

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ  
ФІЗИЧНОЇ КУЛЬТУРИ

АНГЛІЙСЬКА

МОВА

КОНТРОЛЬНІ РОБОТИ  
ДЛЯ СТУДЕНТІВ СПЕЦІАЛЬНОСТЕЙ  
«ФІЗИЧНЕ ВИХОВАННЯ»,  
«ОЛІМПІЙСЬКИЙ ТА ПРОФЕСІЙНИЙ СПОРТ»  
ЗАОЧНОЇ ФОРМИ НАВЧАННЯ

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Базиляк Н., Дмитрів У., Коваль О., Матвіяс О.,  
Стифанишин І., Юрко Н.  
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## АНГЛІЙСЬКА МОВА

Контрольні роботи для студентів спеціальностей  
«фізичне виховання», «олімпійський та професійний спорт»  
заочної форми навчання

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*Ухвалено до друку Вченою радою  
Львівського державного університету фізичної культури  
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**Рецензенти:**

**Денисенко С. Н.** – доктор філологічних наук, професор, академік АН ВШУ,  
Львівський державний університет фізичної культури;

**Бик І. С.** – кандидат філологічних наук, доцент, завідувач кафедри іноземних  
мов факультету міжнародних відносин, Львівський національний університет  
ім. І. Франка;

**п. Шеллі-Крістін Свелдіман** – волонтер Корпусу Миру США в Україні.

Англійська мова: контрольні роботи для студентів спеціальностей “фізичне виховання”, “олімпійський та професійний спорт” заочної форми навчання./  
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Контрольні роботи укладені з метою перевірки знань, навичок і вмій студентів заочної форми навчання спеціальностей “фізичне виховання”, “олімпійський та професійний спорт”. Підсумкові завдання представлені у п’яти варіантах. Кожен варіант складається з двох структурних частин: лексичні завдання, граматичні завдання.

Для перевірки навиків роботи з фаховою англомовною літературою, у додатках представлено тексти з оригінальних друкованих та Інтернет видань.

Призначені для студентів, аспірантів галузі фізичної культури та спорту, викладачів англійської мови вищих навчальних закладів.

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## Методичні вказівки для виконання контрольних робіт

Матеріал збірника організований за семестрами. Студент повинен письмово виконати усі завдання. Кожна контрольна робота пропонується у п'яти варіантах відповідно до останніх цифр шифру залікової книжки. Якщо шифр залікової книжки закінчується на 1 або 6 – студент виконує варіант № 1; 2 або 7 – варіант № 2; 3 або 8 – варіант № 3; 4 або 9 – варіант № 4; 5 або 0 – варіант № 5.

Робота повинна бути виконана в окремому зошиті. На обкладинці потрібно зазначити прізвище та ініціали, номер контрольної роботи, спеціальність та номер академічної групи, домашню адресу, дату відправлення роботи в університет.

Матеріал контрольної роботи потрібно розташовувати у зошиті таким чином:

	ліва сторінка	права сторінка
поле	завдання	виконане завдання

Виконані контрольні роботи надсилайте для перевірки та рецензування в університет задалегідь. Виконуючи завдання, студент повинен дотримуватись наступних правил:

- 1) писати охайно, чітким почерком;
- 2) для зауважень залишити поля;
- 3) переписувати в зошиті умови завдань;
- 4) перекладаючи з англійської мови на українську, писати англійські речення зліва, переклад – справа.

Якщо контрольна робота виконана без додержання вимог або не повністю, вона повертається для повторного виконання. На одному з практичних занять під час заліково-екзаменаційної сесії студент повинен захистити контрольну роботу.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

socially	physical	multiple
continuity	society	trivially
enculturation	stabilize	right
circumstances	vigorous	degenerate
vary	identity	emphasis

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
 age, socially, useful, for, a, whether, vary, stabilize, healthy, entity, the, themselves, it, see, surely, must, any, in, may, newly, structure, one, of, have, first, by, adult, can.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- physical education
- the newly built nation
- the role of sport in
- a manifestation of power
- a socially useful function
- athletic abilities
- a tool of enculturation
- carried to extremes
- to arouse feelings of
- to base on

**4. Прочитайте та виконайте письмовий переклад тексту.**

Through the ages, sport has served a socially useful function in shaping, testing, and celebrating human transformations necessary for cultural continuity. Little wonder political leaders retain considerable interest in sport as a tool of enculturation. With regard to any one society, one may expect to find content and circumstances of physical education vary according to whether a society is trying to replace, repair, maintain, or stabilize its social structure. In this context, sport is often used to create common myths for people of newly

built or transforming nations, to arouse feelings of attachment to a glorious, vigorous, healthy, and great society envisioned by the nation-builders.

Carried to extremes, this mythical role of sport in national identity building can degenerate into racism with much emphasis on ethnic differences in intelligence, health, and athletic abilities, as borne out in Nazi Germany and Apartheid South Africa. Nevertheless, sport is important to many nations, both as a strategic tool and a manifestation of power, and as a mythical and emotional entity enabling people to conceive themselves as a nation.

Any attempt to employ sport as political trope in an ongoing process of state formation must be based on understanding there may be multiple identities loyalties. While teaching youngsters and adults to see sport responsibilities as political responsibilities may appear trivially symbolic, it is just as surely true as coming to identify with a nation one has been brainwashed or manipulated to compete for does not negate the nagging fact that one has been harmed. Even athletes and sport fans have rights to self-determination.

*(Taken from Policy Benefits of Prospective Sport Administrations...  
Timoh Shehu, Ricky Kimbai, and Philemon Lyora, ICHPER.SD, N3, 2001 p. 23)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                     |                           |
|---------------------|---------------------------|
| • упродовж століть  | • право на самовизначення |
| • з повагою до      | • будь-яке суспільство    |
| • у цьому розумінні | • відповідно до того чи   |
| • будь-які спроби   | • демонстрація сили       |
| • базуватися на     | • доведений до крайнощів  |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Sport has never served a socially useful function.
2. Sport is often used to create the myths for a newly built people.
3. Sport is sometimes used as a strategic tool and a manifestation of power.
4. Political leaders neglect sport as a tool of enculturation.
5. Even sportsmen and their supporters have rights to self determination.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** century, nation, youth, sportsman, supporter.

**Verbs:** promote, undertake, make, imagine, nullify.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

socially	physical	multiple
continuity	society	trivially
enculturation	stabilize	right
circumstances	vigorous	degenerate
vary	identity	emphasis

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

age, socially, useful, for, a, whether, vary, stabilize, healthy, entity, the, themselves, it, see, surely, must, any, in, may, newly, structure, one, of, have, first, by, adult, can.

noun	
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- |                              |                           |
|------------------------------|---------------------------|
| • physical education         | • athletic abilities      |
| • the newly built nation     | • a tool of enculturation |
| • the role of sport in       | • carried to extremes     |
| • a manifestation of power   | • to arouse feelings of   |
| • a socially useful function | • to base on              |

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**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                     |                           |
|---------------------|---------------------------|
| • упродовж століть  | • право на самовизначення |
| • з повагою до      | • будь-яке суспільство    |
| • у цьому розумінні | • відповідно до того чи   |
| • будь-які спроби   | • демонстрація сили       |
| • базуватися на     | • доведений до крайнощів  |

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**Nouns:** century, nation, youth, sportsman, supporter.

**Verbs:** promote, undertake, make, imagine, nullify.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** harmful, dull, diseased, unknown, ordinary.

**Verbs:** lose, destroy, calm, generate, rule.

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

- |                  |              |
|------------------|--------------|
| 1 identity       | a) social    |
| 2 abilities      | b) human     |
| 3 entity         | c) political |
| 4 function       | d) physical  |
| 5 transformation | e) national  |
| 6 myth           | f) mythical  |
| 7 formation      | g) common    |
| 8 responsibility | h) strategic |
| 9 tool           | i) emotional |
| 10 education     | j) state     |

**10. Напишіть тлумачення поданих слів:**

myth (n), nation (n), leader (n), athlete (n), fan (n).

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.**

**12. Доберіть заголовок до тексту, запишіть його англійською та українською мовами.**

**13. Знайдіть у реченнях іменники й подайте їх характеристику.**

**Перекладіть речення українською мовою.**

1. Political leaders retain considerable interest in sport as a tool of enculturation.
2. One may expect to find content and circumstances of physical education.
3. Sport is often used to create common myths for people of newly built nations.
4. Sport is a strategic tool and a manifestation of power.
5. Even sportsmen and sport fans have rights to self-determination.

**14. Вставте артикли де необхідно та перекладіть поданий текст українською мовою.**

In \_\_\_ study, \_\_\_ beliefs of \_\_\_ subject were explored with \_\_\_ regard to \_\_\_ roles of \_\_\_ sport in \_\_\_ nation \_\_\_ building. To \_\_\_ large extend, \_\_\_ respondents supported \_\_\_ use of \_\_\_ sport to instill \_\_\_ patriotism, mobilize \_\_\_ youth, achieve social \_\_\_ control, uphold \_\_\_ national \_\_\_ glory, and build \_\_\_ national \_\_\_ identity. Clearly, these \_\_\_ subjects did not have \_\_\_ ahistoric view of \_\_\_ sport; they would rather \_\_\_ sport \_\_\_ projects were constructed, manipulated, and legitimized along \_\_\_ nationalists' \_\_\_ lines. But \_\_\_ idea of \_\_\_ democracy, now passing all over \_\_\_ world, implies \_\_\_ capacity to identify with and give \_\_\_ support to \_\_\_ alternative, \_\_\_ supra-national, and \_\_\_ sub-national \_\_\_ sport \_\_\_ projects; it is always there for \_\_\_ people to decide.

*(Taken from Policy Benefits of Prospective Sport Administrations...*

*Timoh Shehu, Ricky Kimbai, and Philemon Lyora, ICHPER.SD, N3, 2001 p. 23)*

**15. Заповніть прогалини у тексті відповідними прийменниками з таблицки. Текст перекладіть українською мовою.**

in, by, in, for, in, among, to, for, in, through, on, on, with, as...as, as, to, of, with, of, in, as.
---

Team sports are familiar activities \_\_\_ most children. \_\_\_ television and live games, they see highly skilled athletes perform skills \_\_\_ little efforts and watch them engage \_\_\_ exiting competition. Children identify professional athletes \_\_\_ heroes or \_\_\_ supernatural beings and want to emulate their performances. Parents are great advocates \_\_\_ team sports and purchase sporting equipment \_\_\_ their children \_\_\_ gifts. \_\_\_ addition, parents enroll their children \_\_\_ recreation sports league or send them \_\_\_ summer sports camps. \_\_\_ the time students reach high school, they bring \_\_\_ them a wide range \_\_\_ skills \_\_\_ various team sports. \_\_\_ a result \_\_\_ differences \_\_\_ students, secondary physical education teachers should not assume that all students are ready to participate \_\_\_ team sports. \_\_\_ the contrary, much work is still left to do \_\_\_ the basic fundamentals.

*(Originated from Deborah A. Wuest, Bennett J. Lombardo Curriculum and...)*

**16. Складіть речення із поданих слів і перекладіть їх письмово українською мовою.**

1. sport, and, fans, have, Athletes, rights, self-determination, to.
2. people, Sport, often, to, create, myth, for, of, newly, is, used, built, nations.
3. leaders, a, sport, as, tool, neglect, enculturation, of, Political.
4. Sport, used, power, as, sometimes, manifestation, is, of, a.

5. function, has, a, always, socially, Sport, served, useful.
6. athletes, identify, heroes, Children, or, supernatural, with, beings.
7. Team, activities, for, are, sports, most, familiar, children.
8. health, is, optimal, of, Wellness, state, and, well-being, an.
9. Help, a, develop, approach, to, decision, students, systematic, making.
10. The, choices, step, the, first, problem, defining, and, the, is, available.

**17. Запишіть запитання до поданих речень і перекладіть їх українською мовою. Початки запитань подано у дужках.**

1. Team sports have been a part of school physical education curricula. (Have...)
2. Parents are great advocates for team sports. (Who...)
3. Parents enroll their children in recreation sports leagues. (Whom...)
4. High-school students will vary in their skills in part because of the amount of exposure they have had to the sport. (Why...)
5. It is estimated that over 50% of illnesses can be prevented or their severity lessened by individuals taking responsibility for their health. (How many...)
6. To be healthy, individuals must commit themselves to enhancing the physical conditions to their bodies. (Why...)
7. Students should be exposed to a variety of activities so that they can identify those activities that are enjoyable to them. (Which...)
8. An individual's behavior is also influenced by his or her perceptions of self-worth or self-esteem. (Whose...)
9. Physical education teachers can help students learn activities. (Who...)
10. "You are what you eat". (What...)



**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

increasingly	core	societal
perceive	government	practitioner
image	right	gender
bound	environment	flourish
multitude	essence	globalize

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
 increasingly, become, agenda, real, towards, plentiful, as, reproduce, societal, gender, globalize, they, with, their, the, have, it, about, other, a, within, create, may, continue.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- |                         |                       |
|-------------------------|-----------------------|
| • sport administrators  | • human movement      |
| • sport policy goals    | • political power     |
| • social development    | • major role          |
| • human rights          | • core policy beliefs |
| • international affairs | • societal forces     |

**4. Прочитайте та виконайте письмовий переклад тексту.**

As sources of economic and political problems have become increasingly plentiful, questions of how sport administrators perceive roles of sport in social development and change become ever more pressing. This is so much so because images and perceptions of sport policy goals are powerful, bound up with a multitude of different ideological agendas. They have very real consequences – not only for sport as a socio-cultural institution, but also for a country's relationships with other nations. Core policy beliefs of sport administrators do

not just reflect, they also create and reproduce government practices towards such issues as sport and nation building, sport and human rights, sport and environment, and roles of sport in international relations. As Sage (1993) wrote – The essence of human movement practices is found within the nature of their relationship to the broader stream of societal forces of which they are a part. Relevant issues involve how human movement activities, and their professional scholars and practitioners, are related not only to social class, race, and gender, but also to the control, production and distribution of political, economic and cultural power.

As sport globalizes and international competitions flourish, sport administrators continue major roles in interpreting sport policy goals. In the historical transition now changing the world, it has become imperative to investigate how prospective sport administrators think about relationships between human movement and human affairs. Policy goals and priorities are ultimately social, often political, and may be more than the sum of individual preferences of technocrats, with possibilities inherent in attitudinal norm enormous.

*(Taken from Policy Benefits of Prospective Sport Administrations...  
Timoh Shehu, Ricky Kimbai, and Philemon Lyora, ICHPER.SD, N3, 2001 p. 23)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                        |                           |
|------------------------|---------------------------|
| • соціальний розвиток  | • міжнародні змагання     |
| • спорт і довкілля     | • виконувати головну роль |
| • міжнародні відносини | • політичні цілі          |
| • розвиток і зміни     | • економічна влада        |
| • спорт і права людини | • соціальний клас         |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Core policy beliefs of sport administrators do not refer to the government affairs.
2. Sport is closely connected with all nation affairs but international one.
3. Sport administrators play major role in interpreting sport policy goals.
4. Policy goals and priorities are extremely social.
5. Sport is not a globalization phenomenon.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** establishment, state, authority, sex, aim.

**Verbs:** notice, be, make, entail, show.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** similar, minor, narrower, trivial, common.

**Verbs:** remain, decline, destroy, separate, cease.

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

1 economic

a) role

2 social

b) development

3 ideological

c) preferences

4 international

d) institution

5 human

e) transition

6 cultural

f) problem

7 historical

g) agenda

8 individual

h) power

9 major

i) rights

10 socio-cultural

j) affairs

**10. Напишіть тлумачення поданих слів:**

problem (n), administrator (n), race (n), gender (n), environment (n).

**11. Випишіть з тексту 10 ключових слів і перекладіть їх українською мовою.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Знайдіть у реченнях іменники й подайте їх характеристику.**

**Перекладіть речення українською мовою.**

1. Some questions become ever more pressing.

2. The essence of human movement practices is found within the nature of their relationship with other fields.

3. Policy goals and priorities are ultimately social.

4. They should improve health and fitness of the nation's children and youth.

5. They also create and reproduce government practices.

**14. Вставте артикли де необхідно та перекладіть поданий текст українською мовою.**

\_\_\_ U.S. Public Health Service is committed to improving \_\_\_ health of all \_\_\_ Americans through \_\_\_ comprehensive health promotion and \_\_\_ disease prevention \_\_\_ program. \_\_\_ principal \_\_\_ goals of this \_\_\_ effort are to increase \_\_\_ span of \_\_\_ healthy life, reduce \_\_\_ disparities in \_\_\_ health status among \_\_\_ different \_\_\_ population \_\_\_ groups, and increase access to \_\_\_ preventive \_\_\_ services. Improving \_\_\_ health and \_\_\_ fitness of \_\_\_ nation' children and \_\_\_ youth is \_\_\_ cornerstone of this \_\_\_ effort to improve \_\_\_ health \_\_\_ profile of all \_\_\_ Americans. \_\_\_ report \_\_\_ Healthy People 2000 outlined 300 specific health \_\_\_ objectives to be achieved by \_\_\_ year 2000, 192 of which related to improving \_\_\_ health of \_\_\_ children and \_\_\_ youth.

*(Originated from Deborah A. Wuest, Bennett J. Lombardo Curriculum and...)*

**15. Заповніть прогалини у тексті відповідними прийменниками з таблицки. Текст перекладіть українською мовою.**

from, within, in, into, by, of, of, of, in, in for, for, for, to, to, to, of, while, as, as, by, of.
---

\_\_\_ sport can be perceived \_\_\_ a private adventure that may result \_\_\_ physical, social, emotional, and economic benefits \_\_\_ the individual, it is vital \_\_\_ society that it be perceived \_\_\_ a public good requiring equitable distribution. \_\_\_ a sense, answers \_\_\_ the question \_\_\_ what arrangements shall prevail when it comes \_\_\_ sport development projects and participation rights are shaped \_\_\_ power and rules \_\_\_ a which a national sport system is regulated. \_\_\_ a relatively egalitarian pattern \_\_\_ distribution, all citizens are equal; this implies no section \_\_\_ society is excluded \_\_\_ a fair share \_\_\_ sport facilities, services, or benefits. Injecting these notions \_\_\_ egalitarianism \_\_\_ sport policy analysis is to give pause \_\_\_ reflection \_\_\_ the largest sense on how sport can contribute \_\_\_ social development.

*(Taken from Policy Benefits of Prospective Sport Administrations...*

*Timoh Shehu, Ricky Kimbai, and Philemon Lyora, ICHPER.SD, N3, 2001 p. 23)*

**16. Складіть речення із поданих слів і перекладіть їх письмово українською мовою.**

1. by, challenges, today's, faced, secondary, are, school, Many, educators.
2. Knowledge, is, policies, important, of, information, for, teachers, to, school, possess.
3. of, local, state, The, officials, is, widely, educational, felt, at, influence, the, level.



4. The, of, the, school, organization, is, formal, hierarchical.
5. control, system, The, the, more, of, larger, school, is, the, levels.
6. The, the, responsibility, to, has, uphold, PE, school, teacher, policies.
7. also, influence, may, Politics, decisions, hiring.
8. its, level, The, of, the, economic, community's, school, is, on, influence, great.
9. Intramural, be, limited, programs, interscholastic, and, may.
10. throughout, for, multicultural, is, growing, the, US, Support, education.

**17. Запишіть запитання до поданих речень і перекладіть їх українською мовою. Початки запитань подано у дужках.**

1. The essence of multicultural education is respect for people of all cultures. (What...)
2. Secondary school PE teachers should be knowledgeable about the public and commercial recreational and sport facilities. (Should...)
3. There are approximately 40 million students in the public schools. (How many...)
4. In the 1980s cries for educational reform abounded. (When...)
5. During their adolescent years, individual's cognitive abilities continue to develop. (Whose...)
6. Secondary students are interested in "whys" underlying requests to perform an action. (What...in?)
7. Friendships are very important during this time. (When...)
8. Students become centered on their own point of view. (What...on?)
9. In the United States education is a state function. (Where...)
10. Stress may also arise because of role conflict. (Why...)

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

capacity	therefore	furthermore
potential	appropriate	experienced
approaches	decision	hypertension
disease	significantly	require
emphasized	current	thoughtful

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

wellness, the, fullest, fully, from, who, beyond, involve, depend, lifestyle, these, can, our, does, early, healthy, a, will, develop, quality, significantly, we, was, roots.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- optimal state
- traditional approaches
- good health
- appropriate decision
- health status
- current quality of life
- personal choice
- physical inactivity
- risk factor
- healthy lifestyle

**4. Прочитайте й виконайте письмовий переклад тексту.**

Wellness is an optimal state of health and well-being. It is the capacity to live life to its fullest potential, to be fully alive. In the past, traditional approaches to health have emphasized alleviating or treating disease. From this traditional perspective good health was viewed as freedom from disease; therefore an individual who was not sick was considered to be healthy. Wellness goes beyond this perspective. Not only does wellness involve freedom from disease, it also involves an optimal state of well-being. Wellness depends on the individual

making responsible and appropriate lifestyle decisions. Experts recognize that many decisions we make pertaining to our lifestyle can significantly influence our health status. These decisions can influence not only our current quality of life but although our length of life. For example, the decision to smoke cigarettes or not to smoke them is a personal choice that will ultimately have an impact on the state of one's health. Furthermore, experts also believe that many diseases experienced later on in life have their roots in childhood. For example, obesity and physical inactivity, two risk factors for coronary artery disease, hypertension, and non-insulin-dependent diabetes, appear to begin in childhood. Therefore it is important that professionals help people develop healthy lifestyles early in life. Attainment and maintenance of a high level of wellness require the individual to properly manage his or her own lifestyle. Wellness emphasizes making informed choices and taking thoughtful actions that will result in the prevention of disease and the promotion of health.

*(Originated from Deborah A. Wuest, Bennett J. Lombardo Curriculum and...)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                             |                           |
|-----------------------------|---------------------------|
| • традиційні підходи        | • здоровий спосіб життя   |
| • стан здоров'я             | • поточна якість          |
| • особистий вибір           | • оптимальний стан        |
| • профілактика захворювання | • у минулому              |
| • високий рівень            | • відсутність захворювань |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Wellness is the best state of health and well-being.
2. Good health is the capacity to have active lifestyle.
3. The decision to smoke is a personal choice.
4. Wellness doesn't depend on early life.
5. Wellness involves freedom from disease.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** illness, liberty, individual, activity, specialist.

**Verbs:** exist, include, admit, effect, assist.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** improper, common, ancient, inexperienced, thoughtless.

**Nouns:** illness, liability, inaction, demotion, death.

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

- |                |                |
|----------------|----------------|
| 1 physical     | a) state       |
| 2 current      | b) approaches  |
| 3 optimal      | c) health      |
| 4 good         | d) decision    |
| 5 traditional  | e) quality     |
| 6 high         | f) choice      |
| 7 personal     | g) inactivity  |
| 8 healthy      | h) lifestyle   |
| 9 thoughtful   | i) action      |
| 10 appropriate | j) perspective |

**10. Напишіть тлумачення поданих слів:**

wellness (n), disease (n), lifestyle (n), expert (n), obesity (n).

**11. Випишіть з тексту 10 ключових слів і перекладіть їх українською мовою.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Знайдіть у реченнях іменники й подайте їх характеристику. Перекладіть речення українською мовою.**

1. Low levels of fitness increase individual's vulnerability to stress.
2. Relaxation techniques can be incorporated into many physical education programs.
3. These individuals would be likely to employ preventive measures.
4. The U.S. Senate Select Committee on Nutrition and Human Needs recommended dietary guidelines for Americans.
5. Obesity can also adversely affect an individual's health.



**14. Вставте артикли де необхідно та перекладіть поданий текст українською мовою.**

\_\_\_ Sport is often perceived as \_\_\_ geographical-ideological \_\_\_ project by many \_\_\_ institutional \_\_\_ patriots, \_\_\_ casting \_\_\_ athletes, not as \_\_\_ interactive \_\_\_ partners, but as \_\_\_ adversaries. From this \_\_\_ perspective, \_\_\_ sport comes to look more like \_\_\_ end \_\_\_ game in which \_\_\_ policy \_\_\_ actors strategize to brutalize and diminish \_\_\_ opponents from \_\_\_ other \_\_\_ land. This \_\_\_ approach sees \_\_\_ sport \_\_\_ arenas as \_\_\_ spaces in which to articulate \_\_\_ identity, demonstrate \_\_\_ historical superiority, \_\_\_ struggle vigorously to assert \_\_\_ ideological \_\_\_ imperative, empathize with ones \_\_\_ friends, and rejoice in \_\_\_ defeat and \_\_\_ humiliation of \_\_\_ ones \_\_\_ enemy or \_\_\_ ones \_\_\_ enemy's \_\_\_ friends. While we agree \_\_\_ sport can not be firmly insulated from \_\_\_ happenings around \_\_\_ world, \_\_\_ sport \_\_\_ workers must try as much as they possibly can to open up \_\_\_ sport \_\_\_ spaces to \_\_\_ probability of \_\_\_ agonistic respect for, and \_\_\_ solidarity with all \_\_\_ peoples, \_\_\_ religions, and \_\_\_ customs.

*(Taken from Policy Benefits of Prospective Sport Administrations...  
Timoh Shehu, Ricky Kimbai, and Philemon Lyora, ICHPER.SD, N3, 2001 p. 24)*

**15. Заповніть прогалини у тексті відповідними прийменниками з таблицки. Текст перекладіть українською мовою.**

in, as, in, so as, of, in, of, for, of, of, within, of, through, of, as, of, to, in, of, in, of, as, of, of.
---

We define human capital development \_\_\_ the context \_\_\_ this study \_\_\_ the process \_\_\_ educating people \_\_\_ sport, \_\_\_ to enable them to optimize their physical, psychological, social, and economic potentials. We believe \_\_\_ the pursuit \_\_\_ sport policies that lead \_\_\_ better human functioning, better health, positive self-image, and development \_\_\_ motor and social skills; this can ignite a virtuous and synergistic cycle \_\_\_ self-regeneration and social transformation.

It appeared respondents \_\_\_ this study believed \_\_\_ use \_\_\_ sport to aid the process \_\_\_ human capital accumulation. We suggest, however, sport \_\_\_ a means \_\_\_ education, must not be organized \_\_\_ a manner that can physically harm or psychologically violate dignity and worth \_\_\_ participants. Not all structures meant \_\_\_ sport education are equally instrumental \_\_\_ bringing forth potentials \_\_\_ target beneficiaries. These structures must be seen \_\_\_ both a means, and an object \_\_\_ human capital development.

*(Taken from Policy Benefits of Prospective Sport Administrations...  
Timoh Shehu, Ricky Kimbai, and Philemon Lyora, ICHPER.SD, N3, 2001 p. 24)*

**16. Складіть речення із поданих слів і перекладіть їх письмово українською мовою.**

1. health, is, basic, physical, to, mental, Nutrition, and, emotional.
2. in, weight, Exercise, helpful, reduction, is, sometimes.
3. Sport, should, possible, and, activities, be, as, physical, safe, as.
4. Sufficient, and, necessary, sleep, for, of, good, physical, are, mental, and, maintenance, emotional, rest, health.
5. require, activity, more, people, sleep, others, who, Some, have, similar, than, levels.
6. It, early, too, is, or, too, to, start, late, never.
7. Sport, and, physical, outdoor, activities, an, integral, education, part, are, of, dance, the, curriculum.
8. Wellness, the, to, its, life, live, to, is, fullest, capacity, potential.
9. It, healthy, life, is, that, develop, help, people, important, lifestyles, professionals, early, in.
10. later, on, life, childhood, have, experienced, in, their, Diseases, roots, in.

**17. Запишіть запитання до поданих речень і перекладіть їх українською мовою. Початки запитань подано у дужках.**

1. Good health is viewed as freedom from disease. (How...)
2. In the past, traditional approaches to health have emphasized alleviating or treating disease. (When...)
3. Experts recognize that many decisions we make pertaining to our lifestyle can significantly influence our health status. (Who...)
4. Outdoor adventure activities are becoming an increasingly popular component of the secondary school curriculum. (What...)
5. Within the past decade, national studies of youth fitness have raised a great deal of concern among the public and professionals. (When...)
6. Teacher's acceptance of student responses is a critical teacher behaviour in this style. (Whose...)
7. The conceptual style focuses on subject matter more than other styles. (What...on)
8. A teacher often relies on the common style. (Does...)
9. Teachers can help students explore, explain, justify, and generalize. (What...)
10. It is often useful and necessary to meet periodically with parents. (How often...)

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

infrastructure	capture	pursued
inadequate	lawful	privatization
actualize	generate	commercial
project	Tanzania	while
sustainable	claim	weigh

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
on, media, let, number, the, well, relevant, perhaps, any, should, Tanzania, itself, capture, sustainable, while, generate, a, it, foster, hardly, options, spillover, all, about.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- sport infrastructures
- developing countries
- tourism destinations
- sport product
- commercial ventures
- relevant question
- sport council
- sport sector
- sport services
- future studies

**4. Прочитайте й виконайте письмовий переклад тексту.**

It hardly needs to be said that public spending on sport infrastructures and services in developing countries is inadequate to actualize sport policy objectives. The solution increasingly espoused in the media is to let market forces take control of sport development projects to make them efficient, profitable, and, sustainable. A number of options being pursued worldwide to capture rents from sport include marketing and promoting; developing sport tourism destinations; investing in sport infrastructures, hotels, mass communication networks, bid preparations, and sport product development.

Sport privatization advocates claim commercial sport ventures could

generate spillover in other sectors of the economy. While this argument may well be true, the relevant question should be whether an entire national sport council, conducting itself as an economic agent, fosters conditions enabling all citizens to follow their lawful sport inclinations, irrespective of income and social status. Policies to make the sport sector more of a business enterprise appeared to be in order, according to these respondents. Giving the relatively declining sport services in Tanzania, it is perhaps understandable they should be concerned about sport sector deregulation and commercialization. But does this imply that in any political mediation of sport development controversies by these respondents, commercial consideration would weigh heavily? Only future studies can tell.

*(Taken from Policy Benefits of Prospective Sport Administrations...  
Timoh Shehu, Ricky Kimbai, and Philemon Lyora, ICHPER.SD, N3, 2001 p. 24)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                       |                        |
|-----------------------|------------------------|
| • ЗМІ                 | • майбутні дослідження |
| • соціальний статус   | • занепад сфери послуг |
| • навряд чи потрібно  | • кількість варіантів  |
| • спортивні структури | • громадські витрати   |
| • спортивний сектор   | • у цілому світі       |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Public spending on sport infrastructures in developing countries is not sufficient to actualize sport policy objectives.
2. Commercial sport ventures could generate crisis in the nation's economy.
3. Sport sector can add greatly to other sectors of the economy.
4. Market forces should take control of sport development projects.
5. Public spending only isn't able to make sport development project profitable.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** expenditures, answer, profit, enterprise, advance.

**Verbs:** allow, make, suggest, catch, say.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** proper, inefficient, unprofitable, false, irrelevant.

**Verbs:** deter, hide, exclude, destroy, disappear.

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

- |                 |                    |
|-----------------|--------------------|
| 1 public        | a) council         |
| 2 sport         | b) destination     |
| 3 market        | c) advocate        |
| 4 communication | d) question        |
| 5 relevant      | e) infrastructures |
| 6 national      | f) preparations    |
| 7 business      | g) spending        |
| 8 tourism       | h) networks        |
| 9 privatization | i) forces          |
| 10 bid          | j) enterprise      |

**10. Напишіть тлумачення поданих слів:**

infrastructure (n), destination (n), media (n), venture (n), council (n).

**11. Випишіть з тексту 10 ключових слів і перекладіть їх українською мовою.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Знайдіть у реченнях іменники й подайте їх характеристику. Перекладіть речення українською мовою.**

1. Commercial sport ventures could generate crisis in the nation's economy.
2. Sport privatization advocates commercial sport ventures could generate spillover in other sectors of the economy.
3. Physical stressors are changes in body's internal or immediate external environment.
4. Examples of physical stressors include diet, noise, drugs, exercise, illness, and temperature.
5. Stress occurs as a correspondence of the individual's perception.

**14. Вставте артикли де необхідно та перекладіть поданий текст українською мовою.**

To be healthy, \_\_\_ individuals must commit themselves to enhancing \_\_\_ physical \_\_\_ condition of their \_\_\_ bodies. \_\_\_ attainment and \_\_\_ maintenance of \_\_\_ high \_\_\_ level of \_\_\_ physical \_\_\_ health require \_\_\_ careful \_\_\_ attention to \_\_\_ physical \_\_\_ fitness, especially those \_\_\_ health-



related \_\_\_ components of \_\_\_ cardiovascular \_\_\_ endurance, \_\_\_ muscular \_\_\_ strength and \_\_\_ endurance, \_\_\_ flexibility, and \_\_\_ body composition. \_\_\_ proper \_\_\_ nutrition, \_\_\_ avoidance of \_\_\_ tobacco and \_\_\_ excessive alcohol \_\_\_ consumption, and \_\_\_ refraining from \_\_\_ drug abuse are important to maintain \_\_\_ good physical \_\_\_ condition. \_\_\_ individuals must also take \_\_\_ steps to ensure that they get \_\_\_ adequate \_\_\_ sleep and maintain \_\_\_ balance between \_\_\_ work and \_\_\_ leisure. \_\_\_ safety, \_\_\_ medical self-care, and \_\_\_ appropriate \_\_\_ use of \_\_\_ medical \_\_\_ system also contribute to \_\_\_ attaining \_\_\_ high \_\_\_ level of \_\_\_ physical health.

*(Originated from Deborah A. Wuest, Bennett J. Lombardo Curriculum and...)*

**15. Заповніть прогалини у тексті відповідними прийменниками з таблицки. Текст перекладіть українською мовою.**

because, as, despite, of, in, from, within, of, for, in, among, of, in, across, at, in, during, in, of, in, of,
--

The broad variations \_\_\_ individual development are particularly noticeable \_\_\_ the early secondary school years. When observing seventh-grade students \_\_\_ a developmental perspective, the teacher would notice a great deal \_\_\_ variation \_\_\_ the students' maturity, \_\_\_ their similar chronological age. Great variations \_\_\_ height and weight are evident \_\_\_ are differences \_\_\_ motor skill ability. Furthermore, a student may be more mature \_\_\_ some areas than others. \_\_\_ instance, students exhibiting similar levels physical maturity may be functioning \_\_\_ different levels \_\_\_ cognitive or social development. \_\_\_ the great variation \_\_\_ individual development, a wide range \_\_\_ differences exist \_\_\_ students both \_\_\_ and \_\_\_ developmental domains, age, gender, and grade levels.

*(Originated from Deborah A. Wuest, Bennett J. Lombardo Curriculum and...)*

**16. Складіть речення із поданих слів і перекладіть їх письмово українською мовою.**

1. by, today, been, trained, television, to, be, have, passive, Students, learners.
2. Kids, ever, choices, than, more, today, face, before.
3. Concern, the, about, the, discipline, maladaptive, and, behaviour, students, is, by, increase, on.
4. today, convinced, educators, that, teaching, Most, is, difficult, are, more, ever, than, before.
5. more, admit, frequently, their, Parents, that, they, cannot, and, control, more, children.

6. is, greater, fear, a, foolish, youngster, There, than, growing, to, look, or, no, feel, in, of, his, for, front, peers.
7. Teachers, consequences, be, that, students, must, know, the, sure, of, all, behaviours.
8. on, what, Teachers, classroom, know, is, should, going, in, parts, of, the, at, all, times, all.
9. The, own, important, the, in, most, discipline, is, teacher's, ingredient, self-discipline.
10. Apologies, they, accepted, students, be, with, from, the, that, intend, to, should, understanding, improve.

**17. Запишіть запитання до поданих речень і перекладіть їх українською мовою. Початки запитань подано у дужках.**

1. Teachers must always try to help students make good choices. (Who...)
2. Class rules are essential and must be enforced. (What...)
3. Sport sector can add greatly to other sectors of the economy. (What ...to?)
4. Market forces should take control of sport development projects. (Should...)
5. Public spending on sport infrastructures in developing countries is sufficient to actualize sport policy objectives. (Where...)
6. Training physical education teachers began in Europe and the United States during the 18th century. (When...)
7. For a long time Swedish Gymnastics was the subject of physical education courses in Turkey, as in many other countries. (Where...)
8. Content of the school curriculum was determined by how teachers had been trained. (What...)
9. The first set of strategies has been developed by Don Hellison and his students. (Who...)
10. Good choices produce good behaviour. (What...)

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

Turkey	physiological	consciousness
flourishing	muscular	environment
course	emphasize	knowledge
whereas	psychomotor	architect
gymnastics	physical	quality

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

during, Europe, with, along, muscular, a, and, their, growth, curriculum, the, by, early, however, himself, essential, adapt, furnish, necessary, each, as, but, together.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- school curriculum
- muscular development
- student consciousness
- dry knowledge
- latest developments
- essential qualities
- physical development
- physical growth
- human body
- up to date

**4. Прочитайте й виконайте письмовий переклад тексту.**

Training physical education teachers began in Europe and the United States during the 18th century. In Turkey, however, efforts flourishing in the early 20th century became institutionalized in 1932 with founding of the Department of Physical Education at Gazi Institute of Education. For a long time Swedish Gymnastics was the subject of physical education courses in Turkey, as in many other countries. After World War II other branches of sport were practiced, along with gymnastics. Content of the school curriculum was determined by how teachers had been trained.

Whereas, physiological and muscular developments were emphasized in early days, at present the human body is considered as a whole, as cognitive, affective, and psychomotor domains and physical growth are all studied together. Nowadays, a physical education teacher does not command or dictate to students, but guide them, strives to raise student consciousness of the body in helping each adapt to the environment.

A teacher is not a person who communicates dry knowledge or present skills, but the one who takes the lead in problem-solving, and is consistent with maintaining discipline. The teacher who keeps himself/herself and the students up to date with latest developments in the world, knows his/her subject, and brings, not the teacher but the learner to the fore. He/she is very much like architects or engineers who are constructing buildings. In sum, a teacher furnishes students with qualities necessary for their cognitive, affective, psychomotor, and physical development. This is possible only if the teacher is equipped with the essential qualities.

*(Taken from Students Perceptions of Physical Education Teacher Qualities Gryasettin Demirhan, Caner Acikada, and Frigen Altay, ICHPER.SD N3, 2001 p.16)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                                |                       |
|--------------------------------|-----------------------|
| • на початку ХХ століття       | • вивчати разом       |
| • процвітати                   | • підготовка учителів |
| • пристосовуватися до довкілля | • багато інших країн  |
| • людське тіло                 | • навчальна програма  |
| • необхідні якості             | • фізичний розвиток   |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. A teacher is a person who communicates dry knowledge or present skills.
2. After World War I other branches of sport were practiced, along with gymnastics.
3. For a long time Swedish Gymnastics was the subject of physical education courses in Turkey.
4. At present the human body is considered as cognitive, affective, and psychomotor domains.
5. Content of the school curriculum was defined by how teachers had been trained.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

Nouns: instructor, attempt, state, program, progress.

Verbs: start, follow, define, stress, order.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

Nouns: student, soul, ignorance, retrogression, decline.

Verbs: stop, ignore, follow, decrease, divest.

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

- |               |                  |
|---------------|------------------|
| 1 muscular    | a) body          |
| 2 dry         | b) quality       |
| 3 human       | c) States        |
| 4 student     | d) curriculum    |
| 5 essential   | e) growth        |
| 6 psychomotor | f) course        |
| 7 physical    | g) development   |
| 8 United      | h) domain        |
| 9 education   | i) consciousness |
| 10 school     | j) knowledge     |

**10. Напишіть тлумачення поданих слів:**

skill (n), cognitive (adj), architect (n), gymnastics (n), physiological (adj).

**11. Випишіть з тексту 10 ключових слів і перекладіть їх українською мовою.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Знайдіть у реченнях іменники й подайте їх характеристику.**

**Перекладіть речення українською мовою.**

1. General language consists of qualities every educated individual should possess.
2. Field knowledge in physical education consists of theoretical and applied field knowledge.
3. Findings were similar to result of Friedman's study in 1983. 4. Theoretical field knowledge aims at educating prospective teachers in physical education.
5. Student ideas of objectives of education and teachers attitudes were shaped by classroom activities.



**14. Вставте артикли, де необхідно, та перекладіть поданий текст українською мовою.**

\_\_\_ attainment of \_\_\_ wellness required \_\_\_ reduction of \_\_\_ health risk factors, which increase \_\_\_ one's probability of \_\_\_ disease. In \_\_\_ case of coronary heart disease, \_\_\_ risk factors include \_\_\_ cigarette smoking, elevated serum \_\_\_ cholesterol, \_\_\_ physical inactivity, \_\_\_ hypertension, \_\_\_ obesity, \_\_\_ diabetes, \_\_\_ heredity, \_\_\_ age, \_\_\_ race, and a high-stress lifestyle. Many of these risk factors are \_\_\_ function of \_\_\_ individual lifestyles and \_\_\_ behaviour patterns. With \_\_\_ exception of \_\_\_ heredity, age, sex, and race, these risk factors can be altered through \_\_\_ lifestyle modification. That is, \_\_\_ individuals can reduce their chances of \_\_\_ coronary heart disease by making thoughtful, sound \_\_\_ decisions about their lifestyles. Providing \_\_\_ students with \_\_\_ information about how \_\_\_ fitness activities can alleviate \_\_\_ certain risk factors and lead to \_\_\_ more positive health profile helps them more fully understand \_\_\_ purpose and value of what they are doing.

*(Originated from Deborah A. Wuest, Bennett J. Lombardo Curriculum and...)*

**15. Заповніть прогалини у тексті відповідними прийменниками з таблицки. Текст перекладіть українською мовою.**

in, among, of, in, of, of, throughout, from, by, to, within, to, out, for, with, while, of, about, of
--

\_\_\_ the secondary school physical education experience, students should be given opportunities to develop their decision-making skills. One's level \_\_\_ fitness is directly influenced \_\_\_ the choices one makes pertaining \_\_\_ one's lifestyle. Should I work \_\_\_ today? Should I eat pizza \_\_\_ lunch? Should I use tobacco because all my friends are using it? Should I use drugs to cope \_\_\_ stress? Should I use my seatbelt \_\_\_ driving a car? The first step is defining the problem and the choices available. Gathering reliable information \_\_\_ the problem, examining the potential solutions \_\_\_ the problem \_\_\_ terms \_\_\_ their consequences, selecting a course \_\_\_ action \_\_\_ the alternatives, and evaluating the effectiveness \_\_\_ the decision are steps involved \_\_\_ the process. Students should learn that the ultimate responsibility \_\_\_ the decision rests \_\_\_ each person.

*(Originated from Deborah A. Wuest, Bennett J. Lombardo Curriculum and...)*

**16. Складіть речення із поданих слів і перекладіть їх письмово українською мовою.**

1. is, understand, that, students, the, importance, It, of, adhering, to, proper, important, understand, practices.
2. individual's, an, can, also, affect, Obesity, adversely, health.

7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.

Nouns: instructor, attempt, state, program, progress.

Verbs: start, follow, define, stress, order.

8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Nouns: student, soul, ignorance, retrogression, decline.

Verbs: stop, ignore, follow, decrease, divest.

9. Утворіть словосполучення та перекладіть їх:

- |               |                  |
|---------------|------------------|
| 1 muscular    | a) body          |
| 2 dry         | b) quality       |
| 3 human       | c) States        |
| 4 student     | d) curriculum    |
| 5 essential   | e) growth        |
| 6 psychomotor | f) course        |
| 7 physical    | g) development   |
| 8 United      | h) domain        |
| 9 education   | i) consciousness |
| 10 school     | j) knowledge     |

10. Напишіть тлумачення поданих слів:

skill (n), cognitive (adj), architect (n), gymnastics (n), physiological (adj).

11. Випишіть з тексту 10 ключових слів і перекладіть їх українською мовою.

12. Доберіть заголовок до тексту, запишіть його англійською та українською мовами.

13. Знайдіть у реченнях іменники й подайте їх характеристику.

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in, among, of, in, of, of, throughout, from, by, to, within, to, out, for, with, while, of, about, of
--

\_\_\_ the secondary school physical education experience, students should be given opportunities to develop their decision-making skills. One's level \_\_\_ fitness is directly influenced \_\_\_ the choices one makes pertaining \_\_\_ one's lifestyle. Should I work \_\_\_ today? Should I eat pizza \_\_\_ lunch? Should I use tobacco because all my friends are using it? Should I use drugs to cope \_\_\_ stress? Should I use my seatbelt \_\_\_ driving a car? The first step is defining the problem and the choices available. Gathering reliable information \_\_\_ the problem, examining the potential solutions \_\_\_ the problem \_\_\_ terms \_\_\_ their consequences, selecting a course \_\_\_ action \_\_\_ the alternatives, and evaluating the effectiveness \_\_\_ the decision are steps involved \_\_\_ the process. Students should learn that the ultimate responsibility \_\_\_ the decision rests \_\_\_ each person.

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**16. Складіть речення із поданих слів і перекладіть їх письмово українською мовою.**

1. is, understand, that, students, the, importance, It, of, adhering, to, proper, important, understand, practices.
2. individual's, an, can, also, affect, Obesity, adversely, health.

1. Different, in, sound, should, examined, fad, relation, be, to, nutritional, diets, practices.
4. miniature, on, nutrition, as, be, presented, in, class, Information, can, a,
5. ascribed, health, have, Numerous, been, to, benefits, exercise.
6. a, Engaging, wellness, on, regular, basis, is, appropriate, important, exercise, for, in, level, attaining, a, high, of.
7. Regular, risk, activity, lower, of, disability, the, physical, and, death, from, heart, can, disease.
8. The, in, must, regular, engage, individual, vigorous, on, a, activity, basis.
9. level, work, exercise, the, Regular, individual, energy, increases, of, the, for, and, play.
10. Wellness, of, well-being, is, an, state, health, its, optimal, and, the, to, live, life, to, capacity, fullest.

**17. Запишіть запитання до поданих речень і перекладіть їх українською мовою. Початки запитань подано у дужках.**

1. Physical education can help promote responsibility in several ways. (Can...)
2. Fitness and wellness require personal investment and commitment. (What...)
3. The development of muscular strength and endurance is an important aspect of health-related fitness. (Is...)
4. Flexibility is the range of motion possible about a given joint or series of joints. (What... about?)
5. The body composition of an individual is an important aspect of the individual's total fitness. (Whose...)
6. Caloric intake can be decreased and the present level of physical activity maintained. (Can...)
7. Having excessively low levels of body fat is also dangerous to one's health. (Why...)
8. Computer programs are available to facilitate analysis. (What...)
9. In 1988 AAHPERD inaugurated the Physical Best fitness program. (When...)
10. Complete information on this program can be obtained from AAHPERD, 1900 association Drive, Reston, VA, 22091. (Where ...from?)



**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

profitable	deserve	drawback
expansion	background	perform
encourage	cooperate	self-confidence
headline	inadequate	revenue
standpoint	comparison	improvement

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
 positive, unite, should, healthy, one, important, in, understanding, tolerance, by, demonstrate, is, it, condition, at, create, on, organiser, my, healthy, peaceful, unhealthy, fifty, an, may, affect, of, are, them, less, well, gifted, harmful, should, instead of.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
numeral	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- today's society
- physical and mental development
- from a social standpoint
- on the other hand
- from an economic point of view
- in comparison to
- improve physical condition
- people's understanding and tolerance
- play a positive role
- promote unhealthy products

**4. Прочитайте та виконайте письмовий переклад тексту.**

Sport is an important part of today's society and plays a large role in many people's lives. Now more than ever, sport events dominate headlines and athletes have become national heroes. The question is does sport deserve this kind of interest and attention?

From a social standpoint, sport plays a positive role in uniting people from different social backgrounds in support of their favourite team. This can help



people's understanding and tolerance of each other. However, just as sport unites people so it can divide them, as is often demonstrated by crowd violence at football matches.

As far as education is concerned, sport is an important part of every child's education, as it plays a big role in both their physical and mental development. It teaches children how to work as part of a team and cooperate with others, while at the same time improving physical condition. The only drawback to this is that children who are less able to perform well in sport are likely to feel inadequate in comparison to their more gifted classmates, which may affect their self-confidence.

From an economic point of view, sport can be very profitable and advertising. On the one hand this creates revenue for the sporting industry which allows for improvement and expansion. On the other hand large sums of money are often paid to event organizers to promote products such as cigarettes, which are harmful to one's health.

In our opinion, sport should be used as much as possible to encourage people to lead a more healthy and peaceful life instead of being used to promote unhealthy products.

*(Originated from Тучина Н.В., Меркулова Т. К., Кузьмина В.С. "Read and speak English with pleasure". – Харків, 2004. – 304 с.)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                          |                           |
|--------------------------|---------------------------|
| • фізичні умови          | • поділяти                |
| • на нашу думку          | • зацікавлення та увага   |
| • більше ніж             | • єдиний недолік          |
| • співпрацювати з іншими | • обдаровані однокласники |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Sport can't be profitable from an economic point of view.
2. Politics is an important part of today's society.
3. Sport doesn't deserve this kind of interest and attention.
4. This can help people's understanding and tolerance of each other.
5. Sport unites people and it can't divide them.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** community, disadvantage, sportsman, income, human beings.

**Verbs:** lead, foster, work together, gain, amalgamate.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

Adjectives: negative, useless, adequate, similar.

Verbs: separate, discourage.

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

- |              |                    |
|--------------|--------------------|
| 1 sport      | a) self-confidence |
| 2 national   | b) life            |
| 3 social     | c) backgrounds     |
| 4 create     | d) heroes          |
| 5 peaceful   | e) role            |
| 6 unhealthy  | f) industry        |
| 7 sporting   | g) revenue         |
| 8 positive   | h) people          |
| 9 affect     | i) products        |
| 10 encourage | j) events          |

**10. Напишіть тлумачення поданих слів:**

attention (n), condition (n), expansion (n), support (n), crowd (n).

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.**

**12. Доберіть заголовок до тексту, запишіть його англійською та українською мовами.**

**13. Розкрийте дужки, утворіть необхідний ступінь порівняння прикметників.**

1. Sport should be used as much as possible to encourage people to lead (healthy) life.
2. The journey was (long) than I had thought before.
3. Ann works (hard) than most of her friends.
4. Don is the (good) player in his football team.
5. This exercise is the (difficult) of all the exercises.

**Замініть речення використавши порівняльну конструкцію as...as.**

6. Ann works reasonably hard but she used to work much harder.
7. The weather is still unpleasant today but yesterday it was worse.

**Доповніть подані речення використавши as...as, so...as або than.**

8. This writer isn't ... famous ... Jack London.

9. Their flat is nearly ... comfortable ... our.
10. Her room is much more cleaner ... his.

**14. Виправте помилки у поданих реченнях.**

1. The driver of the car was serious injured.
2. Be quietly, please! I'm trying to concentrate.
3. We didn't go out because it was raining heavy.

**Утворіть речення з поданих слів і перекладіть їх.**

4. children/the/good/very/behaved/themselves.
5. see/soon/you. Work/too/don't/hard.

**Напишіть словами подані кількісні числівники:**

6. 3, 21, 143, 1582, 15500.
7. 80, 22, 313, 4040, 11443.

**Напишіть словами подані порядкові числівники:**

8. 7, 20, 100, 4, 21.
9. 120, 8, 30, 125, 5.

**Напишіть словами подані дати:**

10. 17/10/1912; 25/10/1982; 22/08/1983; 30/02/1903; 28/ 04/1999.

**15. Розкрийте дужки, вживаючи відповідне модальне дієслово або його еквівалент.**

1. He (зможє) speak English fluently if he spends a couple of years in England.
2. You (повинні) pay duty on these goods.
3. I (зможу) begin the work tomorrow.
4. She (повинна) hurry. It is ten to seven already.
5. He said I (можу) take his pen.
6. He (дозволять) to go for a walk.
7. She (могла б бути) more polite.
8. He (був змушений) explain everything.
9. He (не слід) be working for this firm.
10. She (можливо) know her telephone number.

**16. Перекладіть речення українською мовою, звертаючи увагу на дієприкметник.**

1. The girl standing at the window is my sister.
2. Writing letters is a waste of time.
3. The books written by this author are very interesting.

4. We were interested in the goods produced by this factory.
5. While putting the flowers into the vase he broke it.
6. She didn't understand the word said by him.
7. Entering the room I saw a stranger.
8. Looking through the newspaper I came across an interesting article.
9. Be careful while crossing the street.
10. The stolen things were returned to the owner.

**17. Перекладіть подані речення англійською мовою.**

1. Проживши багато років в Англії, він добре розмовляє англійською мовою.
2. Вони виглядають щасливішими, ніж вчора.
3. Сьогодні ми подивилися, мабуть, найгірший фільм року.
4. Ти можеш повернутися додому не пізніше одинадцятої.
5. Минулого року я був учнем. Цього року я студент.
6. Погода сьогодні ясна, але вчора була погана.
7. Вона лежала у ліжку читаючи книжку.
8. Побачивши своїх друзів, вона підійшла до них.
9. Ми пройшли найвужчими вулицями нашого міста.
10. Що більше вчиш, то більше знаєш.

1. Напишіть транскрипцію поданих слів і перекладіть їх:

violence	evidence	efficiently
behaviour	casual	facility
despise	acceptable	prone
investigate	aggressive	unfortunately
repercussions	contain	confirm

2. Визначте, до яких частин мови належать подані слова і перекладіть їх:

drunkenness, difficult, imitate, are, even, culture, international, they, in, at, can, improve, onto, financially, compulsory, combat, the, society, racist, stride, them, responsible, supporter, battle, on, it, actually.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
numeral	

3. Перекладіть подані словосполучення й складіть з ними речення англійською мовою:

- disgraceful behaviour
- regular event
- cropped hairstyle
- criminal activities
- recent riots
- unpleasant attitude
- international level
- sinister repercussions
- anti-hooligan campaign
- vicious nation

4. Прочитайте та виконайте письмовий переклад тексту.

Violence, drunkenness and vandalism have led to the English football fan being feared and despised at home and abroad. Now, these habits are being copied by young fans from all over Europe.

British football supporters do, however, have a history of violent behaviour. In the 1970s and 1980s battles at matches were a regular event.

As violence became more organized, new laws were introduced. English football clubs are now held financially responsible for fans' behaviour. The



police can now make arrests on the evidence of closer circuit cameras, both inside and outside football stadiums.

Stadiums are policed more efficiently and facilities inside have been improved.

It is also true that football violence has become unfashionable in England. In the 1970s 'aggression' fitted in with the cropped hairstyles, heavy boots and casual clothing. Modern youth culture is less prone to violence. Many hooligans have moved onto other criminal activities that will actually earn them more money.

Unfortunately, whatever the fashion at grounds in England, disgraceful behaviour is still seen as acceptable at football matches at international level. Abroad, English fans still do not know how to behave. Recent riots in Sweden confirmed their reputation as the nastiest and most vicious football nation.

The Germans, like the French, have made significant strides in combating violence at international level. Germany's football clubs investigated the violence and set up an 'anti-hooligan' campaign. Since then body searches and alcohol bans have become compulsory. However in Germany and Holland this has had sinister repercussions. The violence once contained in the football ground has moved into society in general. The targets of after-match violence are usually immigrants and the attacks are racist.

It is difficult to see why the unpleasant attitude of the English hooligans is admired and imitated abroad. Young Europeans are very interested in English football culture which they see as more exciting and aggressive – spectators are nearer the pitch and even the play is more aggressive. Many English players have been adopted as role models.

*(Originated from Тучина Н.В., Меркулова Т. К., Кузьмина В.С. "Read and speak English with pleasure". – Харків, 2004. – 304 с.)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |  |                        |
|--|------------------------|
| • футбольні уболівальники                  | • ганебна поведінка    |
| • більш агресивно                          | • міжнародний рівень   |
| • нещодавнє порушення громадського порядку | • більш ефективно      |
| • злочинні дії                             | • несамовита поведінка |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. The situation with violence on English football fields hasn't changed since 1970s.

- English football fans are unwelcome guests at other countries' sports events.
- In Germany and Holland violence on football grounds usually has tragic consequences.
- The police efforts to keep peace on football grounds are helped by electronic devices.
- Sweden, German and French government set up an "anti-hooligan" campaign which helps them to fight violence on football stadiums.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** aggression, actions, consequence, community, fan.

**Adjectives:** global, out of date, brutal, evil, desirable.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** pleasant, fashionable, insignificant, optional, innocent.

**Verbs:** worsen, disprove, misbehave.

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

- |                |                    |
|----------------|--------------------|
| 1 violent      | a) violence        |
| 2 casual       | b) searches        |
| 3 unpleasant   | c) strides         |
| 4 football     | d) attitude        |
| 5 heavy        | e) clubs           |
| 6 financially  | f) behaviour       |
| 7 youth        | g) clothing        |
| 8 significant  | h) boots           |
| 9 body         | i) responsible for |
| 10 after-match | j) culture         |

**10. Напишіть тлумачення поданих слів:**

prone (adj), fashion (n), abroad (adv), riot (n), target (n), spectator (n).

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Розкрийте дужки, утворіть необхідний ступінь порівняння прикметників.**

1. The landscape is the (picturesque) I have ever seen.
2. My toothache is (painful) than it was yesterday.
3. Her illness was far (serious) than we at first thought.
4. The examination was (easy) than we expected.
5. It's too noisy here. Can we go somewhere (quiet)?

**Замініть речення використавши порівняльну конструкцію as...as.**

6. I was a bit nervous before the interview but usually I'm a lot more nervous.
7. They've lived here for quite a long time but we've lived here longer.

**Доповніть подані речення використавши as...as, so...as або than.**

8. Second class isn't ... expensive ... first.
9. My wife is more beautiful ... his.
10. My friend's dog is ... clever ... my.

**14. Виправте помилки у поданих реченнях.**

1. Helen is terrible upset about losing her job.
2. Everybody at the party was colourful dressed.
3. Tom drove careful along the narrow road.

**Утворіть речення з поданих слів і перекладіть їх.**

4. company's/is/financial/situation/the/not/at/good/present.
5. hard/I/but/name/his/tried/to/I/couldn't/remembers.

**Напишіть словами подані кількісні числівники:**

6. 13, 82, 258, 711, 57837.
7. 18, 53, 999, 9444, 65331.

**Напишіть словами подані порядкові числівники:**

8. 32, 125, 12, 40, 200.
9. 3, 43, 230, 2, 50.

**Напишіть словами подані дати.**

10. 12/12/1810; 30/08/2001; 22/10/2007; 4/04/2006; 18/08/1999.

**15. Розкрийте дужки, вживаючи відповідне модальне дієслово або його еквівалент.**

1. She (могла б піти) earlier, but she didn't.
2. He (може бігати) fast.

3. (Невже) she has been working so long.
4. He (дозволили піти) for a walk.
5. She said I (можу взяти) her pen.
6. He (повинен йти) there now.
7. We (були змушені) explain everything.
8. She (буде змушена) explain everything.
9. He who falls today (може піднятися) tomorrow.
10. We (слід було бути) more tactful.

**16. Перекладіть речення українською мовою, звертаючи увагу на дієприкметник.**

1. Having lost his address I couldn't write to him.
2. She went home having finished her work.
3. Being busy he could not answer my question.
4. The boy was reading the book making notes.
5. While waiting for them I was reading this newspaper.
6. I remember well his words told at the meeting.
7. Don't make mistakes writing a letter.
8. Ann entered the room keeping a book in her hand.
9. The questions put to the professor were important.
10. The broken cup lies on the floor.

**17. Перекладіть подані речення англійською мовою.**

1. Студентам дозволяють користуватися записами під час екзамену.
2. Вона могла б бути більш ввічливою.
3. Читаючи статтю в англійському журналі, я виписав нові слова.
4. Хлопчик взяв книжку, яка лежала на столі.
5. Твій годинник не такий новий, як мій.
6. Їхній будинок зручніший ніж мій.
7. Він не міг звернутися до них за допомогою.
8. Він повинен робити зарядку щодня з того часу, як погладшав.
9. Мій друг хворий. Він не в університеті. Він вдома.
10. Діставшись місця призначення, хлопчик постукав у двері.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

spectator	scientific	participant
participatory	soldier	weightlifting
tobogganing	strength	reason
available	soccer	specific
variety	possible	though

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
 simply, friendly, activity, second, care, facility, average, offer, imagine, without, the, size, choice, are, amateur, level, first, become, two, an, defense, popular, among, development, may, for, wrestling, equally, south, can, great, have, choose.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
numeral	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- sport activities
- public sports facilities
- number of participants
- specific rules
- enormous amount
- large choice
- outdoor winter sports
- available facilities
- national and international level
- speed and strength

**4. Прочитайте та виконайте письмовий переклад тексту.**

In the USA today, football is the most popular spectator sport. Baseball is now in second place among the sports people most like to watch. Both baseball and football are, of course, American developments of sports played in England.

What makes football in the US so different from its European cousins, rugby and soccer, is not just the size, speed and strength of its players. Rather it is the most “scientific” of all outdoor team sports. Specific rules state what each player



in each position may and may not do, and when. There are hundreds of possible "plays" (or moves) for teams on offense and defense.

There are two more sports that are American in origin – volleyball and basketball. They were both first played in Massachusetts in the 1890s, and during the First and Second World Wars they were taken by American soldiers overseas to become popular worldwide.

There is an enormous amount of live broadcasting of all different types of sports events, professional and amateur, at state, national and international levels.

Ice-hockey, baseball, football and basketball are the "four major sports", though there are other sports and sports activities that attract millions of active participants. Among them are: golf, swimming, tennis, marathons, track and field, bowling, archery, skiing, skating, squash and badminton, rowing and sailing, weightlifting, boxing and wrestling. Statistics shows that Americans' favourite participatory sports are: swimming, bicycling, fishing, jogging, calisthenics (gymnastics or fitness) and bowling.

The reason why so many sports are popular in the USA is that the variety and size of America and the different climates found in it have provided its people with a large choice of summer and winter sports. Most Americans who grow up in the North, also grow up with outdoor winter sports and activities. Skating, sledging and tobogganing are equally popular there. Those who in the south can't imagine their life without water sports like wind-surfing, water skiing or sailing.

In addition, public sports facilities have always been available in great number of participants. The fact that the average high school, too, offers its students a great variety of sports may have contributed to the wide and varied interest and participation of Americans in sports.

One more reason is that Americans simply like sport activities and always have. They like to play a friendly game of softball at family picnics on beaches or in parks whenever a few young people come together. So, Americans like their sports, for whatever reason you care to choose.

*(Originated from Тучина Н.В., Меркулова Т. К., Кузьмина В.С.*

*"Speak English with Pleasure/Под ред. Луизы Грин (Великобритания), Кирь О. Янсон (США)". – Харків, 2001. – 288 с.)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                       |                       |
|-----------------------|-----------------------|
| • походження          | • насправді, фактично |
| • звичайно            | • ставати дорослим    |
| • напад і оборона     | • робити внесок       |
| • привертати увагу    | • повідомляти         |
| • на додаток до цього | • великий вибір       |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Usually each school or college in America offers only one kind of sports to its students.
2. For Americans being a sportsman and being intelligent are the things that can go together.
3. Most Americans prefer watching sports on TV to active participation in it.
4. Baseball takes the second place among the sports Americans like to watch.
5. In most American colleges sports activities are not very important.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** cause, evolution, stamina, quantity, competitor.

**Verbs:** draw, endow, conceive, propose, select.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** impossible, unpopular, tiny, professional, similar.

**Adverbs:** unfriendly, never.

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

- |             |                |
|-------------|----------------|
| 1 spectator | a) choice      |
| 2 sports    | b) game        |
| 3 outdoor   | c) sport       |
| 4 average   | d) picnics     |
| 5 popular   | e) sports      |
| 6 great     | f) facilities  |
| 7 friendly  | g) worldwide   |
| 8 large     | h) high school |
| 9 water     | i) team sports |
| 10 family   | j) variety     |

**10. Напишіть тлумачення поданих слів:**

participation (n), available (adj), archery (n), broadcast (v), calisthenics (n).

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.**

**12. Доберіть заголовок до тексту, запишіть його англійською та українською мовами.**

**13. Розкрийте дужки, утворіть необхідний ступінь порівняння прикметників.**

1. Our city is the (beautiful) in the world.
2. These shoes are (expensive) than mine.
3. Today's assignment is (interesting) than yesterday's one.
4. Health is (important) than money.
5. We always go camping when we go on holiday. It's much (cheap) than staying in a hotel.

**Замініть речення використавши порівняльну конструкцію as...as.**

6. My salary is high but yours is higher.
7. I'm quite tall but you are taller.

**Замініть речення використавши порівняльну конструкцію as...as.**

8. Petrol is twice ... expensive ... it was a few years ago.
9. They have more money ... we have.
10. I'm sorry I'm late. I got here ... fast ... I could.

**14. Виправте помилки у поданих реченнях.**

1. It rained continuous for three days.
2. Why were you so unfriend when I saw you yesterday?
3. The driver of the car was serious injured in the accident.

**Утворіть речення з поданих слів і перекладіть їх.**

4. has/Jack/own/his/business/started. well/is/quite/going/everything.
5. sometimes/restaurant/we/Japanese/go/a/to.

**Напишіть словами подані кількісні числівники:**

6. 30, 35, 414, 3013, 45971.
7. 8, 41, 557, 2033, 92017.

**Напишіть словами подані порядкові числівники:**

8. 1, 50, 231, 13, 54.
9. 15, 60, 300, 11, 75.

**Напишіть словами подані дати:**

10. 18/10/2007; 22/01/2001; 18/02/2003; 4/08/1996; 16/08/1990.

**15. Розкрийте дужки, вживаючи відповідне модальне дієслово або його еквівалент.**

1. He (можливо, ще живе) in that old house of his.
2. You (не обов'язково було так) so much trouble.
3. A liar (повинен мати) a good memory.
4. Who says A (повинен говорити) B.
5. A man (може робити) no more than he can.
6. (Можу) I join your excursion?
7. You (можете) give me your answer tomorrow.
8. They (дозволять) to leave the office as soon as they finish the work.
9. They (могли) ask him to come a bit later.
10. We (повинні) learn the poem by heart.

**16. Перекладіть речення українською мовою, звертаючи увагу на дієприкметник.**

1. A person taking a bath is our patient.
2. The question being discussed now is very important.
3. Mother put eggs into the boiling water.
4. He set in the armchair thinking.
5. Being packed in the beautiful box the flowers looked very lovely.
6. I don't like the book bought last week.
7. The books written by this author are very interesting.
8. We watched the birds flying in the sky.
9. Having translated the text orally I wrote it down.
10. We were walking under the falling snow.

**17. Перекладіть подані речення англійською мовою.**

1. Він сказав, що ми повинні виїхати рано вранці.
2. Вона змушена була залишити роботу з того часу, як народилась дитина.
3. Ми повинні нагадати їм про їхню обіцянку.
4. У мене немає вільного часу.
5. Його батько зараз дуже стомлений.
6. Яке найбільше місто у вашій країні?
7. Він розумніший ніж його друг.
8. Розмовляючи з ним, не забудь розповісти йому новини.
9. Він сів на поламаний стілець.
10. Переклавши текст, він відпочив.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

European	recently	pole vault
guidance	representative	yachtsman
excellent	track and field	victory
supporter	legendary	championship
worthy	honorary	compulsory

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

follower, amateur, current, world, at, under, coach, it, wonder, is, international, harvest, their, winner, positively, future, first, twenty sixth, by, in, the, he, an, national, recently, precise, rule, previous, fencing, simply, opportunity, stability, individual, them.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
numeral	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- |                         |                      |
|-------------------------|----------------------|
| • highly qualified      | • travel abroad      |
| • football supporters   | • visiting card      |
| • best football players | • compulsory subject |
| • all over the world    | • legendary veteran  |
| • several times         | • figure skater      |

**4. Прочитайте та виконайте письмовий переклад тексту.**

Both professional and amateur sports are very popular in Ukraine. Physical education is a compulsory subject at all school levels and besides thousands of boys and girls train in hundreds of sport clubs under the guidance of highly qualified coaches. So it is no wonder that Ukrainian sportsmen show good and excellent results at national, international and world championships.

The name of Kyiv's famous football team "Dynamo" works like a visiting card



for many Ukrainians who travel abroad, helping to find friends among football fans and supporters. This team was the European Cup Holder twice in 1975 and 1985, and their players Oleg Blokhin and Ihor Bielanov were named among the best football players of Europe. Now Andriy Shevchenko and Sergiy Rebrov have proved that they are worthy followers of the best "Dynamo" traditions.

The Ukrainian school of gymnastics is famous all over the world. Its representatives – Iryna Deriuhina, Oleksandra Tymoshenko, Oksana Skaldina and some others – have won World and European Championships many times.

The legendary veteran of Ukrainian sport, 8 times World and Olympic champion in the pole vault Serhiy Bubka holds 35 world records. He has an honorary title of the "World's Best Athlete". Mr. Bubka, considered the greatest pole vaulter ever, had announced in June that he would retire after the Sydney Olympics. The 36-year-old phenom had resumed full training three months prior to that, after undergoing tendon surgery for the second time in three years. He won his sixth consecutive world title in 1997 after missing 10 months of competition due to an Achilles' tendon injury that has plagued him for several years.

In the 1992 Olympic Games, Ukrainian figure skater Oksana Baiul won the first gold medal for the independent Ukraine which sent its national team to the Olympics for the first time.

Olympic competition was the highlight of the year 2000 in sports. To be more precise, it was the XXVII Summer Olympic Games in Sydney, Australia, held on September 15.

At the 26th Olympic Games in Atlanta the harvest of prizes was much greater: 9 gold and many silver and bronze medals. The winners at that Olympics were: gymnast Lilia Podkopaieva, free style gymnast Katya Serebrianska, boxer Volodymyr Klychko, a track and field athlete Inesa Kravets and others.

*(Originated from Тучина Н.В., Меркулова Т. К., Кузьмина В.С.  
"Speak English with Pleasure/Под ред. Луизы Грин (Великобритания), Киры О.  
Янсон (США)". – Харків, 2001. – 288 с.)*

## **5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                           |                              |
|---------------------------|------------------------------|
| • ахіллесове сухожилля    | • хірургія                   |
| • футбольні уболівальники | • надавати великого значення |
| • стрибки з жердиною      | • продовжувати               |
| • незалежна Україна       | • раніше, до                 |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Only professional sports are very popular in Ukraine.
2. Ukrainian gymnasts are popular all over the world.
3. Ukrainian figure skater Oksana Baiul won the third gold medal.
4. Serhiy Bubka retired after the Sydney Olympics.
5. Physical education is an obligatory subject at all school levels.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** athlete, instruction, reward, trainer, fan.

**Verbs:** practise, be the winner, declare, stop working, go on a trip.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** unknown, professional, optional, awful, unworthy.

**Verbs:** disprove, lose.

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

- |                   |                     |
|-------------------|---------------------|
| 1 physical        | a) time             |
| 2 European        | b) style gymnast    |
| 3 best            | c) athlete          |
| 4 Olympic         | d) team             |
| 5 free            | e) Cup Holder       |
| 6 track and field | f) football players |
| 7 national        | g) champion         |
| 8 for the first   | h) world title      |
| 9 consecutive     | i) results          |
| 10 excellent      | j) education        |

**10. Напишіть тлумачення поданих слів:**

gymnastics (n), injury (n), competition (n), precise (adj), guidance (n),.

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.**

**12. Доберіть заголовок до тексту, запишіть його англійською та українською мовами.**

**13. Розкрийте дужки, утворіть необхідний ступінь порівняння прикметників.**

1. I prefer this armchair. It's much (comfortable) than the other one.
2. Small cities are (easy) to run than big ones.
3. The food in Madrid is (good) the food in Edinburgh.
4. Vienna is (beautiful) than most cities.
5. Vancouver is (good) place to live than Amsterdam.

**Замініть речення використавши порівняльну конструкцію as...as.**

6. Jack is younger than he looks.
7. The hotel is cheaper than I expected.

**Замініть речення використавши порівняльну конструкцію as...as.**

8. The city centre wasn't ... crowded this morning ... it usually is.
9. I don't know ... many people ... you do.
10. You are ... tall ... I am.

**14. Виправте помилки у поданих реченнях.**

1. Jane lived in America for five years, so she speaks very well English.
2. Oh, I'm terrible sorry. I didn't mean to push you.
3. I was so disappointed that I did so bad in the exam.

**Утворіть речення з поданих слів і перекладіть їх.**

4. cinema/you/to/often/go/the/do?
5. listen/evening/the/to/parents/radio/the/my/always/in?

**Напишіть словами подані кількісні числівники:**

6. 4, 44, 414, 5612, 92017,
7. 50, 9, 972, 3028, 65331.

**Напишіть словами подані порядкові числівники:**

8. 11, 10, 75, 80, 98.
9. 300, 10, 18, 28, 16.

**Напишіть словами подані дати:**

10. 30/05/1909; 24/06/2007; 20/11/1883; 14/11/1958; 13/10/1986.

**15. Розкрийте дужки, вживаючи відповідне модальне дієслово або його еквівалент.**

1. The apples were bad, and we (змушені були) throw them away.
2. All the students (змогли) write the test.

3. Everybody (повинні) go in for sports.
4. You (повинні багато працювати) before the examination.
5. It looks like rain. You (повинен одягнути) your raincoat.
6. My friend was late. I (мусив чекати) for him.
7. It (не може бути) so difficult after all.
8. The telephone is ringing. I (можу) hear it.
9. I (міг зустріти) you last night.
10. (Можеш) you drive?

**16. Перекладіть речення українською мовою, звертаючи увагу на дієприкметник.**

1. The books written by this author are very interesting.
2. The large plate filled with cookies was emptied by the children.
3. He sat down on a broken chair.
4. The ground covered with snow looked like a white lake.
5. She took no notice of a stranger following her.
6. People living one hundred years ago knew nothing of radio.
7. They were looking at the children playing in the garden.
8. Having missed two lessons the student could not understand a new material.
9. We spent the evening speaking about our journey.
10. I stopped before a closed door.

**17. Перекладіть подані речення англійською мовою.**

1. Майк вибрав найцікавішу професію.
2. Його англійська вимова краща ніж моя.
3. Ми йшли під снігом, який падав.
4. Почувши голос батька, він вийшов з кімнати, щоб відкрити йому двері.
5. Ось нові журнали, надіслані для нашого офісу.
6. Пісню, яку співають, було написано кілька років тому.
7. Ви могли б подзвонити нам. Чому не подзвонили?
8. Дитина не може дивитися телевизор скільки хоче.
9. Твій годинник такий же новий, як і мій.
10. Що швидше ви це зробите, то краще.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

achievement	manage	nevertheless
recreational	marvelous	youngster
accident	impressive	mention
adventurous	quality	through
opportunity	tournament	amateur

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

weekend, diving, serious, especially, them, goal, it, with, of, one, huge, has, join, attain, beach, lack, area, middle, actually, diving, popular, horse riding, silver, even, really, total, club, nevertheless, open, although.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
numeral	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- Ukrainian clubs or teams
- rugby achievements
- huge recreational area
- adventurous people
- really famous
- international tournament
- city center
- attain achievements
- in free time
- by the day

**4. Прочитайте та виконайте письмовий переклад тексту.**

When it comes to sport, most Ukrainians are very serious. Especially when you mention soccer and the Olympic Games. When driving through the streets of Ukraine you will see many youngsters playing especially soccer and rugby, most of them play with the goal to join one of the Ukrainian clubs or teams one day.

Ukraine hasn't really made a huge name for itself on the rugby levels yet but, nevertheless they have attained some interesting rugby achievements. The first open international beach rugby tournament was held in Kyiv. Although the capital city of Ukraine is not really famous for its beaches, in fact, it's not even



close to the sea. But Kyiv has what other European cities lack, the Aquapark. The Aquapark is a huge recreational area on an island in the middle of River Dnieper almost in the city center. This tournament was held by the Kyiv Orcs amateur rugby club who actually came to the idea of beach rugby by accident.

Ukraine has made a big name for itself so far on soccer levels. In fact, Ukraine's soccer is so impressive that they have even been the first soccer team that has qualified for the 2006 World Cup Finals in Germany.

Ukraine usually also does very well at the summer Olympic games. At the 2004 summer Olympic games, Ukraine managed to get a marvelous total of 23 medals. They managed to get 9 gold medals, 5 silver medals and 9 bronze medals.

For the more adventurous people living in Ukraine there are many opportunities waiting on weekends and in free time. Sports and activities such as diving, skiing, mountain climbing, mountain biking, swimming and horse riding is becoming more and more popular by the day.

*(Originated from Тучина Н.В., Меркулова Т. К., Кузьмина В.С.*

*“Speak English with Pleasure/Под ред. Луизы Грин (Великобритания), Кирьы О. Янсон (США)”.* – Харків, 2001. – 288 с.)

#### **5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                               |                                |
|-------------------------------|--------------------------------|
| • особливо                    | • відкритий міжнародний турнір |
| • досягати цілей              | • насправді                    |
| • величезна відпочинкова зона | • аматорський клуб             |
| • випадково                   | • можливості                   |

#### **6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. The capital city of Ukraine is famous for its beaches.
2. The first international beach rugby tournament was held in Kyiv.
3. Sports and activities such as skiing, mountain climbing are not popular in Ukraine.
4. The first beach rugby tournament was held in Kiev.
5. Ukraine has made a big name for itself so far on soccer levels.

#### **7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** target, degree, district, chance, deficiency.

**Verbs:** declare, achieve, unite, be eligible, cope.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** artificial, trivial, boring, cautious, unknown.

**Verbs:** separate, release.

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

- |                 |               |
|-----------------|---------------|
| 1 really        | a) tournament |
| 2 recreational  | b) biking     |
| 3 beach         | c) area       |
| 4 mountain      | d) time       |
| 5 horse         | e) medal      |
| 6 international | f) team       |
| 7 bronze        | g) name       |
| 8 free          | h) riding     |
| 9 huge          | i) famous     |
| 10 soccer       | j) rugby      |

**10. Напишіть тлумачення поданих слів:**

diving (n), adventurous (adj), achievement (n), youngster (n), impressive (adj).

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.**

**12. Доберіть заголовок до тексту, запишіть його англійською та українською мовами.**

**13. Розкрийте дужки, утворіть необхідний ступінь порівняння прикметників.**

1. She looks about 20 but in fact she's much (old) than she looks.
2. This is the (heavy) of the three cases.
3. Which of the three seasons is the (hot)?
4. It took me (long) to get there than I expected.
5. That is of the (little) importance of all.

**Замініть речення використавши порівняльну конструкцію as...as.**

6. I still feel quite tired but I felt a lot more tired yesterday.
7. There were fewer people at this meeting than at the last one.

**Замініть речення використавши порівняльну конструкцію as...as.**

8. There's plenty of food so eat ... much ... you like.

9. This story isn't ... interesting ... I thought.
10. He is ... helpful ... he used to be.

**14. Виправте помилки у поданих реченнях.**

1. The meeting was very bad organized.
2. The building was total destroyed in the fire.
3. Maria learns languages incredibly quick.

**Утворіть речення з поданих слів і перекладіть їх.**

4. meat/never/eat/I/because/don't/I/it/like.
5. holiday/how/do/have/often/a/you?

**Напишіть словами подані кількісні числівники:**

6. 5, 55, 972, 2003, 65331.
7. 15, 96, 205, 1892, 48344.

**Напишіть словами подані порядкові числівники:**

8. 563, 98, 10, 152, 3.
9. 80, 68, 72, 14, 2.

**Напишіть словами подані дати:**

10. 12/12/1982; 13/02/1980; 28/072007; 14/10/1880; 15/05/2005.

**15. Розкрийте дужки, вживаючи відповідне модальне дієслово або його еквівалент.**

1. I (повинна була) give her a piece of advice.
2. If the weather is fine they (дозволять) to bathe.
3. You (можете) keep this magazine till Monday.
4. You (не повинні) be late for work tomorrow. The boss will be angry.
5. (Можна) I borrow your dictionary?
6. The students already know the words, so John (повинен) know them too.
7. You (можете) name any price.
8. I don't think I (можу) do it but I shall try.
9. If the question is too difficult you (можете) not answer it.
10. I shall lend you as much as I (можу).

**16. Перекладіть речення українською мовою, звертаючи увагу на дієприкметник.**

1. Being the prime condition for human life labour plays a major role in human history.

2. Returning to her room she found that the bag was missing.
3. Having successfully passed all the exams he entered the University.
4. Playing the piano he forgets about everything.
5. Pete was sitting by the fire reading a book.
6. The success achieved is one of the greatest victories of mankind.
7. When translating the text I usually put down new words.
8. I watched the playing children.
9. I saw my friend saying goodbye to his girlfriend.
10. Having traveled about the Europe for two months, he returned home.

**17. Перекладіть подані речення англійською мовою.**

1. Це питання складніше, ніж попереднє.
2. Чим більше ти вчиш, тим більше ти знаєш.
3. Діставшись місця призначення, хлопчик постукав у двері будинку.
4. Кожного року вона стає кращою.
5. Залишена одна в кімнаті, маленька дівчинка розплакалась.
6. Переходячи дорогу, будьте обережні.
7. Підписавши договір, він став власником великого будинку.
8. Ця команда могла виграти, але вона програла.
9. Він не міг звернутися до них за допомогою.
10. Не може бути, що він втратив стільки грошей.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

physiological	youngster	improvement
psychological	emphasis	boundless
sociological	climbing	favourable
comprise	desirable	relationship
repertoire	significant	experience

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

between, science, or, instil, by, him, with, the, if, primary, her, usually, and, movement, at, positive, enjoy, an, likely, because, of, participation, a, physical.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- elementary school
- primary grades
- to last a lifetime
- fundamental motor skills
- to give the opportunity to
- a wide range of
- to place an emphasis on
- human being
- may come to hate
- physical educator

**4. Прочитайте та виконайте письмовий переклад тексту.**

Physical education in an elementary school is emerging as the art and science of human movement. Physical education elementary school programs and teachers seek to instil in children the why of movement, the how of movement, and the outcomes or physiological, psychological, and sociological results of movement. A primary objective of these programs is the sound development of movement skills and motor patterns that comprise the movement repertoire of human beings.



Participation in a physical education program during these formative years will likely instil in the child a love for physical activity that may last a lifetime and a favourable attitude regarding the importance of physical education. If the experience is less than positive, the youngster may come to hate physical education as well as physical activity, a feeling that could remain with him or her for life. Because of the close relationship between physical activity and health, this could have a significant impact on the quality of the child's life.

In the primary grades, great emphasis is placed on learning fundamental motor skills such as running, jumping, climbing, throwing, catching, kicking, and striking. In the upper elementary school grades, children should be given the opportunity to participate in a wide range of sport and physical activities. Attention also should be given to developing desirable social skills, such as working with others.

Many reasons are given by physical educators for preferring teaching in the elementary schools. Children at this age enjoy being active and usually appear to have boundless energy. The rapid, visible skill improvement typical of elementary school students is rewarding and motivating to the teacher.

*(Originated from "Foundations of Physical Education and Sport" / Deborah A. Wuest, Charles A. Bucher. – 12th ed., 1995)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                               |                              |
|-------------------------------|------------------------------|
| • позитивний досвід           | • слід приділити увагу       |
| • фізична активність          | • під час періоду формування |
| • розвиток соціальних навичок | • значний вплив на           |
| • залишитися на все життя     | • безмежна енергія           |
| • тісний взаємозв'язок між    | • навести багато причин      |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Elementary school programs should instil in the child a love for physical activity.
2. There is no close relationship between physical activity and health.
3. Fundamental motor skills should be learnt in the upper elementary school grades.
4. Physical education can have a significant impact on the quality of the child's life.
5. Physical educators give very few reasons for preferring teaching in the elementary schools.

7. Знайдіть у тексті синоніми поданих слів, залишіть їх і перекладіть.

Nouns: motion, model, influence, teacher, perfection.

Verbs: to appear, to try, to stay, to take part, to seem.

8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: negative, unimportant, passive, limited, slow.

Verbs: to exclude, to stop, to love, to suppress, to dislike.

9. Утворіть словосполучення та перекладіть їх:

- |                |                 |
|----------------|-----------------|
| 1 elementary   | a) relationship |
| 2 human        | b) skills       |
| 3 formative    | c) impact       |
| 4 motor        | d) school       |
| 5 favourable   | e) energy       |
| 6 wide         | f) years        |
| 7 boundless    | g) objective    |
| 8 close        | h) attitude     |
| 9 primary      | i) being        |
| 10 significant | j) range        |

10. Напишіть тлумачення поданих слів:

outcome (n), improvement (n), skill (n), impact (n), health (n).

11. Випишіть із тексту 10 ключових термінів і перекладіть їх.

12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.

13. Розкрийте дужки, вживаючи дієслова у Present Simple (Active or Passive) або у Present Continuous (Active or Passive).

1. Every day a physical educator (to seek) to instil in children a love for physical activity.
2. A love for physical activity should (to instil) in children every day.
3. The elementary school children (to participate) in a wide range of sport activities at the moment.
4. A wide range of sport activities (to practise) at the physical education class at the moment.

5. A child in the primary grades usually (to learn) fundamental movement skills and motor patterns.
6. Fundamental movement skills and motor patterns usually (to teach) in the primary grades.
7. The physical educator (to improve) the motor skills of throwing and catching at this lesson now.
8. The motor skills of throwing and catching (to improve) at this lesson now.
9. Physical educators always (to give) much attention to developing the social skills of working together.
10. Much attention always (to give) to developing the social skills of working together through physical education program.

**14. Утворить запитання до виділених слів.**

1. The young man enjoyed teaching physical education in elementary school for many reasons.
2. The children were climbing and jumping with boundless energy.
3. They liked to participate in a wide range of sport and physical activities.
4. The girl was learning the movement repertoire of human beings with great interest.
5. Children's love for physical education had a great impact on their health.
6. She was teaching physical education to elementary school children.
7. The student disliked physical activity because of the negative experience from his childhood.
8. The small child was speaking about his classes of physical education very enthusiastically.
9. The rapid improvement of students' skills was very motivating for the teacher.
10. The outcomes of human movement were being taught in the primary school last month.

**15. Поєднайте подані речення за допомогою сполучників if, when, before, after, till, until, unless, as soon as.**

1. These children will be in the primary school. They will learn the fundamental motor skills.
2. You will read this article. You will know about the impact of physical activity on children's health.
3. He will speak to a physical educator. They will discuss the advantages of teaching in the elementary school.
4. Some children will like physical activity. They will have some negative experience.
5. They will be practising the motor skills of kicking the ball. The boys will

surely enjoy it.

6. You will see the boundless energy of small children. You will have a desire to teach them.
7. Primary school students will learn physical education very well. They will know a lot about the human movement.
8. Children will be taught all the motor skills. They will begin practising a wide range of physical activities.
9. Young physical educators will have some teaching practise in elementary schools. They will prefer working with the small children.
10. The visible improvement of elementary school students will be rapid. It will be very rewarding to their teachers.

#### **16. Виправте помилки у поданих реченнях.**

1. Running and jumping is the important motor skills.
2. Many physical activities will be learn in elementary school.
3. Physical educators were often enjoying the boundless energy of small children.
4. When you will try to work with small children, you will like it.
5. Many essential skills are taught in the primary grades.
6. Different physical activities are practised at the moment.
7. Children's love for physical education will be remained with them for life.
8. Participation in a physical education program were very useful during the child's formative years.
9. As soon as your small child don't show much energy, you will have to consult some specialists.
10. If the desirable social skills won't be taught at physical education classes, the child won't be able to participate in team sports.

#### **17. Перекладіть подані речення англійською мовою.**

1. Особливого значення на уроках фізичного виховання у початковій школі слід надавати вивченню основних рухових навичок людини.
2. Вчителі фізичного виховання навели багато переваг викладання у початковій школі.
3. Якщо дитина матиме негативний досвід занять фізичними вправами у початковій школі, їй не подобатиметься займатися спортом у майбутньому.
4. Позитивне ставлення до спорту було сформоване у більшості відомих спортсменів ще у початковій школі.
5. Значна увага на уроках фізичного виховання приділятиметься також й умінню співпрацювати з іншими.

1. Напишіть транскрипцію поданих слів і перекладіть їх:

unique	curriculum	intramural
aquatics	specialize	challenge
cause	interscholastic	excessive
puberty	awkwardness	pursue
fatigue	myriad	through

2. Визначте, до яких частин мови належать подані слова і перекладіть їх:

rapidly, gymnastics, or, an, within, coordinating, the, actively, on, through, that, improve, to, and, sensitive, for, a, their, who, enrol, ability, them, cognizant, at.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:

- physiological characteristics
- the influence of peers
- to be faced with
- dual sport activities
- rapid growth
- an integral part of
- to cause the difficulty in
- within the program
- additional opportunities
- to pursue the interests

4. Прочитайте та виконайте письмовий переклад тексту.

Teaching students enrolled in a middle school or junior high school presents a unique series of challenges to physical educators. Because of the anatomical and physiological characteristics of this age group, activities must be selected with care. Students at this level are in a period of rapid growth that causes them difficulty in coordinating their actions and often results in awkwardness and excessive fatigue. Students are faced with the task of coping with the myriad changes associated with puberty. The desire to be independent and the influence



of peers are particularly strong. Physical educators need to be cognizant of and sensitive to the many changes students are experiencing.

At this level physical education programs should include a balance between individual and dual sport activities such as aquatics and tennis and team sport activities such as soccer and basketball. Dance, gymnastics, and fitness activities also should be an integral part of the curriculum. It is important to build on the skills and positive experiences of the elementary school level. Those students who have not progressed as rapidly as their peers in motor development should receive special attention to help them improve their skills.

During these school years, students begin to specialize in certain physical activities and actively pursue those interests. Within the physical education program students should be grouped by interest and ability. Additional opportunities for students to participate in physical activity experiences should be provided through intramural programs, club activities, and, when appropriate, interscholastic sports.

*(Originated from "Foundations of Physical Education and Sport" / Deborah A. Wuest, Charles A. Bucher. - 12th ed., 1995)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                           |                             |
|---------------------------|-----------------------------|
| • вікова група            | • координація дій           |
| • рівень початкової школи | • бажання бути незалежним   |
| • покращувати навички     | • впоратися з               |
| • надмірна втома          | • особливо сильний          |
| • міжвузові змагання      | • анатомічні характеристики |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. The period of rapid growth causes difficulty for middle school students in coordinating their speech.
2. Middle school students are faced with the myriad changes associated with puberty.
3. Physical activities for this age group must be selected with care.
4. At this level physical education programs should include only individual sport activities.
5. Physical educators need to be sensitive to the changes that students are experiencing during puberty.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** football, fellow, tiredness, multitude, clumsiness.

**Verbs:** to choose, to get, to assist, to manage, to perfect.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** indifferent, team, ordinary, extramural, unaware.

**Adverbs:** usually, seldom, slowly, reluctantly, untimely.

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

1 middle

a) skills

2 myriad

b) interests

3 integral

c) programs

4 to pursue

d) school

5 excessive

e) sports

6 additional

f) part

7 team

g) activities

8 to improve

h) fatigue

9 fitness

i) changes

10 intramural

j) opportunities

**10. Напишіть тлумачення поданих слів:**

challenge (n), cognizant (adj), puberty (n), enrol (v), fatigue (n).

**11. Випишіть із тексту 10 ключових термінів і перекладіть їх.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Розкрийте дужки, вживаючи дієслова у Present Simple (Active or Passive) або у Present Continuous (Active or Passive).**

1. Working with middle school students (to present) many challenges to physical educators.
2. Many challenges (to present) to physical educators working with middle school students.
3. These students are in the period of their puberty, so they (to experience) many physiological changes now.
4. Many physiological changes (to experience) by these students, as they are in the period of their puberty now.

5. Physical education program of middle school (to include) both individual and dual sport activities.
6. Team sports also (to include) in the physical education program of middle school.
7. The students (to specialize) in certain physical activities at the moment.
8. Certain physical activities (to specialize) by the middle school students at the moment.
9. Intramural programs (to provide) additional opportunities for students.
10. Additional opportunities for students (to provide) through intramural programs.

**14. Утворіть запитання до виділених слів.**

1. Many physical educators find it very difficult to work with middle school students.
2. No additional opportunities were provided for middle school students some years ago.
3. All the students will definitely prefer to be grouped by interests.
4. The boys were participating in these interscholastic sports last year.
5. She will try to progress in her motor development as rapidly as her peers.
6. The students' skills in running are being improved now.
7. Fitness activities were not included into physical education curriculum ten years ago.
8. The young man knows nothing about the challenges of physical education in middle school.
9. Very few students will easily cope with all the pubertal changes.
10. Physical educators should be well-prepared for the teaching problems in middle school.

**15. Поєднайте подані речення за допомогою сполучників if, when, before, after, till, until, unless, as soon as.**

1. The students will try to improve their skills. The physical educator will help them a lot.
2. In two years they will be middle school students. They will be in the period of their rapid growth.
3. Basketball will be his favourite physical activity of the curriculum. He will become a professional basketball player.
4. No aquatics will be taught in this school. The building of a new swimming-pool will be started there.
5. The girl will release from the influence of her peers. She will be more independent.

6. They will be discussing physical education in middle school. The meeting will last longer than usual.
7. The physical educator won't succeed in his teaching. The excessive fatigue of the pupils will be ignored by him.
8. She will be a very graceful woman. She will forget about her awkwardness in the middle school.
9. He will be given more attention by physical educators. He will progress as rapidly as his peers.
10. These club activities will be available for everyone. Many students will be participating in them.

#### **16. Виправте помилки у поданих реченнях.**

1. Positive physical activity experiences of elementary school should be constantly builded on at all the school levels.
2. Gymnastics were an integral part of the physical education in middle school.
3. The men is reading an article about the additional opportunities of interscholastic sports.
4. The boy didn't liked to receive special attention at the lessons of physical education.
5. The physical activities for the next lesson will be selecting more carefully.
6. Parents doesn't agree with the demands of this physical education curriculum.
7. This physical activity were not being practised at the previous lesson.
8. The physical educator payed much attention to the motor development of his students.
9. Nobody like to look awkward in front of his peers.
10. Some new physical activities will be includes into middle school curriculum of physical education.

#### **17. Перекладіть подані речення англійською мовою.**

1. Вчителі фізичного виховання стикаються з багатьма проблемами, пов'язаними із фізіологічними змінами учнів під час статевої зрілості.
2. Шкільна програма фізичного виховання охоплювала індивідуальні, парні та командні види спорту.
3. Коли учні визначають свої улюблені види спорту, усіх їх погрупують за здібностями та інтересами.
4. Ці фізичні вправи було підібрано беручи до уваги фізіологічні особливості усіх учнів.
5. Більшу увагу на уроках фізичного виховання приділятимуть розвитку навичок із водних видів спорту.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

maturity	sufficient	expertise
adolescence	successfully	enjoyably
socialize	throughout	scientific
curriculum	appreciation	acquire
although	interscholastic	desirable

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

additional, and, continue, for, secondary, the, also, adulthood, at, their, because, of, exhibit, generally, length, toward, before, they, realize, a, teaching, mental.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- |                                |                             |
|--------------------------------|-----------------------------|
| • other subject areas          | • to acquire the competence |
| • emotional maturity           | • to maintain optimal level |
| • to develop sufficient skills | • within the curriculum     |
| • throughout lifetime          | • the primary goal          |
| • scientific principles        | • interscholastic sports    |

**4. Прочитайте та виконайте письмовий переклад тексту.**

At the high school level, students exhibit increased physical, mental, social, and emotional maturity. This is the time of transition from adolescence to adulthood.

One of the primary goals for physical educators teaching at the secondary school level is to socialize students into the role of participants in physical activities suited to their needs and interests. The curriculum is generally oriented toward lifetime sports, although team sports also may be popular.



During this time students should have the opportunity to develop sufficient skills so that when they leave school they will have the desire and the knowledge to participate in physical activities and sport successfully and enjoyably. Because many students do not continue on to college, it is essential that they acquire the competencies and interest before they leave high school.

Students should learn how to develop personal programs to gain and maintain optimal levels of fitness throughout their lifetime. Knowledge of the scientific principles related to physical education, self-direction in the conduct of individual physical activity programs, and an appreciation of the role of physical activity and sport in society are also outcomes of a secondary school physical education program. It is recommended that daily physical education be provided for all students. The length of the class period, the size of the class, and the quality standards used for credit should be comparable with those used for other subject areas within the curriculum.

Intramurals, interscholastic sports, and sport clubs offer students additional opportunities to participate in sport, develop expertise, and realize other desirable outcomes.

*(Originated from "Foundations of Physical Education and Sport" / Deborah A. Wuest, Charles A. Bucher. – 12th ed., 1995)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| • перехідний період             | • розробляти індивідуальні програми  |
| • вчитель фізичного виховання   | • командні види спорту               |
| • продовжити навчання у коледжі | • роль фізичної активності та спорту |
| • додаткові можливості          | • програма фізичного виховання       |
| • набути оптимального рівня     | • в основному орієнтований на        |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. At high school students change from adolescents into adults.
2. Usually all the high school students continue on to college.
3. High school curriculum is generally oriented toward lifetime sports.
4. Students should learn how to gain and maintain optimal levels of fitness throughout their lifetime.
5. It is necessary to provide all the students with daily physical education.

7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.

Nouns: desire, result, program, possibility, knowledge.

Verbs: to quit, to keep, to obtain, to take part, to propose.

8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: minor, common, main, deficient, interscholastic.

Verbs: to teach, to stop, to disguise, to lose, to regress.

9. Утворіть словосполучення та перекладіть їх:

1 secondary

a) outcomes

2 quality

b) level

3 sport

c) period

4 optimal

d) school

5 subject

e) activity

6 self-

f) clubs

7 physical

g) maturity

8 desirable

h) area

9 exhibit

i) standards

10 class

j) direction

10. Напишіть тлумачення поданих слів:

intramural (adj), maturity (n), adolescence (n), adulthood (n), expertise (n).

11. Випишіть із тексту 10 ключових термінів і перекладіть їх.

12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.

13. Розкрийте дужки, вживаючи дієслова у Present Simple (Active or Passive) або у Present Continuous (Active or Passive).

1. High school students (to exhibit) increased mental maturity.
2. Increased social maturity of students (to exhibit) at the high school level.
3. At the moment many students (to learn) to develop personal programs.
4. The developing of personal programs (to teach) at the moment.
5. Physical educator generally (to orient) the high school curriculum toward lifetime sports.
6. The high school curriculum generally (to orient) toward lifetime sports.
7. Most students enjoyably (to participate) in this sport activity now.
8. This sport activity enjoyably (to practice) now.
9. Secondary school program (to provide) all the students with daily physical education.

10. All the students (to provide) with daily physical education through the secondary school program.

#### **14. Утворіть запитання до виділених слів.**

1. Secondary school years are the time of transition from adolescence to adulthood.
2. The teacher used too high quality standards for the credit in physical education.
3. Much is spoken about the role of physical activity and sport in the society.
4. Knowledge of the scientific principles related to physical education will be gained by the high school students.
5. High school students can develop their expertise in physical education through interscholastic sports.
6. Physical education was one of the student's favourite subject areas in his high school.
7. The outcomes of physical education in secondary school are being discussed at the moment.
8. Very few of the high school students will not continue on to college.
9. Many desirable sports outcomes may be realized by the students with the help of sport clubs.
10. All the students were listening about the importance of daily physical education with great attention.

#### **15. Поєднайте подані речення за допомогою сполучників if, when, before, after, till, until, unless, as soon as.**

1. You will learn to develop your personal program. You will maintain optimal level of fitness throughout your lifetime.
2. The size of the class will be changed soon. Some new students will come to the high school.
3. The young man will be a physical educator. He will begin his work in a secondary school.
4. Many team sports will be taught in this high school. Some of them will be handball and volleyball.
5. A new physical educator will be working here during the next term. The students will like him more.
6. She will develop a lot of physical activity skills in her high school. They will help her to keep fit.
7. Daily physical education will be provided for everyone. It will improve fitness level of all the students.
8. High school curriculum of physical education will be perfected. The quality

of education will be much better.

9. The students will watch a film about different sport clubs. They will choose those suited to their interests.
10. These boys will be participating in the interscholastic competitions. All the students of their high school will support them.

**16. Виправте помилки у поданих реченнях.**

1. Lifetime sports is the main goal of the physical education curriculum in high school.
2. In this high school she will be taught to develop her personal fitness program.
3. The scientific principles related to physical education wasn't learnt in high school many years ago.
4. Increased social maturity are usually exhibited by high school students.
5. The time of his transition from adolescence to adulthood were not very easy.
6. They will been writing a report about the importance of physical education in our life.
7. The length of the class period can not be defined by the students.
8. The appreciation of the role of physical activity in society are increasing all the time.
9. No additional opportunities suited to his needs was offered by this sport club.
10. Many sufficient physical activity skills will be learning through this physical education program.

**17. Перекладіть подані речення англійською мовою.**

1. Учнів середньої школи слід навчати підтримувати хороший рівень фізичної форми впродовж усього життя.
2. Минулого року багато учнів середніх шкіл продовжили своє навчання у коледжах, інститутах та університетах.
3. Не усі учні матимуть хороші навички з фізичного виховання до того, як вони закінчать школу.
4. Оптимального рівня їх фізичної форми було набуто під час навчання у середній школі.
5. Спортивні клуби надаватимуть учням додаткові можливості для занять спортом.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

prerequisite	voluntary	biomechanical
whereas	appealing	personalized
mature	cardiovascular	status
prestige	prospective	structure
requirement	curriculum	intercollegiate

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
 this, toward, exercise, often, a, because, carry, the, they, that, flexible, usually, at, position, and, typical, with, an, believe, thus, it, placing, for, offer, while.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- |                             |                          |
|-----------------------------|--------------------------|
| • to take advantage of      | • according to abilities |
| • in response to            | • to be associated with  |
| • to play an important part | • teaching positions     |
| • a trend toward            | • to obtain a job        |
| • to offer opportunities    | • for several reasons    |

**4. Прочитайте та виконайте письмовий переклад тексту.**

Prospective physical education teachers may also take advantage of opportunities to teach in higher education. Often a master's degree in an area of physical education is a prerequisite to obtaining a job at this level. In some institutions coaching responsibilities may be associated with teaching positions, whereas in other institutions coaches carry no teaching responsibilities.

While typical college students are 18 to 22 years of age, there is a trend toward older individuals returning to college. Physical educators like to teach at this level for several reasons. The students are more mature, freedom to structure



classes is greater, and some individuals believe that more prestige is associated with teaching at the college level. Some physical educators end up teaching at the college level because it is requirement associated with a coaching position.

The status of physical education programs in colleges and universities in the United States has changed in recent years. Today physical education at this level is usually voluntary, thus placing responsibility on the physical education department to offer courses that are appealing to students. Because of this need, curriculum at this level tend to be more flexible and to change more often in response to students' interests and needs. Class topics may include health concepts, cardiovascular fitness, principles of exercise, biomechanical principles, and development of personalized fitness programs.

Intramurals and intercollegiate sports play an important part in college and university physical education programs. They offer students additional opportunities for participation according to their abilities, needs, and interests.

*(Originated from "Foundations of Physical Education and Sport" / Deborah A. Wuest, Charles A. Bucher. – 12th ed., 1995)*

### **5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                                    |                               |
|------------------------------------|-------------------------------|
| • особистісно-орієнтована програма | • люди старшого віку          |
| • впродовж останніх років          | • обов'язки тренера           |
| • відповідно до потреб             | • вчитель фізичного виховання |
| • обов'язки вчителя                | • відігравати важливу роль    |
| • кафедра фізичного виховання      | • основи біомеханіки          |

### **6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Coaching responsibilities have nothing in common with teaching responsibilities.
2. Greater freedom to structure classes is one of the reasons for physical educators to prefer teaching in higher education.
3. Physical education is compulsory in all the universities in the United States.
4. Health concepts can be the topic of a physical education class.
5. Physical education curriculum at high school level can change in response to students' interests and needs.

7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.

Nouns: benefit, person, trainer, aptitude, duty.

Verbs: to propose, to come back, to incline, to consider, to organize.

8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: obligatory, main, uncommon, repulsive, fixed.

Verbs: to begin, to exclude, to loose, to remain, to learn.

9. Утворіть словосполучення та перекладіть їх:

1 higher

a) opportunities

2 master's

b) positions

3 prospective

c) interests

4 coaching

d) education

5 intercollegiate

e) program

6 flexible

f) teachers

7 education

g) topics

8 additional

h) sports

9 class

i) degree

10 students'

j) curriculum

10. Напишіть тлумачення поданих слів:

concept (n), department (n), prerequisite (n), fitness (n), requirement (n).

11. Випишіть із тексту 10 ключових термінів і перекладіть їх.

12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.

13. Розкрийте дужки, вживаючи дієслова у Present Simple (Active or Passive) або у Present Continuous (Active or Passive).

1. Physical educators usually (to believe) that more prestige is associated with teaching at the college level.
2. More prestige usually (to associate) with teaching at the college level.
3. The student (to develop) a personalized fitness program now.
4. Personalized fitness programs (to develop) at the moment.
5. Intercollegiate sports (to offer) the students additional opportunities for participation.

6. Additional opportunities for students' participation (to offer) through intercollegiate sports.
7. Physical educators (to change) the curriculum in response to the students' interests now.
8. Physical education curriculum (to change) in response to the students' interests now.
9. Class topics in higher education often (to include) principles of exercise.
10. Principles of exercise often (to include) in class topics at the higher educational level.

#### 14. Утворіть запитання до виділених слів.

1. Many physical educators prefer to teach in higher education.
2. Coaching responsibilities in higher education will be usually associated with teaching positions.
3. Physical education in colleges and universities of the United States was not voluntary some years ago.
4. Different courses appealing to students are offered by the physical education departments.
5. The students of this institute will be practising the development of personalized fitness programs at the next lesson.
6. The curriculum of physical education in their university wasn't changed very often.
7. An important part in university physical education programs is played by intercollegiate sports.
8. The classes of physical education will be structured more freely in this institute.
9. His master's degree was a prerequisite to obtaining job in a famous college.
10. Now the physical educator is explaining some biomechanical principles necessary for this part of the lesson.

#### 15. Поєднайте подані речення за допомогою сполучників *if, when, before, after, till, until, unless, as soon as*.

1. Physical education curriculum will be more flexible in many colleges. It will be changed in response to the students' needs.
2. It won't be an easy choice. They will be discussing the advantages of teaching in higher education once more.
3. The young man will teach physical education in our institute. He will get a master's degree.
4. The status of physical education programs in colleges will be changed. More prestige will be associated with teaching at this level.

5. She will never become a physical educator. Her parents will stop dictating her what to do.
6. A lot of physical educators will prefer to teach in the institutes and universities. They will have much more reasons for that.
7. He will join them in the hall. They will be talking about the opportunities of intercollegiate sports.
8. The girl will study to be a doctor. Cardiovascular fitness will be her favourite class topic.
9. The curriculum of physical education will be changed. Some new class topics will be included into the program.
10. Teaching at the college level will be the requirement of a coaching position. Many physical educators will look for a job in college.

**16. Виправте помилки у поданих реченнях.**

1. Most students of higher education was more mature twenty years ago.
2. Physical education curriculum will tends to be more flexible.
3. This man didn't had a master's degree in the area of physical education.
4. No teaching responsibilities will to be placed on his coaching position.
5. Many older individuals is returning to colleges now.
6. These students won't be participated in any intramural competitions.
7. No health concepts was included into the physical education program of this institute some years ago.
8. Nowadays prospective physical educators prefer to taught at the level of higher education.
9. The curriculum of physical education were being changed all the time.
10. Some teachers and coaches speaks in favour of the compulsory physical education in colleges, institutes and universities.

**17. Перекладіть подані речення англійською мовою.**

1. Курси фізичного виховання, які приваблюють студентів у вищих навчальних закладах США, обираються кафедрами фізичного виховання.
2. Лише у деяких закладах тренери фізичного виховання виконували обов'язки вчителя.
3. Після того, як ви одержите ступінь магістра з фізичного виховання, ви зможете викладати цю дисципліну в інституті чи університеті.
4. Принципи біомеханіки було включено до тем занять з фізичного виховання.
5. Навчальну програму з фізичного виховання у вищій школі змінюватимуть відповідно до потреб студентів.

1. Напишіть транскрипцію поданих слів і перекладіть їх:

employment	expertise	recreational
available	cognizant	experience
requirement	diversity	growth
interscholastic	commercial	pleasure
avenue	youth	whereas

2. Визначте, до яких частин мови належать подані слова і перекладіть їх:

widely, to, their, personal, and, benefit, with, because, specific, additionally, the, desiring, or, vary, of, particular, enrol, for, they, activity, that, participate, a.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:

- |                              |                             |
|------------------------------|-----------------------------|
| • to stimulate the growth of | • to be cognizant of        |
| • to vary widely             | • people of all ages        |
| • high level of expertise    | • to participate in         |
| • for many reasons           | • a diversity of activities |
| • to enrol in a class        | • to be available           |

4. Прочитайте та виконайте письмовий переклад тексту.

Several options are available for physical educators who desire to teach, but not in the school setting. The growth of interest in sport by people of all ages has stimulated the growth of these other teaching avenues. Teaching opportunities may be found today in commercial sport clubs, community recreational and sport programs, resorts.

The requirements for employment in these positions, working conditions, salaries, and other benefits vary widely. Some of these teaching positions require a high level of expertise in a particular sport, whereas others require individuals able



to teach a diversity of activities. Working hours vary a great deal as well. For some positions, hours are often dictated by the time clients or students are available.

The physical educator should also be cognizant of the reasons of adults and youths for seeking instruction. Adults seek instruction at these organizations for many reasons. First, they may not have had instruction in the activity or activities during their youth in their physical education classes. Second, they may seek instruction for their own personal growth and pleasure. Instruction may be sought for social reasons, such as the desire to be able to participate in specific activities with friends and family.

Youths enrol in these organizational programs and classes for many of the same reasons as adults. Additionally, youths may enrol in certain activity classes because instruction or interscholastic competition in that activity is not offered in their school. Youths desiring to develop more advanced skills or to compete in certain sport activities may find these organizations offer experiences that meet their needs.

*(Originated from "Foundations of Physical Education and Sport" / Deborah A. Wuest, Charles A. Bucher. – 12th ed., 1995)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                                  |                              |
|----------------------------------|------------------------------|
| • змагання у певному виді спорту | • соціальні причини          |
| • години роботи                  | • значно відрізняться        |
| • урок фізичного виховання       | • міжвузові змагання         |
| • декілька варіантів вибору      | • у молодості                |
| • зростання інтересу до          | • вимоги до роботи на посаді |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Physical educators have no other options except the school setting.
2. There is the growth of interest in sport by people of all ages.
3. Adults seek instruction in sport organizations only for their own pleasure.
4. Working conditions of physical educators in different positions may vary widely.
5. The reasons of adults and youths for seeking instruction are not important for physical educators.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** advantage, lesson, increase, adolescent, enjoyment.

**Verbs:** to look for, to suggest, to contest, to discover, to demand.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

Adjectives: inaccessible, low, intramural, usual, traditional.

Verbs: to dampen, to learn, to regress, to standardize, to reluct.

**9. Утпоріть словосполучення та перекладіть їх:**

- |                   |                |
|-------------------|----------------|
| 1 school          | a) position    |
| 2 to meet         | b) growth      |
| 3 working         | c) clubs       |
| 4 personal        | d) setting     |
| 5 to develop      | e) educator    |
| 6 interscholastic | f) conditions  |
| 7 physical        | g) instruction |
| 8 teaching        | h) skills      |
| 9 to seek         | i) needs       |
| 10 sport          | j) competition |

**10. Напишіть тлумачення поданих слів:**

employment (n), instruction (n), avenue (n), available (adj), diversity (n).

**11. Випишіть із тексту 10 ключових термінів і перекладіть їх.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Розкрийте дужки, вживаючи дієслова у Present Simple (Active or Passive) або у Present Continuous (Active or Passive).**

1. Some teaching position (to require) individuals able to teach a diversity of activities.
2. Physical educators able to teach a diversity of activities (to require) at this sport club.
3. This man (to participate) in sport activities with his family now.
4. Different sport activities (to practise) through this recreational program at the moment.
5. A physical educator often (to find) teaching opportunities in commercial sport clubs.
6. Teaching opportunities in commercial sport clubs often (to find) nowadays.
7. The young people (to develop) the skills in their favourite sport activity now.
8. The advanced skills in this sport activity (to develop) at the moment.
9. Adults and youths (to enrol) in physical activity classes for many reasons.
10. Physical activity classes (to enrol) for many reasons.

**14. Утворіть запитання до виділених слів.**

1. Physical educators had very few options of work twenty years ago.
2. He was working in a sport club at that time.
3. A lot of adults sought instruction in that recreational organization.
4. We were looking for a job in the school setting.
5. His working hours were dictated by the time the students were available.
6. She was examining the working conditions in the new department.
7. The young man sought the instruction in this sport club for his pleasure.
8. They were discussing the salary for this teaching position when somebody knocked at the door.
9. This sport organization offered physical activities that did not meet our needs.
10. The reasons for participating in this physical activity were being discussed yesterday.

**15. Поєднайте подані речення за допомогою сполучників if, when, before, after, till, until, unless, as soon as.**

1. He will be a physical educator. He won't work in the school setting.
2. Many people will increase their interest in sport. It will stimulate the growth of teaching opportunities in physical education.
3. There will be much employment for physical educators. The salaries will vary widely.
4. This teaching position will require a qualified physical educator. A high level of expertise will be needed here.
5. More and more adults will seek instruction in physical education. They will need it for different reasons.
6. Some youths will desire to compete in these sport activities. Many sport clubs will meet their needs.
7. The boys will enrol in those sport classes. Such instruction in physical education won't be offered in their school.
8. Very few women will seek instruction in this sport activity. It will be mostly preferred by men.
9. You will be watching the interscholastic competitions on the local TV. You will be at home at that time.
10. Many adults will desire to improve their personal growth. It will be the main reason for their participation in physical activity.

**16. Виправте помилки у поданих реченнях.**

1. People of all ages will shows great interest in sport.
2. The requirements for employment can to be seen by everyone.

3. At the moment many students are participated in the interscholastic competition in football.
4. None of these physical activities were not available in their school.
5. A high level of expertise will be needing in any organization.
6. More benefits for physical educators is offered in commercial sport clubs.
7. A lot of future physical educators will graduate from the institute last year.
8. Most young teachers is constantly looking for better working conditions.
9. Through this sport program she was developed more advanced skills in swimming.
10. Teaching avenues for physical educators will be to increasing all the time.

**17. Перекладіть подані речення англійською мовою.**

1. У наш час вчителям фізичного виховання пропонується багато можливостей для роботи поза школою.
2. Ці молоді люди записалися у спортивний клуб з різних причин.
3. Якщо ви вирішите працювати у тій спортивній організації, ви матимете багато переваг.
4. Ця посада вчителя вимагала високого рівня кваліфікації з певних видів спорту.
5. Умови праці у цьому спортивному клубі обговорюватимуться завтра під час зборів.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

distinguish	colleague	chaos
predecessors	assurance	chum
reestablishment	regardless	prematurely
disorganize	eventual	federation
politician	effectiveness	melee

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх :**

colleagues, that, civic, planning, intensive, lobbying, its, since, never, for, but, some, case, prematurely, struggle, among, the, such, set, behind, rather, rough, different.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- regardless of eventual effectiveness
- disorganizing committees
- a tug of war
- prematurely resigned
- usual track and field meet
- the behind- the-scenes anarchy
- civic-minded
- real estate entrepreneur
- intensive lobbying and planning
- for ensuring

**4. Прочитайте та виконайте письмовий переклад тексту.**

It was at the Sorbonne in 1892 that Baron Pierre de Coubertin addressed his distinguished of the French Athletic Union and first proposed the reestablishment of the Olympic Games. It required four years of intensive lobbying and planning, but in 1896 the First Olympiad of the modern era was held in Athens on April 6, Greek Independence Day.

Since that time there have been nineteen different Olympic organizing committees - in some cases. But, regardless of eventual effectiveness, each one



of these groups, composed of civic leaders, politicians, and sportsmen, has had responsibility first for ensuring that the games were awarded to its city, and second for staging the Olympiads. These have never been easy tasks.

For instance, in Paris in 1900, at the Second Olympiad, Viscount Charles de la Rochefoucauld, intensive lobbying and planning of de Coubertin's, prematurely resigned the presidency of the organizing committee to avoid a rather nasty political melee that was shaping up. The ensuing power struggle among the various sports federations created such chaos that the games of 1900 eventually consisted of the usual track and field meet and a tug of war, but only half of the expected number of other sports.

The behind-the-scenes anarchy in Paris was not to be an Olympic exception. Twenty years later the fledgling Los Angeles Olympic Organizing Committee began its quest to bring the games to Southern California, and this group found the going every bit as rough as had its French predecessors.

On a midsummer's afternoon in 1920 a shrewd but civic-minded Los Angeles real estate entrepreneur set sail for Antwerp, Belgium, the site of the Seventh Olympiad. It was William May Garland's intention to return from the Continent with the assurances of the IOC that the 1924 Olympic Games would be held in Los Angeles.

*(Originated from "Foundations of Physical Education and Sport" / Deborah A. Wuest, Charles A. Bucher. – 12-th ed., 1995)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                       |                                  |
|-----------------------|----------------------------------|
| • з цього часу        | • із впевненістю                 |
| • цивільні            | • силова боротьба                |
| • покірний            | • створений хаос                 |
| • присуджено          | • відповідальний за забезпечення |
| • спортивні федерації | • інтенсивне планування          |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. The ensuing power struggle among the various sports federations created the chaos.
2. The behind-the-scenes monarchy in Paris was not to be an Olympic exception.
3. Viscount Charles proposed the reestablishment of the Olympic Games.
4. In 1896 the First Olympiad of the modern era was held in Northern Greece in April.
5. The games of 1900 eventually consisted only of the usual track and field meet.

7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.

Nouns: anarchy, principal, effort, association, anomaly.

Verbs: produce, evade, restore, assume, accord.

8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: dull, calm, ancient, similar, irregular.

Adverbs: generous, ultimately, timely, always.

9. Утворіть словосполучення та перекладіть їх.

1 Olympic

a) era

2 modern

b) day

3 independence

c) effectiveness

4 different

d) melee

5 eventual

e) Games

6 civic

f) struggle

7 political

g) entrepreneur

8 power

h) committees

9 estate

i) anarchy

10 behind-the-scenes

j) leaders

10. Напишіть тлумачення поданих слів:

federation(n), effectiveness(n), anarchy(n), exception(n), presidency(n).

11. Випишіть із тексту 10 ключових термінів і перекладіть їх.

12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.

13. Виправте помилки в поданих реченнях, якщо вони є.

Model: ~ Susan has lost climbing boots with crampons. She can't find them anywhere.

~ Spare man has hurt his hand, but it's OK now.

1. The linesman have arrived half an hour ago, but he didn't stay long.
2. It's raining, and a net-cord judge has left his umbrella behind, look.
3. It's a long time since timekeeper have last visited us.
4. None of sports fans have called him for weeks. Aren't they friends any more?
5. We can play tennis now. The others have finished.
6. Columbia's soccer team has bought some land, but then it sold it.
7. The stadium lighting reflector isn't on now. Someone has turned it off.

8. During the match the police haven't made any arrests.
9. Billiards have become the most popular sport. It has happened some years ago.
10. Substitute hasn't appeared on TV before now. It's the first time.

#### 14. Розкрийте дужки, вживаючи дієслова у Present Perfect або Past Simple.

Model: ~ I've had (have) these shoes since my eighteenth birthday.

~ I tidied (tidy) my desk, but now it's in a mess again.

1. The last time David Beckham ... (go) to Brighton was in August.
2. I'd like to meet Arsenal's forward, but I ... (never / see) him.
3. And the race is over! And Micky Simpson ... (win) in a record time!
4. Martin ... (be) to windsurfing five times. He loves the place.
5. The President ... (come) out of the pitch and is going to make a speech.
6. You won't believe this, but I've got some tickets for the football match.  
~ Oh, well done. How ... (you / get) them?
7. Of course, I can ride a bike. But I ... (not / ride) one for years.
8. ... (you I see) the sports news today? ~ No, not yet. I'll watch it at ten.
9. Famous figure-skater, Christopher Deane ... (be) very ill three years ago.
10. More than twenty Olympic boxing winners ... (go) on to become world champions.

#### 15. Утворіть запитання до даної ситуації.

1. You have a friend who is playing tennis. You ask: (how long / play / tennis?)
2. You have just arrived to meet a soccer team. They are waiting for you.  
You ask: (how long / wait?)
3. You see somebody playing baseball. You ask: (how many points / win?)
4. The "Dynamo" players are having a party next week.  
You ask: (how many people / invite?)
5. A friend of yours is a coach. You ask: (how long / train?)
6. You meet somebody who is a chess winner. You ask: (how many games / win?)
7. You meet somebody who is a chess winner. You ask: (how long / play / chess?)
8. A friend of yours is saving money to go on final football match.  
You ask: (how long / save?)
9. A friend of yours is saving money to go on final football match.  
You ask: (how much money / save?)
10. Sue is riding a horse. She doesn't look very confident or comfortable.  
You ask: (ride/ before?)

**16. Виправте помилки в поданих реченнях.**

1. That's a very old bicycle. How long do you have it?
2. I'm going to New York Marathon tomorrow. I'm staying there until next Friday.
3. Graham is working in soccer store for the last few months.
4. I've lost my racket. I can't find it anywhere.
5. Have you seen the horse racing on television last night?
6. I've bought some new swords last week.
7. There is no need to be afraid of wrestling. It isn't hurting you.
8. I have never play table tennis.
9. I didn't play golf when I was on holiday last summer.
10. Have you ever ridden a horse?

**17. Перекладіть подані речення англійською мовою.**

1. В 1924р у Франції відбулися перші Зимові Олімпійські ігри. З цього часу вони проводяться кожні чотири роки.
2. Спорту мабуть стільки ж років, скільки й самому людству. Спорт розвивався з розвитком людства.
3. Серед ігор на відкритому повітрі перше місце у громадських розвагах займає футбол. Інші ігри, які поважають у різних країнах – це крикет, волейбол, баскетбол, бадмінтон.
4. Аеробіка стала популярним видом спорту серед дівчат та жінок протягом останніх кілька років.
5. Інтерес до аеробіки значно виріс завдяки Джейн Фонді – видатній американській актрисі, засновниці цього виду спорту. Будучи великою ентузіасткою аеробіки, вона намагається привернути жінок усього світу до цього виду спорту.

1. Напишіть транскрипцію поданих слів і перекладіть їх:

surprise	conclusion	successful
campaign	unanimous	extravaganza
stumble	cohorts	demagogues
lambast	ineligible	excess
barnstorm	staunch	hinterland

2. Визначте, до яких частин мови належать подані слова і перекладіть їх:

themselves, already, staging, successful, still, firmly, unanimous, crippling, hinterlands, halfway, around, athletic, another, few, perverse, excess, faith, usual, even, for, into, a.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:

- firmly secured
- unanimous support
- Olympic stumbling blocks
- a crippling economic expression
- earnest politicking
- halfway around the globe
- Olympic foot races
- European fascist demagogues
- previously staunch supporters
- to lose faith

4. Прочитайте та виконайте письмовий переклад тексту.

Despite his earnest politicking, William May Garland was not successful. The blue-blooded IOC, still headed by de Coubertin, had already promised the 1924 games to Paris and the 1928 games to Amsterdam. In addition, several cities had declared themselves in the hunt for the Tenth Olympiad of 1932.

However, three years later in Rome the IOC came to the surprising conclusion that it was time for the Olympics to be held "in another part of the universe."



Garland's years of intense campaigning finally paid off; his case for Los Angeles as the site of the Tenth Olympiad won unanimous support.

With the games firmly secured, the city and its Olympic organizers faced the enormous job of staging the international athletic extravaganza as the world fell deeper and deeper into a crippling economic depression. For the longest time it appeared that Garland and his cohorts were doomed to failure.

Consider just a few of the 1932 Olympic stumbling blocks: for many of the competing nations, California was in the hinterlands, halfway around the globe from the Olympic's usual Continental locations; several of the emerging European demagogues were having a grand time lambasting the proposed Olympic village, calling it "a perverse, an experiment"; one of the greatest Olympic athletes of all time, Paavo Nurmi, winner of seven Olympic foot races, was declared ineligible for the 1932 games for receiving money in excess of allocated expenses, during his European barnstorming competitions.

As the spring of 1932 approached, the head, winds of resistance Garland encountered, only stiffened. Even previously staunch supporters were beginning to lose faith.

*(Originated from "Foundations of Physical Education and Sport" / Deborah A. Wuest, Charles A. Bucher. – 12-th ed., 1995)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                          |                         |
|--------------------------|-------------------------|
| • одностороння підтримка | • несподіваний висновок |
| • оголосити              | • приречені на невдачу  |
| • економічна депресія    | • вірні вболівальники   |
| • визначені витрати      | • очолювати             |
| • втратити віру          | • європейські демагоги  |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. The city and its Olympic organizers faced the enormous job of staging the international athletic extravaganza.
2. Even previously staunch opponents were beginning to lose faith.
3. It wasn't a time for the Olympics to be held "in another part of the universe."
4. None of the cities had declared themselves in the hunt for the Tenth Olympiad of 1932.
5. For the longest time it appeared that Garland and his cohorts were doomed to failure.

7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.

Nouns: melancholy, victor, foundations, tournament, chase.

Verbs: misplace, supervise, protect, proclaim, overcome.

II. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: shallow, diminutive, concise, insincere, insignificant.

Adverbs: rudimentarily, before, limply, irregular, primary.

9. Утворіть словосполучення та перекладіть їх.

1 unanimous

a) cities

2 several

b) competitions

3 economic

c) supporters

4 international

d) demagogues

5 barnstorming

e) time

6 staunch

f) support

7 emerging

g) athletes

8 grand

h) athletic

9 another

i) part

10 Olympic

j) depressions

10. Напишіть тлумачення поданих слів:

conclusion (n) , supporter(n), depression(n), hinterland(n), failure(n).

11. Випишіть із тексту 10 ключових термінів і перекладіть їх.

12. Доберіть заголовок до тексту, запишіть його англійською та українською мовами.

13. Перефразуйте речення в Present Perfect, Present Perfect Continuous, використовуючи подані вирази: – the first time-, - for the first time-.

Model: You are watching the Paralympics. You have never seen them before.

This is the first time I've seen the Paralympics.

1. You are watching a cricket match. You have never seen one before.
2. You have lost your mountaineering boots. It has happened once before.
3. The yacht has broken down. This has happened twice before.
4. You are watching the Paralympics. You have never seen them before.
5. You are staying in a sportsmen's hotel where you once stayed before.
6. You have missed the rowing competition. You've done the same thing about four times before.

7. A rock climbing is on. It began two hours ago, and it hasn't finished yet.
8. Cyclists started their touring hour an hour ago. They've gone about halfway now.
9. Swimmers went into the water an hour ago. They don't want to come out yet.
10. Team of rowers got to water early this morning. Ten hours later they are still there.

#### 14. Доповніть подані речення.

1. A: What's the new racing motorboat like? Is it good?  
B: I've no idea ... there.
2. A: How well do you know this turning judge?  
B: Very well. We ... since we were children.
3. A: Did you enjoy your backward somersault?  
B: Yes, it was really good. It's the best jumping ...
4. A: Are fans still here?  
B: No, I'm afraid they aren't. ... about ten minutes ago.
5. A: I like your bicycle. I haven't seen it before.  
B: It's new. It's the first time ...
6. A: How did you cut your knee?  
B: I slipped and fell when ... tennis.
7. A: Do you ever go swimming?  
B: Not these days. I haven't ... a long time.
8. A: How often do you go for horse-racing?  
B: Very rarely. It's nearly a year ... for horse-racing.
9. A: You are looking tired.  
B: Yes, I've ... basketball.
10. A: I've bought some new fists. Do you like them?  
B: Yes, they're very nice. Where ... them?

#### 15. Розкрийте дужки, вживаючи дієслова у Past Simple, Past Continuous or Past Perfect.

1. Boxers (to buy) a new pair of gloves yesterday.
2. Sportsmen know so much because they (to travel) a lot.
3. Last night swimmers (to feel) tired and (to go) home very early.
4. You ever (to be) to equestrian sport?
5. We not (play) tennis since our holidays.
6. You (hear) the news about Olympic boxing winners?
7. Professionals (play) tennis all day.
8. We (to enter) the stadium just as the football players (to come) out on to the field.

9. At the entrance to the stadium we (to meet) our team.
10. He (to show) us our seats and (to ask) me if I (to play) football in my childhood.

**16. Перефразуйте подачі речення у Present Perfect, Present Perfect Continuous, Past Perfect Continuous, Future Perfect.**

1. The coach is putting sport equipment in front of him.
2. You are recording your football match on his video recorder.
3. Gymnasts have been training in the outdoor halls for two hours.
4. The children have been skating for an hour.
5. He has been wearing these training shoes for two years.
6. His father began to go in for boxing in 1985. He is still going in for it.
7. The coach had looked through sports equipment by that time.
8. The pupils had discussed the weightlifting news by four o'clock in the afternoon.
9. We had read three sports magazines by the end of the year.
10. They had built the new swimming pool by the first of September.

**17. Перекладіть подані речення англійською мовою.**

1. В наші дні футбол досяг світових масштабів, включаючи чоловічі й жіночі команди й першості на Кубок світу і Чемпіонат Європи, які проводяться кожні чотири роки.
2. Американська асоціація баскетболу, сформована у 1946 р., становила конкуренцію Національній лізі баскетболу.
3. Гра баскетбол була створена з елементів інших ігор з метою усунення недоліків у регбі та футболі.
4. Гра баскетбол розвивалася протягом багатьох років.
5. У 1932 р., з утворенням Міжнародної любительської федерації баскетболу в Женеві, Швейцарія, баскетбол офіційно одержав міжнародний статус.

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

particularly	noticeable	essential
psychological	intimidation	frequency
pursuit	visibility	violence
permeate	throughout	fight
behavior	likelihood	verify

## 2. Визначте, до яких частин мови належать подані слова і перекладіть їх :

major, particularly, such, far, frequency, however, visibility, emulate, glowing, bench-clearing, the, noticeable, own, likelihood, verify, enforcer, pursuit, among.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

## 3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:

- particularly noticeable
- incidences of sport violence
- the popularity and visibility
- aggressively intimidating
- noncontact sports
- visibility of professional athletes
- spectator violence
- force in pursuit of victory
- psychological intimidation
- bench-clearing "brawls"

## 4. Прочитайте та виконайте письмовий переклад тексту.

Violence is one of the major problems facing sport today. It is particularly noticeable in professional contact sports such as football and hockey. Physical and psychological intimidation of one's opponent is considered an essential part of professional basketball. Have coaches gone too far in "psyching" up their teams to go out and "kill" their opponents? In some contact sports, such as hockey, some players are even designated as "enforcers"-charged with protecting their own players and aggressively intimidating their opponents. However, violence is not limited to contact sports; bench-clearing "brawls" occur with greater frequency in even noncontact sports such as baseball. Has violence gotten out of control?



The media has done much to bring incidences of sport violence to the public's attention. Newspapers and sport periodicals give readers glowing, blow-by-blow accounts. Television glamorizes such events, often replaying them in slow motion. Special videos are being produced that show incidence after incidence of players using violence and force in pursuit of victory.

What impact has violence at the professional level had on other levels of sport? Some experts have expressed concern that the popularity and visibility of professional athletes leads athletes at lower levels of competition to imitate their actions, including their violent behaviour. Other athletes emulate the playing style of sport professionals. Violence permeates other levels of sport and its impact on the nature of the game grows.

Spectator violence is also a concern as media coverage of violent behaviour at sport events throughout the world verifies. At some events, fans have stampeded the field and, in the process, trampled other fans to death. Outbreaks of fights among fans are reported. Experts have found that spectator violence is related to the actions of the players during the contests. In essence, player violence tends to increase the likelihood of violence by fans during and following the game.

*(Originated from "Foundations of Physical Education and Sport" / Deborah A. Wuest, Charles A. Bucher. - 12-th ed., 1995)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                            |                                |
|----------------------------|--------------------------------|
| • насильство               | • поширюватися на види спорту. |
| • частково помітно         | • повільний рух                |
| • переслідувати перемогу   | • імітувати дії                |
| • спортивні видання        | • власно кажучи                |
| • психологічне залякування | • затоптати до смерті          |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту**

1. Violence is one of the major problems facing sport today.
2. Physical and psychological imitation of one's opponent is considered an essential part of professional basketball.
3. Other athletes emulate the playing style of sport professionals.
4. Television glamorizes such events, often replaying them in slow activity.
5. Fans have stampeded the field and, in the process, trampled other sportsmen to death.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** contestant, carriage, dispute, terrorism, mobility.

**Verbs:** cover, conduct, attract, power, amplify.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** avocational, ordinary, dispensable, inconsequential, spiritual.

**Adverbs:** peacefully, universally, few, rarely.

**9. Утворіть словосполучення та перекладіть їх.**

1 major	a) intimidation
2 professional	b) sports
3 contact	c) periodicals
4 spectator	d) school
5 psychological	e) intimidating
6 aggressively	f) problems
7 sport	g) violence
8 essential	h) part
9 particularly	i) noticeable
10 high	j) level

**10. Напишіть тлумачення поданих слів.**

violence(n), intimidation(n), victory(n), baseball(n), fan(n).

**11. Випишіть із тексту 10 ключових термінів і перекладіть їх.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Розкрийте дужки, вживаючи дієслова у Past Simple, Past Continuous, & Past Perfect.**

1. Last night we (to go) to a football match.
2. We (to take) a bus. The bus (to be) overcrowded as many people (to want) to see the match.
3. We (to get) off the bus and (to go) in the direction of the stadium.
4. While we (to cross) the road, I (to see) Taras. He (to stand) at the corner.
5. He said he (to wait) for his friend who (to come) to Kyiv the day before and (to wish) to see the new stadium.
6. A man (to come) up to me and asked if I (to have) a spare ticket for the match.
7. Victor told us that two boys just (to ask) him whether he (to have) a spare ticket.

8. We (to enter) the stadium just as the football players (to come) out onto the field.
9. At the entrance to the stadium we (to meet) Oleg.
10. He (to show) us to our seats and (to ask) me if I (to play) football in my childhood.

**14. Замініть часову форму дієслова у поданих реченнях на Present Perfect.**

1. The coach is not explaining the rules.
2. Sportsmen are not drinking alcohol.
3. The coach is helping athletes to solve a difficult problem.
4. Klychko is putting his gloves in front of supporters.
5. We are looking for more CDs with good sporting events.
6. He is only happy when he is going in for baseball.
7. I'm training at "Dynamo" stadium.
8. He is going to be a coach.
9. What does she do when she is not swimming?
10. Mountain climbers are flying to Alpines in the morning.

**15. Виправте помилки в поданих реченнях.**

1. Sportsmen is run now.
2. They running for ten minutes without any rest.
3. He is play volleyball with his friends.
4. They play since breakfast time.
5. You play with a ball for three hours already. Go home and do your homework.
6. It is difficult for me to speak about this match as I not see it.
7. They train there for three hours already.
8. I already looking for my coach for two hours but have not yet found.
9. Where are you gloves? – I put them into my bag.
10. I already see the towering skyscrapers of Chicago which are reflected in the rippling water of Michigan.

**16. Напишіть подані речення у заперечній та запитальній формах.**

1. Gymnasts have already been changing their suits for half an hour.
2. They have already been playing table tennis for forty minutes.
3. Sportsmen have been running for three hours already.
4. The game was a greater success than we had expected.
5. If no one came to meet our football player, he could leave the suitcases in the clockroom and go to the hotel where we had reserved a room for him.

6. The athletes have been training since early morning.
7. Now they are going over the high jump, as they are not satisfied with their results.
8. Five minutes had passed when the runner appeared in the distance.
9. The match had already begun, and supporters had to wait till the first game was over.
10. I've lost my sporting equipment again.

**17. Перекладіть подані речення англійською мовою.**

1. Протягом 1970-х і 1980-х рр. розширення Національної асоціації баскетболу стало неймовірно стрімким.
2. Спорт займає таке важливе місце в житті британців, що багато ідіом увійшли в англійську мову зі світу спорту.
3. Спорт довгий час був дуже важливою частиною виховання дітей у Британії, не тільки розвиваючи фізичні здібності, але й забезпечуючи певне моральне виховання.
4. Історія розповідає про те, що в 1823р., коли хлопчики зі школи Регбі в Англії грали у звичайний футбол, один із них раптом схопив м'яч руками й побіг. Таким чином, даний вид спорту отримав назву регбі.
5. Спорт відіграє таку велику роль у житті американців, що соціологія спорту, спортивна медицина і психологія стали шанованими професіями.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

violence	neutral	unfair
demographics	consume	incompetent
occurrence	ideology	amount
environment	racial	dynamic
arrangement	rival	officiate

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх :**

violence, their, that, potential, a, bring, or, local, however, banning, as, sporting, and, must, also, because, from, particularly, most, single, itself, likelihood, hurt.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- spectator violence
- crowd dynamics
- the importance of the contest
- within their communities
- likelihood of spectator violence
- highly publicized contests
- from excellent athlete performance
- the playing of events at neutral sites
- led to the banning of all spectators
- high levels of racial tension

**4. Прочитайте та виконайте письмовий переклад тексту.**

The potential for violence also increases when fans believe that their team was "robbed" of a score or a victory by incompetent or unfair officiating. Crowd dynamics also influence the occurrence of spectator violence, including the amount of alcohol consumed, the importance of the contest, the demographics of the crowd, crowd size and seating arrangements.

It is important to note that the environment in which the contest takes place contributes to its potential for violence. As Coakley points out spectators



bring the issues and ideologies that are reflective of the events within their communities to sport events. When conflict and violence are an integral part of a community, the likelihood of spectator violence at a local sporting event increases. For example, highly publicized contests between rival high schools where high levels of racial and ethnic tension exist in the communities have led the violence. In some communities, efforts to prevent violence at school sporting events have led to the banning of all spectators from the events or the playing of events at neutral sites.

The question of how to deal with the problem of violence in sport has no single, simple solution. Experts are in agreement, however, that some type of control must be instituted and it must start with persons who love sport and want to protect it from intrusions that will lower its value. They point out that violence is to be abhorred, particularly because it interferes with proper play, detracts from excellent athlete performance, and is barbaric in nature. Most spectators, it is suggested, do not want to see players hurt or crippled. They want to see clean, hard tackles and hard body checks. This is the essence of the game and sport itself.

It has been suggested that to reduce violence stricter penalties should be imposed at all levels of sports. Indeed, athletes in some sports and at some levels of competition are being penalized more severely for violent acts. However, the real and best solution to the problem of violence is a change in attitude on the part of all persons concerned.

*(Originated from "Foundations of Physical Education and Sport" /  
Deborah A. Wuest, Charles A. Bucher. – 12-th ed., 1995)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                                  |                       |
|----------------------------------|-----------------------|
| • випадки насильства             | • вирішення проблеми  |
| • невід'ємна частина суспільства | • доцільність змагань |
| • конкуруючі заклади             | • варварство          |
| • намагання запобігти насильству | • просте рішення      |
| • певні види контролю            | • суворе покарання    |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту**

1. Crowd dynamics also influence the occurrence of spectator violence.
2. Most spectators, it is suggested, want to see players hurt or crippled.
3. Athletes in some sports and at some levels of competition are being penalized more severely for violent acts.

4. The environment in which the contest takes place contributes to its potential for violence.
5. The efforts to prevent violence at school sporting events have led only to the banning of all spectators from the events.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** force, observer, supporter, contest, authority.

**Verbs:** punish, wound, arrest, intensify, obstruct.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** separate, insignificant, complex, fictitious, honest.

**Verbs:** hold up, help, dictate, end, tire.

**9. Утворіть словосполучення та перекладіть їх.**

- |             |                |
|-------------|----------------|
| 1 crowd     | a) contests    |
| 2 best      | b) checks      |
| 3 sporting  | c) solution    |
| 4 highly    | d) schools     |
| 5 athlete   | e) tension     |
| 6 ethnic    | f) event       |
| 7 high      | g) solution    |
| 8 simple    | h) performance |
| 9 hard body | i) part        |
| 10 proper   | j) dynamics    |

**10. Напишіть тлумачення поданих слів.**

spectator(n), expert(n), control(n), value(n), penalty(n).

**11. Випишіть із тексту 10 ключових термінів і перекладіть їх.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Виправте помилки та утворіть заперечну форму поданих речень.**

1. This outboard motorboat will ready, before cox has finish his lunch.
2. You have just arrived to met a soccer team. They are wait for you.
3. A friend of yours saving money to go on final football match.
4. The "Real" player are having a party next week.

5. You have a friend who is play tennis.
6. A friend of yours are coach.
7. You meet somebody who is a central forward.
8. You see somebody play baseball.
9. You missed the boat racing. You've done the same thing about four time before
10. Nat is a mountaineer. She looked very confident or comfortable.

**14. Доповніть подані речення.**

1. A: Are opponents still here?  
B: No, I'm afraid they aren't ... about ten minutes ago
2. A: Have you ever gone ice running?  
B: Not these days. I haven't ... a long time.
3. A: How often do you go for ice yachting?  
B: Very rarely. It's nearly a year ... for yachting.
4. A: What's the new skating rink like? Is it good?  
B: I've no idea ... there.
5. A: I like your sailboat. I haven't seen it before.  
B: It's new. It's the first time ... .
6. A: How did you hurt your elbow?  
B: I slipped and fell when holding leg up forward.
7. A: How well do you know this jumper?  
B: Very well. We ... since we were students.
8. A: Did you enjoy your discus-throwing?  
B: Yes, it was really good. It's the best discus-throwing ... .
9. A: I've bought some new shoes with studs. Do you like them?  
B: Yes, they're very nice. Where ... them?
10. A: You are looking tired.  
B: Yes, I've ... rugby.

**15. Перефразуйте речення у Present Perfect, Present Perfect Continuous, Past Perfect Continuous, Future Perfect.**

1. You are recording your rowing in the box on his video recorder.
2. The instructor had looked through sports equipment by that time.
3. The skiers have been herringboning for an hour.
4. They had built the new take-off platform by the first of September.
5. We had read three sport magazines by the end of the year.
6. His father began to go in for Greco-Roman wrestling in 1985. He is still going in for it.
7. The assistant is putting sports equipment in front of him.

8. Discobolus have been throwing in the outdoor halls for two hours.
9. The pupils had discussed boxing by four o'clock in the afternoon.
10. He has been wearing these course-marking flag for two years.

**16. Розкрийте дужки, вживаючи дієслова у Past Simple, Past Continuous, & Past Perfect. Запишіть подані речення у відповідній послідовності.**

1. He (to show) us to our seats and (to ask) me if I (to play) football in my childhood.
2. While we (to cross) the road, I (to see) Taras. He (to stand) at the corner.
3. We (to take) a bus. The bus (to be) overcrowded as many people (to want) to see the match.
4. Last night we (to go) to a football match.
5. A man (to come) up to me and asked if I (to have) a spare ticket for the match.
6. Victor told us that two boys just (to ask) him whether he (to have) a spare ticket.
7. He said he (to wait) for his friend who (to come) to Kyiv the day before and (to wish) to see the new stadium.
8. We (to enter) the stadium just as the football players (to come) out on to the field.
9. At the entrance to the stadium we (to meet) Oleg.
10. We (to get) off the bus and (to go) in the direction of the stadium.

**17. Перекладіть подані речення англійською мовою.**

1. У 70-х рр. американський чемпіонат був розділений на дві ліги: АБА (Американська баскетбольна асоціація), яка більше не існує і яка грала червоно-синьо-білим м'ячем, і НБА (Національна баскетбольна асоціація) – професійна баскетбольна ліга, яка грає до цього часу.
2. За допомогою підкидання монети вирішують, чия команда почне гру першою.
3. Рефері призначив вільний штрафний удар, як тільки команда порушила правила.
4. Якщо нападаюча команда торкнулася м'яча останньою і він вийшов за поле, тоді призначається вільний удар.
5. Олімпійські ігри проводилися близько 1100 років, поки не були заборонені імператором Феодосієм з релігійних причин у 394р. н. е.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

challenge	through	participation
auspice	experience	achievement
ceremony	commercial	experience
excitement	symbolize	recognize
friendship	wholesome	rivalry

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
through, against, challenging, excitement, wholesome, rivalry, such, together, the, may, new, across, participation, within, offer, lighting, symbolizing, funds.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle I	
conjunction	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- under the auspices
- a torch lighting ceremony
- wholesome rivalries
- personally satisfying experiences
- thrill of competition
- the National Sports Festival
- monetary support
- in college facilities
- to experience the positive aspects
- housed and fed together

**4. Прочитайте та виконайте письмовий переклад тексту.**

An increasing number of individuals are finding challenging and personally satisfying sport experiences through participation in amateur sports. Each year millions of boys and girls participate in sport competitions organized under the auspices of such amateur sport organizations as the Amateur Athletic Union (AAU). Youths who participate in these games have the opportunity to travel, make new friends, experience the excitement and thrill of competition, test their skills against a high level of competition, and be recognized for their achievements.



In many state games protocol similar to the Olympics is followed. During the opening ceremonies competitors may march in and participate in a torch lighting ceremony symbolizing the opening of the games. In a manner similar to the Olympic Village athletes from across the state are housed and fed together in college facilities. Medal ceremonies recognize the achievements of the games participants. Monetary support for the games may come from state funds or from commercial sponsors. The state game movement has drawn support from the United States Olympic Committee and the President's Council on Physical Fitness and Sports. These games offer athletes within the state the opportunity to compete against each other and it broadens the thousands of amateur athletes to experience the positive aspects of amateur sport competition.

Another example of the growth of amateur athletics is the National Sports Festival. The sport festival provides opportunities for amateur athletes from across the nation to compete against each other as well as develop friendships and wholesome rivalries. Several Olympic athletes have participated in both state games and the National Sports Festival. In 1986 the name was changed to the U.S. Olympic Festival.

*(Originated from "Foundations of Physical Education and Sport" / Deborah A. Wuest, Charles A. Bucher. – 12-th ed., 1995)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                               |                                    |
|-------------------------------|------------------------------------|
| • спортивні досягнення        | • спортивний фестиваль             |
| • під керівництвом            | • аматорські спортивні організації |
| • перевіряти свої навички     | • комерційні спонсори              |
| • церемонія відкриття змагань | • Олімпійський Комітет США         |
| • фінансова підтримка         | • кілька Олімпійських спортсменів  |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту**

1. Each year some boys and girls participate in sports competitions.
2. Medal ceremonies recognize the achievements of the games participants.
3. Several Olympic athletes haven't participated in both state games and the National Sports Festival.
4. Monetary support for the games may come from state funds or from commercial sponsors.
5. Youths who participate in these games have the opportunity to travel and to make new friends.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть .**

**Nouns:** enthusiast, celebration, youngster, society, attachment.

**Verbs:** engage in, undergo, protect, represent, appreciate.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** expert, opposed, negative, private, decreasing.

**Verbs:** ignore, strip, reconcile, alienate, bore.

**9. Утворіть словосполучення та перекладіть їх.**

1 increasing

2 lighting

3 sport

4 medal

5 amateur

6 college

7 Athletic

8 Monetary

9 commercial

10 positive

a) experiences

b) Union

c) facilities

d) number

e) sponsors

f) athletes

g) ceremonies

h) aspects

i) support

j) ceremony

**10. Напишіть тлумачення поданих слів.**

competition(n), friendship(n), festival(n), participant(n), amateur(n).

**11. Випишіть із тексту 10 ключових термінів і перекладіть їх.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Розкрийте дужки, вживаючи дієслова у Present Perfect або Past Simple.**

Model: ~ I've had (have) these shoes since my eighteenth birthday.

~ I tidied (tidy) my desk, but now it's in a mess again.

1. Oleg ... (be) to ice climbing five times. He loves the place.
2. More than twenty Olympic boxing winners ... (go) on to become world champions.
3. And the race is over! And Chris Boardman ... (win) in a record time!
4. You won't believe this, but I've got some tickets for the football match.
5. The President ... (come) out of the pitch and is going to make a speech.
6. The last time David Beckham ... (go) to Brighton was in August.

- Oh, well done. How ... (you / get) them?
- 7. Famous figure skater, Jaine Torvill ... (be) very ill three years ago.
- 8. ... (you I see) the sports news today? ~ No, not yet. I'll watch it at ten.
- 9. Of course I can ride a bike. But I ... (not / ride) one for years.
- 10. I'd like to meet Arsenal's forward, but I ... (never / see) him.

#### 14. Поставте запитання до даної ситуації.

- 1. You meet somebody who is a synchronized swimming winner. You ask: (how long / swim?)
- 2. You have just arrived to meet a placing judges. They are waiting for you. You ask: (how long / wait?)
- 3. You see somebody playing baseball. You ask: (how many points / win?)
- 4. A friend of yours is a coach. You ask: (how long / train?)
- 5. You have a friend who is playing tennis. You ask: (how long / play / tennis?)
- 6. You meet somebody who is a chess winner. You ask: (how many games / win?)
- 7. The "Dynamo" players are having a party next week. You ask: (how many people / invite?)
- 8. A friend of yours is saving money to go on final soccer match. You ask: (how long / save?)
- 9. A friend of yours is saving money to go on final football match. You ask: (how much money / save?)
- 10. Olga is riding a horse. She doesn't look very confident or comfortable. You ask: (ride/ before?)

#### 15. Перефразуйте речення в Present Perfect, Present Perfect Continuous, використовуючи вирази: - the first time-, - for the first time-, etc.

Model: You are watching diving. You have never seen it before.

This is the first time I've seen diving.

- 1. A rock climbing is on. It began two hours ago, and it hasn't finished yet.
- 2. Cyclists started their touring hour an hour ago. They've gone about halfway now.
- 3. The yacht has broken down. This has happened twice before.
- 4. You are watching the Paralimpics. You have never seen them before.
- 5. You have lost your mountaineering boots. It has happened once before.
- 6. You have missed the rowing competition. You've done the same thing about four times before.
- 7. You are watching a cricket match. You have never seen one before.
- 8. You are staying in a sportsmen's hotel where you once stayed before.

9. Swimmers went into the water an hour ago. They don't want to come out yet.
10. Team of rowers got to water early this morning. Ten hours later they are still there.

**16. Виправте помилки в поданих реченнях .**

1. I'm going to New York Marathon tomorrow. I'm staying there until next Friday.
2. Have you seen the horse racing on television last night?
3. Graham is working in soccer store for the last few months.
4. I've lost my cemented sole skiing boot. I can't find it anywhere.
5. I've bought some new swords last week.
6. There is no need to be afraid of canoe. It isn't hurting you.
7. I have never play rugby.
8. That's a very old bicycle. How long do you have it?
9. Have you ever ridden a horse?
10. I didn't play golf when I was on holiday last summer.

**17. Перекладіть подані речення англійською мовою.**

1. Перші ігри, пізніше названі Олімпійськими, були проведені близько тисячі років до нашої ери.
2. Одинадцять членів кожної команди захищали свій бік поля і не давали забити гол у свої ворота, що зараховується як одне очко команді, яка забила гол.
3. Переможцем у індивідуальних перегонах вважався перший велосипедист, який перетнув фінішну лінію переднім колесом.
4. Переможців називали «олімпіоніками», їх нагороджували вінками з оливкового дерева й кубками з оливковою олією. Ця традиція збереглася донині.
5. Усі спортсмени давали клятву, що вони добре готувалися до змагань, а також обіцяли змагатися чесно, дотримуючись правил священних Олімпійських ігор.

1. Напишіть транскрипцію поданих слів і перекладіть їх:

fascinating	founder	courier
foreign	decathlon	pursuer
military	measure	marksmanship
pentathlon	renaissance	wonderful
behind	encounter	escape

2. Визначте, до яких частин мови належать подані слова і перекладіть їх:

fascinating, drawn, attention, in, this, a, foreign, to, our, moreover, decathlon, which, pursued, specific, is, try, riding, the, imagine, broken, must, between, toward, based, encounter, across, wonderful, may.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:

- a fascinating event
- members of the armed forces
- under conditions of war
- encounter challenges
- grab the sword
- encounter the river
- resort to pistol
- make escape
- reach the destination
- an exciting premise

4. Прочитайте та виконайте письмовий переклад тексту.

The modern pentathlon is a fascinating event, but for a variety of reasons it hasn't drawn much attention from sports fans in this country. For Americans, it is a foreign sport – foreign to our way of thinking and with roots in other countries. Moreover, it is a military event. To this day all of the U.S. Olympic competitors in the modern pentathlon have been members of the armed forces.

The prime force behind getting the modern pentathlon onto the Olympic program was the founder of the modern games, Pierre de Coubertin. The baron regarded the modern pentathlon as the test of the true renaissance athlete, since



its five disciplines try the athlete in completely different areas.

The five events of the modern pentathlon are riding, shooting, swimming, and running. In concept, the event re-creates a series of challenges that a military courier might encounter under conditions of war.

The courier commandeers a horse, any horse, and gallops off toward his destination. He is pursued. The enemy successfully shoots the horse out from under him. The courier grabs his sword and engages his pursuers. He defends himself well, but his sword is broken. He must resort to his pistol. His excellent marksmanship wounds the enemy so he can make his escape. He flees, but soon encounters a river, which he swims across, and then he runs cross-country until he reaches his destination. It is a wonderful and an exciting premise on which to base a sporting event.

Each country may enter four contestants in the pentathlon: however only three are allowed to compete.

*(Taken from "Viewers Guide to the Summer Olympics")*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                    |                         |
|--------------------|-------------------------|
| • привертати увагу | • з різних причин       |
| • більше того      | • збройні сили          |
| • рушійна сила     | • серія завдань         |
| • мчатись до цілі  | • військовий агент      |
| • вибивати коня    | • реєструвати учасників |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. For Americans pentathlon is a foreign sport with roots in other countries.
2. The event recreates a series of challenges that a military man might not face in time of peace.
3. When his sword is broken he takes another one.
4. He flees, but soon sees a river, which he sales across.
5. Each country may enter four contestants, however only three may participate.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** competition, cause, origin, sportsman, enthusiast

**Verbs:** attract, think, revive, come across, chase

9. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: ancient, native, boring, similar, awful

Adverbs: partly, unsuccessfully, badly.

10. Утворіть словосполучення та перекладіть їх:

1 fascinating

a) games

2 sports

b) sport

3 prime

c) escape

4 modern

d) premise

5 make

e) athlete

6 swim

f) fans

7 exciting

g) across

8 foreign

h) courier

9 renaissance

i) event

10 military

j) force

11. Напишіть тлумачення поданих слів:

courier(n), pentathlon(n), event(n), marksmanship(n), gallop(v).

12. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.

13. Доберіть заголовок до тексту, запишіть його англійською та українською мовами.

14. Вставте say, tell or ask у правильній формі.

1. Americans \_\_\_ us that they aren't fans of pentathlon.

2. They \_\_\_ it is foreign to their way of thinking.

3. \_\_\_ them the name of the founder of the modern games.

4. The courier was \_\_\_ about his final destination, but of course he \_\_\_ nothing.

5. We were \_\_\_ that each country might enter four contestants.

6. The courier \_\_\_ us that the enemy had shot the horse out from under him.

7. They \_\_\_ that modern pentathlon is a fascinating event.

8. The reporter \_\_\_ Ben why pentathlon hadn't drawn much attention from American sports fans.

9. John \_\_\_ us that pentathlon was a military event.

10. We \_\_\_ who was the founder of the modern Olympic games.

#### 14. Напишіть речення в непрякій мові.

1. "The modern pentathlon is a fascinating event, but for a variety of reasons it hasn't drawn much attention from sports fans in America" the sporting commentator said to us.
2. "Americans would like pentathlon if it originated in the US" he said to us.
3. "The five events of the modern pentathlon: are riding, shooting, swimming and running" said Oliver.
4. "I am being pursued" cried John out.
5. "Courier must resort to his pistol" he said to us.
6. Olympic competitors in the modern pentathlon have been members of the armed forces" informs "The Daily Telegraph"
7. "The courier is grabbing his sword" said David.
8. "The event re-creates a series of challenges that a military courier might encounter under conditions of war" explained the expert.
9. "He defends himself well, but his sword is broken" Zac said to us.
10. "The marksmanship wounds the enemy" says Stephen.

#### 15. Напишіть запитання у непрякій мові.

1. What are the five events of the modern pentathlon? (Do you know)
2. Was de Coubertin the founder of the modern games? (I doubt)
3. Who regarded the modern pentathlon as the test of the true renaissance athlete?(I wonder)
4. What does the courier resort to when his sword is broken? (Could you tell me)
5. How many contestants may each country enter? (I want to know)
6. Who wounds the enemy? (Do you know)
7. What is the courier doing? (I wonder)
8. Whom does the courier commandeer? (Could you tell me)
9. Is the modern pentathlon a fascinating event? (I doubt)
10. Have the U.S. Olympic competitors been the members of the armed forces? (I doubted)

#### 16. Знайдіть помилку і виправте.

1. They suggested to watch the competitions on TV.
2. They asked the courier where was he going.
3. The courier was told to not touch his sword.
4. They accused him to have broken the rules of the game.
5. de Coubertin insisted to get modern pentathlon onto the Olympic program.

6. They said that the courier is grabbing his sword.
7. They asked him to not swim across the river.
8. The enemy said that he shooted the horse from under the courier.
9. I wanted to know who does shoot the enemy?
10. They suggested the athletes to join the army.

**17. Перекладіть англійською мовою.**

1. Олег сказав, що збирається подивитися змагання з п'ятиборства по телевізорі.
2. Коментатор повідомив, що опонент вибив коня з-під кур'єра.
3. Нам сказали, що змагання з п'ятиборства включають в себе їзду верхи, стрільбу, плавання та біг.
4. Тренер повідомив спортсменів не брати пістолет навіть якщо шпага поломана.
5. Спортсмен сказав нам, що п'ятиборство – захоплюючий вид спорту.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

century	pitcher	defensive
baseball	mound	shortstop
usually	distance	batter
outfield	measurements	regulation
perimeter	player	amateur

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
 beginning, he, exact, positioned, opposing, an, to, across, distance, throw, who, eventually, of, century, send, early, as, large, are, credited, for, the, taken, at, made, their, usually, game.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

**3. Перекладіть наступні словосполучення і складіть з ними речення англійською мовою:**

- to become known
- to be regarded as
- set of rules
- the pitcher's mound
- the batter's box
- home plate
- exact measurements
- to be enclosed by
- defensive team
- opposing pitcher

**4. Прочитайте й виконайте письмовий переклад тексту.**

The beginnings of baseball are generally credited to the British, who developed the game of "rounders" as early as the mid-eighteenth century. After arriving in the United States it became known as townball and eventually baseball. The man usually regarded as the father of American baseball is Abner Doubleday, who organized the first set of rules for the sport in 1839 at Cooperstown, New York, now the site of the Baseball Hall of Fame.

Baseball is played on a large field, the outer perimeter of which has no exact standards. The field is divided into an infield (the diamond) and an outfield.



The pitcher's mound is 60 feet 6 inches from the batter's box. There are four bases – home, first, second, third. The distance between each base is 90 feet.

Although the outfield has no exact measurements, it is enclosed by a wall, usually 250 to 400 feet from home plate.

There are nine players to a team. The defensive team has men positioned at nine spots – first base, second base, shortstop, third base, leftfield, rightfield, centerfield, pitcher, and catcher. The offensive team sends one batter at a time to home plate. There he faces the opposing pitcher, who is throwing the ball across the plate to the catcher. The batter attempts to hit the ball and move himself around the bases until he scores a run.

A regulation game is played in nine innings – an inning allows each team to bat. A team loses its turn at bat after the players make three outs.

The baseball bat is usually made of wood (ash), but recently amateur teams have taken to the aluminum bat. The baseball has a rubber core, which is wrapped in wool yarn and encased in leather. The players on defense, field their positions wearing gloves made of leather.

*(Taken from "Viewers Guide to the Summer Olympics")*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                      |                        |
|----------------------|------------------------|
| • бейсбольне поле    | • кидати м'яч          |
| • перша база         | • відбивати м'яч       |
| • команда захисників | • втрачати подачу      |
| • пропускати подачі  | • обгороджувати стіною |
| • бути зробленим з   | • захисники            |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Owing to the British basketball originated in the middle of the eighteenth century.
2. Each team consists of 11 players.
3. The offensive team sends one batter at a time to a home plate.
4. Recently the professional teams have changed a wooden bat to the aluminium one.
5. Since outfield has strict measurements it is enclosed by a wall.

7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть .

Nouns: turn, pitch, regulation, place, event

Verbs: work out, known as, arrange, cover, come

8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: small, inaccurate, defensive

Adverbs: late, seldom, originally, last

9. Утворіть словосполучення та перекладіть їх:

1 develop

a) measurements

2 set of

b) plate

3 large

c) team

4 exact

d) pitcher

5 home

e) the ball

6 defensive

f) outs

7 opposing

g) the game

8 hit

h) core

9 make

i) field

10 rubber

j) rules

10. Напишіть тлумачення поданих слів:

baseball(n), pitcher(n), catcher(n), home plate(n), batter(n).

11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.

12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.

13. Вставте say, tell or ask у правильній формі.

1. The teacher \_\_\_\_\_ us that Abner Doubleday was the father of baseball.

2. The coach \_\_\_\_\_ the boy where baseball is played.

3. The offensive team was \_\_\_\_\_ to send a batter to home plate.

4. The batter \_\_\_\_\_ that he hits the ball and moves around the base to score a run.

5. They \_\_\_ the players to field their position and \_\_\_ them to wear gloves.
6. He \_\_\_ that there are four bases in baseball.
7. Dave \_\_\_ what was the distance between each base.
8. The baseball player \_\_\_ us that the outfield was enclosed by a wall.
9. We \_\_\_ where the men from the defensive team are positioned.
10. We were \_\_\_ that the opposing pitcher was throwing the ball across the plate to the catcher.

**14. Напишіть речення в непрямій мові.**

1. "Baseball is played on a large field, the outer perimeter of which has no exact measures" one of the fans said to us.
2. "The batter has just hit the ball and is now moving around the bases to score a run" the sporting commentator said to us.
3. "The players made three outs and lost their turn at bat" cried Steve out.
4. "The baseball bat is usually made of wood" said Peter.
5. "The opposing pitcher is throwing the ball across the plate to the catcher" the coach said to us.
6. "The beginnings of baseball are generally credited to the British" said John.
7. "At that time the outfield was enclosed by a wall" the teacher said to us.
8. "The offensive team has just sent one batter to home plate" said my father.
9. "The batter is attempting to hit the ball" says the opposing pitcher.
10. "A regulation game is played in nine innings" explained the player.

**15. Напишіть запитання у непрямій мові.**

1. Where is baseball played ? ( Do you know)
2. Did baseball originate in the US ? (I doubt)
3. Who is regarded as the father of American baseball? (I wonder)
4. Has the batter hit the ball? (Could you tell me)
5. What is baseball bat usually made of? ( I want to know)
6. Who developed the game of "rounders" in the mid-eighteenth century? (I wonder)
7. Is the outfield enclosed by a wall? (I wonder)
8. How is a regulation game played? (Could you tell me)
9. Have the amateur teams taken to the aluminum bat? (I doubt)
10. Where has the defensive team men positioned? (I want to know)

**16. Знайдіть помилку і виправте.**

1. Father agreed going to baseball match.
2. They asked who was the father of American football.
3. The pitcher was told to not throw the ball.
4. The players admitted to make three outs.
5. The batter explained me of hitting the ball.
6. We were told that the offensive team sends one batter to home plate.
7. I wonder how is regulation game played.
8. Dave said that baseball bat is made of wood.
9. Amateur teams agreed taking to the aluminum bat.
10. My father suggested to watch the baseball match together.

**17. Перекладіть українською мовою.**

1. Тренер сказав, що у бейсболі є чотири бази – поле, перша, друга і третя.
2. Коментатор повідомив, що гравець щойно відбив м'яча.
3. Нам сказали, що бейсбол грають на великому полі.
4. Тренер наказав захисникам зайняти свої позиції.
5. Він погодився, що у команді грає 9 учасників.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

equestrian	equal	portion
specific	regardless	mount
maneuvers	competition	countercanter
horsemanship	dressage	pirouette
yachting	rider	aesthetic

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

through, equestrian, an, these, contemporary, each, associated, a, since, rider, their, survive, the, from, made, military, combat, his, may, they, over, against, derived, jumping, impeccably, tragic, regardless of, are.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

**3. Перекладіть наступні словосполучення і складіть з ними речення англійською мовою:**

- |                       |                     |
|-----------------------|---------------------|
| • military maneuvers  | • skilled rider     |
| • equestrian skills   | • aesthetic delicht |
| • regardless of sex   | • rough sketch      |
| • intricate maneuvers | • layout            |
| • false countercanter | • actual course     |

**4. Прочитайте та виконайте письмовий переклад тексту.**

Contemporary equestrian sports are to some degree derived from specific military maneuvers developed over the centuries. Since World War II, when the Polish and Soviet cavalries made their tragic and futile stands against the German tanks, the horse has had no place in combat, but the equestrian skills associated with military horsemanship survive.

The equestrian competition is one of only three events (the others being shooting and yachting) in which men and women compete on an equal basis. Teams are composed of the best riders from each nation, regardless of sex.



The three specific areas of equestrian competition are dressage, jumping, and three-day. The three-day is combination of dressage, jumping, and cross country. First contested is the dressage. Each nation may enter five riders plus a reserve and eight horses in the three-day.

In the dressage portion of the three-day, the rider must lead his mount through a set of intricate maneuvers, including the walk, the canter, the false canter, and the piaffe and pirouettes. The sight of an impeccably groomed horse carrying his erect, skilled rider through these unusual movements is one of the aesthetic delights of the Olympics.

A rule of the equestrian events is that riders and horses are forbidden to practice on any of the Olympic courses. A month before the games, the competitors are sent a rough sketch of the layout, but they first see the actual course of the day of competition.

*(Taken from "Viewers Guide to the Summer Olympics")*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                             |                       |
|-----------------------------|-----------------------|
| • певною мірою              | • складатися з        |
| • протистояти               | • незважаючи на стать |
| • навички верхової їзди     | • складні рухи        |
| • на рівних умовах          | • легкий галоп        |
| • змагання з кінного спорту | • естетичне видовище  |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Modern equestrian sports originated from specific military maneuvers.
2. The equestrian competition is the only event out of three in which men and women compete on a regular basis.
3. Each state may enter five riders plus a reserve and eight horses in the three-day.
4. Equestrian events regulations allow the riders and horses to practice on the Olympic courses.
5. A month before the games, the competitors submit a rough sketch of the layout.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** level, fight, ability, condition, mount

**Verbs:** originate, defend, exist, to be formed of, train.

**II. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** approximate, inexact, pointless, same, wrong

**Adverbs:** paying no attention, worst, last

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

- |              |                 |
|--------------|-----------------|
| 1 equestrian | a) basis        |
| 2 military   | b) areas        |
| 3 futile     | c) mount        |
| 4 equal      | d) rider        |
| 5 specific   | e) delight      |
| 6 lead       | f) maneuvers    |
| 7 intricate  | g) horsemanship |
| 8 skilled    | h) sports       |
| 9 aesthetic  | i) sketch       |
| 10 rough     | j) stands       |

**10. Напишіть тлумачення поданих слів:**

equestrian(adj), skill(n), dressage(n), mount(v), canter(v).

**11. Випишіть з тексту 10 ключових слів і перекладіть їх українською мовою.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Вставте say, tell or ask у правильній формі.**

1. My friend \_\_\_ me what contemporary equestrian sports were derived from.
2. We were \_\_\_ that three areas of equestrian competition were dressage, jumping, and three-day.
3. The sports- expert \_\_\_ that each nation might enter five riders.
4. The rider was \_\_\_ about his impressions and feelings from the competition.
5. They \_\_\_ that riders and horses are forbidden to practice on any of the Olympic courses.
6. They \_\_\_ that in equestrian competition men and women compete on an equal basis.
7. The reporter \_\_\_ us that teams were composed of the best riders.
8. He \_\_\_ us how the first day of competitions had ended.
9. The rider \_\_\_ us that he had to lead his mound through a set of maneuvers.
10. They \_\_\_ if the competitors had received a rough sketch of the layout.

**14. Напишіть речення в непрямій мові.**

1. "Teams are composed of the best riders from each nation" the sporting commentator said to us.
2. "Each nation may enter five riders plus a reserve and eight horses in the three-day" the sports-expert informed us.
3. "In the dressage the rider must lead his mount through a set of intricate maneuvers" reported the coach.
4. "I saw the horse carrying his skilled rider" cried John out.
5. "First time I saw the actual course was on the day of competition" said the rider.
6. "Contemporary equestrian sports are derived from specific military maneuvers" informed the reporter.
7. "In equestrian competitions men and women may compete on an equal basis" explained the father.
8. "The first day of the three-day competitions has ended" said the reporter.
9. "We have sent competitors the rough sketch of the layout" announced the sporting organization.
10. "We are going to watch equestrian competitions on TV" said John.

**15. Напишіть запитання у непрямій мові.**

1. What are the three specific areas of equestrian competition? (Do you know)
2. Do you have to be the best rider to participate in the competition? (I doubt)
3. Who is this rider leading his mount through a set of intricate maneuvers so skillfully? (I wonder)
4. What is one of the aesthetic delights of the Olympics? (Could you tell me)
5. What are the rules of the equestrian events? (I want to know)
6. What are contemporary equestrian sports derived from? (Do you know)
7. How many events are there in equestrian competition? (I wonder)
8. Are teams composed of the best riders regardless of sex? (I doubt)
9. What rule forbade riders and horses to practice on the Olympic courses? (I wanted to know)
10. When is the rough sketch sent to competitors? (Could you tell me)

**16. Знайдіть помилку і виправте.**

1. Brian agreed participating in this event.
2. He asked the friend who comes first in the event.
3. They asked how many riders had they entered.
4. The riders were told to not practice on the Olympic course.

5. The rider denied that he has ever seen the layout before the competition.
6. The rider informed that it is a beautiful watch when a horse and a rider move as one.
7. Peter asked what must the rider do to win a gold medal.
8. The rider warned me to not touch the animal.
9. He advised me participating in this kind of sport.
10. I asked Dave what is the rule of the equestrian events.

**17. Перекладіть англійською мовою.**

1. Бен сказав, що збирається прийняти участь у змаганнях з кінного спорту.
2. Коментатор повідомив, що минулого року Україна зареєструвала п'ять учасників для участі у змаганнях.
3. Спортсмен заперечує, що коли небудь тренувався на Олімпійській доріжці.
4. Спортивна організація повідомила, що вислала чорновий план траси.
5. Нам повідомили, що команди набирають з найкращих вершників.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

forward	approximately	shootoff
goalie	size	divide
circle	score	player
extend	count	touch
leather	overtime	penalty

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
 player, divided, Olympic, almost, he, consist, his, forward, with, the, he, may, only, into, an, called, all, same, is, from, a, scored, their, approximately, must, striking, by.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

**3. Перекладіть наступні словосполучення і складіть з ними речення англійською мовою:**

- |                         |                     |
|-------------------------|---------------------|
| • under Olympic rules   | • score a goal      |
| • face mask             | • attacking player  |
| • ice-hockey goalkeeper | • standard baseball |
| • kick the ball         | • 10-minute break   |
| • striking circle       | • overtime period   |

**4. Прочитайте та виконайте письмовий переклад тексту.**

Under Olympic rules, there are eleven players per team, with seven alternates. The lineup usually consists of five forwards, three halfbacks, two fullbacks, and a goalie. The goalie wears almost the same padding, including the face mask, as an ice-hockey goalkeeper. He may kick or stop the ball with his body while he is in the striking circle, but he is the only player allowed to do so; all others must use only their hands or stick.

The hockey field is 100 yards long and 55 yards wide. It is divided into four quarters. At each end of the field is a net 7 feet high and 12 feet wide. A semicircle called the striking circle extends out from the goal. A goal is scored



when the ball goes into the net after being touched by the stick of an attacking player who is standing within the striking circle. The goals count one point each. The ball is generally made of plastic, though some balls have cork centers covered by leather. The ball weighs around 6 ounces and is approximately the same size as a standard baseball. The sticks are usually 36 to 40 inches in length; the blade must be no longer than 7 inches.

The game is played in two 35-minute halves, with a 10-minute break in between. If the game ends in a tie, there are two 7 ½-minute extra periods. If the score is still tied, the next overtime period is sudden death, with the team scoring the first goal winning. Three sudden-death periods may be played, and if a team fails to score, there is a penalty shootoff, in which the teams choose five players to take alternate penalty shots. The team that scores the most goals wins.

*(Taken from "Viewers Guide to the Summer Olympics")*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                    |                   |
|--------------------|-------------------|
| • запасний гравець | • хокейне поле    |
| • склад команди    | • забивати гол    |
| • пів-захисник     | • ключка          |
| • зупиняти м'яч    | • зіграти в нічию |
| • додатковий час   | • нападаючий      |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. The goalie wears exactly the same padding, including the face mask as an ice-hockey goalkeeper.
2. The goalie is the one to kick or stop the ball with his body all others must use only their hands or sticks.
3. The hockey field is divided into fourteen quarters.
4. A goal is scored when an attacking player, who is standing within the striking circle touches the ball with his stick before it goes into the net.
5. If the game ends in a draw there are two 7 ½- minutes extra period.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** draw, regulations, goalkeeper, pause

**Verbs:** comprise, be dressed, halt, hit

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** defending, previous, undertime

**Adverbs:** scarcely, differently, rarely.

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

- |            |             |
|------------|-------------|
| 1 Olympic  | a) mask     |
| 2 the same | b) circle   |
| 3 face     | c) centers  |
| 4 kick     | d) field    |
| 5 striking | e) baseball |
| 6 hockey   | f) in a tie |
| 7 cork     | g) rules    |
| 8 standard | h) padding  |
| 9 end      | i) death    |
| 10 sudden  | j) the ball |

**10. Напишіть тлумачення поданих слів:**

alternate(n), lineup(v), forward(n), halfback(n), hockey(n).

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Вставте say, tell or ask у правильній формі.**

1. The sports-expert\_\_ us there are eleven players per team.
2. The goalie \_\_\_ that he wore almost the same padding as an ice-hockey goalkeeper.
3. We \_\_\_ how long the hockey field is.
4. The player\_\_\_ us he had scored 10 goals so far.
5. We were\_\_\_ what the ball was made of.
6. The expert\_\_\_ us that the lineup consisted of five forwards.
7. The player\_\_\_ he is allowed to stop the ball with his body.
8. We \_\_\_ about extra periods.
9. They\_\_ a goal is scored when the ball goes into the net.
10. David \_\_\_ in a penalty shootout teams chose five players to take alternate penalty shots.

**14. Напишіть речення в непрякій мові.**

1. "The goalie kicked the ball with his body while he was in the striking circle" the sporting commentator said to us.
2. "The player has just scored the goal" cried the father out.
3. "If they end a game in a tie they will be given two 7 ½-minute extra period" said Stephen.

1. "What is the ball for field hockey made of?" asked Peter.
2. "The player must't use his bodu to stop the ball" the commentator informed us.
3. "What does the lineup usually consist of?" asked Ian.
4. "The goalie wears almost the same padding as an ice-hockey goalkeeper" informed the expert.
5. "The ball is made of plastic" said the father.
6. "If the team scores the most goals it'll win" said the reporter.
7. "I prefer ice hockey to field hockey" said Jim.

**15. Напишіть запитання у непрякій мові.**

1. What does the lineup usually consist of? (Do you know?)
2. Does the goalie wear the same padding as an ice-hockey goalkeeper? (I doubt)
3. How is the goal in field hockey scored? (I wonder)
4. What is the ball made of? (Could you tell me)
5. Who has won the game? (I want to know)
6. How many players are there per team? (Do you know)
7. May the goalie stop the ball with his body? (I wanted to know)
8. What team has won the game? (I wondered)
9. Will this game end in a tie? (I doubted)
10. How long must the blade be? (Could you tell me)

**16. Знайдіть помилку і виправте.**

1. They allowed the goalie using the same padding as an ice-hockey goalkeeper.
2. They warned the player to not touch the ball with the body.
3. They claimed that the game ends in a tie.
4. The coach reminded for wearing the face-mask.
5. They suggested to make 10-minutes break.
6. They say there had been eleven players per team last year.
7. I want to know what is the ball made of.
8. I wonder what does the goalie wear.
9. They accused him to have broken the rules.
10. The player denied to have touched the ball with his hands.

**17. Перекладіть українською мовою.**

1. Олег поцікавився хто забив гол.
2. Коментатор повідомив, що гра закінчилась в нічию.
3. Він поцікавився яка команда виграє матч.
4. Тренер сказав, що заборонено торкатися м'яча тілом.
5. Коментатор повідомив, що команда яка заб'є гол першою, виграє матч.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

extremely	evidence	partially
defensive	however	popularity
assault	soccer	axiomatic
thwart	touch-down	field
spectator	relatively	agile

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:** soccer, its, often, required, score, a, is, they, goalie, the, been, an, extremely, obviously, both, into, counted, thrill, their, goal, follow, constant, however, with, both, for, seem, slow.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

**3. Перекладіть наступні словосполучення і складіть з ними речення англійською мовою:**

- fast-paced game
- end with the score
- to be comparable to
- games end up
- outstanding game
- account for
- score a goal
- low scores
- constant action
- offensive men

**4. Прочитайте та виконайте письмовий переклад тексту.**

Soccer is an extremely fast-paced game with constant action at both ends of the field. In many ways it is similar to ice hockey, with offensive men rushing toward the goal, defensive men trying to thwart the assault, and the goalie moving around, intently watching the ball, always preparing to cut down the angle the shooter will have at the net.

American spectators have always been hungry for high-scoring games. Many seem to equate much scoring with outstanding play. And since soccer games

often end with the score 2-1 or 3-2, they cite the low scores as evidence that the game is slow and boring. However, if you consider that in American football the touchdown, which is the unit of scoring, counts for six points even though it is only one score, you'll see that the scoring in soccer is often comparable to that of American football. If a touch-down counted only one point, many NFL games would end up with 3-2 and 4-3 scores.

Soccer is a relatively easy game to follow, which partially accounts for its great popularity. To get a sense of which team is controlling the game, notice which end of the field has most of the action, and which side is taking more shots. It is axiomatic still that a team can't score if it can't get the ball out of its own territory.

To watch the great Olympic players control the ball is a thrill. They are as deft and agile with their insteps (the toe is rarely used for kicking) as most athletes are with their hands. They fake, stop, dribble, and shoot with uncanny accuracy. Another exciting move is the header, in which a goal is scored by a player's heading the ball into the net. Obviously, it takes a strong neck and excellent coordination to head the ball with the force required to score a goal.

*(Taken from "Viewers Guide to the Summer Olympics")*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                   |                        |
|-------------------|------------------------|
| • забити гол      | • захисники            |
| • швидка гра      | • нападаючі            |
| • постійний рух   | • порівнювати до       |
| • схожий до       | • відносно легка гра   |
| • перехопити м'яч | • надзвичайна точність |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Soccer is a very fast sport with constant action.
2. Soccer is a relatively easy game, that's why it is so popular.
3. To head the ball with the force required to score a goal a player should have a strong neck and excellent coordination.
4. Soccer is similar to field hockey.
5. It's real pleasure to watch the great Olympic players control the ball.



7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.

Nouns: football, excitement, pitch, attack, part

Verbs: attempt, prevent, observe, get ready, finish

8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: slow, difficult, defensive, very bad

Adverbs: fully, inattentively, seldom, never

9. Утворіть словосполучення та перекладіть їх:

- |               |                |
|---------------|----------------|
| 1 constant    | a) the assault |
| 2 ice         | b) play        |
| 3 offensive   | c) scores      |
| 4 thwart      | d) football    |
| 5 outstanding | e) up          |
| 6 low         | f) game        |
| 7 American    | g) popularity  |
| 8 end         | h) action      |
| 9 easy        | i) men         |
| 10 great      | j) hockey      |

10. Напишіть тлумачення поданих слів:

soccer(n), ice-hockey(n), offensive men(n), goalie(n), scoring(n).

11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.

12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.

13. Вставте say, tell or ask у правильній формі.

1. American spectators \_\_\_ us they had always been hungry for high-scoring games.
2. They \_\_\_ soccer is similar to ice hockey.
3. We \_\_\_ why soccer enjoyed such popularity in the USA.
4. We were \_\_\_ it was a thrill to watch the players control the ball.
5. We \_\_\_ the players what it took to head the ball into the net.
6. They \_\_\_ soccer is an extremely fast-paced game.
7. The coach \_\_\_ us that touchdown counted for six points.
8. We \_\_\_ how easy soccer was to follow.

9. The experts \_\_\_\_ that a team can't score if it can't get the ball out of its own territory.
10. The players \_\_\_\_ us they shot with uncanny accuracy.

#### 14. Напишіть речення в непрямій мові.

1. "Soccer is an extremely fast-paced game" the player said to us.
2. "American spectators have always been hungry for high-scoring games" said Tom.
3. "I saw a game of soccer yesterday" said Adam to his friend.
4. "They faked, stopped, dribbled and shot with uncanny accuracy" the sporting commentator said to us.
5. "Another exciting move is the header, in which a goal is scored by a player's heading the ball into the net" he said to us.
6. "Soccer is a relatively easy game to follow" said Tim.
7. "Scoring in soccer is often comparable to that of American football" says reporter.
8. "I can't get a sense of which team is controlling the game" confessed Ali.
9. "The team has just scored a goal" exclaimed the fan.
10. "If I had a strong neck and excellent coordination I would head the ball to score a goal" said Jimmy.

#### 15. Напишіть запитання у непрямій мові.

1. Is soccer an easy game to play? (Do you know)
2. Is soccer similar to ice-hockey? (I doubt)
3. What does it take to head the ball into the net? (I wonder)
4. How do they play soccer? (Could you tell me)
5. What score do soccer games often end with? (I want to know)
6. What team do you cheer for? (Could you tell me)
7. Why is soccer so popular? (Do you know)
8. Who has scored a goal? (I wanted to know)
9. Are the defensive men trying to thwart the assault? (I doubted)
10. Are the low scores the evidence that the game is slow and boring? (I wonder).

#### 16. Знайдіть помилку і виправте.

1. They told us that soccer is a relatively easy game to follow.
2. They asked is soccer similar to hockey.
3. My friend suggested to watch soccer on TV.
4. The players were told to not head the ball into the net.
5. We were informed that soccer is often comparable to American football.
6. The coach said if I have excellent coordination I'll score a goal.

7. I wonder what does it take to win the game.
8. The commentator said that offensive men are rushing toward the goal.
9. She asked me what is the score.
10. The father allowed his son watching the game on TV.

**17. Перекладіть англійською мовою.**

1. Коментатор сказав нам, що американські глядачі вважають, що чим більше набраних очок, тим краща гра,
2. Репортер запитав, чи вважаєте ви, що футбол схожий до хокею.
3. Джон викрикнув, що гравець забив гол головою.
4. Глядач поінформував, що це дуже захоплююче видовище бачити на Олімпійських іграх.
5. Футбольний фан сказав, що це дуже легко визначити котра команда контролює гру.

1. Напишіть транскрипцію поданих слів і перекладіть їх:

career	championship	junior
required	streak	consecutive
title	perfectly	athlete
pennants	catalyst	property
impossible	assist	scorer

2. Визначте, до яких частин мови належать подані слова і перекладіть їх:

during, played, other, players, senior, approach, victory, a, and, filled, solid, world, brilliant, his, the, property, percent, high, fast, but, total, for, often, swift, draft, shooter, neighbourhood, that, set.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:

- |                           |                              |
|---------------------------|------------------------------|
| • to play on teams        | • senior years               |
| • consecutive wins        | • major championships        |
| • to approach the victory | • to win pennants            |
| • world title             | • swift attack               |
| • pre-game preparation    | • to fill the lanes property |

4. Прочитайте та виконайте письмовий переклад тексту.

During his thirteen-season NBA career with the Boston Celtics, Bill Russell played on eleven championship teams. Add NCAA championships in his junior and senior years at University of San Francisco, plus a streak of fifty-six consecutive wins and a gold medal in the 1956 Olympic Games, and Russel won fourteen major championships in fifteen years. No other athlete in professional team sport resides in Russell's winning neighbourhood. The only pros who approach his victory numbers are Henry Richard and Yogi Berra. The superb two-way centre of the Montreal Canadiens, Richard played on eleven Stanley

Cup championship teams in a twenty-season hockey career. In Berra's nineteen baseball seasons with the New York Yankees, the team won fourteen American League pennants and ten world Series titles.

Russell was the NBA's most valuable player in five seasons, only Michael Jordan and Kareem Abdul-Jabbar won the award that often. Most players earning those honours were high scorers. Russell was a solid shooter but his defensive play-blocking shots, snaring rebounds, intimidating the opposing team's big men-and serving as the launch pad for the Celtics' fast break attack made him the game's best player. The team's brilliant, visionary manager-coach Red Auerbach saw Russell as the catalyst for the swift attack he felt would win in the NBA. But landing Russell in 1956 NBA draft after his two championship seasons with USF Dons required masterful manipulation by Auerbach. Russell once revealed his pre-game preparation. Every game he set minimum personal goals-25 rebounds, 8 assist, 8 blocks, make sixty percent of his shots, run all plays perfectly, set solid picks and fill the lanes property. He admitted that total achievement of his goal would be impossible.

*(Originated from The Dominators by George Tracz and Frank Orr)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                                   |                      |
|-----------------------------------|----------------------|
| • послідовні перемоги             | • переможне оточення |
| • удостоїтися честі               | • блискавичний напад |
| • демонструвати підготовку до гри | • заповнювати ряди   |
| • загальне досягнення             | • рикошет            |

**6. Перекладіть подані твердження й визначте чи відповідають вони змістові тексту.**

1. Russell won forty major championships in fifteen years.
2. Most players earning those honours were high scorers.
3. He was a soft shooter, with defensive play-blocking shot.
4. Every game he set solid picks and fill the lanes property.
5. Many athletes in professional team sport reside in Russell's winning neighbourhood.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** trainer, aim, road, profession, quality.

**Verbs:** to gain, to sense, to allow, to adjust.



8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: devoting, ending, working, protective

Adverbs: absolutely, hided.

9. Утворіть словосполучення та перекладіть їх:

- |                 |                 |
|-----------------|-----------------|
| 1 championship  | a) rebounds     |
| 2 twenty-season | b) preparation  |
| 3 consecutive   | c) career       |
| 4 masterful     | d) achievement  |
| 5 pre-game      | e) lanes        |
| 6 swift         | f) teams        |
| 7 set           | g) attack       |
| 8 fill          | h) solid paicks |
| 9 total         | i) manipulation |
| 10 snaring      | j) wins         |

10. Напишіть тлумачення поданих слів:

preparation (n), career (n), honour (n), achievement (n), shooter (n).

11. Випишіть із тексту 10 ключових термінів і перекладіть їх.

12. Доберіть заголовок до тексту, запишіть його англійською та українською мовами.

13. Запишіть кожне речення тричі, розкриваючи дужки та утворюючи умовні речення I, II, III типів.

1. If the weather (to be) fine, we (to play) football outside.
2. If I (to get) ticket, I (to go) to the football match.
3. If she (to train) hard she (to win) this competition.
4. If I (to meet) my coach I (to tell) him about my injury.
5. If we (to have) time we (to play) chess together.

14. Розкрийте дужки, вживаючи дієслова у потрібній формі.

1. If he were not such an outstanding sportsman, he (not to have) so many fans.
2. If you (to give) me your racket I shall play tennis with you.
3. If she (not to be) so absent-minded, she would be a much better sportsman.
4. If you were not so careless about your health, you (to consult) the doctor.

5. If it (to rain) tomorrow, our game will be cancelled.
6. If he (to train) hard, he would have achieved great results in his kind of sport.
7. If he (to inherit) a love of sport from his athletic father, he would have been master of sport.
8. My brother would have not missed so many trainings, if he (not to hurt) his leg.
9. If you train every day, you (to improve) your sporting skills.
10. If we win this competition we (to be) happy.

### 15. Утворіть умовні речення.

1. He is busy and does not come to play football in our team. If...
2. This sportsman didn't train hard last year and lost in this championship. If...
3. The pavement was so slippery that the athlete fell on the last lap and hurt his leg. If...
4. The tourists lost their way in the forest because the night was pitch-dark. If...
5. The bags were so heavy that the sportsmen couldn't carry them that's why they took a taxi. If...
6. The athletes had no camera with them, so they couldn't take photos of the leading runners of that race. If...
7. He is an excellent coach, but I can't ask his advice cause I'm not acquainted with him. If..
8. It rained heavily so the sportsmen got drenched to the skin. If...
9. Naturally the runner was very angry cause her opponent was in her way. If...
10. The sportsmen trained twice a day so they could win the competitions easily. If...

### 16. Знайдіть помилки у реченнях і виправте їх.

1. If his car hadn't broken down, he will win the racing.
2. I wish I know where my coach is now.
3. I wish my team take part in our university's competition.
4. If I am you I would train every day.
5. If he planned his own playing schedules, he will win more tournaments.
6. If he hadn't taken the drugs his star will not lose its shine.
7. If I was you I would make attempts at comeback with several clubs.

8. If he were not gifted athlete he won't be invited to Chicago Cubs camp.
9. If he is not so busy he would have played soccer with us.
10. I wish I had been tell the truth then.

**17. Перекладіть англійською мовою.**

1. Якби ви зараз зустріли цього спортсмена, ви б його не впізнали.
2. Шкода, що в нас було така мало тренувань. Ми б підготувались краще до змагань.
3. Якби він регулярно не відвідував спортивні тренування, він не досяг би такого успіху на змаганнях.
4. Я впевнений, що всі були б раді, якби наша команда перемогла в матчі.
5. Якби ви тоді послушали поради тренера, ви б не були зараз у такому скрутному становищі.

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

involve	pretty	performers
loudmouth	revered	supporter
fascinating	flaws	defensive
prattle	enough	outrageous
challenger	establishment	figure

2. Визначте, до яких частин мови належать подані слова і перекладіть їх: shady, move, backwards, prattle, impressed, loudmouth, punk, punch, chin, replete, joke, to, fullest, the, he, eschewing, quickly, did, among, in, outcome, grace, sassy, beloved, impressed, self-promoter, and, about, kids.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

## 3. Перекладіть подані словосполучення й складіть з ними речення.

- |                          |                           |
|--------------------------|---------------------------|
| • to be involved in      | • shady character         |
| • to staddle the world   | • front sport pages       |
| • globe's beloved figure | • to crown oneself        |
| • classic defensive move | • notorious self-promoter |
| • to be impressed by     | • out of fear             |

## 4. Прочитайте та виконайте письмовий переклад тексту.

Although the sport in which he was involved is not a pretty one, its history often controlled by mobsters and other shady characters, world heavyweight boxing champions have always been among the most famous-and wealthiest sport performers. At his peak, he straddled the world like a god, spending as much time on the front sports pages, growing from a loudmouth young punk to one of the globe's most revered and beloved figures. Muhammad Ali was an amazing athlete who crowned himself "the greatest" early in his boxing career, then spent his life proving it. His followers claim he did, and even those who were not his supporters conceded that he was perhaps the most fascinating

sports figure of the last half of 20th century. Boxing experts said that he had style flaws that would prevent his becoming a top professional, especially his mchewing of the classic defensive move of slipping a punch—moving quickly aside to have the opponent's fist miss him. Ali swayed backwards, bending at the waist far enough to make the punch fall short of his chin. From the start he was a notorious self-promoter, which earned him scorn from the largely white establishment press, who were not impressed by lippy«negro» kids who boasted speed, grace and power in the ring, charm and wit outside it. He audaciously predicted the outcome of his bouts, often naming the round in which an opponent would fall. In the pre-fight build-up Ali was bragging, loudmouth challenger, appearing to prattle on about what he planned to do in the fight out of fear. His sense of humor was equally outrageous and replete with sassy jokes. He seemed set on enjoying life to the fullest.

*(Originated from The Dominators by George Tracz and Frank Orr)*

**4. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення.**

- |                                |                                  |
|--------------------------------|----------------------------------|
| • швидкість в ринзі            | • передбачати результат боротьби |
| • реальний претендент          | • почуття гумору                 |
| • захоплююча спортивна кар'єра | • поступатися комусь             |
| • насолоджуватись життям       | • заслуговувати зневаги          |

**6. Перекладіть подані твердження й визначте чи відповідають вони змістові тексту.**

1. Muhammad Ali crowned himself “the strongest” in his boxing career.
2. He never could predict the outcome of his bouts and round in which an opponent would fall.
3. He had style flaws that would prevent his becoming a top professional.
4. He swayed backwards, bending at the waist far enough to make the punch fall short of his chin.
5. He never spent much time on the front sports pages.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** entertainers, profession, temperament, child, horror.

**Verbs:** impede, permit, drop, involve.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** foul, pretty, boring, amazing.

**Adverbs:** shortly, differently, late, quickly.



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

- |                 |                  |
|-----------------|------------------|
| 1 shady         | a) press         |
| 2 sassy         | b) career        |
| 3 notorious     | c) athlete       |
| 4 amazing       | d) characters    |
| 5 fascinating   | e) challenger    |
| 6 top           | f) self promoter |
| 7 defensive     | g) jokes         |
| 8 establishment | h) move          |
| 9 loudmouth     | i) sports figure |
| 10 boxing       | j) professional  |

**10. Напишіть тлумачення поданих слів і словосполучень:**

heavyweight boxing, claim (v), defensive move, opponent (n).

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх.**

**12. Доберіть до тексту заголовки, запишіть його англійською та українською мовами.**

**13. Запишіть кожне речення тричі, розкриваючи дужки та утворюючи умовні речення I, II, III типів.**

1. If he (not to be) notorious self-promoter, he (not to earn) so much money.
2. If he (not to have) his own tactic he (not to win) the game.
3. If I (to be) you I (prove) all my power in boxing ring.
4. If he (not to take) five points he (not to take first place).
5. If he (to train) hard he (to become) Master of sport.

**14. Розкрийте дужки, вживаючи дієслова у потрібній формі.**

1. If we fail to win we (to take) the second place.
2. If the weather permits we (to train) at the stadium.
3. If the goalkeeper hadn't caught the ball his team (to lose) the match.
4. If the boxers didn't wear the gloves they (to hurt) their arms.
5. If he didn't practice the main kinds of hints used in boxing he (not to win) the sparring.
6. They will be sent to the Olympic Games if they (to win) in all competitions.
7. I will invite you to the football match if I (to get) tickets.
8. We would have been proud of you if you (to take the first place) in contests.

9. If you paid more attention to your mistakes you (to win) the tournament.
10. The coach would have come if we (to ring) him up.

**15. Утворіть умовні речення.**

1. Muhammad Ali became professional boxer cause he was trained by wise and crafty boxing veteran Angelo Dundee. If...
2. His career was at the end because of few losts to famous boxers in ring. If...
3. The referee stopped the fight so the boxers couldn't beat each other. If...
4. The sportsmen will get itinerary so they will not loose their way. If...
5. He will be training hard cause he has strong willing to win. If...
6. The American boxer was so strong and quick that his opponent couldn't defeat him. If...
7. The sportsmen will listen to their coach's instruction in order to win the contests. If..
8. Goalkeeper didn't save the ball cause it was too late. If...
9. The fans were upset cause our team lost 3 points in the match. If...
10. The famous athlete was at the meeting so he couldn't visit our team. If...

**16. Знайдіть помилки у реченнях і виправте їх.**

1. If my trainer is busy I came next time.
2. If I lived in Kiev, I shall go to the football match played by Dynamo.
3. If I had won the championship I will be sent abroad.
4. If I had had ticket yesterday I should have go to the football match.
5. If had had more practice in chess, I should have win the game yesterday.
6. If I had seen your coach yesterday I would tell him about your injury.
7. I wish I win the championship last month.
8. If I was a famous sportsman I should play for my country.
9. If I had joined you in fishing, I should have catch a lot of fish.
10. If I had watched TV yesterday I should have find all about that racing.

**17. Перекладіть англійською мовою.**

1. Він дуже талановитий боксер. Якби він не дістав серйозної травми він би зробив блискучу кар'єру.
2. Шкода, що падає дощ. Якби дощу не було ми б тренувались на стадіоні.
3. Якби він не був таким різким і нахабним, преса не приділяла б його особі стільки уваги.
4. Якби його автомобіль не поламався, він би виграв перегони.
5. Я впевнений, що всі були б щасливі, якби наша футбольна збірна перемогла на Чемпіонаті Європи.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

perhaps	association	challenge
ultimately	establishing	transgression
approximately	controversial	appearance
currently	equipment	doubt
endorsements	galaxy	require

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**  
 debut, his, disqualified, remain, humble, same, salary, success, in, estimated, massive, title, final, twice, after, currently, paid, income, other, more, best, row, victory, global, is, the, approximately, one, gigantic, drive, packages, wheel, league, punishment.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

**3. Перекладіть подані словосполучення й складіть з ними речення англійською мовою:**

- annual show
- to remain humble
- to pass smb. record
- compete in GP races
- in spite of his success
- clinch the title
- to hold off a big challenge
- to wear the crown
- to require gigantic budget
- to start the sweep

**4. Прочитайте та виконайте письмовий переклад тексту.**

The Formula One Grand Prix is perhaps global sports' biggest annual show. Each year it has events in more countries than any other single sporting league or association and attendance at races is massive. The men behind the wheel form a galaxy of international stars, with the top-salaried drivers being the highest paid sports performers in the world. The equipment they drive, meanwhile, requires gigantic budgets and sponsor packages that total in the billions. Germany's Michael Schumacher is, without a doubt, the brightest star currently gracing the formula One firmament, and he has a salary to match

His total income, including bonuses, endorsements, and appearance fees, is estimated to be approximately \$123 million. He made his F1 debut in a Jordan-Ford in 1991 at Spa in Belgium. His car failed on the first lap, but Schumacher's career continued full blast. He moved to Benetton team that same year and competed in 5 Grand Prix races with Nelson Piquet as his teammate.

His first F1 victory came one year after his debut again at Spa, establishing him at last as a bona fide contender on the world's top racing circuit. His first world driving championship in 1994 driving for the Benetton team, becoming at 25 the youngest ever to wear the crown. But the victory capped a controversial season. Schumacher was disqualified from 2 races for rules infractions and was ultimately suspended from the Italian and Portuguese GPs as punishment for his transgressions. In 2000 Michael started his sweep of four championships by winning the first title for Ferrari since Jody Scheckter in 1979. He twice won four races in a row, including the final four to hold off a big McLaren challenge. In 2001, he won nine times, clinched the title with four races to go, and passed Prost's record of 51 GP victories. In spite of his success this year, Schumacher did his best to remain humble, rejecting all comparisons to Fangio.

*(Originated from The Dominators by George Tracz and Frank Orr)*

**5. Знайдіть у тексті відповідники наступних слів і словосполучень англійською мовою та складіть з ними речення.**

- |                          |                        |
|--------------------------|------------------------|
| • деб'ютувати            | • виграти перегони     |
| • змиритися              | • порушення правил     |
| • покарання за порушення | • відкидати порівняння |
| • закріпити титул        | • перше коло           |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Michael Schumacher was disqualified from two races cause of injury.
2. He started his career in 1990 at Spa in Belgium.
3. His first victory came to him at the age of 30.
4. In 2000 Michael won the first prize for Ferrari including the final four to hold off a big McLaren challenge.
5. He didn't compete with Nelson Piquet in 5 Grand Prix races in Benetton team.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** utensils, payment, violation, explosion, prosperity.

**Verbs:** evaluate, contain, delay, repel, set up.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** hateful, initial, partial, low, gigantic.

**Adverbs:** correctly, primordiallly, currently.

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

- |                |               |
|----------------|---------------|
| 1 sporting     | a) income     |
| 2 to wear      | b) challenge  |
| 3 to make      | c) humble     |
| 4 top racing   | d) circuit    |
| 5 to remain    | e) budget     |
| 6 top-salaried | f) comparison |
| 7 to require   | g) debute     |
| 8 total        | h) league     |
| 9 to hold off  | i) drivers    |
| 10 to reject   | j) crown      |

**10. Напишіть тлумачення поданих слів:**

debute (v), income (n), teammate (n), race (n), fee (n), sponsor (n).

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.**

**12. Доберіть до тексту заголовки, запишіть його англійською та українською мовами.**

**13. Запишіть кожне речення тричі, розкриваючи дужки та утворюючи умовні речення I, II, III типів.**

1. If he (not to be) disqualified from 2 races he (to go) on racing.
2. If his car (to fail) on the first lap he (to lose) the race.
3. If he (to make) debute earlier all the country (to applaud) him.
4. If Michael (not to win) his title for Ferrari he ( to be ) very disappointed.
5. If he (not to be) so famous he (not to earn) so much money.



#### 14. Розкрийте дужки вживаючи дієслова у потрібній формі

1. If he were not so successful he (not to win) so many races.
2. If he had been alone in the car he (to have) an accident.
3. If he (to win) four races in row it would be his 9th victory.
4. If I were you I (to train) twice a day.
5. I wish I (to be) as famous as you are now.
6. If you had not been in her way, she (not to be) so angry.
7. I wish they (to return) from the contests by Sunday.
8. If you (to know) English we shouldn't have lost in that city.
9. If you (to hear) it you would have done your best to win the competition.
10. If the athlete needed some treatment she (to go) to the polyclinic.

#### 15. Утворіть умовні речення.

1. Michael Schumacher competed with famous racers that's why he has big incentive to win. If...
2. He was punished for his transgressions so he couldn't take part in next races. If...
3. The racers had no mechanic there so nobody could help them to repair the car. If...
4. The hotel was not good for living cause it was situated close to chemical plant and the air was very bad around. If...
5. The famous sportsman couldn't give an interview cause he had an awful toothache. If...
6. The racer broke the rule on the first lap so he was disqualified from races. If...
7. He rejected all comparisons to Fangio because he wanted to be better than all other sportsmen. If..
8. He had to hold off a big McLaren challenge cause it was the highest value for him. If...
9. The spectators were in shock cause the racer's car turned over. If...
10. He always gets top points in all contests cause he dreams of taking part in Olympic games. If...

#### 16. Знайдіть помилки у реченнях і виправте їх.

1. If he knows about it earlier, he would have done everything to help her.
2. If she lived near, she would visit all their matches.
3. If he had won this title in 2000 he was the second man who did it.
4. If he were not so persistent he doesn't win so many times in a row.
5. She is very gifted fencer. I wish her parents buy her a new sword.

6. If I had seen him yesterday, I tell him about score of the match.
7. If I had won the tournament I will be pleased.
8. If I go to the football match I meet many our fans there.
9. If they greeted him at the stadium he will be more confident in his power.
10. If I had seen him yesterday I will have ask him about his coach.

**17. Перекладіть англійською мовою.**

1. Якби він не порушив правил, його б не дискваліфікували.
2. Я б хотів, щоб наш спортсмен став відомим у всьому світі як Міхаель Шумахер.
3. Якби у нього не було стільки перемог, він би не заробив так багато грошей.
4. Шкода, що я не маю можливості потрапити на змагання Формули 1.
5. Я впевнений, що всі глядачі були б роздратовані, якби наш спортсмен здався так легко.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

inspire	tutor	convince
plateau	unbridled	sincere
defender	rebuff	injury
attract	recognizable	admiration
curtail	myriad	commemorative

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

reply, often, first, offer, creation, regardlessly, nevertheless, depicted, tripped, his, of, origin, for, resulting, let, during, soccer, skills, debut, reached, sincere, complete, also, passion, driven, attempted, a, cruel, nagging, just, first.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- creative soccer player
- to attempt to convince
- nagging injuries
- let *smb.* join the team
- leap of jubilation
- to soak *smth.* up
- to inspire to victory
- sincere outpouring of happiness
- commemorative stamp
- to attract *smb.* attention

**4. Прочитайте та виконайте письмовий переклад тексту.**

Named after the creative inventor Thomas Edison, Pele would himself become one of the most creative and inventive soccer players of all time. He began to play for the Bauru junior team and quickly attracted attention. His coach offered to tutor the boy on the finer points of the game, and Pele soaked it up. Wisely, however, he never attempted to curb the youngster's natural gifts, concentrating instead on Pele's weaknesses. Driven by his passion for a sport, Pele, at the age of 15, attempted to convince Sao Paolo, a big city professional club, to let him join their team. He was quickly rebuffed with a „don't call us we'll

call you” reply. However the scout for another professional club, Santos, brought him in for tryout. He made his debut for this club at 15 and during first 6 years with the team, he led Santos to six straight championships, and also inspired it to victory in the 1962 and 1963 World Cup. When Pele starred for Brazil in the World Cup his face became recognizable throughout the world. Regardless of their culture or country of origin, soccer fans around the planet watched in admiration Pele’s displays of passion and skills. After scoring 6 goals in his World Cup Pele’s ability to put in a similar performance in 1962 was curtailed because of nagging injuries. But Brazil prevailed nevertheless. Four years later, cruel fate befell Pele again as opposing defenders hacked, tripped, and literally kicked him out of the competition, crippled with a myriad of injuries. He had scored a mindboggling 1 281 goals in just 1363 professional games. He reached the 1000th-goal plateau in just 909 games, on November 20, 1969, resulting in the creation of commemorative stamp. The famous number 10 is depicted in a big leap of jubilation, a celebration often seen by his fans. The unbridled joy, smile and the ever-present clenched fist of success are pure Pele. Whether it was his first goal or thousandth, he showed the same sincere outpouring of complete happiness.

*(Originated from The Dominators by George Tracz and Frank Orr)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                         |                        |
|-------------------------|------------------------|
| • стати відомим у світі | • випробовувати        |
| • скорочувати виступ    | • жорстока доля        |
| • пам’ятна марка        | • надихати на перемогу |
| • пристрасть до спорту  | • забивати голи        |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. Pele’s coach always tried to curb his youngest natural gifts and didn’t concentrate on his weaknesses.
2. Pele led Santos club to 5 straight championships and inspired it to victory in 1962.
3. Soccer fans around the planet watched in admiration Pele’s displays of passion and skills.
4. He reached the 1000th-goal plateau in just 909 games resulting in the creation of commemorative stamp.
5. He had scored a mindboggling 1200goals in just 1300 professional games.

7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.

Nouns: protector, pleasure, notice, test.

Verbs: teach, create, condence, triumph.

8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.

Adjectives: unknown, disowned, amateur.

Adverbs: slowly, foolishly, neglectedly.

9. Утворіть словосполучення і перекладіть їх:

- |                  |                  |
|------------------|------------------|
| 1 creative       | a) vitory        |
| 2 juniour        | b) injuries      |
| 3 to curb        | c) the goals     |
| 4 nagging        | d) fate          |
| 5 cruel          | e) jubilation    |
| 6 leap of        | f) team          |
| 7 complete       | g) inventor      |
| 8 unbridled      | h) natural gifts |
| 9 to score       | i) happiness     |
| 10 to inspire to | j) joy           |

10. Напишіть тлумачення поданих слів:

gift (n), injury (n), goal (n), skill (n), fan (n).

11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.

12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.

13. Запишіть кожне речення тричі, розкриваючи дужки та утворюючи умовні речення I, II, III типів.

1. If he (to be) gifted footballer we (to know) him.
2. If I (to go) to this match I (to see) my favourite goalie.
3. If I (to play) for Dynamo I (to be) happy.
4. If it (to rain) the match (to be) cancelled.
5. If the reserve player (to be) quick he (to save) his team.

14. Розкрийте дужки, вживаючи дієслова у потрібній формі.

1. If he (to head) the ball he would have kicked the goal.
2. If our team (to win) the match it will play in Europe Championship.



3. If Pele's coach hadn't been so strict to him, he (not to become) famous.
4. If Pele (not to get) so many injuries, he wouldn't have been kicked out of the competition.
5. I wish my brother (to become) as famous as Pele.
6. If the weather is fine our football team (to train) at the stadium.
7. If he (not to be) an excellent player, he would have been a reserve in last match.
8. If he (not to control) himself on the field and broke the rules he would be kicked out of game.
9. If I were you I (to go) to this match in spite of bad weather.
10. If the goalkeeper (to miss) the goal his squad will be very angry with him.

### 15. Утворіть умовні речення.

1. The game ended in a draw and all fans were disappointed. If...
2. The sponsors didn't support our team that's why it had less chance to win. If...
3. A referee didn't see the breaking rule that's why he didn't punish the player. If...
4. All people cheer for some team that's why football matches are gathering big crowds of fans at the stadiums. If...
5. Pele got many nagging injuries so he couldn't take part in all football matches. If...
6. Pele scored more goals than games he took part in that's why he became so famous. If...
7. He was tricking his opponent so he managed to pick out the ball. If...
8. Pele was in football with his head so reached 1000th goal plateau in just 909 games. If...
9. Our left and right backs controlled the ball that's why their opponents had no chance to tackle it. If...
10. He always broke the rules so he often was put out of the game. If...

### 16. Знайдіть помилки у реченнях і виправте їх.

1. If he wasn't a famous footballer noone would know about him.
2. If Pele hadn't reached 1000th goal plateau the commemorative stamps won't be created.
3. I wish I was a member of our National football team.
4. If Pele hadn't got myriad injuries he will take part in more matches.
5. If the ball is kicked slowly at the side it was spin on its axis.
6. If football were not so popular in our country so many people will not play it.

7. If our goalie were not so quick he will not catch the ball.
8. If I am not so lazy I would have gone to this match.
9. If our national team win the championship all the people will be happy.
10. If our player is a bad runner he would spoil all the match by his play.

**17. Перекладіть англійською мовою.**

1. Якби Пеле не забив свого часу стільки голів, він би не став відомим у всьому світі.
2. Якби Пеле не був завжди таким щирим і життєрадісним, він би не здобув стільки прихильників.
3. Якби я її не знав, я б подумав, що це відома кінозірка.
4. Якби наші півзахисники не відібрали м'яч, нічого б не врятувало ворота від голу.
5. Якби фани не розлютились через поразку нашої команди, вони б не розпочали бійку на стадіоні.

**1. Напишіть транскрипцію поданих слів і перекладіть їх:**

adversity	cyclist	channel
cancer	mirculous	triathlon
satisfaction	impairment	reserved
penchant	searching	template
unfortunately	symbolize	trough

**2. Визначте, до яких частин мови належать подані слова і перекладіть їх:**

natural, victory, with, age, crashing, enable, over, journey, realize, recovery, now, an, bully, especially, he, exel, quickly, imagination, competitor, advice, made, template, unbeatable, defeated, far, victim, own, produced, years, of, knew, race, greater.

noun	
pronoun	
verb	
adverb	
adjective	
preposition	
article	
participle II	

**3. Перекладіть подані словосполучення і складіть з ними речення англійською мовою:**

- at the age of twenty
- to derive great satisfaction
- sparkling health
- to have a natural penchant
- to heed coach's advice
- to be paralyzed with fear
- to excel at
- to overcome physical impairment
- to qualify for
- to transform oneself

**4. Прочитайте та виконайте письмовий переклад тексту.**

Athletes who rule their sport usually epitomize sparkling health and super fitness. But the greatest admitation is reserved for the athlete who overcomes physical impairment to grab the ultimate prize. The transcendental journey of Lance Armstrong in one of the most grueling events in sport, the Tour de France, has come to symbolize triumph over adversity. Sports fans love grand spectacles, and none captures in imagination like the Tour de France. First held in 1903 it became the premier cycling contest in the world and trough the years

has produced many celebrated cyclists among which was Lance Armstrong. He grew up a fatherless loner and searching for ways to channel his rage and frustration, Lance quickly realized he had a natural penchant for Iron Kids triathlon. He derived great satisfaction from running his competitors into the ground, especially in the bike race portions he seemed to excel at. In 1988 Lance qualified for the U.S. Olympic development team Colorado Springs and won the U.S. National Amateur Championship at the age of twenty. Unfortunately brash Lance often failed to heed his coach's advice. At the 1992 Barcelona Olympics he came in a disappointing fourteenth, a victim of his own undoing.

By September 1996 Armstrong was a world-class athlete with 2,5million dollar contract with the French racing team Cofidis but the whole world came crashing down-he was diagnosed with cancer. Always haunted by the fear of losing a bike race, now he was paralyzed with the fear of losing his life. Excellent medical care, his remarkable fitness level and his collaborative work with physicians enabled him to win the race of his life. He made a miraculous recovery. Few seasoned riders considered him to be a threat, but Lance knew better, he clearly transformed himself: no longer the bully of the one-day races, he dominated both the time trials and the mountain stages, an unbeatable combination. He has defeated far greater adversaries, and in so doing has created a template for victory that enables him to survive against seemingly impossible odds.

*(Originated from The Dominators by George Tracz and Frank Orr)*

**5. Знайдіть у тексті відповідники поданих слів та словосполучень і складіть з ними речення англійською мовою:**

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| • бути втіленням відмінного здоров'я | • захоплення                    |
| • символізувати перемогу             | • мати природній хист до спорту |
| • бути приголомшеним від страху      | • взірць перемоги               |
| • вважати загрозою                   | • повністю перебудувати себе    |

**6. Перекладіть подані твердження й визначте, чи відповідають вони змістові тексту.**

1. In 1988 Lance qualified for the U.S. Colorado Springs and lost the National Amateur Championship.
2. Lance had a natural penchant for triathlon.
3. In 1996 he was diagnosed with tuberculosis and was paralyzed to lose his life.
4. At the 1992 Barsezona Olympics Lance came in a disappointing fourteens, a victim of his own undoing.
5. Lance couldn't recover from his awful disease and died at his 30.

**7. Знайдіть у тексті синоніми поданих слів, запишіть їх і перекладіть.**

**Nouns:** suggestion, conquest, wonder, misfortune.

**Verbs:** suit, guide, ruin, gain, think about.

**8. Знайдіть у тексті антоніми поданих слів, запишіть їх і перекладіть.**

**Adjectives:** satisfacting, accurate, building, final.

**Adverbs:** fortunately, never, slowly, disappearly.

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

1 medical

a) cyclists

2 miraculous

b) undoing

3 to be diagnosed with

c) care

4 to heed the coach's

d) fitness level

5 one-day

e) recovery

6 remarkable

f) cancer

7 collaborative

g) advice

8 a victim of

h) satisfaction

9 to derive

i) work

10 celebrated

j) races

**10. Напишіть тлумачення поданих слів:**

brash (adj), recovery (n), fitness (n), threat (n), bike races.

**11. Випишіть з тексту 10 ключових термінів і перекладіть їх українською мовою.**

**12. Доберіть заголовки до тексту, запишіть його англійською та українською мовами.**

**13. Запишіть кожне речення тричі, розкриваючи дужки та утворюючи умовні речення I, II, III типів.**

1. If Lance Armstrong (to win) in Tour de France he (to become) celebrated cyclist.
2. If the weather (to be) fine we (to go) to the stadium to watch cycling race.
3. If we (to have) modern bicycles we (to have) more chances to win the race.
4. If the pavement (not to be) slippery our cyclist ( not to fall) down.
5. If Lance (not to be) so brash he (to win) more races.



#### 14. Розкрийте дужки, вживаючи дієслова у потрібній формі.

1. If he hadn't been diagnosed with cancer he (not to have) fear of losing his life.
2. If he (not to be) so persistent he hadn't won U.S.National Championship at the age of 20.
3. If he had heeded his coaches advice he ( not to come) in 14th at the 1992 Barcelona Olympics .
4. If I were a famous cyclist I (to buy) the professional bike.
5. I wish I (to be) as promising sportsman as Armstrong was.
6. If sport fans didn't like grand spectacles they (not to visit) all these events.
7. If Lance (not to have) excellent medical care he wouldn't have recovered from his illness.
8. He would have won the sprint race if his opponent (not to prevent) him.
9. If cycling race were not so popular kind of sport it (not to be included) into Olympic competitions.
10. He would have won the individual race if his bike (not to break) down.

#### 15. Утворіть умовні речення.

1. Lance Armstrong was diagnosed with cancer and had to leave sport. If...
2. He had an excellent medical care and strong will to live that's why he defeated his disease. If...
3. The cycle race on a track finished by victory of American cyclist cause he had the most convenient bike. If...
4. Lance captured 6 successive victories in the Tour de France and it became the greatest achievement in history of sport. If...
5. Lance Armstrong knows how to suffer and that's why he knows how to win. If...
6. The cyclists didn't have a map so they lost their way in strange city. If...
7. He was a professional sportsman and I wanted to ask his advice, but I couldn't cause I wasn't acquainted with him. If...
8. The cyclists spent a few weeks in Peace Races and saw many different countries. If...
9. A huge black cloud appeared from the sky so our cyclists had to hurry home. If...
10. Lance was angry cause his opponent Ullrich was in his way. If...

#### 16. Знайдіть помилки у реченнях і виправте їх.

1. If he hadn't recovered from his disease he will not write a book about his will to life.
2. If he is not so stable he wouldn't win next long-distance race.

3. I wish I was a member of our National cycling team.
4. If Armstrong wasn't so indifferent to his coach's advice he would have won more races.
5. If he had trained hard he will have reached best results.
6. If I saw my favourite sportsman I will be very pleased to talk to him.
7. If I had taken part in last competitions I will take the first place.
8. If he hadn't been so unlucky he won't lose so many times in a row.
9. I wish I consult my coach when I first felt that my training was without result.
10. If you were really interested in your kind of sport you pay more attention to it.

**17. Перекладіть англійською мовою.**

1. Якби Армстронг не навчився боротись за своє життя, він би не навчився перемагати в велоспорті.
2. Якби він прислухався до порад свого тренера, він би не допустив стільки помилок під час змагань.
3. Я б хотів, щоб усі люди, хворі на рак, могли подолати цей страшний діагноз як Л. Армстронг.
4. Я шкодую, що не всі наші олімпійські велогонщики змогли дістатись до фінішу вчасно.
5. Якби Армстронг не був таким наполегливим, його суперники випередили б його не раз.

# READER

## COMPETENCE

Competence is how the individual interacts in the environment. Butt (1987, 39-41) identifies five categories of competence: physical, intellectual, emotional, social, and spiritual. Physical competence includes strength, endurance, flexibility, speed, coordination, visual and auditory acuity, and skill. "Intellectual competence is the ability to use the mind to reach desired solutions or decisions" (Butt 1987, 39). Can the learner size up the situation and create an effective plan of action in game play? Can one plan a smart game of tennis? Emotional competence is when people can manage their emotions such that their skill in play is enhanced. Positive emotions of confidence, stability, and feelings of success will be used rather than negative emotions of frustration, failure, blame, and fear. Social competence is the ability to work with others. Loyalty and morale are important factors. Relations with others are positive. Spiritual or existential competence refers "to the individual experiencing intrinsic satisfaction from the appreciation of morality, contentment, and the ability to be philosophical about victory and defeat" (Butt 1987, 40).

The objective in competence is to prepare self-sufficient performers. They know their strengths and weaknesses. They also appreciate the strengths and weaknesses of others, including teammates and opponents.

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

## ATHLETICS

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. 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 favourite 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 WINTER OLYMPICS

The move toward a winter version of the Olympics began in 1908 when figure skating made an appearance at the Summer Games in London. Ten-time world champion Ulrich Salchow of Sweden, who originated the backwards, one revolution jump that bears his name, and Madge Syers of Britain were the first singles champions. Germans Anna Hubler and Heinrich Berger won the pairs competition.

Organizers of the 1916 Summer Games in Berlin planned to introduce a "Skiing Olympia," featuring nordic events in the Black Forest, but the Games were cancelled after the outbreak of World War I in 1914.

The Games resumed in 1920 at Antwerp, Belgium, where figure skating returned and ice hockey was added as a medal event. Sweden's Gillis Grafstrom and Magda Julin took individual honors, while Ludovika and Walter Jakobsson were the top pair. In hockey, Canada won the gold medal with the United States second and Czechoslovakia third.

Despite the objections of Modern Olympics' founder Baron Pierre de Coubertin and the resistance of the Scandinavian countries, which had staged their own Nordic championships every four or five years from 1901-26 in Sweden, the International Olympic Committee sanctioned an "International Winter Sports Week" at Chamonix, France, in 1924. The 11-day event, which included nordic skiing, speed skating, figure skating, ice hockey and bobsledding, was a huge success and was retroactively called the first Olympic Winter Games.

The 1940 Winter Games are originally scheduled for Sapporo, but Japan resigns as host in 1937 when the Sino-Japanese war breaks out. St. Moritz is the next choice, but the Swiss feel that ski instructors should not be considered professionals and the IOC withdraws its offer. Finally, Garmisch-Partenkirchen is asked to serve again as host, but the Germans invade Poland in 1939 and the Games are eventually cancelled.

Seventy years after those first cold weather Games, the 17th edition of the Winter Olympics took place in Lillehammer, Norway, in 1994. The event ended the four-year Olympic cycle of staging both Winter and Summer Games in the same year and began a new schedule that calls for the two Games to alternate every two years.



## EXTREME SPORTS: HISTORY

Some sociologists say that extreme sports are similar to vision quests or other traditional rites of passage common in some cultures. In many traditional cultures, rites of passage are severe physical ordeals during which adolescents experience intense personal growth. Initiates often leave their families and undergo a lengthy seclusion during the event. Some modern observers believe that extreme sports enthusiasts seek the same sort of experience by undertaking risky activities in small, closely knit groups.

It is difficult to determine exactly when the term extreme sports came to refer to the modern sports discussed in this article, but many believe it can be traced to the early 1970s, when rock climbing and marathon running – then considered extreme – gained popularity. Several reasons have been cited for the growth of extreme sports since that time.

Extreme sports may have gained popularity in the late 20th century as a reaction to the increased safety of modern life. Lacking a feeling of danger in their everyday activities, people may have felt compelled to seek out danger or risk.

Another reason for increased participation in extreme sports is enhanced sports technology. For example, the invention of sticky rubber-soled climbing shoes and artificial climbing walls broadened the appeal of rock climbing. And advances in ski design allowed more skiers to attempt extreme feats previously thought impossible.

Some observers credit television and movies for helping to popularize extreme sports. Television coverage of competitions and events has brought extreme sports and their participants more attention. As more people become aware of extreme sports, the activities gain more enthusiasts. One result of the growing interest is that those who pride themselves on participating in challenging, cutting-edge activities are constantly searching for new ways to test themselves. This ensures the continuing development of newer extreme sports.

*(Microsoft® Encarta® Encyclopedia 2000, Contributed By: Hope Winsborough)*

## EXTREME SPORTS: DEVELOPMENT

Extreme Sports, nontraditional sports and activities that require participants to combine athletic skill with pronounced risk. Most extreme sports are not true competitive sports because the main challenge is not imposed by another athlete or opposing team, but by the inherent difficulty of the activity. Extreme sports allow and encourage individual creativity in the innovation of new maneuvers and in the stylish execution of existing techniques. Because extreme sports enthusiasts place themselves in dangerous situations, controlling risk is vital. Before enthusiasts attempt risky activities, they must know their own physical abilities and understand how well they can block the natural instinct of fear. Extreme sports enthusiasts also must recognize the physical limits of their equipment. Participants should have experience in whatever activity they are taking to an extreme level, and must know what they will do in an emergency.

Some of the most popular sports that can have extreme elements are extreme skiing, extreme free rock climbing, snowboarding, mountain biking, in-line skating, and white-water kayaking. In these activities, extreme athletes exceed traditional safety limitations to create new disciplines in the sport. For example, people who engage in extreme skiing make dangerous runs down mountains over uncharted terrain. Likewise, extreme free rock climbing, or rock climbing without ropes, is generally considered more dangerous than traditional climbing methods, which typically incorporate protection in the form of a climbing partner and roping system.

Some extreme sports combine the techniques and physical skills of two or more sports, often mainstream sports that were once considered extreme. One of the best examples of this sort of transition is found with skysurfing, which first became popular in the 1990s. The sport combines skydiving and snowboarding. Experienced parachutists perform acrobatic stunts on boards similar to snowboards. Individually, skydiving and snowboarding were once considered extreme. And snowboarding's own development owed much to the sports of skateboarding and surfing, which were considered nontraditional when they were first popularized in the 1960s.

*(Originated from Microsoft® Encarta® Encyclopedia 2000)*

## ORGANIZING COMMITTEES OF THE OLYMPIC GAMES

The Organizing Committees of the Olympic Games organize the Olympic Games. The organisation of the Olympic Games is entrusted by the International Olympic Committee (IOC) to the National Olympic Committee (NOC) of the country of the host city as well as to the host city itself. The NOC forms, for that purpose, an Organising Committee for the Olympic Games (OCOG) which, from the time it is constituted, communicates directly with the IOC, from which it receives instructions.

The OCOG executive body includes: the IOC member or members in the country; the President and Secretary General of the NOC; and at least one member representing, and designated by, the host city. In addition, it generally includes representatives of the public authorities and other leading figures. From the time of its constitution to the end of its liquidation, the OCOG must comply with the Olympic Charter, the contract entered into between the IOC, the National Olympic Committee and the host city (Host City Contract) and the instructions of the IOC Executive Board.

A few aspects of an Organizing Committee's work:

- To give equal treatment to every sport on the programme and ensure that competitions are held according to the rules of the International Sports Federations;
- to ensure that no political demonstration or meeting is held in the Olympic City or its surroundings;
- to choose and, if necessary, create the required installations: competition sites, stadiums and training halls; to arrange for the required equipment;
- to lodge the athletes, their entourage, the officials;
- to organize medical services;
- to solve transportation problems;
- to meet the requirements of the mass media in order to offer the public the best possible information on the Games;
- to organise cultural events that are an essential element of the celebration of the Olympic Games.

*(Originated from [www.olympic.org.uk](http://www.olympic.org.uk))*

## COMPETITION AND COOPERATION

Competition is the capacity to outplay another person or group; cooperation is the capacity to join one or more persons in directing energy toward a common goal. Competition and cooperation can be examined from the standpoint of the desire of the performer or from the context that advanced forms of physical activity demand certain types of behaviors. Some people enjoy competition and appear to be able to maintain a higher level of skill when confronted with competition. Placing a person whose skills are not fully learned in a competitive or distractive situation may cause the skills to deteriorate. Research (Butt 1987, 59) confirms this theory.

Deutsch (1982), who has conducted research on cooperation and competition for nearly forty years, states that the notion of competition in our society must be placed in an appropriate perspective and reduced. Today's classroom literature contains a plea for teaching cooperation and avoiding competition.

Cooperation is easily included in the physical skill learning environment as the professional implements the practice progression.

Competition, or the stressing of an individual or a group of individuals to outperform another group, is introduced to advanced or skilled physical activity performers. At this point, the performer is challenged either to reach a particular standard of skill or to, for example, produce the best balance beam routine in an instructional environment, local competition, or the Olympic Games. Competition is the objective in many activity organizations. Nearly all games, and all sports involving teams, draw upon the competitive elements for achievement and bringing the game to a completion. The nature of the activity organization is to provide competitive challenges to performers.

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



## MOTIVATION

Motivation is why people do what they do. Probably the most important motivation that the professional in physical activity hopes to achieve is to inspire the learner to want to continue to pursue physical activity. If the professional is a school physical educator, the aspiration is that the learner will be a physically active person throughout life. The tennis professional or the aerobics instructor may wish to channel the learner's motivation toward the particular activity represented. Motivation, like arousal, is a form of human energy. It differs from arousal in that the energy has direction. A performer's motivation is influenced by intrinsic and extrinsic factors. Extrinsic or external motivation is influenced by feedback from others and from the environment in which one performs. Intrinsic or internal motivation comes from within the performer.

**Intrinsic Motivation.** Little is known about intrinsic motivation; however, it may, on occasion, be the factor that keeps a poor performer returning to practice or a good performer challenged, such as a skilled skier being out on the hill 100 days each year. Intrinsic motivation involves the excitement, challenge, and sense of accomplishment that often accompanies participation in physical activity. The fact that a person can get lost in the physical activity is possibly one of the most important intrinsic values of a person under stress. Even though some members of society believe that the extrinsic threat of a heart attack or osteoporosis will keep people moving, some believe that those who will exercise seriously will participate because of the joy of movement (Clement 1988).

**Extrinsic Motivation.** Extrinsic motivation is the motivation inspired by external forces. Many people exercise to ward off the chance of a heart attack or osteoporosis. Others allow the mirror to suggest that their weight needs to be decreased or merely shifted around. Threats of increased health care costs serve to motivate certain people. Among young people, attention and respect accorded elite athletes has been found to be a high motivator. Feedback serves to influence motivation. All forms of feedback, from brainwashing to the absence of reinforcement, affect the learner.

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



## REINFORCEMENT

Considerable writing and research has been conducted on behavior and behavior modification. Reinforcement or feedback may be negative or positive. The object is to strengthen certain behaviors whether the behaviors are positive or negative. Punishment differs from reinforcement in that its purpose is to terminate certain behaviors. Reinforcement is used extensively in teaching. It is the continuous feedback provided to the performer about his or her achievement. At the beginning level, all performers need to be successful. Simplistic skills are mastered and reinforced. Difficult skills are introduced only after the elementary skills can be repeated consistently in a stressful situation.

Characteristics of a good reinforcement program are that it is consistent, immediate, administered in small increments, a combination of positive criticisms given first, followed by negative criticisms.

Feedback in the learning environment is most successful when the instructor first points out and reinforces the good parts in the performance. This is followed by the negative criticism of one or two of the most serious faults or the faults the instructor knows the learner will be most likely to change. Gill (1986) uses the word shaping to discuss the instructor's guidance of an athlete toward a particular performance. The teacher makes the sequence known to the performer and then slowly guides the performer toward a successful acquisition of the sequence.

Many physical activity environments use various extrinsic awards, such as medals, T-shirts, etc., to encourage participation and improve performance. The Canadian and Norwegian Sport Federations have created an entire system of medals that are used to encourage participation. Research results have provided mixed messages about the value of these extrinsic awards. Speculation also exists as to whether some people, particularly young children, become more interested in the award than in the participation.

If the teacher expects the learner to succeed or believes the learner has superior capabilities – whether this fact is valid or not – the teacher will find the learner succeeding. Teachers' expectations are, in fact, a self-fulfilling prophecy.

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

## SOCIOLOGY

The social system's structure and composition, its functions and change related to human behavior, are the foci for sociological inquiry. Social systems are composed of individuals whose interests and expectations are similar in beliefs and standards. Sport is an example of a social system and the analysis, research, and study of this system has resulted in the formulation of the subdiscipline of sport sociology.

Sport is examined from the standpoint of a social institution or system. The use of pattern mechanisms by persons in the system is fundamental to the system's integrity and to the solution of functional problems. Examples of pattern mechanisms germane to physical activity are cooperation, competition, and complementation.

Personality development and the relationship of individuals in the sport system involve the behaviors of aggression and violence. Within the instructional setting these behaviors have a particular impact on the functional problems of sport social interaction and socialization.

Skill appreciation and social development in and through the sport (physical activity) system are fundamental to the system's integrity and function. A focus on these cultural elements is necessary for regulation, change, and instruction in movement.

Social systems are large and small, simple and complex. One system is sport. This sociocultural dimension involves a form of human movement called play. Understanding this cultural expression sets the stage for understanding sport as a social institution.

Sociology, or the social aspects, of sport and physical activity are varied. A person's reasons for acquiring and using physical activity skills may be solely for socialization. Some professionals provide an environment in which physical activity is used principally for socialization. An approach to physical activity is to enable the participants to acquire the skills essential to shared activity and then to join others or socialize in game or sport. Another approach is to create the game, sport, or social environment and then to attempt to develop skill even though the group's effort is social.

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

## PLAY

Play as a form of movement is an important cultural expression. It can be:

- recreative or instinctive
- self-expressive
- a directed release of surplus energy

Singer (1976, 40) defines play as "an enjoyable experience deriving from behavior which is self-initiated in accordance with personal goals or expressive impulses; it tolerates all ranges of movement abilities; its rules are spontaneous; it has a temporal sequence but no predetermined ending; it results in no tangible outcome, victory, or reward." Play often refers to intrinsic motivation on the part of the performer. Performers are usually motivated to participate and receive satisfaction from participation in the event itself. Huizinga (1950, 1-27), in *Homo Ludens*, a classic writing on play, noted that play was free and voluntary, usually nonserious, and unrelated to material interests or the concerns of daily life. Sport, in turn, is highly organized with many rules and traditional rituals. Winning and losing, the primary aspects of sport are based on rules and rituals. Sport is like work; play is spontaneous. Sport is extrinsically motivated; play is intrinsically motivated.

Today's participant is often physically active because of health reasons such as weight loss or the maintenance of a healthy heart—extrinsic motivators. Intrinsic motivation for movement may be for the enjoyment of doing an activity or for the personal challenge. Csikszentmihalyi (1975, 36) uses the term flow to describe the "holistic sensation that people feel when they act with total involvement ... in the flow state, action follows upon action according to an internal logic that seems to need no conscious intervention by the actor. He experiences it as a unified flowing from one moment to the next, in which he is in control of his actions, and in which there is little distinction between self and environment, between stimulus and response, or between past, present, and future." Some people engage in human movement merely for the "flow" described by Csikszentmihalyi or the "joy of movement for its own sake".

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

## RECREATIVE OR INSTINCTIVE PLAY

Play is spontaneous, instinctive, and brings out the creative nature in a person. Play can be an attitude rather than a place or an event. One can be playful, spontaneous, and creative at one's place of employment or vocation as well as in one's avocation. Play is how one looks at something. When physical activity becomes routine and requires extrinsic motivators, it becomes work. Play is used by participants to allow themselves to get in touch with the real person, their likes, desires, and dreams. Play can be imaginary; it can be real. People often refer to the feeling of freedom that comes with the joy of movement. The runner's high and the total involvement experienced by a tennis player or swimmer are examples of play.

**Self-Expressive.** Physical skills, particularly dance and synchronized swimming, allow for personal expression and creativity. A piece of music, a poem, or a reading can be interpreted in movement on the gym floor or in the swimming pool. Persons can also be self-expressive in the types of physical activities they choose to pursue. Those engaged in risk-type activities are expressing different feelings from those engaged in safe, quiet activities. Selection as well as the nature of the activity will contribute to one's opportunity for personal self-expression.

**Release of Surplus Energy.** A theory exists that following a long period of sedentary behavior, one should engage in an all-out physical activity in order to release energy pent up in the body. It is probably a crude form of tension release or stress reduction. This theory assumes that the activity is one in which tension will not be created. Release of surplus energy also relates to the performer's ability to become so involved in the activity that all other thoughts and distractions are eliminated. Some people find this high level of concentration, explained in psychology, easy to attain; others find such concentration nearly impossible. Some events, particularly dangerous and/or fast-moving, demand such attention. Assuming the performer is capable of attaining a high level of concentration or the event is one that demands a high level of concentration for success, the performer must analyze whether tension and worry preceding the event counteracts the release of energy in the event.

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



## COOPERATION

A cooperative setting involves two or more people working together toward a common goal. The reward structure must foster cooperation. Der-lega and Grzelak (1982) note that "cooperative behavior leads to maximum joint profit for all involved parties (i.e., individuals, groups, or organizations) in a situation in which all of the parties are interdependent (the actions of each influence others' gains or losses)." Neither cooperation nor competition is inherent; both are learned behaviors.

Cooperation within a group leads to sharing of ideas, full contribution by each member, coordination of effort, and concern for and appreciation of members and friendliness. It usually occurs in a higher level of accomplishment. Orlick (1978) dispelled the myth that children need to compete to succeed in school. He noted "that children perform at least as well in cooperative as in competitive classroom settings."

Cooperation is essential for people to build trust, self-confidence, and self-acceptance. It also plays a role in friendship, appreciation of others, and ultimately in guiding people of a country and of a nation to work effectively with people of other nations. Game play includes competition and cooperation in the same setting. To be successful within a team, one cooperates or works effectively with other members of the team so that the best environment for obtaining maximum skill performance is achieved by all members. Each person strives to bring out the best in every other team member. Cooperation is playing in such a way that the performer's execution has the optimum positive impact on every other person's performance. This positive impact is influenced not only by how the performer executes the skills but the body's messages, speech, and attitudes toward fellow players. A cooperative player:

1. identifies the assets and liabilities of each teammate.
2. figures out the best contribution that can be made to maximize a teammate's talent. Is it a medium speed throw of the ball or a hard throw accompanied by a positive comment that will cause success for a teammate?
3. experiments with this knowledge in each and every practice.
4. attempts to build trust in competence and in verbal support with every player.

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



## PROGRAM DESIGN

The program is designed with the content of physical activity and the most appropriate methods of instruction in mind. The experiences that will best meet the goals and objectives (content) of the learner and the most efficient method of presentation (instruction) are the major components of program design.

**Content** is structured according to the hierarchy of movement.

Diagnostic tests are used to ascertain where on the skill continuum the client should be placed. These assessments are conducted in all learning environments. When the program goals and objectives result in a series of lessons in figure skating, for example, only fundamentals, combinations, patterns, specialized skills, and the activity organization related to figure skating are used. When the program is a fourth-grade physical education class, the performer's skill placement in all skills in the hierarchy of movement are identified. In addition to identifying the skills in each of these situations, the participant's physical fitness level is assessed.

Fitness levels are to be identified prior to establishing goals or objectives because the performer's fitness and conditioning level will influence the skill level. This is particularly true of intermediate and advanced or elite athletes. Poor fitness levels will often contribute to an assessment of low skill. When the fitness level is improved, the person may demonstrate intermediate or advanced skill form.

Content is sequenced. Learners are made aware of the sequencing or progression of the content, the progressions that are imperative from a safety standpoint, and the progressions that can be disregarded. Once a teacher has an opportunity to work with a client, the teacher becomes aware of the client's speed of learning, another factor to consider in selecting and planning content. When learners constitute a group, it is important that the instructor be aware of the location in the learning sequence of each member of the group.

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

## AGGRESSIVE BEHAVIOR

But (1987) defines aggression as "the energetic assault on animate or inanimate objects for a purpose ... the purpose of aggression is to inflict pain, to dominate, to obtain, to outperform, to prevent." Sports such as football, basketball, and hockey that are visible on television and well-known to the public appear to reward aggressive behavior. The National Collegiate Athletic Association's (NCAA) revenue-producing sports also appear to reward aggressive behavior. Some people are aggressive by nature; most sport participants are taught to be aggressive. Many people have been either turned off or frightened out of physical activity as a result of the aggressive behavior of others who were learning to acquire skills in the same environment. At times, certain sport situations require aggressive behavior (e.g., football) and successful strategies within sports use aggression as a means of control. The physical skills teacher is placed in a dilemma when it comes to the acceptable use of aggression in activity. Fostering aggressive feelings may be helpful to the person who is fearful of risk activities or to the individual who is not able to obtain a right to equipment and other resources. Fostering aggression may be harmful in situations when one's aggressive behavior is already high. The use of sport to channel aggressive behavior is often recommended in prisons and in working with "acting out youth." Some classroom teachers and school authorities would like to see the major objective of the physical education program be the positive channeling of aggressive behavior. Many pick-up basketball, football, and soccer games are engaged in to channel aggressive behavior. If the reason for physical activity for the entire group is to channel aggressive behavior, the channeling is a worthwhile goal. Problems in the physical activity environment occur when the group is mixed. When the group consists of people who are there to acquire physical skills and others whose needs are to channel aggressive behavior, an impossible learning environment has been created. Many people avoid physical activity because their early experiences consisted of being hit, pushed, or beaten up. Unfortunately, teachers are often asked to conduct activities in ways and among divergent groups that theorists and researchers have neglected to study.

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

## NUTRITION

Nutrition is the study of foods and how food affects the body. What one eats affects how one feels, how one's body grows and develops, how one looks, and how one performs in physical activity. Williams (1988) defines nutrition as "the sum total of the processes involved in the intake and utilization of food substances by living organisms, including ingestion, digestion, absorption and metabolism of food." Understanding nutrition enables a person to:

- maintain optimum body weight and body composition;
- know what to eat, when, and why;
- become an informed consumer.

Nutrition plays an important role in physical activity because the participant's success or ability to move at an optimum level is directly related to the nutritional status of the body. Essential to success is that the performer maintains a balanced diet. A second and equally important nutritional consideration is that exercise plays a vital role in weight maintenance and reduction. The person interested in reducing body weight or in maintaining an attractive appearance must exercise and eat the suggested amount of each recommended food. An understanding of nutrition is essential to all persons engaging in physical activity. It is particularly important to teenage athletes and dancers because research suggests that neither male nor female performers are eating a balanced diet.

### Nutrients

Nutrients are the basic substances within food for which the body has use. They provide energy for metabolism; build and repair body tissue; regulate body processes. The six major categories of nutrients are carbohydrates, fats, proteins, vitamins, minerals, water. Energy for metabolism is provided by carbohydrates and fats; proteins assist in this function. Proteins build and repair body tissue, primarily muscles and soft tissue. Minerals, particularly calcium and phosphorus, build the skeleton. Vitamins, minerals, and proteins work together to regulate body processes.

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

## PARALYMPIC GAMES

Paralympics athletic and sporting events and games for the physically disabled, including amputees, people who are blind or have low vision, paraplegics, and people with cerebral palsy. The games originated in 1948 at Stoke Mandeville Hospital, Aylesbury, Buckinghamshire, England. They were the outcome of work that had begun with the general rehabilitation of veterans who suffered spinal injuries in World War II (1939-1945). The inspiration behind the Paralympics came from Ludwig Guttman, a Jewish neurologist and refugee from Nazi Germany. Sport, and particularly competitive sport, was central to Guttman's rehabilitation process for those who were characterized at the time as hopeless cripples. Stoke Mandeville began running national competitions against other hospitals and clubs, the first of which coincided with the opening day of the 1948 Olympic Games in London. From 1952 these games were staged in Olympic years and grew with each celebration. In 1960, the first official Paralympic Games took place in Rome, Italy, where 23 nations and 400 athletes competed. Winter Paralympics were first held in 1976. In 1992 in Barcelona, Spain, there were 82 competing nations and 3500 athletes at the Summer Paralympics. The first true parallel with the Olympic Games took place in 1988 in Seoul, South Korea where the athletes had a Paralympic village and used Olympic sites for competition. In 1996 the Summer Paralympic Games were held in Atlanta, Georgia, where more than 3000 athletes from more than 100 countries participated. Track events at the Summer Paralympics include 100 meter, 200 meter, 400 meter, 800 meter, 1500 meter, 5000 meter, and 10,000 meter and also 4 × 100 and 4 × 400 relays. The field events are discus, javelin, shot put, high jump, and long jump. Sports and games include archery, basketball, boccie (lawn bowls), bowling, cycling, equestrian events, fencing, goalball, judo, soccer, shooting, swimming, table tennis, tennis, volleyball, and weightlifting. Events at the Winter Paralympics include Alpine and Nordic skiing, ice-sledge hockey, ice-sledge racing, and biathlon. Modern technology has radically improved the range of possible activities for physically disabled people. As a result, the intensity of the competition at the Paralympics has increased.

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## PHYSICAL ACTIVITY FOR HEALTH

Many research findings prove that active lifestyle and physical exercise are important factors in health protection. Physical activity prevents from developing most chronic non-contagious diseases such as atherosclerosis (especially on coronary arteries), hypertension, stroke, insulin independent diabetes, osteoporosis and carcinoma of the large intestine. Epidemiological data shows that physical inactivity causes twice as much development of coronary diseases, similarly as other principal known risk factors for atherosclerosis (high cholesterol level, smoking and hypertension). Physical activity brings into action direct mechanisms (effecting the cardiovascular system) and indirect mechanisms (modifying the presence and intensity of the known risk factors) thus decreasing the risk of disease and mortality from cardiovascular diseases. An important improvement of our health, as well as a longer life expectancy, result from all forms of movement and physical exercise performed over a longer period of time. A mere moderate movement suffices to achieve persuasive positive effects of a regular physical activity on health. Therefore, it is advised healthy people, as well as sick ones to take the kind of exercise they prefer, include easily into their daily routine and suits their physical fitness, age and health condition. The most appropriate programmes are population planned and influence different risk factors simultaneously. It has been proven that a regular physical activity protects health of all age groups. However, a particular attention must be devoted to the beginning of the adult age when most people give up physical activity and begin with a sedentary lifestyle.

Every responsible and economical society aims at the education of healthy, normally developed and adequately cultivated children, adolescents and, of course, adults. Today, only educated, normally developed and adequately cultivated people are equal to the challenges of the modern times. Eutrophy, a weight balance and a general health condition balance, ensures a good immunity system and a healthy psyche. Today, people take much less physical exercise than it was customary in the past. Physical labour occurs rarely. The technological progress has led to new era and a more comfortable life.



## WOMEN AND GIRLS ARE UNDER-REPRESENTED IN SPORT AND PHYSICAL ACTIVITY

There exists a variety of barriers to the full and fair participation of women and girls in the field of sport and physical activity. They may be created by a lack of programs that meet the needs and preferences of women and girls, or by the absence of a welcoming atmosphere, or by a lack of facilities. For some women and girls, the barrier is caused by their exclusion from male sport teams. The sexual harassment of females in the sport and recreational system has also emerged as a barrier.

These barriers have significantly reduced the opportunities for women and girls to be participants, administrators, coaches, officials and board members. Available data point to female under-representation, as manifested in the membership registration rolls of sport organizations, and in leadership positions in these organizations. In the municipal recreational system, studies have shown the under-utilization of sport facilities by women and girls. The rate of male participation is also higher than for females, albeit only slightly, in inter-school (elementary and secondary schools, colleges and universities) athletics and in the general physical activity area.

### **Benefits of sport and physical activity**

The benefits of sport and physical activity are many: those from participating in group activities, from the experience of developing skills, and from being physically active. An individual's social, emotional, and physical health improves.

Women and girls should have access to the benefits that participation in sport and physical activity brings. There are also benefits to the community, the province and the nation, when a whole population can have full and fair access. Community relations improve when people in communities interact in a fun and positive way. A healthier population is more productive, contributing to a region's financial viability. A healthier population also contributes to reduced health care costs. In addition, a sport and physical activity environment that taps all its potential resources enhances its chances of discovering new talents and its contributions to the community's, the province's and the nation's excellence in sport as a cultural activity.

*(Originated from Full and Fair Access for Women and Girls in Sport and Physical Activity)*

## NEED FOR A POLICY

The lack of full and fair access for women and girls in sport and physical activity is a concern for the Ontario government, not only from a benefits perspective but also from a human rights point of view.

The principle of full and fair access to services for all citizens in Ontario is a principle enshrined in federal and provincial legislation, and to which Ontarians subscribe. It is a reflection of a commitment that the Ontario government intends to integrate in Ontario's service delivery systems. The Ministry of Culture, Tourism and Recreation's policy on full and fair access for women and girls in the field of sport and physical activity supports this direction.

The Ontario Human Rights Code, which offers protection from discrimination on the basis of sex and other grounds, provides the legislative framework for this policy. In the area of athletics, the Government's position on the matter of non-discrimination was further clarified in 1986, when a provision of the Ontario Human Rights Code which allowed differential treatment of the sexes in athletic services was repealed.

In the same year (1986), the Federal government announced its policy on women in sport, and called on the provinces and territories to address the matter of full and fair access to sport opportunities.

In Ontario, the full and fair access of women and girls to sport and physical activity services has been the subject of a number of studies. The conclusion has been consistent: women and girls, in general, do not enjoy the same opportunities that are available to men and boys. Programs, especially in sport, are primarily designed for males. For this and other reasons, female athletes/participants, or programs designed for them, do not receive their fair share of resources.

A related issue, the exclusion of qualified female athletes from male sport teams has been the subject of litigation since the 1970s. Since the repeal of section 19(2) from the 1981 Ontario Human Rights Code, the law has been clear: qualified female athletes who want to join otherwise all-male teams cannot be prevented from doing so.

*(Originated from Full and Fair Access for Women and Girls in Sport and Physical Activity)*

## POLICY PRINCIPLES

The following principles are the beliefs that guide the Ministry's policy and actions:

- Participation in physical activity and sport enhances physical, social and emotional well-being. It can lead to a personal sense of accomplishment and belonging, a healthier and more productive life and community pride. It can lead to increases in feelings of self-esteem and perceived competence.
- Participation in any activity is enhanced by a welcoming and harassment-free environment, and by the presence of programs and systems that meet individuals' needs and preferences.
- Participation is enhanced by giving women and girls a full choice, including participation in teams of their preference.
- Society's views of appropriate roles for women and girls are critical to effecting change. The Ministry believes in role models and in the positive media representation of women and girls participating in sport and physical activity.
- An approach focused on women and girls in policy and program planning and delivery enhances women's and girls' access. This is an approach that takes into account women's life cycle, economic status and specific experiences, such as discrimination and violence.
- Within the female population, certain groups face additional barriers to full participation, and have particular needs. These needs are factors for consideration in program planning and delivery. They are: the distinctiveness of aboriginal people and their right to self-government, the preservation of the culture and language of every community, rural traditions and values, the uniqueness of the urban communities, and the special needs of older and racial minority women, women with a disability.
- The government is a principal catalyst for achieving full and fair access for girls and women in sport and physical activity. Sports and recreation organizations, including the volunteers who make up the whole delivery system, are key to bringing about change.

*(Originated from Full and Fair Access for Women and Girls in Sport and Physical Activity)*

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## АНГЛІЙСЬКА МОВА

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