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FITNESS



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ
ІМЕНІ ІВАНА БОБЕРСЬКОГО

Кафедра української та іноземних мов

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методична розробка
з англійської мови

для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»

для студентів
денної та заочної форми навчання
за спеціальністю «фізична культура і спорт»

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

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Pre-text exercises

I. Read and learn the active vocabulary:

- aerobic capacity – аеробна продуктивність
- assign points – виставляти бали, очки
- benchmark, *n* – стандарт, критерій, контрольний показник
- bodyweight endurance – витривалість тіла
- bodyweight skill – спритність, вправність тіла
- bracket, *n* – окрема група, підгрупа
- competency, *n* – здібності, уміння
- condensed version – скорочений варіант
- earn points – здобути, отримати бали, очки
- event, *n* – змагання
- fairness, *n* – справедливість, чесність
- females – жінки
- heat, *n* – частина, етап змагання
- males – чоловіки
- mixed modal capacity – загальна фізична продуктивність
- overall winner – переможець загального заліку
- oversee the rules – контролювати, стежити за правилами
- perform, *v* – виступати, виконувати вправи
- power, *n* – фізична здатність
- prescribe, *v* – визначати, встановлювати
- proficiency, *n* – уміння, вправність, майстерність
- realm, *n* – область, галузь, сфера, царина
- resiliency, *n* – стійкість
- showcase, *v* – показувати, демонструвати
- strength, *n* – сила, міць
- tally the points – підраховувати бали, очки
- unified governing body – єдиний орган управління

2. Translate without using a dictionary:

functional, potential, demonstration, system, energy, athlete, style, round, traditional, individual, winner, mixed, partner, version, victory, pairs, international, popular, federation, format, test, show, activities, points, aerobic, gender, rules, safety, unified.

3. Read and translate the text.

FITNESS

Competitive Functional Fitness is a sport which tests athletes' proficiency across a variety of movement patterns, activities, and energy systems. Athletes must show their competency in various realms, including demonstrations of their aerobic capacity, strength, bodyweight endurance, bodyweight skill, mixed modal capacity, and power. In each event, athletes are prescribed a certain amount of work to complete. They attempt to complete the required movements and repetitions as fast as possible. Functional Fitness athletes showcase resiliency, in that they can perform to their max potential through the expression of strength, power and endurance.

International Functional Fitness Competition is conducted in the following formats:

Speed Benchmark. The speed benchmark format is a bracket styled competitive format where athletes complete an established functional fitness benchmark task for time. The benchmark task remains the same for each heat, and all athletes will perform the exact same task each heat and each round of competition.

Pure Speed. The pure speed format is a bracket style competitive format where athletes complete a functional fitness task for time. In the pure speed format the work the athlete is required to complete changes each round of competition. The athletes will perform a different task after each athlete cut.

Individual Medley. The individual medley is considered the traditional functional fitness competitive format. This is a multi-part competition where athletes perform various tasks and are assigned points based on their finishing order in each individual task. The points earned on each task are then tallied to determine an overall winner.

Team Medley. The team medley is a competition format where mixed-gender teams of four (2 males, 2 females) compete against each other. This is a multi-part competition where teams perform various tasks and are assigned points based on their finishing order on each individual task. The points earned on each task are then tallied to determine an overall winner.

Team Head-to-Head. The Team head-to-head format is a tournament style format where mixed-gender teams of four (2 males, 2 females) compete against each other for a condensed version of the medley event. The teams with the most wins will compete head to head for the overall victory.

Partner Medley. The partner medley is a competition format where mixed-gender pairs (1 male, 1 female) compete against each other. This is a multi-event competition where partners perform various tasks and are assigned points based on their finishing order in each individual task. The points earned on each task are then tallied in order to determine an overall winner.

Competitive functional fitness is quickly becoming more and more popular worldwide. The International Functional Fitness Federation (iF3) is a unified governing body aiming to oversee competition rules, fairness, and safety, and provide competitive opportunities for athletes.

(Originated from: International Functional Fitness Federation <https://functionalfitness.sport/>)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- 1) the speed benchmark format
- 2) the pure speed format
- 3) the individual medley format
- 4) the team medley format
- 5) the team head-to-head format
- 6) the partner medley format
- 7) a multi-part competition
- 8) a multi-event competition
- 9) movement patterns
- 10) mixed-gender teams

2. Match the definitions to the following notions:

- | | |
|---------------|--|
| 1) strength | a) an amount, level, or standard for judging how good or bad sth is; |
| 2) capacity | b) one of the groups that people or things are divided into; |
| 3) bracket | c) accomplish, fulfill, finish; |
| 4) endurance | d) the ability to do something; |
| 5) benchmark | e) the state or quality of lasting or duration of something prolonged; |
| 6) resiliency | f) do work, carry out a duty, task etc; |
| 7) complete | g) physical ability to exert effort for a purpose; |
| 8) perform | h) the state or quality of being strong; |
| 9) power | i) the ability to do sth well, usually as a result of experience and training; |
| 10) skill | j) the ability to stay in the original state despite any influence. |

3. Combine the following words and translate them:

- | | |
|----------------|---------------|
| 1) overall | a) style |
| 2) governing | b) patterns |
| 3) aerobic | c) fitness |
| 4) energy | d) the rules |
| 5) movement | e) winner |
| 6) competitive | f) systems |
| 7) bracket | g) capacity |
| 8) functional | h) the points |
| 9) oversee | i) format |
| 10) tally | j) body |

4. Insert the prepositions where necessary:

for (3), against, to, in (3), through, of (4), on (2), across, with.

1. Fitness tests athletes' proficiency ... a variety ... movement patterns.
2. Athletes are prescribed a certain amount ... work to complete.
3. Fitness athletes must show their competency ... various realms.
4. Athletes complete a functional fitness task ... time.
5. Fitness athletes perform ... the expression ... strength, power and endurance.
6. Athletes are assigned points based ... their finishing order ... each individual task.
7. Mixed-gender teams ... four compete ... each other.
8. The points earned ... each task are then tallied ... order to determine the winner.
9. The teams ... the most wins will compete head ... head ... the overall victory.
10. The iF3 aims to provide competitive opportunities ... athletes.

5. Match two parts of the sentences.

1. Athletes attempt to complete the required ... a) ... changes each round of competition.
2. International fitness competition is ... b) ... the earned and tallied points.
3. Pure speed format requires to complete ... c) ... aiming to oversee the rules.
4. Traditional competitive format is ... d) ... movements as fast as possible.
5. Overall winner is determined by ... e) ... the pure speed format.
6. Athletes perform the same task in ... f) ... the partner medley format.
7. Athletes perform different task in ... g) ... conducted in several formats.
8. Mixed-gender teams of four compete in ... h) ... the speed benchmark format.
9. Mixed-gender pairs compete in ... i) ... considered the individual medley.
10. The governing body of the iF3 is ... j) ... a team competition format

6. Complete the sentences with appropriate terms.

1. Functional Fitness athletes showcase r_____y.
2. The b_____k task remains the same for each heat.
3. In the p____ s_____ format athletes perform a different task after each athlete cut.
4. The i_____l medley is considered the traditional fitness competitive format.
5. In the team medley mixed-gender t_____ compete against each other.

6. In the p_____r medley mixed-gender pairs compete against each other.
7. The teams with the most wins will compete head to head for the overall v_____y.
8. Competitive Functional Fitness is a sport which tests athletes' p_____y.
9. Athletes attempt to complete the required m_____s as fast as possible.
10. The International Functional Fitness F_____n is a unified governing body.

7. Answer the following questions.

1. What are the formats of international fitness competitions?
2. What proficiency does the functional fitness test?
3. Which competitive format requires to perform a different task?
4. Which competitive format remains the same for each heat?
5. How is an overall winner determined?
6. Which competitive format is considered traditional for functional fitness?
7. What teams compete head to head for the overall victory?
8. Which format is considered a condensed version of the medley event?
9. Is competitive functional fitness becoming more popular?
10. What is the abbreviation for the unified governing body of fitness?

8. Finish the following sentences.

1. Competitive Functional Fitness is a sport ...
2. Fitness athletes must show competency in ...
3. Athletes perform to max potential through ...
4. The speed benchmark format is ...
5. The pure speed format is ...
6. The individual medley is ...
7. The team medley is ...
8. The team head-to-head format is ...
9. The partner medley is ...
10. The iF3 stands for ...

1. Read the text to find the information about:

- 1) the first phase of functional fitness evolution;*
- 2) the second phase of functional fitness evolution;*
- 3) the third phase of functional fitness evolution;*
- 4) the meaning of the fitness acronym HIIT training;*
- 5) the meaning of the fitness acronym FTS;*
- 6) the meaning of the fitness acronym SGT;*
- 7) the modern shift in the evolution of functional fitness.*

The history of the fitness industry is filled with the inception and evolution of many trends, but the one that seems to continue gaining momentum year after year is functional fitness. The evolution began when more and more personal trainers started leaving big box gyms filled with traditional equipment to start their own open concept training studios. Less of the expensive and expansive cardio and strength training equipment left more space for trainers to get creative with functional movement training concepts.

The next phase began with the rise in popularity of outdoor group fitness classes and boot camps featuring bodyweight and suspension training and exercises using a variety of fitness accessories, both practical (kettlebells, medicine balls) and impractical (battle ropes, tires, sledghammers). A new fitness buzzword was soon to follow – HIIT training. Similar to functional training, high intensity interval training is not a new concept per se, however the two began to become synonymous and more mainstream among fitness enthusiasts.

Phase three in the evolution of functional fitness began with the constructions of fitness rigs or functional training stations (FTS) that were described as an “adult playground” of sorts. Soon to follow was another buzz worthy fitness acronym – SGT – Small Group Training.

Now we are seeing a shift in the evolution of functional fitness as it is no longer exclusive to the niche of personal training sessions held in small studios. Functional movement training is becoming more mainstream as both the big box health clubs and the

high volume, low cost chains are clearing out the large footprint, traditional machines to keep up with the demand. The health club industry is shifting to create open concept “functional training spaces”.

Though it might still be considered a “trend”, it seems functional training is here to stay as it covers a wide range of movement and strength training. Functional fitness programming continues to evolve with the demands of its followers and the need to provide new and dynamic fitness equipment. While kettlebells and medicine balls have been used for centuries, they are considered staples for functional training workouts. Now the traditional designs of battle ropes, weighted bags, and sledgehammers are being updated with features that make them must-haves for the health club functional training zones.

(Originated from: The Modern History of Functional Movement Training

<https://blog.powersystems.com/category-spotlight/the-modern-history-of-functional-movement-training/>)

2. Are the sentences true or false? Correct any false sentences.

1. Functional fitness continues gaining momentum year after year.
2. The evolution began personal trainers started their own open concept training studios.
3. Less space is left for trainers to get creative with functional fitness concepts.
4. Popularity of outdoor group fitness classes began the next phase of fitness evolution.
5. High intensity interval training become synonymous to functional training.
6. Functional training stations are described as “children’s playgrounds”.
7. Constructions of fitness rigs began the third phase in evolution of functional fitness.
8. Functional fitness is no longer personal training sessions held in small studios.
9. Health clubs tend to create “functional training spaces”.
10. Functional fitness programming continues to evolve with the demands of its followers.

3. Work in pairs. Ask and answer your own questions on the text.

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

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

Training methods

Functional fitness shows up in a multitude of different gyms, boot camps, boutique studios, etc. It is important to consider what your goals are when selecting a method of functional training. While some people can see results in a group setting, others have found that the most success comes in an individualized model. The most common functional training methods are as follows.

CrossFit. One of the most widely popular methods of functional fitness, CrossFit consists of constantly varied functional movements performed at high intensity. Although CrossFit is typically performed at high intensity, all exercises can be scaled to fit the individual's needs.

Orange Theory. Orange Theory is a one-hour, full-body workout, focused on training endurance, strength, and power. It is a group class format where your intensity level is based off of your heart rate zones, making it effective for all fitness levels.

TRX Training. TRX training has become increasingly popular due to their simple yet effective equipment and workouts. TRX workouts will have you performing a variety of bodyweight exercises that utilize your entire body.

Obstacle Course / Ninja Warrior Training. Obstacle course racing and American Ninja Warrior training are considered a sport in which a competitor must overcome various physical challenges that are in the form of obstacles. A majority of the training required for these events can be done at obstacle course gyms, rock climbing facilities, or certified Ninja Warrior gyms. Functional fitness embodies this method of training due to the need for mobility, strength, and agility.

OPEX Gyms. OPEX Fitness focuses solely on the individualized approach to functional fitness and functional bodybuilding. Instead of using templated workouts or the group fitness approach, each client has their own individualized program given to them by their coach. The personalized programming is truly what makes OPEX unique, as this method allows coaches to be heavily involved with helping clients achieve desired results and crush their fitness goals.

While there are thousands of different routes to take when it comes to functional fitness training, these methods listed above have been proven to be effective. If you aren't ready to fully commit to a set program, you can still practice functional movements by hiking, running, stretching, etc.

*(Originated from: What is Functional Fitness?
<https://opexfit.com/blog/what-is-functional-fitness/>)*

2. Compile a vocabulary of fitness terms.

3. Make a presentation of fitness.

Functional Fitness Benefits

Besides making you more well-rounded as a person, functional fitness has a number of benefits. These include benefits for your health, everyday life, and athletic performance.

Let's take a look at five of the major benefits of functional fitness:

1. **Improves everyday life:** by improving the overall function of your body, boosting muscle strength and endurance, and developing muscle and body stability, everyday activities can be completed with ease. The benefits of functional fitness tend to outweigh everything else because it's actually targeting the movements we are doing every day. In addition, functional fitness improves overall quality of life due to the stress relief factor. This type of training is usually more fun than others since you are essentially training for your everyday life.
2. **Greater muscle memory:** by performing regular functional fitness exercises you are not just building muscle and core strength, but actually exercising the brain too – effectively boosting your brain's memory.
3. **Increased mobility:** functional fitness helps to improve balance, coordination, flexibility, muscle strength, and agility. All of these components will leave you more mobile, which in turn helps with your day-to-day life.
4. **Improves balance and posture:** since functional fitness is all about training the body to make the muscles work together instead of targeted training, overall strength and balance will improve. Training the muscles to manage weight properly will also reduce stress on the body. In turn, posture will be improved.
5. **Reduced risk of injury:** by mimicking the movements done in everyday life, the body is more likely to be able to withstand stressors. Functional fitness training encourages muscle and ligament strength, which are the areas that are highly susceptible to injury.

While this is just a consolidated list of benefits, it is easy to see that functional fitness can be highly beneficial to your well-being.

How Does Functional Fitness Differ from Other Forms of Exercise?

Functional fitness is designed to prepare you for all aspects of your life, not just to successfully lift heavy weights in the gym. If you can hit a 300-pound back squat, but you're out of breath walking from your car to your front door, functional fitness may be the answer. This style of training will help you become a more well-rounded athlete which will translate to your everyday life. There are three main styles of training that "compete" with functional fitness. They are conventional weight training (with machines), group classes, and bodybuilding.

Functional Fitness vs CrossFit / Group Training

Functional fitness training is most successful when done in an individualized manner. Tailoring the program to the specific individual is key to solve for any movement deficiencies, as well as ensuring that your goals are going to be met.

In a group fitness setting, it is hard to guarantee that each person is using proper form, using the correct weights, or if the movements are even beneficial to them. While movements performed in some group fitness classes can be classified as functional training, the main goal behind this style of programming is impossible to achieve.

Functional fitness must be done in a more individualized manner to optimize results. With that being said, there are some group workouts that name themselves as functional fitness classes, due to the fact that they are doing functional movements. Examples of these group training sessions take place at such as Orange Theory Fitness gyms and CrossFit "boxes."

OPEX Gyms are specifically designed for functional fitness. Each client gets their own program which they execute in a group environment.

Functional Fitness vs Weight Training

First, let's take a look at conventional weight training with machines. Machines force you to lift a certain amount of weight in an idealized posture. This teaches you to build muscle in isolated muscle groups. The major characteristics of traditional weight training are as follows:

- focuses on one muscle at a time
- seated or supported position
- slow movement speeds for machine reps
- not related to movements of everyday life
- range of motion restricted
- can lead to muscular imbalances/overuse issues

While there is a time and a place for traditional weight lifting, functional training will value your time more greatly. We can see the true difference between conventional weight training and functional fitness.

This example looks at the difference between a seated row which would be performed in a conventional weight training setting, versus a bent over row which would be done in functional fitness training. The bent over row will prepare you for other aspects of life like picking up a child, a nurse transferring a patient to a different bed, or a carpenter working bent over all day.

Contrast that with a seated row where you sit in a chair with your chest pressed against pads, and you pull two levers back. You may be strengthening certain muscles, but the rest of your body is not learning anything. You don't have to activate your core or really your arms and shoulders. The machine does it for you.

We can see through this example the benefits of functional fitness. It forces you to utilize your entire body in order to maximize your physical potential.

Functional Fitness vs Bodybuilding

While traditional bodybuilding differs from functional fitness, modern bodybuilding does have a crossover to functional training. Bodybuilding is a type of weight training applied in conjunction with sound nutritional practices to alter the shape or form of one's body. Typically, bodybuilders will focus their training on building specific muscle groups in order to gain muscle mass and decrease body fat percentages.

The biggest difference between bodybuilding and functional fitness is that bodybuilders are solely training for their performance on stage. The way they train in the gym typically does not involve training for everyday life. For example, somebody might be able to do a 500+ pound leg press, but they don't have the control to do one rep of a one-legged squat.

In addition, bodybuilders tend to be more prone to injuries. A lot of bodybuilding routines neglect some of the smaller stabilizer muscles that are emphasized in functional training. Focusing on building mass and definition in specific large muscle groups can leave a person more susceptible to injury in their everyday lives when performing simple tasks.

While they have their differences, the crossover between these two worlds can be called functional bodybuilding. OPEX Fitness and Marcus Filly coined that term to describe functional bodybuilding as a way to build a rock-solid body, correct bad movement patterns, increase training volume and build strength in balance, and use isolation and tempo work to meet the needs of the individual and sport. This method of training supports your body, so you can handle the demands of any sport.

*(Originated from: What is Functional Fitness?
<https://opexfit.com/blog/what-is-functional-fitness/>)*

Functional training

In summary, functional fitness is something that is rooted in all of us. Our bodies were developed with the intention of having all of our muscles work together and support each other to accomplish certain movements and tasks. Isolating certain muscle groups to add mass was not what our bodies were naturally made for.

What we know functional fitness to be today, or “modern functional fitness,” was developed on a foundation rooted in rehabilitation and therapy. Physical and occupational therapists and chiropractors often used functional training to correct and retrain patients with movement disorders.

Whether it was through an accident, injury, surgery, or just basic movement inabilities, functional training was “prescribed” to patients to help them correct their weaknesses in order to live a more fulfilled life. For example, if a person under-go’s surgery that affects their hip mobility, exercises that mimic what they do at home or work will be given in order to help them successfully return to their everyday lives without deficits. If that person has a child, their training would be targeted towards moderate lifting and excellent mobility through the injured area.

This approach to treatment has always been based upon each individual person, not on a templated version of recovery. Treatments are designed after careful consideration of the patient’s condition, what he or she would like to achieve, and ensuring goals of treatment are realistic and achievable.

*(Originated from: What is Functional Fitness?
<https://opexfit.com/blog/what-is-functional-fitness/>)*

Body Mass Index (BMI): A method for determining whether an individual is in a healthy weight range for their height.

Compound exercises: Exercises that involve multiple joints and work more than one muscle group. Common examples of compound exercises include: deadlifts, push-ups and squats.

Concentric muscle contraction: A muscle contraction that occurs when a muscle shortens, resulting in movement of part of the body.

Eccentric muscle contraction: A muscle contraction that occurs when a muscle lengthens, resulting in movement of part of the body.

Exercise: Planned, structured and repetitive movements carried out to sustain or improve fitness and health.

Exercise professional: A qualified and registered/accredited person who supplies exercise services to the public. For example, this includes qualified fitness instructors and personal trainers.

Free weights: A type of weight training equipment that is supported entirely by the participant during each repetition of an exercise.

Functional training / functional fitness: A form of exercise that involves training the body for activities performed in daily life.

Heart rate: The speed of an individual's heartbeat, measured as the number of beats (contractions of the heart) per minute.

High-intensity interval training (HIIT): A form of interval training which is characterised by alternating between short periods of high intensity exercise and short periods of recovery or low intensity exercise.

Interval training: A type of fitness training that involves exercising at varying levels of intensity (i.e. low, medium or high) in each session.

Isolation exercises: The exercises that involve a single joint and aim to target one muscle group. Common examples of isolation exercises include: bicep curls, tricep extensions and leg curls.

Maximal heart rate / MHR / HRmax: The fastest rate that an individual's heart is capable of beating.

Muscular endurance: The ability to repeat or sustain exercise repetitions over a period of time.

Muscular strength: The amount of force that a muscle or group of muscles can generate in a single maximal effort.

One repetition maximum / one rep max / 1RM: The maximum amount of resistance (usually measured as weight) that an individual can generate sufficient force against in order to successfully complete one repetition of an exercise.

Physical activity: Any bodily movement produced by skeletal muscles that require energy expenditure.

Power: A combination of strength and speed. It could also be described as explosive strength; that is, a person's ability to generate maximal force in minimal time.

Resistance training: A form of exercise that requires muscles to overcome a resistive force, such as a heavy weight, in order to complete one or more repetitions.

Strength training: A form of resistance training which is focussed on building muscular strength.

Weight machines / cable machines: A type of weight training equipment. They typically use weight stacks with a cable and pulley system.

Weight training: A form of strength training that uses weight as a resisting force that muscles need to overcome when performing exercises.

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