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# НАВЧАЛЬНИЙ ПОСІБНИК З АНГЛІЙСЬКОЇ МОВИ

ДЛЯ СТУДЕНТІВ ІІ КУРСУ  
ФАКУЛЬТЕТІВ ФІЗИЧНОГО  
ВИХОВАННЯ ТА СПОРТУ

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

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У посібнику представлено основні розмовні теми другого року навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали посібника спрямовані на формування навичок усного та письмового мовлення.

Посібник призначений для студентів другого курсу, які навчаються за кредитно-модульною системою.

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# UNIT 1

## TRAINING

### TEXT A

#### 1. Вивчіть слова та словосполучення:

array, n	– велика кількість
become, n aware	– розуміти, усвідомлювати
break, n down	– ділити, класифікувати
concentric, adj	– концентричний
contraction, n	– скорочення
endurance, n	– силова витривалість
eccentric, adj	– ексцентричний
equal, adj	– рівний
exert, v	– виконувати
force, n	– сила
flexibility, n	– гнучкість
joint, n	– суглоб
implement, v	– виконувати, забезпечувати виконання
increase, v	– збільшувати
injury, n	– травма
isokinetic, adj	– ізокінетичний
isotonic, adj	– ізотонічний
keep, n up with smb.	– не відставати, бути на рівних
lengthen, v	– подовжувати
lose, n weight	– втрачати вагу, худнути
occur, v	– відбуватися, траплятися
pubescent, adj	– пубертатний
remain fit	– зберігати добру форму
resistance, n	– опір, протидія
shorten, v	– скорочувати

## 2. Перекладіть слова та словосполучення:

definition, physical activity, middle-aged, waistline, shape, elite level, event, objective, fitness, capacity, aerobic power, muscular strength, contribution, area, overcome, movement, stabilizing, speed, motion.

## 3. Напишіть транскрипцію до слів та перекладіть їх:

overweight	static
obese	dynamic
pursuit	isotonic
optimum	isokinetic
emergency	eccentric
identify	isometric
pubescent	endurance
muscle	occur

## 4. Прочитайте текст та перекладіть його українською мовою.

### TRAINING

Training is taking on a new definition as society becomes aware that everyone should be involved in physical activity. The middle-aged person who wishes to remain fit and to maintain an attractive waistline will need to establish a training program. The overweight or obese person should be interested in a program that will enable him or her to lose weight while getting into shape. Those interested in achieving an elite level in competitive events have long recognized the need to establish and implement a training program. Today, people engage in competition at levels other than that of an elite athlete and often stress themselves in recreational pursuits. If they want to avoid injury and be able to keep up with others, they will recognize the need for a training program.

Muscular strength, endurance, and flexibility are the major objectives of training. A wide array of principles and concepts are involved in achieving each of those major objectives. The first step is for the individual to reach an optimum level of personal fitness so that energy and capacity for all life needs and emergencies are available. Then the specific personal needs of training to reach excellence in identified sports

are pursued. Training programs are far more important for adults than for young, prepubescent, or pubescent children. In fact, aerobic power, muscular strength, and anaerobic muscle power are trainable in prepubescent children.

There are two basic types of muscle training: static and dynamic. Dynamic training can be broken down into the areas of isotonic, isokinetic, and variable resistance. All training will increase strength and power; only dynamic training will increase muscular endurance. Training programs are also based on specific types of contributions:

**Concentric, isotonic, or dynamic contraction** – the muscle exerts force, shortens, and overcomes resistance.

**Eccentric contraction** – the muscle exerts force, lengthens, and overcomes resistance.

**Isometric or static contraction** – the muscle exerts force but does not change in length. The force exerted by the muscle is equal to the force exerted by the resistance. No movement occurs. Isometric contractions are used in stabilizing joints and movements.

**Isokinetic contraction** – the muscle exerts force while shortening at a constant speed over the full range of motion. (*originated from A. Clement, B. G. Hartman The Teaching of Physical Skills*).

#### 5. Перекладіть подані словосполучення і складіть з ними речення:

- to be involved in physical activity
- to establish and implement a training program
- recreational pursuits
- level of personal fitness
- muscular endurance
- to overcome resistance

#### 6. Перекладіть подані слова та словосполучення:

- займатися різними видами фізичної діяльності
- розробляти тренувальну програму
- досягати високого рівня
- уникати травмування
- особисті потреби
- підвищувати м'язову витривалість

- статичне скорочення
- ексцентричне скорочення

### 7. Підберіть відповідні тлумачення до слів.

- |                         |   |
|-------------------------|---|
| 1 injury, <i>n</i>      | a) in the period of a person's life when they are changing physically from a child to an adult; |
| 2 endurance, <i>n</i>   | b) the ability to bend or to be bend easily;  |
| 3 flexibility, <i>n</i> | c) not moving; acting as a weight but not producing movement;                                   |
| 4 fitness, <i>n</i>     | d) the process of becoming smaller; specific movement of muscles;                               |
| 5 pubescent, <i>adj</i> | e) the ability to perform long bouts of work without fatigue or exhaustion;                     |
| 6 static, <i>adj</i>    | f) continuously moving or changing; related to a force or power that causes movement;           |
| 7 dynamic, <i>adj</i>   | g) the state of being physically healthy and strong;  |
| 8 contraction, <i>n</i> | h) harm done to a person's body.  |

### 8. Поєднайте слова у пари антонімів.

- |                          |                          |
|--------------------------|--------------------------|
| 1 shorten, <i>v</i>      | a) weakness, <i>n</i>    |
| 2 concentric, <i>adj</i> | b) decrease, <i>v</i>    |
| 3 static, <i>adj</i>     | c) minor, <i>adj</i>     |
| 4 force, <i>n</i>        | d) eccentric, <i>adj</i> |
| 5 increase, <i>v</i>     | e) lengthen, <i>v</i>    |
| 6 major, <i>adj</i>      | f) variable, <i>adj</i>  |
| 7 constant, <i>adj</i>   | g) dynamic, <i>adj</i>   |

### 9. Підберіть синоніми до поданих слів:

training, *n*, wish, *v*, objective, *n*, important, *adj*, break, *v* down, base, *v*, force, *n*, reach, *v*, child, *n*.

### 10. Утворіть похідні від поданих дієслів:

train, maintain, act, compete, involve, exert, change, move, resist, contract, involve, establish, attract, lose, fit, achieve.



**11. Заповніть пропуски у реченнях прийменниками.**

For (5)    on (2)    in    with    as    up    of (4)

1. Training is taking \_\_\_ a new definition \_\_\_ society becomes aware that everyone should be involved \_\_\_ physical activity.
2. If you want to avoid injury and be able to keep \_\_\_ \_\_\_ others, you will recognize the need \_\_\_ a training program.
3. The first step is \_\_\_ the individual to reach an optimum level \_\_\_ personal fitness so that energy and capacity \_\_\_ all life needs and emergencies are available.
4. Training programs are far more important \_\_\_ adults than \_\_\_ young, prepubescent, or pubescent children.
5. Training programs are based \_\_\_ specific types \_\_\_ contributions.
6. There are two basic types \_\_\_ muscle training.
7. Muscular strength, endurance, and flexibility are the major objectives \_\_\_ training

**12. Доповніть речення, використовуючи слова та словосполучення.**

Isotonic	dynamic	getting into shape
power	isokinetic	variable resistance
strength	strong and healthy	endurance
to lose weight	muscular endurance	static
flexibility	strength	physical activity

1. To be \_\_\_\_\_, to keep fit everyone should be involved in \_\_\_\_\_.
2. The overweight or obese person should be interested in a program that will enable him or her \_\_\_\_\_ while \_\_\_\_\_.
3. Muscular \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are the major objectives of training.
4. There are two basic types of muscle training: and \_\_\_\_\_.
5. Dynamic training can be broken down into the areas of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
6. All training will increase \_\_\_\_\_ and \_\_\_\_\_; only dynamic training will increase \_\_\_\_\_.

**1. Перекладіть слова та словосполучення.**

gain, *v*  
 contraction, *n*  
 chest cavity  
 barbell, *n*  
 dumbbell, *n*  
 pulley, *n*  
 velocity, *n*  
 lower extremities  
 circuit training.

**2. Прочитайте текст.****STATIC TRAINING**

Static, or isometric, exercise is based on the training theory that strength can be efficiently gained by moving the muscle or muscle group against a fixed resistance. Isometric means constant length. An isometric contraction is one in which tension occurs but there is no change in the muscle length. The contraction is always performed at 100 percent strength. The resistance is constant throughout the full range of the movement. Strength is highly specific and usually only gained by the muscles around the specific joint involved.

Isometric exercises require little or very inexpensive equipment and can be done anyplace. The negative side of isometric exercise is that it can be harmful to individuals who have or tend toward cardiovascular disease (heart disease, hypertension, or stroke). This harm occurs when the performer creates high pressure in the chest cavity by closing the glottis or holding the breath. The high pressure in the chest cavity makes it difficult for blood to return to the lower extremities. The blood pressure increases, and there is less blood for the heart and brain.

**DYNAMIC TRAINING**

Dynamic exercise may be isotonic, isokinetic, or variable resistance. Isotonic training usually includes barbells, dumbbells, or pulleys. Two concepts essential to an isotonic exercise program are overload and progressive resistance. Overload means that to gain strength in the muscle, it

is necessary to load the muscle beyond that point to which it is normally loaded. Once one adjusts to a particular load, the muscular strength levels off to accommodate that load. Loads must continue to increase in order to strengthen the muscle or muscle group.

Progressive resistance is the systematic application of the overload theory. Exercise is done according to sets of a specific number of repetitions against resistance that will cause maximum strength gains. The application of the theory has evolved and changed since the 1940s. Wilmore and Costill (1988) state that isotonic training should be performed at five to seven repetitions per minute with three sets per training session. It should occur in three to five sessions each week.

A new form of isotonic exercise called plyometrics became popular in the 1970s and 1980s. Plyometrics are bouncing exercises that use the stretch reflex to facilitate the employment of additional motor units. It is often described as a prestretch of muscle tendons followed by an isotonic contraction.

Isotonic exercise requires that the resistance be constant throughout the full range of movement. The velocity at which the exercises have been performed are low – six to ten sets.

In isokinetic exercise, the resistance varies and is matched to the exact force applied by the muscle. In this environment, the resistance has been set to move at a preset speed or cadence – no faster, no slower. The fact that most sport activity requires very quick movements suggests that this may be the approach of the future.

## **CIRCUIT TRAINING**

Circuit training is an all-purpose training for the development of strength, power, muscular endurance, speed, agility, flexibility, and cardiovascular endurance. Circuits are set up with the exercise needs of the participants in mind. Circuit training uses a number of exercise stations for building flexibility, strength, and aerobic fitness. Although there may be short bursts of all-out activity, circuit training is not considered an activity for improving cardiorespiratory endurance because most participants consume too much time moving from station to station. A participant can usually move through the circuit in thirty minutes.

*(originated from A. Clement, B. G. Hartman The Teaching of Physical Skills).*

**3. Визначте, які з наведених тверджень відповідають змістові тексту (true), а які ні (false).**

1. Isometric exercises are based on the training theory that strength can be efficiently gained by moving the muscle or muscle group against a fixed resistance.
2. Isometric exercises require very expensive equipment and can be done in special well-prepared places.
3. Isometric exercise can't be harmful to individuals who have or tend toward cardiovascular disease (heart disease, hypertension, or stroke).
4. Isotonic training usually includes barbells, dumbbells, or pulleys.
5. Progressive resistance is the systematic application of the underload theory.
6. The velocity of isotonic exercises performing is low—six to ten sets.
7. Circuit training is an all-purpose training for the development of strength, power, muscular endurance, speed, agility, flexibility, and cardiovascular endurance.

**4. Заповніть пропуски у реченнях словами та словосполученнями з таблиці.**

Circuit training	isokinetic exercise	cardiorespiratory endurance	development	blood pressure
movements	progressive resistance	cardiovascular disease	length	negative side
overload	contraction	change	muscular strength	resistance

1. An isometric \_\_\_\_\_ is one in which tension occurs but there is no \_\_\_\_\_ in the muscle \_\_\_\_\_.
2. The \_\_\_\_\_ of isometric exercise is that it can be harmful to individuals who have or tend toward \_\_\_\_\_.
3. The \_\_\_\_\_ increases, and there is less blood for the heart and brain.
4. Two concepts essential to an isotonic exercise program are \_\_\_\_\_ and \_\_\_\_\_.

5. Once one adjusts to a particular load, the \_\_\_\_\_ levels off to accommodate that load.
6. Isotonic exercise requires that the \_\_\_\_\_ be constant throughout the full range of movement.
7. In \_\_\_\_\_ the resistance varies and is matched to the exact force applied by the muscle.
8. Most sport activity requires very quick \_\_\_\_\_.
9. \_\_\_\_\_ is an all-purpose training for the \_\_\_\_\_ of strength, power, muscular endurance, speed, agility, flexibility, and cardiovascular endurance.
10. Circuit training is not considered an activity for improving \_\_\_\_\_.

**5. Визначте ключові слова, напишіть анотацію тексту.**

**TEXT C**

**1. Прочитайте текст.**

### **Elements of Warm-Up, Workout, and Cool-Down**

Proper training involves warm-ups, workouts, and cool-downs. Warm-ups and cool-downs are events often overlooked in establishing a training program.

#### **Warm-Up**

Warm-up exercises increase muscles, body temperature, metabolic systems, blood flow, and oxygen utilization; they stretch ligaments and muscles, and decrease contraction and reflex time. Stretching exercises are often used to increase flexibility or the range of motion around a joint, to avoid tearing muscles, and to lower body tension. Warm-ups are generalized total body activity. They advance from very low-key movements to a more intense set of exercises, and just before formal activity, the body is engaged in warm-ups that mimic the sport or event in which the participant intends to engage. Initial exercises are of a stretching nature, the second generation exercises move to muscular contractions and then to actual sport movements or specialized sport skills. Warm-ups are to last five to ten minutes. Popular warm-ups often include slow jogging. Activity is to commence immediately following the warm-up.

**3. Визначте, які з наведених тверджень відповідають змістові тексту (true), а які ні (false).**

1. Isometric exercises are based on the training theory that strength can be efficiently gained by moving the muscle or muscle group against a fixed resistance.
2. Isometric exercises require very expensive equipment and can be done in special well-prepared places.
3. Isometric exercise can't be harmful to individuals who have or tend toward cardiovascular disease (heart disease, hypertension, or stroke).
4. Isotonic training usually includes barbells, dumbbells, or pulleys.
5. Progressive resistance is the systematic application of the underload theory.
6. The velocity of isotonic exercises performing is low—six to ten sets.
7. Circuit training is an all-purpose training for the development of strength, power, muscular endurance, speed, agility, flexibility, and cardiovascular endurance.

**4. Заповніть пропуски у реченнях словами та словосполученнями з таблиці.**

Circuit training	isokinetic exercise	cardiorespiratory endurance	development	blood pressure
movements	progressive resistance	cardiovascular disease	length	negative side
overload	contraction	change	muscular strength	resistance

1. An isometric \_\_\_\_\_ is one in which tension occurs but there is no \_\_\_\_\_ in the muscle \_\_\_\_\_.
2. The \_\_\_\_\_ of isometric exercise is that it can be harmful to individuals who have or tend toward \_\_\_\_\_.
3. The \_\_\_\_\_ increases, and there is less blood for the heart and brain.
4. Two concepts essential to an isotonic exercise program are \_\_\_\_\_ and \_\_\_\_\_.

5. Once one adjusts to a particular load, the \_\_\_\_\_ levels off to accommodate that load.
6. Isotonic exercise requires that the \_\_\_\_\_ be constant throughout the full range of movement.
7. In \_\_\_\_\_ the resistance varies and is matched to the exact force applied by the muscle.
8. Most sport activity requires very quick \_\_\_\_\_.
9. \_\_\_\_\_ is an all-purpose training for the \_\_\_\_\_ of strength, power, muscular endurance, speed, agility, flexibility, and cardiovascular endurance.
10. Circuit training is not considered an activity for improving \_\_\_\_\_.

5. Визначте ключові слова, напишіть анотацію тексту.

TEXT C

1. Прочитайте текст.

### Elements of Warm-Up, Workout, and Cool-Down

Proper training involves warm-ups, workouts, and cool-downs. Warm-ups and cool-downs are events often overlooked in establishing a training program.

#### Warm-Up

Warm-up exercises increase muscles, body temperature, metabolic systems, blood flow, and oxygen utilization; they stretch ligaments and muscles, and decrease contraction and reflex time. Stretching exercises are often used to increase flexibility or the range of motion around a joint, to avoid tearing muscles, and to lower body tension. Warm-ups are generalized total body activity. They advance from very low-key movements to a more intense set of exercises, and just before formal activity, the body is engaged in warm-ups that mimic the sport or event in which the participant intends to engage. Initial exercises are of a stretching nature, the second generation exercises move to muscular contractions and then to actual sport movements or specialized sport skills. Warm-ups are to last five to ten minutes. Popular warm-ups often include slow jogging. Activity is to commence immediately following the warm-up.

## Cool-Down

Following the activity, the participant performs a mild to light exercise, or cool-down. This activity will speed up the lactic acid or fatigue recovery, light to moderate exercise will also keep the muscles pumping blood and thus ward off the pooling of blood in the lower extremities. These exercises include stretching activities. A five-to-ten minute cool-down should permit the body to return to its resting state. (*originated from A. Clement, B. G. Hartman The Teaching of Physical Skills*).

### 2. Дайте відповіді на запитання.

1. What parts does proper training involve?
2. What is the aim of warm-up?
3. Which exercises do you perform while warming up?
4. Which exercises do you perform at the end of your training?
5. Does cool-down include stretching activities?
6. How long does the correct cool-down last?

### 3. Визначте, які з наведених тверджень відповідають змістові тексту (*true*), а які ні (*false*).

1. Proper training includes warm-ups, workouts, and cool-downs.
2. Warm-up prepares athletes' body for intensive physical activity.
3. Stretching exercises are often used to decrease flexibility or the range of motion around a joint.
4. Warm-ups advance from very intense movements to a low-key set of exercises.
5. Cool-down speeds up the lactic acid or fatigue recovery, keeps the muscles pumping blood and thus wards off the pooling of blood in the lower extremities.
6. A 5-to-15 minute cool-down should permit the body to return to its resting state.



**1. Виконайте письмовий переклад тексту.**

1. Muscles give form and shape to the body. They also produce movement.
2. Muscles are categorized as prime movers, or those that do the work; antagonists, those that relax and lengthen, permitting the prime movers to function; and stabilizers, those that permit a full range of movement in the joint.
3. Muscular strength is the maximal force a muscle or muscle groups can exert against a resistance in one execution. The larger the muscle, the stronger the muscle.
4. Overload means that the performer is asked to work against a resistance or workload in excess of that routinely encountered.
5. Flexibility is the range of motion around a joint. A maximum range of motion is essential to success in a number of physical activities; a satisfactory range is important to the maintenance of movement functions in the elderly.
6. Cardiorespiratory endurance is the capacity of the body to take in and effectively transport oxygen to the tissues. It is often measured by the distance the performer is able to run in twelve minutes.
7. Normal resting heart rate varies between 60 and 85 beats per minute. Highly conditioned performers may have a rate as low as 40, while poorly conditioned people may have a rate of 100 or more.
8. Heart rate will increase with the intensity of the exercise until exhaustion is reached.
9. The lymph system plays an important role in maintaining good health and warding off disease and infection.
10. Humans will adjust to various external temperatures through the hypothalamus or body thermostat. To lose heat, the hypothalamus will channel the blood close to the skin so that sweating will occur; to conserve heat the body will shunt the blood from the surface to the central core of the body and cause shivering, thus producing extra heat through muscle contraction.
11. Exercise is important as a deterrent to heart disease and osteoporosis.
12. Every member of society should structure his or her own conditioning and fitness training program.

13. Muscular training programs are static or dynamic. Static involves moving the muscle or muscle group against a fixed resistance: dynamic training involves moving the body through space.
14. Strength training is specific to the muscle or muscle group involved.
15. Endurance is acquired by stressing the various energy systems.
16. Warm-ups, workouts, and cool-downs are the essentials of a training program.

(originated from A. Clement, B. G. Hartman *The Teaching of Physical Skills*).

## UNIT 2

### PHYSICAL EDUCATION LESSON

#### TEXT A

#### 1. Вивчіть слова та словосполучення:

accumulation, <i>n</i>	– нагромадження, накопичення
adjustment, <i>n</i>	– регулювання, узгодження
appropriateness, <i>n</i>	– відповідність, доречність
behaviour, <i>n</i>	– поведінка
completion, <i>n</i>	– завершення, закінчення
consist in, <i>v</i>	– полягати в
content, <i>n</i>	– суть, основний зміст
correlation, <i>n</i>	– співвідношення, взаємозв'язок
define, <i>v</i>	– визначати, характеризувати
determine, <i>v</i>	– визначати, вирішувати
elaborate, <i>v</i>	– старанно розробляти, виробляти
enumerate, <i>v</i>	– перелічувати, підраховувати
evaluation, <i>n</i>	– оцінка, оцінювання
immediate, <i>adj.</i>	– негайний, невідкладний
imply, <i>v</i>	– припускати, мати на увазі
interconnect, <i>v</i>	– (взаємно) зв'язувати
interdependent, <i>adj.</i>	– взаємозалежний
obligatory, <i>adj.</i>	– обов'язковий
predetermine, <i>v</i>	– визначати наперед
prerequisite, <i>n</i>	– передумови
quality, <i>n</i>	– якість, особливість
reflect, <i>v</i>	– відображати
stipulate, <i>v</i>	– обумовлювати, ставити умову
subdivision, <i>n</i>	– підрозділ
succession, <i>n</i>	– послідовність
temporary, <i>adv.</i>	– тимчасовий

unity, *n*

– єдність, спільність

## 2. Прочитайте та вивчіть команди.

At ease!	– Вільно!
Attention!	– Увага! Струнко!
Break!	– Розійдись!
Count in twos!	– На перший другий розподілись!
Double time march!	– Бігом!
Dress!	– Рівняйся!
Eyes right (left, front)!	– Рівняння направо (наліво, прямо)!
Forward march!	– Кроком руш!
Keep in step!	– Тримати крок!
Line up! (Fall in!)	– Шикуйсь!
Look at your tiptoes!	– Рівняйся!
Ready, steady, go!	– На старт, увага, руш!
Right turn! Left turn!	– Праворуч! Ліворуч!
Round about turn!	– Кругом!
Slow down!	– Сповільнити крок!
Shun!	– Струнко!

## 3. Перекладіть слова:

various, abstract, consider, load, relationship, physiological, knowledge, skill, habit, mutually, therefore, achieve, complete, according to, arrange, certain, introduction, create, solve, preparatory, major, content.

## 4. Напишіть транскрипцію поданих слів і перекладіть їх:

determine	succession
interdependent	concluding
educational	obligatory
intellectual	appropriateness
performing	successive
action	prerequisite
evaluation	objective

define

syllable

analysis

stipulate

5. Прочитайте текст та перекладіть його українською мовою.

### PHYSICAL EDUCATION LESSON

The content of a physical education lesson reflects the unity of four main components that determine the quality of classes. These components are interdependent and consist in the following:

Physical exercises. They shape the content of the whole lesson and solve its educational tasks.

The content of the pupil's activity. This aspect consists of various intellectual and physical acts of the pupils: listening to the teacher, watching, abstract projecting of future actions, immediate performing of these actions, controlling the movements and their evaluation etc. All these activities of the pupils are considered as the main aspect of lesson.

The content of the teacher's activity. It consists in setting and explaining educational problems, defining immediate tasks and solving them, watching pupils' actions, their analysis and evaluation, adjustment of the load, tactical directing the pupils' behaviour, regulating relationship among the pupils etc.

Physiological and psychological process and transformations of the pupils. These processes and transformations that lead to the accumulation of the shifts in the functions of different systems of the organism, in the knowledge, skills and habits.

All aspects of the lesson enumerated are interconnected and mutually stipulating. Therefore it is very important that the teacher should achieve complete correlation.

The term structure of the lesson implies several components that are characteristic according to the content, interdependent and arranged in a certain temporary succession: succession and necessary interrelation of all actions of the teacher and pupils. These actions predetermine the successful completion of exercises and shift to the next ones.

Physical culture lesson is divided into three parts: preparatory, major and concluding. They are obligatory and always arranged in the succession submitted. Singling out of these parts is preconditioned by the physiological, psychological and educational appropriateness of the suc-

cessive introduction of the pupils into the educational process.

The objective of the preparatory part of the lesson: to create necessary prerequisites for the main educational work and for the organization and preparation of the pupils to the next activity.

The objective of the major part of the lesson. Educational and sanitary tasks, preplanned in the program and syllable are actualized in the main part of the lesson.

The objective of the concluding part of the lesson. The final part of the lesson is meant for the completion of the lesson, bringing the organism to the functional state that is optimum for the next stage of activities.

#### 6. Підберіть українські еквіваленти.

- |                      |                                   |
|----------------------|-----------------------------------|
| 1 Line up!           | a) Увага!                         |
| 2 Attention!         | b) Шикуйсь!                       |
| 3 Count in twos!     | c) Вільно!                        |
| 4 Ready, steady, go! | d) Кругом!                        |
| 5 At ease!           | e) На старт, увага, руш!          |
| 6 Round about turn!  | f) Праворуч!                      |
| 7 Break!             | g) Рівняйсь!                      |
| 8 Eyes right!        | h) Рівняння направо!              |
| 9 Dress!             | i) Розійдись!                     |
| 10 Right turn!       | j) На перший, другий розподілись! |

#### 7. Утворіть словосполучення та перекладіть їх.

- |                 |                             |
|-----------------|-----------------------------|
| 1 secondary     | a) task                     |
| 2 concluding    | b) exercises                |
| 3 successive    | c) correlation              |
| 4 to perform    | d) restoration              |
| 5 to make       | e) general physical fitness |
| 6 physiological | f) introduction             |
| 7 temporary     | g) process                  |
| 8 respiratory   | h) part                     |
| 9 mutually      | i) succession               |
| 10 gymnastic    | j) apparatuses              |

11 to practice	k) vaults
12 pedagogical	l) general remarks
13 to develop	m) school
14 muscle	n) relaxation
15 complete	o) stipulating

**8. Заповніть пропуски у реченнях прийменниками.**

1. Physical culture lesson is divided \_\_\_\_ three parts.
2. This aspect consists \_\_\_\_ various intellectual and physiological acts of the pupils.
3. Each lesson begins \_\_\_\_ a lining-up \_\_\_\_ the pupils.
4. The concluding part of the lesson should contain exercises \_\_\_\_ muscle relaxation, respiratory restoration and stimulation of attention.
5. These components are interdependent and consist \_\_\_\_ the following aspects.
6. \_\_\_\_ the end of the lesson the teacher sums \_\_\_\_ the results.
7. As a rule girls practice vaults, combinations \_\_\_\_ beam, uneven bars and floor exercises.
8. The term structure of the lesson implies several components that are characterized according \_\_\_\_ the content.

**9. Довніть речення, використовуючи слова та словосполучення.**

- |                            |  |
|----------------------------|--|
| 1 every part of the lesson | 6 preparatory part                         |
| 2 a pupil on duty          | 7 secondary school                         |
| 3 gives the command        | 8 explain the object                       |
| 4 free standing exercises  | 9 reflects the unity                       |
| 5 principal form           | 10 interconnected and mutually stipulating |

1. Physical culture lesson is a \_\_\_\_\_ of organization of sport education at a \_\_\_\_\_.
2. The content of a physical culture lesson \_\_\_\_\_ of four main components that determine the quality of classes.
3. \_\_\_\_\_ solves its own pedagogical task.

4. Each lesson begins with a lining-up and reports of \_\_\_\_\_.
5. Then the teacher greets his pupils, \_\_\_\_\_ "At ease!" and \_\_\_\_\_ of the lesson.
6. All aspects of the lesson enumerated are \_\_\_\_\_.
7. The most common exercises included into the \_\_\_\_\_ are drills and \_\_\_\_\_.

**10. Напишіть тлумачення поданих іменників:**

succession, interrelation, completion, adjustment, evaluation, transformation, behaviour, action, accumulation, function, activity, habit, objective.

*Взірець: exercise – physical or mental activity that you do to stay healthy or become stronger.*

**11. Утворіть похідні від дієслів:**

reflect, determine, perform, move, evaluate, define, behave, know, achieve, prepare, educate, introduce, organize, complete, arrange, accumulate, explain.

**TEXT B**

**1. Перекладіть слова:**

simultaneously, intentionally, interdisciplinary, spirituality, commonly, certain, methodology, connotation, utilize, cognitive, psychomotor, exploration, denote, primary, vary, occur, Chinese, argue, extent, intention, equip, application, capacity, claim, variety, instill.

**2. Прочитайте текст, назвіть його, дайте заголовки до кожного абзацу.**

1. Physical education (PE) is the interdisciplinary study of all area of science relating to the transmission of physical knowledge and skills to an individual or a group, the application of these skills, and their results. Included, among other subjects, are aspects of anthropology, biology, chemistry, physics, psychology, and sociology. Some treatments of the discipline also include spirituality as an important aspect.
2. In most educational systems, physical education class, also called physical training (PT) or gym, though each with a very different



connotation, is a course in the curriculum which utilizes learning in the cognitive, affective and psychomotor domains your name in a play or movement exploration setting. The term physical education is most commonly used in this way; however, this denotes rather that "they have participated in the subject area, not *studied* it."

3. The primary aims of physical education vary historically, based on the needs of the time and place. Often, many different types of physical education occur simultaneously, some intentionally and others not. Most modern school systems claim their intent is to equip students with the knowledge, skills, capacities, and values along with the enthusiasm to maintain a healthy lifestyle into adulthood. Some schools also require physical education as a way to promote weight loss in students. Activities included in the program are designed to promote physical fitness, to develop motor skills, to instill knowledge and understanding of rules, concepts, and strategies, and to teach students to work as part of a team, or as individuals, in a wide variety of competitive activities.
4. Physical education has existed since the earliest stages of humanity, in areas as simple the transmission of knowledge of basic survival skills, such as hunting. However, the real history of physical education is in the changing methodologies used to transmit physical skills and, to a lesser extent, the varying intentions of the educator. The first known literary reference to an athletic competition is preserved in the ancient Greek text, the Iliad, by Homer. While by no means is this the beginning of physical activity, it marks an important point in the study of the history of physical education. Other cultures that existed before the Greeks, including the ancient Chinese, Indian, and Egyptian civilizations had traditions of physical education and activity, but the Greek influence is argued to be the most fundamental to how the discipline is viewed today. The ancient Greek tradition of the Olympic Games, which originated in the early 8th century BC, even continues today. Physical education is a good class to attend because it helps to look better and feel better. This class helps you to understand why you look a certain way.

**1. Доберіть відповідні слова до тлумачень.**

- |            |  |
|------------|--|
| 1 c _____  | a) an idea or a principle that is connected with sth abstract;   |
| 2 k _____  | b) the information, understanding and skills that you gain through education or experience;                                  |
| 3 h _____  | c) people in general;  |
| 4 e _____  | d) to be real; to be present in a place or situation;  |
| 5 a _____  | e) belonging to a period of history that is thousands of years in the past;  |
| 6 t _____  | f) the act or process of passing sth from one person, place or think to another;   |
| 7 s _____  | g) the state of continuing to live or exist, often in spite of difficulty or danger;   |
| 8 i _____  | h) the effect that sb/sth has on the way a person thinks or behaves or on the way that sth works or develops;                |
| 9 p _____  | i) the scientific study of the mind and how it influences behaviour;   |
| 10 e _____ | j) a process of teaching, training and learning, especially in schools or colleges, to improve knowledge and develop skills. |

**4. Утворіть словосполучення та перекладіть їх:**

- |               |                 |
|---------------|-----------------|
| 1 competitive | a) aspect       |
| 2 athletic    | b) fitness      |
| 3 healthy     | c) lifestyle    |
| 4 important   | d) reference    |
| 5 affective   | e) variety      |
| 6 physical    | f) domain       |
| 7 motor       | g) skills       |
| 8 wide        | h) competition  |
| 9 Egyptian    | i) civilization |
| 10 literary   | j) reference    |

## 1. Прочитайте та вивчіть подані слова і словосполучення:

- |                            |   |
|----------------------------|---|
| 1 at least, <i>adv.</i>    | – принаймні                               |
| 2 apply, <i>v</i>          | – використовувати, застосовувати, вживати |
| 3 beneficial, <i>adj.</i>  | – корисний, вигідний                      |
| 4 damage, <i>v</i>         | – пошкоджувати                            |
| 5 devise, <i>v</i>         | – розробляти (план), придумувати          |
| 6 improve, <i>v</i>        | – удосконалювати                          |
| 7 indeed, <i>adv.</i>      | – справді, дійсно                         |
| 8 maintain, <i>v</i>       | – підтримувати, зберігати                 |
| 9 moderation, <i>n</i>     | – поміркованість, стриманість             |
| 10 motto, <i>n</i>         | – девіз, гасло                            |
| 11 particular, <i>adv.</i> | – особливий, специфічний                  |
| 12 provide, <i>v</i>       | – забезпечувати                           |
| 13 quality, <i>n</i>       | – якість                                  |
| 14 sedentary lifestyle     | – малорухомий спосіб життя                |
| 15 spinal cord, <i>n</i>   | – спинний мозок                           |

**EXERCISE FOR A BETTER LIFE**

Learning about your body and the many reasons why it needs to stay fit and healthy are some main lessons of physical education. It is important that we maintain a balance between our body and mind, and regular exercise can provide us with that balance and harmony.

Many find a particular sport so interesting that they become world known athletes and sportsmen in due course, while others keep a low profile and exercise just for good health. Whatever you may choose to do, it is important you exercise as often as three times a week for at least 30 minutes a day.

Eating healthy and exercising has long been the doctor's favorite motto, try and apply it too and see for yourself that you will indeed have an improved quality of life. Most exercises naturally improve the state of your mind, body and soul when done with moderation.

Physical education will help you learn which exercise is beneficial for your body and age as there might be exercises that will damage your muscles and/or injure your spinal cord if not done the right way. The best way to start exercising is in a class with a fitness instructor who can attend to your needs and guide you through the basics.

Physical education is an important part of every student's day. With more and more children becoming overweight due to sedentary lifestyles, physical activity is very important. As a coach and teacher, you probably want to devise physical education lesson plans that will get the kids moving and motivated.

**2. Визначте, які речення відповідають змістові тексту, а які ні.**

1. Physical education is a significant part of our life.
2. Many people find a particular sport so boring that they don't go in for it.
3. Physical activity helps to prevent the sedentary lifestyle.
4. The best way to start exercising is with a fitness instructor.
5. It is very important to know which exercise is beneficial for your body and which will damage you.

**TEXT D.**

**1. Виконайте письмовий переклад тексту.**

### **PHYSICAL EXERCISE**

Physical exercise is manual activity that develops or maintains physical fitness and overall health. It is often practiced to strengthen muscles and the cardiovascular system, and to hone athletic skills. Frequent and regular physical exercise boosts the immune system, and helps prevent diseases of affluence such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It is also improves mental health and helps prevent depression. Exercises are generally grouped into three types depending on the overall effect they have on the human body:

Flexibility exercises such as stretching improve the range of motion of muscles and joints.

Aerobic exercises such as cycling, walking, running, hiking, and playing tennis focus on increasing cardiovascular endurance.

Anaerobic exercises such as weight training, functional training or sprinting increase short-term muscle strength.

Physical exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight; building and maintaining healthy bone density, muscle strength, and joint mobility; promoting physiological well-being; reducing surgical risks; and strengthening the immune system.

Frequent and regular aerobic exercise has been shown to help prevent or treat serious and life-threatening chronic conditions such as high blood pressure, insomnia, and depression. Strength training appears to have continuous energy-burning effects that persist for about 24 hours after the training, though they do not offer the same cardiovascular benefits of aerobic exercises. Exercise can also increase energy and raise one's threshold for pain.

Not everyone benefits equally from exercise. There is tremendous variation in individual response to training: where most people will see a moderate increase in endurance from aerobic exercise, some individuals will as much as double their oxygen uptake, while others will never get any benefit at all from the exercise. Similarly, only a minority of people will show significant muscle growth after prolonged weight training, while a larger fraction experience improvements in strength. This genetic variation in improvement from training is one of the key physiological differences between elite athletes and the larger population.

*(Originated from Wayne A. Payne, Dale B. Hahn Understanding your health.)*

## **2. Складіть анотацію тексту українською і англійською мовами.**

## UNIT 3

### OLYMPIC GAMES

#### ТЕХТ А

#### 1. Вивчіть слова та словосполучення:

adopt, <i>v</i>	– приймати
allegiance, <i>n</i>	– вірність, відданість, лояльність
ancient, <i>adj.</i>	– стародавній, древній, античний
award, <i>v</i>	– нагороджувати
call, <i>n</i>	– <i>тут</i> заклик
ceaselessly, <i>adv.</i>	– безперервно
chariot, <i>n</i>	– колісниця
citizen, <i>n</i>	– громадянин
coexistence, <i>n</i>	– співіснування
contest, <i>n</i>	– змагання
deepen, <i>v</i>	– поглиблювати
depict, <i>v</i>	– зображати
emperor, <i>n</i>	– імператор
encourage, <i>v</i>	– стимулювати, заохочувати
enemy, <i>n</i>	– ворог
goal, <i>n</i>	– мета, ціль
god/gods, <i>n</i>	– бог/боги
hold, <i>v</i>	– проводити
immunity, <i>n</i>	– недоторканість
missioner, <i>n</i>	– особа, яка працює на користь своєї держави/релігії у чужій країні
nation, <i>n</i>	– нація, держава
occasion, <i>n</i>	– святкування, нагода
patron, <i>n</i>	– покровитель
peace, <i>n</i>	– мир
pioneer, <i>n</i>	– піонер, перший

provide, <i>v</i>	– забезпечувати
race, <i>n</i>	– перегони, змагання з бігу
recruit, <i>v</i>	– набирати (до війська, на роботу), брати (на роботу)
represent, <i>v</i>	– виявляти, показувати
requirement, <i>n</i>	– вимога
revival, <i>n</i>	– відродження
ruler, <i>n</i>	– правитель
solidarity, <i>n</i>	– солідарність, єдність
temple, <i>n</i>	– храм
tomb, <i>n</i>	– могила, місце захоронення
track, <i>n</i>	– бігова доріжка
society, <i>n</i>	– товариство
symbolize, <i>v</i>	– символізувати, виявляти
ultimate, <i>adj.</i>	– найвищий, кінцевий
win, <i>v</i>	– завоювати, перемогти, вибороти
yard, <i>n</i>	– ярд, міра довжини = 0,9144м

## 2. Власні назви:

Zeus	– Зевс (верховний бог у древньогрецькій міфології)
Greek	– грецький
Corius	– Коріус, Коройб
Kenica	– Кініска, Кініка
Sparta	– Спарта
Mediterranean Sea	– Середземне море
Saqqara Temple	– храм Саккара
Zoser	– Зосер
Egyptian King Philip	– єгипетський правитель Пилип
Alexander the Great	– Олександр Великий / Македонський
Roman Emperor Theodosius	– римський імператор Теодозій

Baron de Coubertin	– барон де Кубертен
Sorbonne University	– університет Сорбона / Франція
Athens	– Афіни
World War I	– Перша Світова війна
World War II	– Друга Світова війна
United Nations	– Організація Об'єднаних Націй
Moscow	– Москва

### 3. Перекладіть слова:

Zeus, Greek, Coriun, Kenica, Sparta, Mediterranean Sea, Saqqara Temple, Zoser, Egyptian, King Philip, Alexander the Great, Roman Emperor Theodosius, Baron de Coubertin, Sorbonne University, Athens, World War I, World War II, United Nations, Moscow.

### 4. Напишіть транскрипцію поданих слів і перекладіть їх:

- |                |               |
|----------------|---------------|
| • ancient      | • requirement |
| • originate    | • tomb        |
| • coexistence  | • recruit     |
| • religious    | • revival     |
| • occasion     | • society     |
| • allegiance   | • regularly   |
| • chariot      | • ceaselessly |
| • particularly | • ultimate    |
| • excellent    | • immunity    |
| • pharaoh      | • encourage   |

### 5. Перекладіть подані слова без використання словника:

idea, national, religious, occasions, symbolize, solidarity, nation, gladiator, patron, history, pioneer, document, position, pharaoh, recruit, promoting, cooperation, bases, conference, delegate, modern, organize, centered, regularly, show, propagate, culture, international, sportive, institution, discuss, topic, recommendation, propagation, principle, philosopher, immunity, continental, diplomatic, extremism, art.



**6. Перекладіть подані словосполучення і складіть з ними речення:**

- ancient games
- peaceful coexistence
- national days
- four-horse chariot
- tombs and temples
- clear evidence
- promoting peace
- all over the world
- thanks to efforts
- a call for revival
- educational societies
- modern games
- ultimate goal
- sportive institutions
- international level
- diplomatic immunity
- sportive spirit
- sportive field
- different age-groups
- to encourage participation

**7. Прочитайте текст і перекладіть його.**

## **THE OLYMPIC MOVEMENT AND ITS ROLE IN MAINTAINING PEACE IN THE NEW CENTURY**

### **Ancient Olympic Games**

The idea of the ancient Olympic Games originated in 776 B.C. Rationale behind the idea was organizing sport competitions among citizens, since these competitions represented peaceful coexistence among nations. These contests were looked upon as national days and religious occasions, symbolizing solidarity among nations, and deepening champions' allegiances towards their countries, their rulers, and their gods.

Rulers or gods as they were called were proud of their gladiators (wrestles and runners) who won in these great sportive occasions. Zeus was the father of Greek sports, and patron of the ancient Olympic Games. Corius, the runner, was the first ancient Olympic champion in the first Olympic Games, winning the 200 yards race. Kenica, daughter of the ruler of Sparta, was the first star in the ancient Olympic history. In 396 B.C. she won the four-horse Olympic chariots race.

The Mediterranean Sea countries, particularly Egypt, participated in the ancient Olympic Game. Ancient Egyptians were pioneers in the field of sports. An excellent document in Saqqara Temple depicts Zoser, the pharaoh, running in a track in the temple. Winning such a contest was one requirement of the positions of pharaoh.

All tombs and temples of ancient Egyptians provide clear evidence they were pioneers in the field of games and sports. Many Egyptian missions participated in the ancient games in Olympia, Greece. It was not strange that King Philip, father of Alexander the Great, recruited an Egyptian sportive trainer for his son. Peace, and promoting peace all over the world, was main characteristics of the ancient Olympic Games, until stopped in 396 A.D. by order of the Roman Emperor Theodosius.

### Modern Olympic Games

In 1894, thanks to efforts of Baron de Coubertin, there was a call for revival of the Olympic Games, on the bases of peace and cooperation among nations. On June 23, 1894, a conference was held at Sorbonne University (Paris) to set an International Olympic Committee. Seventy-nine delegates, representing 14 countries and 49 of the world's educational societies, attended, and agreed to hold the first modern Olympic Games in 1896, in Athens, Greece.

Cities, rather than states, were chosen to organize these games. This makes the games people-centered rather than government centered. The first modern Olympic Games were held in Athens from April 6-13, 1896. Since they have been held regularly once every four year in one chosen cities of the world. This continued ceaselessly during the 20<sup>th</sup> century, except during World War I (1916), and World War II (1940 and 1944). This showed war as the great enemy of Olympic Games. In the same breath it showed peace among nations of the world as the ultimate goal of the Olympic Games.

### Recommendations

To propagate Olympic peace culture, the International Olympic Committee (IOC), and international sportive institutions, should call for a conference to discuss this topic, and make recommendations to be submitted to the United Nations to act accordingly at the international level.

A recommendation should be adopted by the IOC that Olympic Games for youth under 18 are held once every four years. The first Olympic Games for youth were organized in Moscow in 1999. The younger the participants, the easier propagation of basic principles and philosophers.

Provide immunity for sportsmen/women during Olympic Games and continental championships, just as diplomatic immunity.

Fight all forms of extremism and exceeding the sportive spirit among fans in international sportive matches.

Expand range of interest in international sportive institutions for international competitions in other fields, beside the sportive field, such as different varieties of art, literature, and scientific interests for different age-groups. Prizes should be awarded to encourage participation.

**Notes:**

1. *Rationale behind the idea was ...* — *Суть ідеї / задуму полягала в...*
2. *... were looked upon as ...* — *... розглядалися як ...*
3. *The Mediterranean Sea countries* — *країни Середземномор'я*
4. *Cities rather than states ...* — *Швидше міста, а не держави ...*
5. *In the same breath ...* — *Одночасно ...*

**8. Дайте відповіді на запитання.**

1. What year did the ancient Olympic Games originate in?
2. What idea did the ancient Olympic Games originate from?
3. Who was the patron of the ancient Olympic Games?
4. Who was the first ancient Olympic champion?
5. Who are considered to be the pioneers in the field of sports?
6. What requirement of the position of pharaoh was extremely important?
7. Who did King Philip recruit for his son?
8. When were the ancient Olympic Games stopped?
9. When were Modern Olympic Games revived?
10. How many delegates attended the conference at Sorbonne?
11. When and where were the first modern Olympic Games held?
12. How often are the Olympic Games held?
13. What caused the Olympic Games interruption (1940 and 1944)?
14. What is the ultimate goal of the Olympic Games?
15. Which recommendation is to your mind the most important?

**9. Перекладіть подані словосполучення та складіть з ними речення:**

- |                         |                              |
|-------------------------|------------------------------|
| • мирне співіснування   | • заснувати комітет          |
| • пишатися спортсменами | • обирати місто              |
| • перший чемпіон        | • найвища мета               |
| • в галузі спорту       | • на міжнародному рівні      |
| • брати участь в іграх  | • молодь до 18 років         |
| • завдяки зусиллям      | • забезпечити недоторканість |
| • заклик до відродження | • різні вікові групи         |
| • проводити конференцію | • заохочувати учасників      |

**10. Доберіть українські еквіваленти.**

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 ancient games               | a) найвища мета                |
| 2 peaceful coexistence        | b) спортивні заклади           |
| 3 national days               | c) стимулювати участь          |
| 4 four-horse chariot          | d) завдяки зусиллям            |
| 5 tombs and temples           | e) сучасні ігри                |
| 6 clear evidence              | f) мирне співіснування         |
| 7 promoting peace             | g) різні вікові групи          |
| 8 all over the world          | h) спортивний дух              |
| 9 thanks to efforts           | i) древні ігри                 |
| 10 a call for revival         | j) квадрига                    |
| 11 educational societies      | k) підтримання миру            |
| 12 modern game                | l) могили і храми              |
| 13 ultimate goal              | m) дипломатична недоторканість |
| 14 sportive institution       | n) національні/народні свята   |
| 15 international level        | o) по всьому світі             |
| 16 diplomatic immunity        | p) явне/очевидне свідчення     |
| 17 sportive spirit            | q) заклик до відродження       |
| 18 sportive field             | r) міжнародний рівень          |
| 19 different age-groups       | s) просвітительські товариства |
| 20 to encourage participation | t) спортивна галузь            |

**11. Напишіть тлумачення поданих іменників:**

competition, citizen, occasion, champion, patron, game, race, temple, pharaoh, tomb, trainer, conference, delegate, society, government, youth, extremism, institution.

*Взірець:* competition – an event in which people compete with each other to find out who is the best at something.

**12. Заповніть пропуски у реченнях прийменниками.**

1. The idea ... the ancient Olympic Games originated ... 776 B.C.
2. These contests were looked ... national days.
3. Rulers were proud ... their gladiators who won ... these great sportive occasions.
4. Ancient Egyptians were pioneers ... the field ... sports.
5. Many Egyptian missions participated ... the ancient games ... Olympia.
6. Peace all ... the world was main characteristics ... the ancient Olympic Games, ... stopped ... 396 A.D. ... order ... the Roman Emperor Theodosius.
7. ... 1894, thanks ... efforts ... Baron de Coubertin, there was a call ... revival ... the Olympic Games, ... the bases ... peace and cooperation ... nations.
8. A conference was held ... Sorbonne University.
9. The first Olympic Games ... youth were organized ... Moscow ... 1999.
10. Fight all forms ... extremism and exceeding the sportive spirit ... fans ... international sportive matches.

**13. Перекладіть слова у дужках.**

1. In 1894, (завдяки зусиллям) of Baron de Coubertin, there was a (заклик до відродження) of the Olympic Games, (на основі) of peace and cooperation (серед народів).
2. On June 23, 1894, a conference (була проведена) at Sorbonne University (Paris) to set an (Міжнародний Олімпійський Комітет).
3. Seventy-nine delegates, (які представляли) 14 countries and 49 of the world's (просвітительських товариств), attended, and agreed to hold the first (сучасні) Olympic Games in 1896, in Athens, Greece.

4. (Міста), rather than (держави), (обиралися) to organize these games.
5. This makes the games people-centered (а не) government centered.
6. The first modern Olympic Games (проводилися) in Athens from April 6-13, 1896.
7. (З того часу) they have been held regularly once every four year (в одному з обраних) cities of the world.
8. This continued ceaselessly (протягом) the 20th century, except during World War I (1916), and World War II (1940 and 1944).
9. This showed war (як великого ворога) of Olympic Games.
10. In the same breath it showed (мир) among nations of the world as the (найвища *мета*) of the Olympic Games.

**14. Перекладіть речення англійською мовою.**

1. Олімпійські ігри були започатковані у 776 році до Різдва Христового.
2. Правителі різних країн пишалися своїми переможцями.
3. Стародавні єгиптяни вважалися одними з найкращих спортсменів.
4. Олександр Македонський виховувався під наглядом єгиптянина.
5. Суть ідеї Олімпійських ігор полягає у мирному співіснуванні народів.
6. Завдяки зусиллям європейських просвітителів Ігри було відновлено.
7. МОК постійно скликає конференції щодо правил проведення Ігор.

**15. Підберіть закінчення поданих речень.**

- |                                  |   |
|----------------------------------|---|
| 1. The ancient Olympic Games     | a) ... of their athletes.               |
| 2. The contests were looked upon | b) ... the four-horse chariot race.     |
| 3. Rulers were proud of          | c) ... in 396 A.D.                      |
| 4. Corius was the first          | d) ... in 1894.                         |
| 5. Kenica won                    | e) ... originated in 776 B.C.           |
| 6. Egyptians were                | f) ... the easier propagation of sport. |

7. King Philip recruited
  8. Ancient Olympic Games stopped
  9. There was a call for revival
  10. A conference was held
  11. Cities were chosen
  12. It showed peace as
  13. IOC should call for
  14. The younger the participants
  15. Fight all forms of
- g) ... of the Olympic Games.
  - h) ... an Egyptian trainer for his son.
  - i) ... the ultimate goal of the Olympics.
  - j) ... extremism.
  - k) ... as national days.
  - l) ... a conference on Olympic topic.
  - m) ... pioneers in the fields of sports.
  - n) ... rather than states.
  - o) ... ancient Olympic champion.

**1. Вивчіть слова та словосполучення:**

anthem, *n* – гімн  
 burning, flame – полум'я  
 crown, *n* – вінець, корона  
 fanfare, *n* – фанфара  
 fighting, *n* – битва, військові дії  
 go into the venue – виходити на місце проведення урочистостей  
 horn, *n* – ріжок, горн  
 host city – місто-господар  
 introduce, *v* – вводити, подавати  
 oath, *n* – клятва  
 march, *v* – проходити маршем  
 motto, *n* – гасло  
 publicity, *n* – популярність, визнання  
 purity, *n* – чистота  
 raise, *v* – піднімати  
 recognize, *v* – впізнавати  
 ring, *n* – кільце  
 sportsmanship, *n* – чесність, порядність, мужність  
 struggle, *n* – боротьба  
 supporter, *n* – вболівальник  
 torch, *n* – смолоскип  
 warfare, *n* – бойові дії, вміння  
 witness, *v* – засвідчувати

**2. Прочитайте текст, назвіть його, дайте заголовки до кожного абзацу.**

The ancient Greeks first had the idea of getting men together every four years to hold and witness sporting events (in those days women did not participate, though they had their own, independent events). The idea was to have the best athletes from all over Greece gather in one field and compete every four years. All wars and fighting had to stop while the athletes and their supporters came together in the town of Olympia for a few days to compete in a few events, mostly related to warfare (throwing the javelin, running, wrestling, boxing and chariot racing).

The Olympic Games have many important symbols that most people



recognize. The five rings that appear on the Olympic flag (coloured yellow, green, blue, black and red) were introduced in 1914. They represent the five continents of Africa, the Americas, Australia, Asia and Europe. The flag is raised in the host city and then flown to the next one where it is kept until the next Games.

The Olympic torch, a major part of the ancient Games, was brought back in 1928 and is carried with great fanfare and publicity to the host city where it lights the burning flame of the Games. It is kept burning until the close of the Games. The torch symbolizes purity, the drive for perfection and the struggle for victory.

The rousing Olympic anthem is the simply named "Olympic Music" by John Williams, who wrote it for the 1984 Olympics, held in Los Angeles. What you hear first are the forty or so notes played on horns which form the "Bugler's Dream" (also called "Olympic Fanfare") by Leo Arnaud, first played in the 1968 Games.

The torch, fanfare and flag are clearly evident in the Opening Ceremony, when everyone formally welcomes the participants and the Games can begin. Here we find the dramatic and colourful March of Nations, in which all the athletes from each country go into the venue to the sound of their country's anthem and march behind their flags, thus becoming representatives of their countries.

The part of the Opening Ceremony that tries to keep the spirit of the Games and sportsmanship alive is when one athlete, representing all those participating, takes the Athlete's Oath: "In the name of all the competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport, and the honour of our teams."

In the ancient Games, only the winner was celebrated. Each winner was given a simple crown of olive leaves to wear on his head. This was the only reward for his victory. Those who came in second or third got nothing. Interestingly, when the Games started again in 1896, silver medals were given to the first place winners. Later in 1904 in the St. Louis Games, gold was the top prize. Now, of course we have gold for first prize, silver for second and bronze for third.

The Olympics' official motto is "Citius, Altius, Fortius". This is Latin for "Swifter, Higher, Stronger". This is said to represent the Olympic spir-

it, supposed to be present throughout the Games and generally held to be a celebration of brotherhood, competition, sportsmanship, goodwill and peace. The Games help us see similar we are, and help us celebrate our humanity.

**3. Підберіть відповідні слова до тлумачень.**

- 1 o \_\_\_ a) a short loud piece of music;
- 2 a \_\_\_\_\_ b) a person, a team, etc that wins something;
- 3 m \_\_\_\_\_ c) a piece of cloth with a special coloured design;
- 4 e \_\_\_\_\_ d) a long piece of wood with a fire to give light;
- 5 f \_\_\_ e) a formal promise to  
e) a formal promise to do something;
- 6 s \_\_\_\_\_ f) a song which has a special importance for a country;
- 7 t \_\_\_\_\_ g) an object in the shape of a circle;
- 8 f \_\_\_\_\_ h) a flat piece of metal given to the winner of a competition;
- 9 c \_\_\_\_\_ i) one of the races or competitions in a sports programme;
- 10 w \_\_\_\_\_ j) an object that represents a more general quality/situation.

**4. Запишіть інформацію з тексту, що відповідає поданим рокам:**

1. 1928 –
2. 1914 –
3. 1984 –
4. 1968 –
5. 1904 –

**5. Дайте відповіді на запитання.**

1. What is the origin of the Olympic Games?
2. What are the symbols of the Olympic Games?
3. What is the Olympic Games motto?
4. What is the part of the Opening Ceremony?
5. Is the torch an Olympic symbol?
6. What kind of award was given to the ancient winner?
7. Who was the author of the modern Olympic anthem?

8. How many continents are united with the Olympic rings?
9. What colour is the Olympic flag?
10. What does the Olympic torch symbolize?

## ТЕХТ С

### 1. Прочитайте та вивчіть подані слова та словосполучення:

- to commit murder – вчинити вбивство
- heresy – ересь
- compatriot – співвітчизник
- to abolish – заборонити

1. The origin of the Olympic Games is linked with many myth referred to in ancient sources.
2. According to tradition, the Olympic Games began in 776 B.C.
3. As a reward for the victors was the wreath made from a branch of wild olive tree.
4. The Olympics were held after the completion of four years during the month of July or August.
5. The time in-between two Olympic Games was called an Olympiad.
6. In the beginning the games lasted only one day and comprised only one event, the running of one Stadion.
7. Gradually more events were added resulting, towards the 5<sup>th</sup> century B.C., in the games lasting for five days.
8. In total the Olympic Games consisted of 10 events: running, the pentathlon, jumping, discus, “ekebolon”, javelin, wrestling, boxing, the pancration, chariot racing, and horse racing.
9. All Greeks who were free citizens and had not committed murder or heresy, had the right to take part in the Olympic Games.
10. Women were not entitled to take part, except as owners in the horse races, while being strictly prohibited from watching the games.
11. The athletes presented themselves one month before the games.
12. The ceremonies began with the official oath that was taken by the athletes.
13. The victors enjoyed great honours and on returning to their cities their compatriots pulled down part of the walls for them to enter.

14. The institution of the Olympic Games lasted for 12 continuous centuries and was abolished in 393 A.D. (the 293<sup>rd</sup> Olympiad) by order of Theodosius I.
15. The national, racial and spiritual unity of the Greeks was forged thanks to the Olympic Games.

**2. Визначте, які речення відповідають змістові тексту, а які ні.**

1. The Olympics were held during the month of June or August.
2. The games lasted only a day and comprised only an event.
3. The ceremonies began with the official oath.
4. The victors enjoyed great prizes.
5. The athletes presented themselves one year before the games.
6. The institution of the Olympic Games lasted for 1200 years.
7. In total the Olympic Games consisted of ten events.
8. All Greeks had the right to take part in the Olympic Games.
9. Women were not allowed to take part.
10. As a reward for the victors was the silver medal.

## TEXT D

**1. Виконайте письмовий переклад тексту.**

Doping is defined by the USOC in its 1989-92 drug-education handbook as follows:

According to the International Olympic Committee (IOC), "doping" is the "administration of or use by a competing athlete of any substance foreign to the body or any physiological substance taken in abnormal quantity or taken in abnormal route of entry into the body with the sole intention of increasing in an artificial and unfair manner his/her performance in competition. When necessity demands medical treatment with any substance which, because of its nature, dosage, or application is able to boost the athlete's performance in competition in an artificial and unfair manner, this too is regarded as doping." To implement the concept, the IOC has derived a list of substances banned for use by athletes in competition, and has developed a drug testing program at the Olympics and related competitions to deter the use of these substances. (USOC. 1989. – Drug Free. Colorado Springs).

The actual word *doping* has an interesting history of its own. Centuries ago, in the native Kaffir dialect of South Africa, *dop* referred to stimulating liquor used by tribesmen in religious ceremonies. Through assimilation with the language of Afrikaners, the final “e” was added to form the word *dope*. A Dutch form of the word *dop* also surfaced several hundred years ago, yet it wasn't until 1889 that *dop* first appeared in an English dictionary. At that time, *dop* was defined as a narcotic mixture of opium used for racehorses.

The earliest accounts of doping among human athletes actually go far back to the ancient Olympic Games, whose documents reveal that athletes drank various brandy or wine concoctions or ingested mushrooms to enhance performance. There are even accounts of alkaloids such as strychnine being mixed with alcohol for a stimulant effect. Roman gladiators are said to have taken drugs to enhance performance in the arena, and medieval knights frequently ingested stimulants to prepare them for their jousts. Like modern stimulants, they were used to mask fatigue and pain signals emitted by the central nervous system.

*(Originated from Voy, Robert O., Drugs, sport, and politics. 1991..)*

**2. Складіть анотацію тексту українською і англійською мовами.**

# UNIT 4

## SPORTS COMPETITIONS

### TEXT A

#### 1. Вивчіть слова та словосполучення:

keep the rules	- дотримуватися правил
break the rules	- порушувати правила
behavior, <i>n</i>	- поведінка
forbid, <i>v</i>	- забороняти
forbidden, <i>adj.</i>	- заборонений
depend (upon, on), <i>v</i>	- залежати від
due to, <i>adj.</i>	- завдяки, зважаючи на
solve, <i>v</i>	- вирішувати
advertise, <i>v</i>	- рекламувати
advertising, <i>n</i>	- рекламування
exist, <i>v</i>	- існувати
means, <i>n</i>	- засіб
many-sided training	- усестороннє тренування
eliminate, <i>v</i>	- виключати, відбирати
elimination, <i>n</i>	- відбір
permit, <i>v</i>	- дозволяти
movable qualities	- рухові якості
load, <i>v</i>	- навантажувати
loading, <i>n</i>	- навантаження
create, <i>v</i>	- створювати
modulate, <i>v</i>	- моделювати

## 2. Прочитайте текст і перекладіть його.

### SPORTS COMPETITIONS

Sports competitions are regulated by the rules, specific for every kind of sport.

Keeping the rules of the competitions by sportsmen and judges is of a great educational importance because these rules determine the norms of the sportsmen's behavior in the sports fight and contain the list of the forbidden actions. In case of or nonobjectiveness of a referee the appeals and protests may be directed to the Main Referee Board in accordance with a certain procedure.

The choice of a certain system of holding the competitions depends upon a kind of sport and traditions of their organization, aim and a number of participants. These conditions are determined by the Rules of the competitions and the referee rules of a certain kind of sport. The Rules of the Competitions are arranged by an organization which holds the competition.

The most popular systems of the organization of the competitions are: circlic, elimination-circlic, the quitted (the Olympic "play-off") and a mixed one. A system of holding the competitions is often chosen due to the economic reasons.

TV uses sports programmes with a commercial and an advertising aim.

For example, a mixed system (elimination-circle and "play - off") is very popular in ball games of a professional sport, and it is very spectacular and economically effective. The main official competitions, the Olympic Games, a peak of many-years' training of a sportsman and a team, exist in the Olympic training system. Another competitions are of an effective means of many-sided training of a sportsman, the control of his training state and sports form, which can solve the task of the sportsmen elimination for their participation in the main competitions.

The main task of preparatory competitions is stabilization of a rational technique and tactics of a competitive sportsman activity, the perfection of the adaptation mechanisms towards the condition of the competitive fight. They increase the level of sportsman fitness; promote the achievement of general experience.

The control competitions permit to determine and stimulate a sportsman fitness. During such competitions the level of the achievement of

technique, tactics, the development of specific movable qualities, psychological fitness to the competitive loadings, the effectiveness of the previous stage of training can be controlled. The results of the control competitions permit to create a training process.

The task of the model competitions is the achievement of the peak sports form of sportsmen to the main competitions of a year, or four years. Such competitions must completely or partially modulate the main competitions. The aim of the elimination competitions is to choose the participants of the individual competitions of a higher level.

### **3. Дайте відповіді на запитання.**

1. What determines the norms of the sportsmen behavior in the sports tight?
2. When may the appeals and protests be directed to the main Referee Board?
3. Who arranges the Rules of the Competitions?
4. What are the most popular systems of the organization of the competitions?
5. How is the system of holding the competitions often chosen?
6. What system is very popular in ball games?
7. What system do the Olympic Games exist in?
8. What is the main task of the preparatory competitions?
9. What do the control competitions permit to do?
10. What is the task of the model competitions?

### **4. Перекладіть подані словосполучення і складіть з ними речення.**

- to be of a great educational importance
- in accordance with
- to be determined by
- to be arranged by
- elimination-circlis system
- a quitted system
- to create a training process



**5. Перекладіть англійською мовою:**

1. повністю чи частково
2. вирішувати завдання
3. заборонені дії
4. головна суддівська колегія
5. олімпійська відбіркова система
6. попередня стадія тренування
7. правила суддівства

**6. Підберіть відповідні тлумачення до слів.**

- |               |   |
|---------------|---|
| 1 rule        | a) thing that you do for interest or pleasure or in order to achieve a particular aim;              |
| 2 competition | b) to help sth to happen or develop;  |
| 3 activity    | c) the state of being physically healthy and strong;  |
| 4 to promote  | d) a statement of what may, must or mustn't be done in particular situation or when playing a game; |
| 5 fitness     | e) an event in which people compete with each other to find out who is the best at sth.             |

**7. Поєднайте слова у пари синонімів:**

- |                |                |
|----------------|----------------|
| 1 to fight     | a) to widen    |
| 2 to determine | b) to organize |
| 3 to arrange   | c) choice      |
| 4 mixed        | d) compound    |
| 5 elimination  | e) to be       |
| 6 to exist     | f) to define   |
| 7 to broaden   | g) to struggle |

**8. Підберіть закінчення поданих речень.**

- |  |  |
|--|--|
| 1. The control competitions permit                   | a) ... a kind of sport and traditions of their organization, aim and a number of participants. |
| 2. The main official competitions, the Olympic Games | b) ... specific for every kind of sport.   |

technique, tactics, the development of specific movable qualities, psychological fitness to the competitive loadings, the effectiveness of the previous stage of training can be controlled. The results of the control competitions permit to create a training process.

The task of the model competitions is the achievement of the peak sports form of sportsmen to the main competitions of a year, or four years. Such competitions must completely or partially modulate the main competitions. The aim of the elimination competitions is to choose the participants of the individual competitions of a higher level.

### **3. Дайте відповіді на запитання.**

1. What determines the norms of the sportsmen behavior in the sports tight?
2. When may the appeals and protests be directed to the main Referee Board?
3. Who arranges the Rules of the Competitions?
4. What are the most popular systems of the organization of the competitions?
5. How is the system of holding the competitions often chosen?
6. What system is very popular in ball games?
7. What system do the Olympic Games exist in?
8. What is the main task of the preparatory competitions?
9. What do the control competitions permit to do?
10. What is the task of the model competitions?

### **4. Перекладіть подані словосполучення і складіть з ними речення.**

- to be of a great educational importance
- in accordance with
- to be determined by
- to be arranged by
- elimination-circlis system
- a quitted system
- to create a training process

**5. Перекладіть англійською мовою:**

1. повністю чи частково
2. вирішувати завдання
3. заборонені дії
4. головна суддівська колегія
5. олімпійська відбіркова система
6. попередня стадія тренування
7. правила суддівства

**6. Підберіть відповідні тлумачення до слів.**

- |               |   |
|---------------|---|
| 1 rule        | a) thing that you do for interest or pleasure or in order to achieve a particular aim;              |
| 2 competition | b) to help sth to happen or develop;  |
| 3 activity    | c) the state of being physically healthy and strong;  |
| 4 to promote  | d) a statement of what may, must or mustn't be done in particular situation or when playing a game; |
| 5 fitness     | e) an event in which people compete with each other to find out who is the best at sth.             |

**7. Поєднайте слова у пари синонімів:**

- |                |                |
|----------------|----------------|
| 1 to fight     | a) to widen    |
| 2 to determine | b) to organize |
| 3 to arrange   | c) choice      |
| 4 mixed        | d) compound    |
| 5 elimination  | e) to be       |
| 6 to exist     | f) to define   |
| 7 to broaden   | g) to struggle |

**8. Підберіть закінчення поданих речень.**

- |  |  |
|--|--|
| 1. The control competitions permit                   | a) ... a kind of sport and traditions of their organization, aim and a number of participants. |
| 2. The main official competitions, the Olympic Games | b) ... specific for every kind of sport.   |

- |  |  |
|--|--|
| 3. The choice of a certain system of holding the competitions depends upon | c) ... the achievement of the peak sports form of a sportsmen to the main competitions of a year, or four years. |
| 4. Sports competitions are regulated by the rules                          | d) ... exist in the Olympic training system.   |
| 5. The task of the model competitions is                                   | e) ... to determine and stimulate a sportsman fitness.   |

**9. Заповніть пропуски у реченнях прийменниками.**

a) by    b) towards    c) in accordance with    d) due to    e) upon

1. Keeping the rules of the competitions \_\_\_\_\_ sportsmen and judges is of a great educational importance.
2. A system of holding the competitions is often chosen \_\_\_\_\_ the economic reasons.
3. In case of breaking the rules or nonobjectiveness of a referee the appeals and protests may be directed to the Main Referee Board \_\_\_\_\_ a certain procedure.
4. The choice of a certain system of holding the competitions depends \_\_\_\_\_ a kind of sport and traditions of their organization, aim and a number of participants.
5. The main task of preparatory competitions is the perfection of the adaptation mechanisms \_\_\_\_\_ the condition of the competitive fight.

**10. Перекладіть слова у дужках.**

1. In case of (*порушення правил*) or (*необ'єктивності*) of a referee the appeals and protests may be directed to the Main Referee Board.
2. The (*контрольні*) competitions permit (*визначити*) and stimulate sportsman fitness.
3. The Rules of the Competitions are arranged by an organization which (*проводить*) the competition.
4. A (*система проведення змагань*) is often chosen due to the economic (*причини*).

5. The main task of (*підготовчих*) competitions is stabilization of a rational technique and tactics of a (*змагальної діяльності спортсмена*).
6. The results of the (*контрольних*) competitions permit to (*розробити тренувальний процес*).
7. The aim of the (*відбірних*) competitions is to choose the (*учасників*) of the individual competitions of a (*вищого рівня*).

**11. Утворіть похідні від дієслів:**

to regulate, to organize, to hold, to determine, to compete, to exist, to participate, to perfect, to achieve, to promote, to arrange, to direct.

**12. Заповніть пропуски у реченнях словами та словосполученнями:**

- |                       |   |
|-----------------------|---|
| a) <i>well-being</i>  | g) <i>survival</i>                          |
| b) <i>impact</i>      | h) <i>defense</i>                           |
| c) <i>to sustain</i>  | i) <i>development</i>                       |
| d) <i>in order to</i> | j) <i>component</i>                         |
| e) <i>extent</i>      | k) <i>influence</i>                         |
| f) <i>peculiar</i>    | l) <i>the objective demand of a society</i> |

1. Physical training reflects \_\_\_\_\_ for the regular, systematic and purposeful physical training of the younger generation and in practice.
2. Sport is the second \_\_\_\_\_ of physical culture.
3. Science can help an athlete to some \_\_\_\_\_ in his preparation.
4. The struggle for \_\_\_\_\_ demanded good physical condition.
5. Besides creating pleasure, exercise helps \_\_\_\_\_ agility and alertness.
6. Exercise improves muscle tone and creates a sense of \_\_\_\_\_

## 1. Перекладіть слова та словосполучення:

strive, *v*attain, *v*involve, *v*device, *n*gain, *v*

whitewater kayaking

destination, *n*

break down

## 2. Прочитайте текст.

The Latin root for the verb "to compete" is "compete" which means "to seek together" or "to strive together."

Competition is the act of striving against others for the purpose of achieving dominance or attaining a goal. It is a term that is commonly used in numerous fields, including business, ecology, economics, music, politics, and sports.

While some sports, such as fishing, have been viewed as primarily recreational, most sports are considered competitive. The majority involve competition between two or more persons, (or animals and/or mechanical devices typically controlled by humans as in horse racing or auto racing). For example, in a game of basketball, two teams compete against one another to determine who can score the most points. While there is no set reward for the winning team, many players gain an internal sense of pride. In addition, extrinsic rewards may also be given. Athletes, besides competing against other humans, also compete against nature in sports such as whitewater kayaking or mountain climbing, where the goal is to reach a destination, with only natural barriers impeding the process.

While professional sports have been usually viewed as intense and extremely competitive, recreational sports, which are often less intense, are considered a healthy option for the competitive urges in humans. Sport provides a relatively safe venue for converting unbridled competition into harmless competition, because sports competition is restrained. Competitive sports are governed by codified rules agreed upon by the participants. Violating these rules is considered to be unfair competition. Thus

sports provide artificial not natural competition; for example, competing for control of a ball or defending territory on a playing field is not an innate biological factor in humans. Athletes in sports like gymnastics and competitive diving "compete" against a conceptual ideal of a perfect performance, which incorporates measurable criteria and standards that are translated into numerical ratings and scores.

Sports competition is generally broken down into three categories: individual sports, such as archery, dual sports, such as doubles tennis, or team sports competition, such as football. While most sports competitions are recreation, there exists several major and minor professional sports leagues throughout the world. The Olympic Games, held every four years, is regarded as the international pinnacle of sports competition.

## **TYPES OF SPORT**

### **Racing**

Human-powered: Running, swimming...

Human-assisted: Cycling, rowing, canoeing...

Animal: Horse racing, greyhound racing, pigeon racing...

Machine-powered: Auto racing, motorboat racing, motorcycle racing...

### **Opponent**

Combat: Wrestling, Judo, karate, boxing, fencing, tae kwon do...

Court: Tennis, shuttlecock sport, badminton, volleyball, squash, table tennis, handball...

Team: Baseball, cricket, football (soccer), rugby, ice hockey, hockey, softball, basketball, American football, Australian rules...

### **Achievement**

Target: Archery, shooting, darts, curling...

Display: Gymnastics, bodybuilding, equestrianism, diving, ski jumping, ice dance...

Strength: Weight-lifting...

Distance: Long jump, high jump, triple jump, pole vault, shot put, javelin, hammer...

Multi-discipline: Decathlon, heptathlon, pentathlon, modern pentathlon, triathlon, biathlon, ironman...

### **Mind sports**

One-on-one: Chess, draughts, go...

## Sports that fall into multiple categories

### Paintball

[From Wikipedia, the free encyclopedia]

#### 3. Визначте, якіз наведених тверджень відповідають змістові тексту (true), а які ні (false).

1. Competition is the act of striving against others for the purpose of achieving dominance or attaining a goal.
2. All of sports are competitive.
3. Athletes, besides competing against other humans, also compete against nature in sports such as whitewater kayaking or mountain climbing, where the goal is to reach a destination, with only natural barriers impeding the process.
4. While recreational sports have been usually viewed as intense and extremely competitive, professional sports, which are often less intense, are considered a healthy option for the competitive urges in humans.
5. Sports competition is generally broken down into three categories: individual sports, dual sports, or team sports competition.

#### 4. Заповніть пропуски у реченнях поданими словами.

- |              |               |
|--------------|---------------|
| a) involve   | e) conceptual |
| b) score     | f) harmless   |
| c) unbridled | g) against    |
| d) means     | h) ideal      |

1. The Latin root for the verb "to compete" \_\_\_\_\_ "to seek together" or "to strive together."
2. The majority \_\_\_\_\_ competition between two or more persons.
3. In basketball, two teams compete \_\_\_\_\_ one another to determine who can \_\_\_\_\_ the most points.
4. Sport provides a relatively safe venue for converting \_\_\_\_\_ competition into \_\_\_\_\_ competition, because sports competition is restrained.
5. Athletes in sports like gymnastics and competitive diving "compete" against a \_\_\_\_\_ of a perfect performance.



**5. Визначте ключові слова, напишіть анотацію тексту.**

**TEXT C**

**1. Прочитайте текст.**

In professional sports, athletes receive payment for their performance, as opposed to amateur sports and college sports where they do not. Only in recent years has it become common that women are paid, professional athletes. Professional athleticism has come to the fore through a combination of developments. Mass media and increased leisure have brought larger audiences, so that sports organisations or teams can command large incomes. As a result, more sportspeople can afford to make athleticism their primary career, devoting the training time necessary to increase skill, physical condition and experience to modern levels of achievement. This proficiency can also boost the popularity of a sport.

Most sports played professionally also have amateur players far outnumbering the professionals. Professional athleticism is seen by some as a contradiction of the central ethos of sport, competition performed for its own sake and pure enjoyment, rather than as a means of earning a living. Consequently, many organisations and commentators have resisted the growth of professional athleticism, saying that it has impeded the development of sport. For example, rugby union was for many years a part-time sport engaged in by amateurs, and English cricket has allegedly suffered in quality because of a "non-professional" approach.

*[From Wikipedia, the free encyclopedia]*

**2. Дайте відповіді на запитання.**

1. Do athletes receive payment for their performance in professional sport?
2. Do athletes receive payment for their performance in amateur sport?
3. Are you a professional or amateur athlete?
4. Are professional athletes well-paid in our country?
5. Give your examples of professional and amateur sports?
6. Would you like to become a professional athlete?

3. Визначте, які наведених тверджень відповідають змістові тексту (*true*), а які ні (*false*).

1. In professional sports, athletes receive payment for their performance, as opposed to amateur sports and college sports where they do not.
2. More sportspeople can't afford to make athleticism their primary career, devoting the training time necessary to increase skill, physical condition and experience to modern levels of achievement.
3. This proficiency can also boost the popularity of a sport.
4. Many organisations and commentators have resisted the growth of professional athleticism.
5. Most sports played professionally also have amateur players.

**1. Виконайте письмовий переклад тексту.**

**Athletics** (Greek *athlos*, "contest"), games or contests, played individually or in teams, involving physical strength, skill, and endurance. In the United States, the term is used synonymously with sports; in Britain, however, it refers specifically to track and field events. In general, athletic contests can be divided into contact and noncontact sports.

Contests involving physical prowess or simulated combat date from prehistoric times and are probably as old as community life; the origin of such organized athletics as the Olympian Games (776?BC) in Greece is shrouded in legend. Although most early peoples engaged in games simulating combat, such as boxing and wrestling, some developed organized noncombative sports. The Native Americans of North America, for example, played games resembling modern lacrosse, field hockey, and lawn bowls. They also engaged in foot racing and, after the introduction of the horse into North America, horse racing.

In historical times a great development of organized games took place in ancient Greece and Rome (*see* Games, Ancient). Among the games were foot racing, wrestling, boxing, horse racing, chariot racing, and the pentathlon. After the fall of the Roman Empire in the 5th century AD, organized sports declined in popularity until the 11th century, when the tournament, also known as joust, became a favorite pastime of the nobility. In England, especially, the sport of the common people was archery. The English also engaged in various forms of football and such field sports as throwing the bar or the hammer, but these were considered detrimental distractions from the military sport of archery and were sometimes actually forbidden by law. Not until the middle of the 19th century did the schools and colleges of England and the United States begin a revival of athletics, which continues today, reinforced by medical proof of the benefits of physical exercise. Many games formerly played only by men now are also played by women.

Historically, a rigid distinction has been made, especially in the United States, between amateur athletics and professional sports played for money or valuable prizes. This distinction has become less rigid with time, however, and the issue is a source of controversy, particularly in

collegiate and international competitions. The principal amateur team sports in the United States today are college football and basketball. Major league baseball, basketball, and football are the chief professional games. Skiing, swimming, and the various forms of tennis and running rank as the most popular individual amateur sports. On a worldwide basis, soccer ranks as the most popular sport.

*(Athletics," Microsoft® Encarta® Encyclopedia 2000. © )*

**2. Складіть анотацію тексту українською і англійською мовами.**

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