

Andriana Lytvyn

TRACK AND FIELD



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Андріана Литвин

«ЛЕГКА АТЛЕТИКА»

**методична розробка
з англійської мови**

*для самостійної та аудиторної роботи
з теми*

«Спортивна спеціалізація»

*для студентів III курсу
денної та заочної форми навчання
за напрямками підготовки «фізичне виховання» та «спорт»*

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самостійної та аудиторної роботи студентів денної та заочної форми навчання третього року
навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ.
Матеріали методичної розробки спрямовані на формування навичок услого та письмового мовлення.
Методична розробка призначена для студентів третього курсу за напрямами підготовки “фізичне
виховання” та “спорт”, які навчаються за кредитно-модульною системою.

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TRACK AND FIELD

Text A

Pre-text exercises

I. Read and learn the active vocabulary.

appeal, <i>n</i>	привабливість, заклик
inherent, <i>adj</i>	властивий
self-testing aspect	спосіб перевірки власних можливостей
track events	змагання з бігу (на біговій доріжці)
field events	змагання з стрибків та метання
sprint, <i>n</i>	біг на коротку дистанцію
hurdles, <i>n</i>	біг з перешкодами
relay, <i>n</i>	естафета
triple jump	потрійний стрибок
pole-vault, <i>v</i>	стрибати з жердиною
shot-put, <i>n</i>	штовхання ядра
discus, <i>n</i>	диск
javelin, <i>n</i>	метальний спис
hammer throw	метання молота
dash, <i>n</i>	забіг
facility and range	відсутність перешкод та довжина пробігу
aerobic and anaerobic power	аеробна та анаеробна сила
carry a baton	нести естафетну паличку
vary from...to	змінюватися від... до
spectacular event	ефектне видовище
metal rim	металева оправа
triangular wire	тригранний дріт
attach <i>sth</i> , <i>v</i>	прикріплювати
shaft, <i>n</i>	спис

cord grip	шнур який стискають
avenue to success	шлях до успіху
demanding requirements	необхідні вимоги
physical makeup	фізична будова
relatively inexpensive activity	відносно недорого діяльність

2. Translate without using a dictionary.

Aerobics, address, aspect, athletics, construct, correct, discuss, distance, element, gymnast, gymnastics, history, individual, instructor, instructions, list, master, metal, meter, part, personal, physical, popular, present, presentation, professional, program, specific, strategy, test, zone.

3. Read and translate the text.

Track and field

Track and field activities have a long history. Athletes have been interested in the various events because of the variety of skills addressed and the appeal of the inherent personal self-testing aspects track and field presents.

Track and field is a complex sport involving many different types of events and involves running, jumping and throwing activities. The running activities make up the track events; the jumping and throwing events make up the field events. The track events are sprints, hurdles, relays, middle distances, and long distances. The field events are the long jump, triple jump high jump, pole vault, shot put, discus, javelin, and hammer throw.

Running Events

There are outdoor and indoor *sprints*. Outdoor sprints include 100-, 200-, and 400-meter dashes. Indoor sprints vary with the facility and range from 50 to 400 meters. *Middle distance* is outdoors or indoors race between 600 and 1,000 meters. These distances require approximately 50 percent aerobic and 50 percent anaerobic power (speed and endurance). The most common races are 800 meters and 1,500

meters. *The long distance* running events in both indoor and outdoor competition are the 3,000 meters and the 5,000 meters. A number of races are run over varying *hurdle* heights and race distances. The heights of hurdles, the distance between them, and the total distance run vary among men, women, youth, master, and senior athletes. *Relays* are usually played in teams. Each runner carries a baton a specific distance, passing it to the next runner within a marked zone until the last runner carries it across the finish line.

Jumping Events

The runway generally varies from 36,6 to 48,8 m for men and 27,4 to 42,7 m for women. The takeoff should be from a board made of wood. The modern *pole vaulter* must have exceptional speed and strength and the agility of the gymnast. The combination of speed, strength, and coordination makes this a spectacular event.

Throwing Events

The *discus* is usually made of wood with a metal rim. Some are made of rubber, but these are not legal outside of competition. The *hammer* consists of a round weight attached triangular wire. The *javelin* consists of three parts: head, shaft, and cord grip. The shaft must be constructed of metal and should have fixed to it a metal head.

Athlets of all types, sizes, shapes, and physical makeup can find avenues to success in one or more track and field activities. ***Unlike other popular activities*** that have highly specific and demanding physical requirements (such as height for basketball and physical weight and size for football), track and field remains a sport open to most people. In addition, track and field is a relatively inexpensive activity. ***For these and other reasons***, track and field should continue to be an important part of the high school physical education program.

(Originated from Dave Mood, Frank F. Musker, Judith E. Rink. Sports and recreational activities)

Notes

Unlike other popular activities – на відміну від інших відомих видів фізичної діяльності.

For these and other reasons – з цих чи інших причин.

Post-text exercises

4. Give Ukrainian equivalents to the following phrases.

- 1) track and field activity
- 2) a part of the high-school physical education program
- 3) a great variety of skills
- 4) inherent personal self-testing aspects
- 5) aerobic and anaerobic power
- 6) to carry a baton
- 7) a board made of wood
- 8) the agility of the gymnast
- 9) physical makeup
- 10) for these and other reasons.

5. Match the definitions to the following notions.

- | | |
|----------------|---|
| 1) sprint | a) to be different from each other in size, shape etc; |
| 2) hurdles | b) a sporting event in which people try to jump as far forward as possible with three jumps; |
| 3) relay | c) very impressive; |
| 4) triple jump | d) a race in which the competitors run, swim etc. very fast over a short distance; |
| 5) discus | e) a heavy flat circular object thrown in a sporting event; |
| 6) to vary | f) to fasten or join one thing to another; |
| 7) spectacular | g) a race in which runners or horses have to jump over hurdles; |
| 8) to attach | h) how large or small a person or thing is; |
| 9) makeup | i) a race between teams in which each member of the team runs or swims one section of the race; |
| 10) size | j) the different qualities that combine to form sb character; |

6. Combine the following words and translate them.

- | | |
|--------------------------|-------------------------------|
| 1) track and field | a) a baton |
| 2) triple | b) physical education program |
| 3) pole | c) requirements |
| 4) to carry | d) activity |
| 5) metal | e) the gymnast |
| 6) triangular | f) grip |
| 7) agility of | g) rim |
| 8) physical | h) vault |
| 9) cord | i) wire |
| 10) an important part of | j) jump |

7. Insert prepositions where necessary.

As, of (8), with (3), to (6), from, for (3), in, by, up

1. a part the high-school physical education program track and field activities have a long history.
2. Various events are popular among students because the variety skills that are developed.
3. Track events are made the running activities.
4. A baton should be passed the next runner within a marked zone until the last runner carries it across the finish line.
5. The race generally varies 40 50 m men and 30 50 m women.
6. The discuses, which are made rubber, are not legal outside high school competition, thus they are usually made wood a metal rim.
7. A metal head should be fixed the shaft and it must be constructed metal.
8. The avenues success one or more track and field activities can be found people all types and physical makeup.

9. Track and field is an activity which is open most high-school students.
10. these and other reasons we should take sport great pleasure.

8. Insert the necessary collocations.

1. have a long history as a part of the high-school physical education program.
2. Such activities as , andare involve into track and field.
3. The running activities make up the.....; the and events make up the field events.
4. Sprints, hurdles, relays, middle distances, and long distances are considered to be
5. The long jump, triple jump high jump, pole vault, shot put, discus, javelin, and hammer throw are events.
6. 100-, 200-, and 400-meter dashes make sprints.
7. Each runner of the relay a specific distance and pass it to the next runner.
8. The distance of running before jump generally 40 50 m for men and 30..... 40 m for women.
9. Head, shaft, and cord grip are the parts of the
10. Track and field is an important part of the

9. Match two parts of the sentences.

1. Track and field activities have a long history as ... a) ... the 3,000 meters and the 5,000 meters.
2. Track and field is a complex sport involving ... b) ... a relatively inexpensive activity.
3. The track events are ... c) ... the long jump, triple jump high

- jump, pole vault, shot put, discus, javelin, and hammer throw.
4. The field events are ... d) ... sprints, hurdles, relays, middle distances, and long distances.
5. The most common races are ... e) ... a sport open to most high-school students.
6. The long distance running events in both indoor and outdoor competition are ... f) ... a part of the high-school physical education program.
7. Relays are ... g) ... speed and strength and the agility of the gymnast.
8. The modern pole vaulter must have exceptional ... h) ... usually played in teams.
9. Track and field remains ... i) ... 800 meters and 1,500 meters.
10. In addition, track and field is ... j) ... many different types of events.

10. Answer the following questions.

1. Why are the students interested in the various sport events?
2. What does track and field involve?
3. What are the kinds of running activities?
4. What are the kinds of jumping activities?
5. What are the kinds of throwing activities?
6. What are the most necessary qualities of a pole vaulter?
7. How many parts does javelin consist of? Name them.
8. What is an avenue to success for all students?
9. Should track and field be an important part of the high school physical education program?
10. Would you propagate track and field among your friends and relatives?

11. Finish the following sentences.

1. Track and field activities have ...
2. Students have been interested in the various events because ...
3. Track and field is a complex sport involving ...
4. The track events are ...
5. The field events are ...
6. Middle distance is ...
7. The heights of hurdles, the distance between them, and the total distance run vary among ...
8. The modern pole vaulter ...
9. The hammer consists of ...
10. Students of all types, sizes, shapes, and physical makeup can find avenues to ...

Text B

Track and Field History

1. Read the text to find the information about:

- 1) the fundamentals of track and field;
- 2) the history of the teams formation;
- 3) dominance of the women's team;
- 4) the number of the gold medals won by women in the 1992 Olympics at Barcelona;
- 5) the most memorable moments of the 1996 games;

Track and field events originated almost with the beginning of humanity. To survive, humans had to be gymnasts, sprinters, hunters, and warriors. Survival depended on the ability to outperform the challenger, human or animal. When not being pursued or in search of sustenance, early humans kept physically fit by engaging in running, jumping, or the rowing activities with families or other groups. Game involving the fundamentals of track and field were formulated by the Creeks during their Golden (Homeric) Age. The most famous of these games were the Olympics which began in

776 B.C. and were held every 5 and then 4 years until A.D. 392, when they were abolished by the Romance. In 1894 they were reorganised by Pierre de Fredey, Baron de Coubertin, and since then they have been conducted in different countries as an international festival. The U.S. men's Olympic track and field teams have done well since the first modern era Olympic games, held in Athens in 1896. They have been one of the dominant teams, with strong competition coming from the Soviet Union, Great Britain, East Germany, and West Germany. The breakup of the Soviet Union and other Eastern European countries has weakened these teams. The U.S. women's Olympic track and field teams have also fared well since their first competition in the 1928 games, where they won 1 gold, 2 silver, and 1 bronze. The Soviet Union and German women's teams dominated the competition through 1976. In 1980 the women's team began to improve, and in 1984 it became a world contender with 16 medals. In the 1992 Olympics at Barcelona the U.S. track and field team won 30 medals, 20 by the men and 10 by the women. This total included 12 of the possible 43 gold, 8 silver, and 10 bronze medals. The U.S. team won both of the men's relay events, and, the women took a gold and silver in their two relays. Nineteen of the 30 medals were in track events (11 men and 8 women). Carl Lewis, Mike Powell, and Joe Greene swept the men's long jump while Jackie Joyner-Kersey was the only double medal winner in individual events (bronze in the women's long jump and gold in the heptathlon). The U.S. track teams continued their dominance in the 1996 Olympic games in Atlanta, winning 13 gold, 5 silver, and 5 bronze for a total of 23 medals. The men won 16 and the women won 7 medals. Russia was second with 10 total medals, and Germany finished third with 7 total medals. The U.S. total of 23 medals was down from the 30 medals won in the 1992 games, but the 1996 games had the largest participation in history. Over 100 countries competed, with 45 countries winning medals. The memorable moments of the 1996 games were Carl Lewis and Jackie Joyner-Kersey's long jump performances, Canada's Donovan Bailey's 100-meter victory, France's Marie-Jose Perec's 200-400 double victory, and Michael Johnson's remarkable double in the 200-400 with a 200 world record of

19.32 (0.50 seconds) under the old world record. Research continues to have an impact on improving performances with the application of scientific principles. Improvements in training techniques, nutrition, and psychological preparation are helping athletes achieve their goals of faster sprint and endurance times, longer distances in horizontal jumps and throws, and higher heights in the vertical jumps. Humans have not yet reached their limits. Records will continue to fall in the future.

2. Are these statements true or false? Correct any false statements.

1. Track and field events originated almost with the beginning of XX century.
2. Track and field were formulated by the Greeks during their Homeric Age.
3. The events which were included into track and field activities were the Olympics which began in 777 B.C. and were held every 4 and then 5 years until A.D.
4. Since 1894, when they were reorganised by Pierre de Fredy, Baron de Coubertin, Olympics have been conducted in different countries as an international festival.
5. In 1896, in Athens, the European women's Olympic track and field teams have done well since the first modern-era Olympic games.
6. The men's long jump was performed by Mike Powell, and Joe Greene, Carl Lewis, while Jackie Joyner-Kersey was the only double medal winner in individual events (gold in the women's long jump and bronze in the heptathlon).
7. In Atlanta the U.S. track teams won 13 gold, 5 silver, and 5 bronze for a total of 23 medals, thus continued their dominance in the 1996 Olympic games.
8. In Atlanta Russia won 10 total medals, and Germany finished with 7 total medals.
9. The 1996 games are considered to have the largest participation in history – over 100 countries competed, with 45 countries winning medals.
10. A number of the improving performances is decreasing all the time.

3. Divide the text into paragraphs and give headings to them.

4. Answer the questions.

1. Is the physical activity innate? Prove your point.
2. Were the Greeks the first to hold the Olympics?
3. Which teams were considered to be the strongest?
4. What do you know about women's teams which took part in the Olympics?
5. What do you remember about the 1992 Olympics at Barcelona?
6. Who managed to sweep the men's long jump?
7. What were the results of the U.S. and Russia track teams in the 1996 Olympic games in Atlanta?
8. How many countries competed in the 1996 games?
9. What were the most memorable moments in these games?
10. What are the future perspectives of track and field?

5. Title the text and write an abstract of it.

Text C

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

Basic Rules

Sprinting

1. A false start may be called if the runner does not comply with the command *On your mark* or *Set*.
2. A false start is declared if the runner jumps the gun. In NCAA competitions, one false start disqualifies the runner. In IAFF, intentional competitions, a runner is disqualified after the second false start.
3. If starting blocks are used, they must be set in the athlete's lane and must be made without devices that could provide artificial aid.
4. A competitor who cuts in front of another runner without proper clearance or one full stride on the curve line shall be disqualified.
5. In all races run in lanes, runners shall start and finish in their assigned lanes.

Hurdling

1. The entire body must pass over each hurdle.
2. The hurdler cannot run around a hurdle.
3. The hurdler must stay in the lane.
4. Disqualification shall be ruled by the referee when a competitor deliberately knocks down any hurdle by hand or foot, or does not attempt every hurdle.

Relay Races

1. Disqualification of one runner disqualifies the entire team.
2. The baton must be passed inside the 20-meter passing zone.
3. The baton must be carried in the hand.
4. If the baton is dropped, it must be recovered legally.
5. The last runner of the race must have the baton.
6. After passing the baton, the runner must not interfere with the opponent.

High Jump

1. A legal high jump is one in which a competitor jumps from one foot.
2. The crossbar must be cleared without displacement.
3. It is a failed attempt when after clearing the bar and landing in the pit, the jumper stumbles against the uprights and displaces the crossbar.

Pole Vault

1. The crossbar must be cleared without displacement caused by either the body or the pole.
2. It is a failed attempt if the vaulter leaves the ground in an attempt to vault and fails to clear the bar,
3. It shall not be counted as a trial or failure if a vaulter's pole breaks during an attempt to clear the bar.
4. The pole may be of any material or combination of materials, and it may be of any size and weight.
5. The landing pad measured beyond the vertical plane of the stopboard shall be a minimum of 16 feet wide and 12 feet deep (4.88 m and 3.66 m),

Long Jump and Triple Jump

1. The jumper's shoe must extend over the foul line.
2. The jumper must leave the pit under control beyond his or her mark made in the sand.
3. The triple jumper must take off and land on the same foot in the first jump; he or she must land on the opposite foot in the second jump; and any landing is permissible following the final jump.
4. In attempting a jump in the long jump and triple jump, it is a foul jump if the jumper runs beyond the foul line extended,

Shot Put

1. A legal shot must be used,
2. The shot must land within the sector,
3. The put must be made from within the circle.
4. The competitor must exit from the rear of the circle under control.
5. A legal put must be made from the shoulder with one hand only so that during the attempt the shot does not drop behind or below the shoulder.

Discus

1. The throw must land within the sector.
2. The competitor must stay within the circle until the distance is marked.
3. The complete throw must be from within the circle.
4. A proper discus must be used.

Javelin

1. The throw must land within the sector.
2. The javelin must be held by the cord grip.
3. A regulation javelin must be used.
4. It shall be a foul and not measured if during an attempt to throw, the thrower touches with any part of the body, any surface of the foul line, the run up lines, or the area outside of the foul line or run-up lines.

Hammer Throw

1. The throw must land within the sector.
2. During the throw the competitor must not leave the circle.
3. The hammer must be legal.
4. Gloves may be used.

Safety Precautions

1. Warm up with a few flexibility and conditioning exercises before practice or competition to prepare the body and prevent injury.
 2. Wear shoes that are suitable for the individual events, and make sure they fit properly.
 3. Take proper care of equipment.
 4. Use caution in all throwing events. Carry the implements back to the thrower and make sure the throwing area is clear.
 5. Check all jumping surfaces for stability. Take special precautions for wet, slippery conditions.
-
2. **Compile a vocabulary of track and field terms.**
 3. **Make up a presentation of track and field.**

Glossary

- AAF/CIF** The Amateur Athletic Foundation of Los Angeles, and the California Interscholastic Federation.
- acceleration zone** An area the width of one lane, 11 yards (10 m) long, which may be used by a relay runner to begin running before receiving the baton in the exchange zone.
- aerobic activity** Activity of moderate intensity that uses large muscle groups and requires oxygen to produce energy while a person is working.
- alley** May consist of two or three lanes used as a single lane for running the 800-meter run or 3200-meter relay from a one-turn stagger when more runners are competing than the number of lane available.
- amcirtation** The absorption or loss of force due to flexion at the ankle, knee, and hip during the ground-contact phase of running.
- anaerobic activity** High-intensity activity in which the energy produced to perform work is done without the presence of oxygen.
- anchor** The last runner on a relay team.
- approach** Run used by the competitor before the actual takeoff in the jumps and the javelin throw.
- apron** Area in front of the high-jump pit.
- artificial aid** Any object, equipment, or device used illegally to enhance performance. Not legal by the rules of competition.
- backswing** Driving the arms back past the hips to improve stride length and frequency.
- baton** The stick carried and passed on by the runners of a relay team.
- blind pass** A sprint relay passing technique where the outgoing runner does not look back to take the baton.
- breaking for the pole** Cutting over to the inside lane of the track.

butt kicks	Sprint drills designed to improve heel recovery and stride frequency.
cardiovascular system	Related to the ability of the heart, lungs, and blood vessels to deliver oxygen and other nutrients to the cells for energy production.
center of gravity	Also known as the center of mass. The center of a body's mass. In the human body and all objects, the point which all parts are in balance with each other, and the axis of rotation.
continuous runs	Long aerobic runs for 10 minutes to an hour or longer.
cord grip	The middle part of the javelin where it is grasped.
course	Path of the runner.
crossbar	Bar over which high jumpers and pole vaulters jump.
curb	Inside border of the track.
curved starting line	An involuted (waterfall) starting line used in 1500-, 3000-, 5000-, and 10,000-meter races.
dead heat	A race in which two or more runners cross the finish line at exactly the same moment.
dorsal flex	A vertical cocking or flexion of the ankle or wrist.
exchange zone	An area the width of one lane, 22 yards (20 m) long, used in relay races. The baton must be passed from one runner to a teammate while they are in this zone. Also called the "passing zone".
false start	Leaving the starting blocks or starting line before the gun sounds, or making a movement from the set position.
fartlek	A system of endurance training that alternates strenuous runs and easy runs over varied terrain. Also known as "speed play".
finish line	A line drawn on the track, the edge nearest the runner marking the legal completion of the distance raced.
finish posts	Posts on each side of the finish line to which the finish yarn or tape is attached.

finish yarn or tape The cord stretched across the track directly above the finish line to aid the finish judges in determining the winner of a race.

flight The breaking down of a large field of competitors into smaller competitive groups. Used in the horizontal jumps and the throwing events so that competitors may warm up and compete with a reasonable time. Also refers to a lane or row of hurdles.

foul jump of throw A jumper throw counted as a trial but not measured because of some violation of the field event rules.

gltde The backward explosive push-off, or shift from the back of the circle to the toe board, in the shot put.

grlp The handhold on a baton, discus, shot, or javelin; or, specifically, the cord wrapping on the middle of the javelin.

heat A preliminary round of a race from which the designated places advance to the next round.

high-jump standards Uprights used to hold the crossbar for the high jump.

horizontal velocity The rate of speed in a forward or linear direction.

IAAF International Amateur Athletic Federation.

interval training A fitness workout that alternates hard work with light recovery work.

lus-out Sprint training drills that alternate fast runs with easy runs for, 20, 30, 40, 60, or 100 meters (tempo changes).

jostle To run against or to elbow; a form of crowding or bumping together that may hamper or impede a runner.

Kelly pool balls Small numbered balls used in drawing for lanes; also called "shake balls".

kilometer A metric unit of measuring distance, equal to 1,000 meters (1,093 yds.).

lactic acid A by-product of anaerobic metabolism known to cause localized muscle fatigue (lactate workouts).

lane	The path marked on the track for a race or that part of a race during which a runner must stay in a prescribed path.
lap	One complete circuit of the track.
leg of a relay	The distance over which one member of a relay team must run.
mechanics	Biomechanics; the physics of the human body in motion; the forces produced by the body and the forces acting on the body in temporal (time) and spacial (space) dimensions.
medley relay	A relay race in which the members of the relay team run different distances.
metabolism	The process of physical and chemical changes by which energy is produced for the maintenance of life.
meter	A metric unit of measuring distance, equal to 3 feet 3,5 inches.
multi-events	The decathlon, heptathlon, and pentathlon.
NCAA	National Collegiate Athletic Association. The governing body for collegiate athletics.
nonvisual exchange	A blind relay pass, used in the short sprint relays.
pass	Voluntary giving up of one of a competitor's preliminary or final jumps or throws. Also refers to the actual exchange of a baton or the overtaking of one runner by another in a race.
periodation plan	A training plan that divides the training stimulus into days, weeks, months, and years. The training phases gradually manipulate the training intensities, loads, and other factors.
pole	Inside, or curb, lane of the track.
power position	The dynamic throwing position in the shot put, discus, and javelin where the shoulders are parallel to the back of the circle (closed), the hips are perpendicular to the front of the circle (opened), and the weight is back over the rear foot. Produces torque and rotational momentum.

- finish yarn or tape** The cord stretched across the track directly above the finish line to aid the finish judges in determining the winner of a race.
- flight** The breaking down of a large field of competitors into smaller competitive groups. Used in the horizontal jumps and the throwing events so that competitors may warm up and compete with a reasonable time. Also refers to a lane or row of hurdles.
- foul jump of throw** A jumper throw counted as a trial but not measured because of some violation of the field event rules.
- glide** The backward explosive push-off, or shift from the back of the circle to the toe board, in the shot put.
- grip** The handhold on a baton, discus, shot, or javelin; or, specifically, the cord wrapping on the middle of the javelin.
- heat** A preliminary round of a race from which the designated places advance to the next round.
- high-jump standards** Uprights used to hold the crossbar for the high jump.
- horizontal velocity** The rate of speed in a forward or linear direction.
- IAAF** International Amateur Athletic Federation.
- Interval training** A fitness workout that alternates hard work with light recovery work.
- Ins-out** Sprint training drills that alternate fast runs with easy runs for, 20, 30, 40, 60, or 100 meters (tempo changes).
- jostle** To run against or to elbow; a form of crowding or bumping together that may hamper or impede a runner.
- Kelly pool balls** Small numbered balls used in drawing for lanes; also called "shake balls".
- kilometer** A metric unit of measuring distance, equal to 1,000 meters (1,093 yds.).
- lactic acid** A by-product of anaerobic metabolism known to cause localized muscle fatigue (lactate workouts).

lane	The path marked on the track for a race or that part of a race during which a runner must stay in a prescribed path.
lap	One complete circuit of the track.
leg of a relay	The distance over which one member of a relay team must run.
mechanics	Biomechanics; the physics of the human body in motion; the forces produced by the body and the forces acting on the body in temporal (time) and spacial (space) dimensions.
medley relay	A relay race in which the members of the relay team run different distances.
metabolism	The process of physical and chemical changes by which energy is produced for the maintenance of life.
meter	A metric unit of measuring distance, equal to 3 feet 3,5 inches.
multi-events	The decathlon, heptathlon, and pentathlon.
NCAA	National Collegiate Athletic Association. The governing body for collegiate athletics.
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pass	Voluntary giving up of one of a competitor's preliminary or final jumps or throws. Also refers to the actual exchange of a baton or the overtaking of one runner by another in a race.
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qualifying round	Competition in which performances qualify athletes for positions in the trials, but times or distances are not considered for final placing. Marks can be considered for record purposes.
recall	Calling back of runners after a false start.
recovery period	The rest interval between runs to allow the athlete to recover and return to a resting or normal state.
reverse	The switching of the feet in the air as part of the follow-through in the shot put, discus, and javelin. The thrower lands on the non throwing leg for balance and control to stay behind the foul line.
scratch	Decision not to compete in an event after confirmation or declaration.
scratch line	Curved or straight line behind which throws must be made.
sector lines	Boundary lines within which a throw must land to be a fair throw.
shuttle hurdles	A relay race where hurdler 1 runs 100 or 110 meters in one direction, hurdler 2 runs back in the opposite, direction, hurdler 3 runs back as hurdler 1 did, and hurdler 4 runs in the same direction as 2 to finish the race.
staggered start	Start of a race in which runners do not start on a straight line. Used in races run around a curve up to and including 800 meters.
startling block	A device against which runners may place their feet in order to get a faster start at the beginning of a race.
straightaway	Straight area of the track between one curve and the next.
stride	Distance covered by one step.
takeoff board	A board from which a long jumper begins the jump.
takeoff mark	A spot at which a competitor leaves the ground, as in the high jump and long jump.
toeboard	A curved piece of wood or metal used as a foul line for the shot put and the javelin throw.
trailing leg	Takeoff (rear) leg in hurdling.

- trial** An attempt in a field event.
- turn** Curved portion of the track. A standard 400-meter track has two turns, or curves, in one lap.
- USATF** USA Track and Field. The national governing body for competition in track and field, road racing and race walking in the United States.
- vertical velocity** The rate of speed in an upward direction.
- visual exchange** A baton exchange in which the receiver watches the incoming runner until the pass is completed.

Sergei Bubka

Sergei Bubka, born in 1964, Ukrainian pole vaulter, who broke the world record in pole vaulting more than 30 times. During his spectacular track-and-field career Bubka won six consecutive world championships and a gold medal at the 1988 Olympic Games in Seoul, South Korea.

Born in Voroshilovgrad, Ukraine, Bubka was a good track-and-field athlete in the 100-meter dash and the long jump, but he became a world-class competitor only when he turned to the pole vault. In 1983, virtually unknown in international meets, he won the world championship at Helsinki, Finland, and the following year he set his first world record, clearing 5 m 75 cm (19 ft 2, in). Until the collapse of the Union of Soviet Socialist Republics (USSR) in late 1991, Bubka competed for Soviet teams. The Soviet sports system rewarded athletes for setting new world records, and he became noted for establishing new records by slim amounts, sometimes as little as a centimeter higher. This allowed him to collect frequent bonus payments and made Bubka an attraction at track-and-field meets.

In the 1988 Summer Olympics Bubka won the gold medal as expected, but there was disappointment that he failed to set a world record. By the end of the 1988 season, however, he became the first pole vaulter to clear 6 m (19 ft 8 in). In March 1991, at an indoor meet in San Sebastian, Spain, he was the first to clear 6.1 m (20 ft); later in the year he exceeded the height in an outdoor meet. Bubka won his second and third world championship titles in 1987 and 1991. He was expected to win a second gold medal at the 1992 Summer Olympics in Barcelona, Spain, and caused a sensation when he failed to qualify for the competition. He won two more world championships in 1993 and 1995 but was unable to compete in the 1996 Summer Olympics because of a severe ankle injury. He recovered, however, and won a sixth consecutive world championship the following year.

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