (Apollon) who was famously able to knockout a horse with a single punch - an event popular in this era. In the 20th century, strength sports began to be codified into weightlifting, powerlifting and the like. However, feats of strength akin to the circus performances continued to have their place. In 1957 the Olympic gold medal winner, Paul Anderson backlifted 6,270

pounds as a one-off feat. David Prowse was initially famous in 1964 for his lifting the famed 785 pound Dinnie Stones, the first man to do so since Donald Dinnie himself a century earlier. Prowse later became more famous still for playing Darth Vader in Star Wars, also appearing in several public information films commissioned by the Central Office of Information which instructed children on how to cross the road. The late 20th century saw the emergence of strength athletics. Combining formalised strength events found in Highland Games, with elements of powerlifting and weightlifting, along with an eclectic selection of events involving the lifting of rocks, refrigerators, pulling vehicles (trains, lorries, planes etc.), this modern spectacle has in the popular imagination taken the mantle of the strongmen of old. In the late 20th century the term strongman evolved to describe one who competes in strength athletics – a more modern eclectic strength competition in which competitors display their raw functional strength through exercises such as lifting rocks, toting refrigerators, pulling trains, towing an eighteen wheel truck behind them, and etc. The most famous competitions of this type are the World's Strongest Man, the Arnold Strongman Classic, the Strongman Champions League and the Giants Live tour, however many countries hold national-level competitions. Many events are based on the older circus feats, but giving them a competitive twist. For many the terms strongman and strength athlete are interchangeable although emphasis on the latter in sport specific literature has attempted to maintain a distinction.

(Originated from en.wikipedia.org/wiki/Strength athletics)

- 2. Are the sentences true or false? Correct any false sentences.**
- 3. Divide the text into paragraphs. Give headings to them.**
- 4. Work in pairs. Ask and answer your own questions on the text.**
- 5. Title the text and write an abstract of it.**

1. Read the text. Translate it in a written form.

Strongmen events

There is no set rule about what specific events will occur in a contest, except that to prevent single-event specialists from gaining an advantage, each event will be different. A strongman contest comprises six events, though at the top level of competition, seven or eight events may be held. Among the most common events are:

Farmer's Walk - competitors race along a course while carrying a heavy weight in each hand. A variation is the Giant Farmer's Walk, with a much heavier weight carried over a shorter distance.

Hercules Hold or Pillars of Hercules - contestants stand between two pillars, pivoted to fall outwards. The competitor must simply hold them up for as long as possible.

Vehicle Pull - probably the most famous of all strongman events. The competitor pulls a vehicle from a stationary start, for a prescribed distance - fastest over the course wins. In smaller competitions the vehicle is usually a truck; however, in major contests such as World's Strongest Man anything goes, including trains and airplanes.

Atlas Stones - a lifting stone event whereby five spherical concrete stones of increasing weight are placed on top of podia of varying height, beginning with the lightest stone lifted to approximately a normal person's head height. Alternatively, the stone is lifted over a bar for reps. The stone lift often finishes strongman competitions.

Stone Carry - On Iceland, the original rock lift was instead done with a rock called the Husafell stone, that was to be carried for a stretch, to achieve the title full-strong, fullstarkur. This rock was not round but irregular, sometimes this concept is used today, like with a "rock" the shape of Africa.

Refrigerator Carry - a staple of earlier WSM events that has made a comeback in recent years. The competitors carry two refrigerators, attached to an iron bar they hold on their shoulders, and walk it across the finish line as fast as they can.

Carry and Drag - an object (usually a heavy anchor) is run across half of the course. The competitors then must attach it to a chain of almost equal weight and pull it across the rest of the course.

(Originated from en.wikipedia.org/wiki/Strength athletics)

2. Compile a vocabulary of *Strongmen*.

3. Make a presentation of *Strongmen*.

World's Strongest Man

The most famous event is one of the oldest, namely the World's Strongest Man competition, still described by a number of highly respected authorities in the sport as the premier event in strongman.

The concept behind "The World's Strongest Men", as it was originally named, was developed in 1977 for CBS by Langstar Inc. David Webster, a Scot who later received an OBE for his services to sport, was the head coordinator of the competition from its inception. Dr Douglas Edmunds, seven-times Scottish shot and discus champion and twice world caber champion worked with Webster and when David Webster retired from his position Edmunds took over. These two men were responsible for inviting the competitors and choosing the events. They selected men who had shown prowess in the mainstream fields of strength sports such as the heavy field athletics events, such as shot put, as well as powerlifters, bodybuilders and wrestlers. The idea was to create a spectacle that would test the purveyors of these now disparate disciplines against one another on the elements that remained common to all, strength.

The show was a great success making household names of men such as Geoff Capes, Bill Kazmaier and Jon Pall Sigmarsson. It was replicated at national level as well, with events such as Britain's Strongest Man first being televised in 1979 by the BBC. In the meantime, in 1982, CBS sold the rights to the BBC, who in turn sold the rights to TWI. In the early days, the competitors were shifting from unpaid amateur sports to what was deemed a professional sporting activity. To maintain the competitive base as well tapping the obvious public interest, other events sprang up and by the mid-1980s a number of other international gatherings had become regular features, most notably the World Muscle Power Championships and the World Strongman Challenge.

(Originated from en.wikipedia.org/wiki/Strength_athletics)

IFSA and the schism

In 1995, Edmunds and Webster, along with representatives from the competitors including Jamie Reeves, Ilkka Kinnunen and Marcel Mostert formed a governing body called the International Federation of Strength Athletes ("IFSA"). The IFSA began organizing its own bespoke events, such as the IFSA European Championships but also took the lead in working with BBC and TWI to organize the World's Strongest Man competition. For almost a decade the IFSA and WSM were inextricably mixed, but this changed in 2004. The strategy was to acquire most of the international assets and properties relating to the strongman sport. In essence this was a new organisation with some, such as Magnus Samuelsson describing it as "a new company...with the same name as our old federation". The attempt at dominance was not well received by TWI and disagreement ensued leading to a split in the sport.

Previously, in 2001, the IFSA in its former guise had entered an agreement with World Class Events (WCE), headed by Ulf Bengtsson, to run the Super Series. This Super Series was designed to award the World Championship title, but also acted as a qualifying vehicle for the WSM.

The split with IFSA, which banned its registered athletes from competing at WSM, meant that not all the recognised best strength athletes in the world were eligible to compete. However, the reputation of WSM as the premier event maintained its lure for broadcasting purposes. In recent years, the competition has been broadcast on ESPN, ESPN2 and Five. The longevity of the contest in strength athletics and its high levels of TV exposure over the years has led to it being described as "the granddaddy of all strongman contests". The contest has been criticised in recent years for its slant towards athleticism away from raw strength, with other contests whose emphasis is on the latter, such as the Arnold Strongman Classic or Fortissimus, being cited as producing the true strongest man in the world. However, it is routinely described as "the Worlds" by top strongman competitors and despite the critics, it is the leading brand name in the field. No other strongman contest commands close to the WSM's levels of TV exposure.

(Originated from en.wikipedia.org/wiki/Strength_athletics)

Glossary

Ab Rollout	Dumbbells
Absolute Strength	Chin-up
ACE Bandage	Fat Oxidation
Agonist	Flexibility
Airex Pad	Free Weights
Anaerobic Exercise	Eccentric Contraction
Anaerobic Threshold	Hook Grip
Antagonist	Healthy Snack
Anterior	Jerk
Back Squat	ATP
Bar Collars	Fast Twitch Muscle
Barbell	Mountain Climber
BCAA Supplements	Ergogenic Aids
Bench Press	Cartilage
Bent Over Row	Circuit Training
Bicep Curl	Enzymes
Body Building	Elliptical Trainer
Bodyweight Single Leg Squat	Myofascial Release
Bodyweight Squat	Fatty Acid
Bodyweight Workout	Crunch
Bridge	Minimalist Shoes
Burpee	Lactate Threshold
Cable Machine	Muscular Failure
Calisthenics	Cardiac Output
Cardiac Muscle	Heart Palpitations
Cardiovascular Training	Muscle Memory
Chair Dip	Multi-Gym
Contralateral Movement	Suicide Grip
Creatine Supplements	Heart Rate
Crossfit	Interval Training
Eccentric Contraction	Knees To Elbows
Foam Roller	Kipping
Front Squat	Kettlebell Swing
Goblet Squat	Isometric Contraction
Gymnastics Grips	Isotonic Lift

Kettlebell	Repetition Max
L Sit	Resistance Bands
Maximum Heart Rate	Resistance Training
Motor Neuron	Reverse Crunch
Olympic Lifting	Road Bike
Open Kinetic Chain	Single Arm Dumbbell Snatch
Overhead Tricep Extension	SAID Principle
Overload Principle	Rowing Machine
Oxidative Energy System	Shoulder Press
Paleo Diet	Slow Twitch Muscle
Paleo Meal	Skeletal Muscle
Personal Trainer	Smooth Muscle
Phosphogen Energy System	Sit-up
Plyometrics	Spin Bike
Posterior	Spinning Class
Power Clean	Spotting
Power Training	Sprain
Primary Movers	Sprint Parachute
Proprioceptive Exercise	Stability Ball Ab Rollout
Protein Supplements	Stabilizer Muscles
Prowler	Stationary Bike
Pull-up	Strength & Conditioning Coach
Pushup	Stroke Volume
Target Heart Rate	Tendon
Toes To Bar	Training Sled
TRX	Treadmill
Upright Row	Woodchopper
Weighted Vest	Wrist Wraps

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