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NAMED AFTER IVAN BOBERSKYI**

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NORDIC COMBINED



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

ІМЕНІ ІВАНА БОБЕРСЬКОГО

Кафедра української та іноземних мов



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ЛИЖНЕ ДВОБОРСТВО

методична розробка
з англійської мови

для самостійної й аудиторної роботи
з теми
«Спортивна спеціалізація»

для студентів
денної та заочної форми навчання
за спеціальністю 017 «фізична культура і спорт»

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OVERVIEW OF NORDIC COMBINED

Text A

Pre-text exercises

1. Read and learn the active vocabulary:

- ascent / climb, *v* — підніматися
- boot bindings — кріплення лижні
- combined athlete — двоборець
- combine, *v* — поєднувати
- combined athlete equipment — спорядження лижника-двоборця
- consist of, *v* — складатися з
- cross-country skiing — лижний біг вільним стилем (ковзанярський хід)
- event, *n* — змагання, виступ у програмі змагання
- feature, *v* — відобразити, характеризувати
- Gundersen event — лижна гонка за системою „Гундерсен”
- governing body — керуючий орган
- hill of landing slope — гора розгону
- judge on, *v* — оцінювати, судити за
- jumping hill — трамплін
- improve, *v* — покращувати, удосконалювати
- individual event — індивідуальне (особисте) змагання
- in-run position — стійка під час розгону
- large hill — великий трамплін
- length of the in-run — довжина лиж для стрибків
- maintain the race distance — зберігати дистанцію
- mass start — загальний (командний) старт

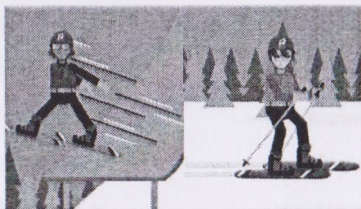
- normal hill — середній трамплін
- Nordic combined event — змагання у лижньому двоборстві
- penalty race — штрафна гонка
- pull ahead, *v* — вириватися вперед
- relay-race, *n* — естафета
- relay exchange — передача естафети
- relay teammate — учасник команди лижної естафети
- run a relay race — бігти естафету
- safety helmet — шолом безпеки
- section of in-run — ділянка гори приземлення
- shout for, *v* — вболівати за (спортсмена, команду)
- ski jumping — стрибки на лижах з трампліна
- skier's goggles — захисні окуляри
- ski poles — лижні палиці
- style points — бали за техніку виконання стрибка
- start the race — розпочинати гонку
- start staggered behind the leader — стартувати з відставанням від лідера
- take off, *n* — відрив
- team event — командне змагання
- team sprint — командний спринт (один стрибок і гонка 7,5км)
- trial / try, *n* — спроба
- wax, *n* — змашування лиж

2. Translate without using a dictionary:

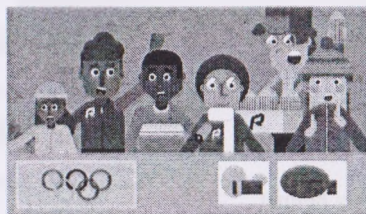
discipline, based, activities, completely, separatively, determined, winner, leader, technique, portion, selection, point, winner combined events, competitors, Olympic sport, finisher, women's competition, jumper, receive, cross-country race, converted, distance, system, qualification, racer, complete, completely, principal, individual, judge.

3. Read and translate the text.

OVERVIEW OF NORDIC COMBINED



Nordic Combined



Nordic Combined Events

Nordic combined is a sport that involves *ski jumping* and *cross-country skiing*. The sport of Nordic Combined is also called the *decaathlon of skiing* because the athletes use completely different muscle groups or types in the two disciplines. In ski jumping, the daredevil event they use muscles for strength and balance. In the tough cross-country ski race they use muscles for speed and endurance. These two activities are performed separately, but are put together to provide a winner. The competitions begin with ski jumping, which is carried out just like a normal ski jumping competition. The ski jumping portion is then followed by a cross country race which uses a *Gundersen start*, where the best ski jumper starts the race first and then other competitors start staggered behind the leader based on their jumping result. This is determined by a point conversion system where points back from the leader are converted to start time back for the cross-country race. Athletes use the skating cross-country technique for all races.

Nordic combined is the only Olympic sport (summer or winter) that features only men's events. Each National Organizing Committee (NOC) can send a maximum of five men to the Games. During the qualification period, athletes qualify quota spots for their country. Each nation can then determine how to fill those quota spots. Athletes are eligible for selection by their NOC as long as they have at least one World Cup or Grand Prix point from their career, or at least one Continental Cup point from the qualification period. Nordic combined at the Winter Olympics and the

FIS Nordic Combined World Cup is ongoing. There is no women's competition sanctioned by the International Ski Federation.

Nordic combined events. There are three Nordic combined events: *individual normal hill*, *individual large hill*, and *the team event*. Only men compete in Nordic combined events, and it is the only Winter Olympic sport with this distinction. Each of the Nordic combined events consist of a ski jumping competition followed by a cross-country skiing competition. Both of these events take place on the same day. In all three of the events, the gold medal is awarded to the racer (or relay teammate) who crosses the finish line first, followed by the second place finisher, and so on.

Individual event:

- *10 km, normal hill*
 - *10 km, large hill*
- 10 km, mass start*

The individual event, or a *Gunderson event*, consists of one jump on either the small hill or the large hill, followed by a 10-kilometer cross-country race. On the small hill, athletes will typically jump between 70 to 110 meters, whereas on the large hill, they will jump between 90 and 145 meters. Each jump has a specific size that classifies how big the jump is. Regardless of what size hill the competition is held, on the jumpers will be judged by five style judges. The high and the low score will be thrown out, leaving a score for style. The distance the athlete jumps will also be converted to points. The total number of points the jumper receives is then converted into a time. This time helps to determine the starting order of the cross-country portion of the event. The winner of the jumping will be the competitor with the best-combined distance and style score.

Mass start: the only format in which the cross-country part takes place before the ski jumping. All competitors start into a 10 kilometer cross-country race in free technique at the same time. The final cross-country times are then converted into points for the ski jumping part. The winner is determined in a points-based system.

Team event:

- *4 by 5 km, normal hill*
- *4 by 5 km, large hill*

The team event consists of four athletes. Each athlete will take one jump, and the total of all four jumps will be added up and converted to a time. Each competitor will then complete a portion of a 4 x 5-kilometer pursuit relay race, tagging off to their teammate after each five-kilometer leg. The same principal applies for the team event as an individual event; the first team to complete the race wins the event.

*(Originated from: Nordic Combined 101: Competition format: NBC Olympics
<https://www.nbcolympics.com/news/nordic-combined-101-competition-format>)*

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- 1) to cross the finish line first
- 2) the daredevil event
- 3) feature only men's events
- 4) qualify quota spots
- 5) start time back for the cross-country race
- 6) a point conversion system
- 7) during the qualification period
- 8) World Cup or Grand Prix point
- 9) the distance the athlete jumps
- 10) the total number of points the jumper receives

2. Match the definitions to the following notions:

- | | |
|-----------------|--|
| 1) teammate | a) instead adding a time disadvantage, distance is added to the cross-country part; |
| 2) relay | b) a person who takes part in a sporting contest; |
| 3) inrun | c) eye protectors worn by skiers; |
| 4) ski binding | d) first part of the landing hill, right beneath the takeoff; |
| 5) competitor | e) someone who decides who the winner of the competition will be; |
| 6) separatively | f) an event in which each person on a team completes part of a race; |
| 7) judge | g) device that holds the ski to the boots; |
| 8) goggles | h) doing smth. in a separate manner or by separate means: not together with someone or something else; |
| 9) penalty race | i) a fellow member of a team; |
| 10) knoll | j) the portion of the jump during which the athlete travels down the ramp. |

3. Combine the following words and translate them:

- | | |
|----------------------|----------------|
| 1) Gundersen | a) portion |
| 2) Nordic combined | b) competition |
| 3) qualification | c) jumper |
| 4) individual normal | d) events |
| 5) quota | e) system |
| 6) ski jumping | f) period |
| 7) ski | g) hill |
| 8) points-based | h) spots |
| 9) women's | i) start |
| 10) combined | j) events |

4. Insert the prepositions where necessary:

<i>on</i> (3)	<i>of</i> (7)	<i>with</i> (2)	<i>after</i>
<i>into</i>	<i>to</i> (4)		<i>between</i> (2)
<i>by</i> (2)	<i>in</i> (2)	<i>for</i>	<i>behind</i>

1. The sport ... Nordic Combined is also called the *decathlon* ... *skiing* because the athletes use completely different muscle groups or types ... the two disciplines..
2. The ski jumping portion is then followed ... a cross country race which uses a Gundersen start, where the best ski jumper starts the race first and then other competitors start staggered ... the leader based ... their jumping result.
3. Each National Organizing Committee can send a maximum ... five men ... the Games.
4. The winner ... the jumping will be the competitor ... the best-combined distance and style score.
5. On the small hill, athletes will typically jump ... 70 ... 110 meters, whereas ... the large hill, they will jump ... 90 and 145 meters.
6. The total number ... points the jumper receives is then converted ... a time.
7. Each competitor will then complete a portion ... a 4 x 5-kilometer pursuit relay race, tagging off ... their teammate ... each five-kilometer leg.
8. Regardless ... what size hill the competition is held ... the jumpers will be judged ... five style judges.
9. Only men compete ... Nordic combined events, and it is the only Winter Olympic sport ... this distinction.
10. Athletes use the skating cross-country technique ... all races.

5. Match two parts of the sentences.

1. Each of the Nordic combined events consist ... a) ... it is the only Winter Olympic sport with this distinction.
2. Nordic Combined is a sport that... b) ... is then converted into a time.
3. The competitions begin ... c) ... the cross-country part takes place before the ski jumping.
4. Nordic Combined activities are performed separatively, but... d) ... crosses the finish line first, followed by the second place finisher, and so on.
5. Only men compete in Nordic e) ... involves ski jumping and cross-country skiing.
6. The total number of points the jumper receives ... f) ... which uses a Gundersen start.
7. Each jump has a specific size that ... g) ... with ski jumping, which is carried out just like a normal ski.
8. The ski jumping portion is then followed by a cross-country race,... h) ... of a ski jumping competition followed by a cross-country skiing competition.
9. In all three of the events, the gold medal is awarded to the racer who i) ... classifies how big the jump is.
10. Mass start is the only format in which ... j) ... are put together to provide a winner.

6. Complete the sentences with appropriate terms.

1. The Nordic combined is a winter sport in which athletes compete in *c* _____ -*c* _____ skiing and ski *j* _____.
2. Nordic *c* _____ at the *W* _____ Olympics and the FIS *N* _____ Combined Winter *C* _____ are ongoing.
3. The *t* _____ event consists of *f* _____ athletes.
4. Nordic Combined is quite popular in *E* _____ but not as much in the *U* _____.
5. The first *a* _____ to cross the *f* _____ line is the winner of the competition.

6. During the qualification period, athletes *q* _____ quota *s* _____ for their country.
7. Each jump has a *s* _____ size that classifies how big the *j* _____ is.
8. The winner is *d* _____ in a points-based system..
9. Each *N* _____ Organizing *C* _____ can send a maximum of five men to the Games.
- 10.. Nordic combined is the only Olympic sport that *f* _____ only men's events.

7. Answer the following questions.

1. What is Nordic combined?
2. Which activities does Nordic combined include?
3. What are the 3 main types of Nordic combined events?
4. Is the Nordic combined for the Winter Olympics?
5. In which Olympic event are the normal hill and large hill events?
6. How many jumps does the final individual Gundersen consist of?
7. Nordic combined is a team sport, isn't it?
8. How many kilometers is the cross-country?
9. What criteria are the competitors judged on?
10. What did you learn about Nordic combined?

8. Finish the following sentences.

1. The Nordic combined competition is a combination of ...
2. There are three Nordic combined events ...
3. Nordic Combined is considered one of the most ...
4. There is no women's competition ...
5. The individual event, or a *Gundersen event*, consists of ...
6. Only men compete in Nordic combined events, and ...
7. On the small hill, athletes will typically jump between ...
8. The team event consists of ...
9. The winner of the jumping will be the competitor with ...
10. Athletes are eligible for selection by ...

NORDIC COMBINED HISTORY

1. Read the text to find the information about:

- 1) *the origin of Nordic Combined;*
- 2) *European countries that have been very successful in professional and Olympic Nordic combined competitions;*
- 3) *Nordic Combined as a part of Scandinavian culture;*
- 4) *Nordic Combined as an Olympic sport;*
- 5) *women's Nordic combined events in the Olympic Program;*
- 6) *the introduction of the Gundersen Method;*
- 7) *the first Nordic combined international competition.*



Nordic Combined History

Being a mix of cross country and ski jumping, **Nordic combined** is considered one of the most physically demanding yet entertaining winter sports. This activity started in Scandinavia almost two centuries ago and is now part of the Winter Olympics, where it is featured in three men's events.

Nordic Combined is one of the core skiing sports featured in the Olympics. However, it hasn't always held such glamorous distinctions. Historically, skiing has always been an integral part of the culture in Scandinavia, especially among the local soldiers. Starting in the sixteenth century, soldiers in Sweden were equipped with skis, while Norwegian soldiers developed the first prototypes of jumping skis. In the eighteenth century, Norwegian soldiers started organizing races involving both ski jumping and cross country skiing as a way of displaying their physical power. These races held at the local ski carnivals in Norway represent the first example of *Nordic Combined competitions*.

This sport quickly gained popularity across the Scandinavian Peninsula as the festival races started turning into international competitions. In 1892, the yearly races

at the Holmenkollen Ski Festival in Oslo, Norway, were turned into the first Nordic combined international competition, where even the Norwegian King Olav V competed in the 1920s.

The Olympic Nordic combined event became popular enough to be featured among the events at the inaugural Winter Olympic Games in 1924. However, the format has changed multiple times since then. Historically, there has been no Women's Nordic Combined, but for the first time ever a Women's Nordic Combined National Championships will be held in Lake Placid, New York in 2017. There are now many young female Nordic Combined skiers, and the sport is growing.

Until the 1950s, the Cross country race was held first. Now the most common type of competition is the Individual Gundersen. The Olympic Nordic combined event previously consisted of a 15km race followed by two jumps, but as of 2008, is now includes one jump followed by a 10km race at the international level, but formats can vary depending on the age group. Points are scored in Ski Jumping for distance and style. In the Cross Country race, a 15-point lead in the Ski Jumping portion equals a one-minute head start. This is due to the introduction of *the Gundersen Method*, which is used to calculate athlete's placement for the cross country portion of the event. By rule of this method, the jump is now the first part of the competition. The results of the jump determine the starting order in the cross country race. The winner of the jumps starts in the first position, while the second and remaining athletes follow behind in intervals based on their scores from the jumping portion. The skier that crosses the line first will then be awarded the gold medal.

Although Nordic combined has risen in popularity over the decades, it is still one of the three sports across the Winter and Summer Olympics that does not feature both men's and women's events. However, in recent years the Federation Internationale de Ski has been pushing to include women's Nordic combined events in the Olympic Program. After a refusal from the IOC to include women's competitions at Beijing 2022, the goal will be to have a women's Nordic combined event at Mian Cortina 2026. In the meantime, the Women's Nordic combined Cup will have over ten events in 2022 and women's competitions will also be included at the Nordic World Ski Championships in 2023.

Nordic combined is most popular in Western and Northern European countries. These countries focus on this sport from young age. As a result, they have been very successful in professional and Olympic competitions.

Nordic combined – Key dates and facts timeline

1892: The yearly ski races among Norwegian soldiers are turned into the first-ever international Nordic Combined competitions at the Holmenkollen Ski Festival in Oslo, Norway.

1924: Nordic Combined is included in the Olympic Program at the Chamonix Winter Olympics, featuring a 10km cross country ski race on Saturday and a jumping competition on Monday.

1948: After claiming the first 12 medals awarded in the Nordic combined, Norway fails to reach the podium in St. Moritz. Finland takes the gold and silver while Sweden gets the bronze.

1948: Skiers get three jumps, with only the top two counting.

1956: Ski jump is held first, followed by cross-country race, which is reduced to 15 km.

1960: The West German Georg Thoma becomes the first non-Scandinavian to win a gold medal in the Nordic Combined event at Squaw Valley 1960.

1972: East Germany's Ulrich Wehling wins his first of three consecutive gold medals – he remains the only competitor with three individual golds.

1988: Gundersen scoring method introduced, with ski jumping now being held before the cross-country race, with the winner of the race winning the event. The pursuit race has the athlete with the best mark in the ski jump go first, with the rest of the field following based on their points in the jump.

1988: Team event is added to the program, consisting of a 3x10km relay with each competitor taking three jumps from the large hill, with the best two counting.

1994: All competitors now take two jumps, with both counting.

1998: Team event is changed to a 4x5km relay.

2002: Sprint event is introduced, with athletes taking one jump from the large hill followed by a 7.5km race.

2002: Format is changed so the ski jump and cross-country race take place on the same day. Time between events can range anywhere from 35 minutes to a couple hours depending when competitor jumped.

2010: The 15km cross-country race is shortened to a 10km and paired with one normal hill jump. The 7.5km race is replaced by a 10km race and one large hill jump. Team event is changed to a single jump per athlete.

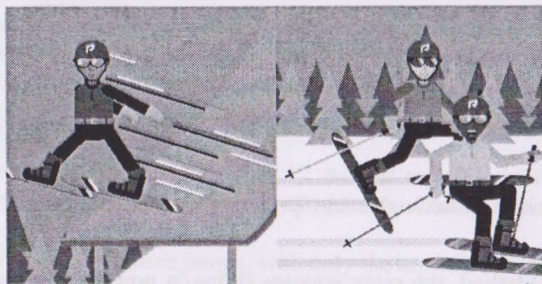
2010: United States wins its first medals in the Nordic combined, claiming gold and three silvers in the three events. No other country won more than two medals in Vancouver.

2022: Nordic combined is part of the Olympic Program at Beijing 2022.

(Originated from: Nordic Combined 101: History: NBC Olympics history/<https://www.rookieroad.com/nordic-combined/history/>)

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

NORDIC COMBINED RULES



Nordic Combined Rules

The biggest

rule for Nordic combined is that the *ski jumping* always goes first, with each athlete having one attempt down either the normal or large hill. The distance is converted to points, which then translate to a time - the athlete who jumps furthest will start first, with their rivals starting at time intervals behind them determined by their jump distances. The goal is to “fly” as far as you can – height doesn’t matter. The first to cross the line is the winner. All players must begin their jumps from the same distance.

In the *cross country* portion, a main rule is that you must stay within the boundaries. A player can also be disqualified if they receive unauthorized assistance, for preventing other racers from passing, for not finishing the race on their skis, or for numerous reasons.

Aside from the following special betting rules, the common betting rules apply. The special rules will take precedence over the common rules nevertheless.

1) *Competition Rules*: This rule applies to World Cup competitions. For Tournaments (e.g. World, European or National Championships, Olympics etc.) rule 2) applies. All bets are settled on the official classification at the time of the podium presentation. If a competition is interrupted or postponed but is held within 80 hours

after the original start date then all bets on the event are valid. If the event does not take place within 80 hours after the original start date then all bets will be void.

2) *Major Tournament Rules*: All bets are settled on the official classification at the time of the podium presentation (flower ceremony). When a betting event within a sporting tournament (e.g. World, European or National Championships, Olympics etc.) is postponed within the official time allocated for the event, all transacted bets remain valid. If the betting event is unable to commence within the official time allocated for the major sporting event, all bets are void.

3) *Ante post/Outright winner (others on request)*: If a selection is disqualified for whatever reasons then all bets on this selection will be settled as "lost". Should the race be won by an athlete/nation on which no odds had been offered then the betting option "Any other not listed" will be the winner, except if this option is not offered - then all bets will be settled as "lost".

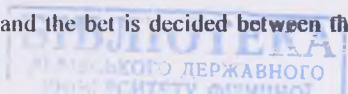
In case there is an option for "Others on Request", odds can be offered on athletes that do not appear in the original list of participants on customers' request.

4) *Finish in Top 3 (others on request)*: This rule applies to various numbers of "Top"-rankings (e.g. Top 5, Top 10). If a selection is disqualified for whatever reasons then all bets on this selection will be settled as "lost". Should one or more of the respective "Top"-rankings be occupied by an athlete/nation on which no odds had been offered then only bets on athletes/nations that finish in the "Top"-rankings and that odds had been offered on will be settled as "won".

In case there is an option for "Others on Request", odds can be offered on athletes that do not appear in the original list of participants on customers' request.

5) *Head-to-Head (H2H)*: The winner will be the athlete/nation who is placed higher in the event. If an athlete/nation is disqualified or does not finish the event for any reason, then the other athlete/nation is deemed the winner. If both athletes/nations are disqualified or do not finish the event for any other reason then all bets will be void.

6) *Triple Head-to-Head*: The winner will be the athlete/nation who is placed highest in the race. If an athlete/nation is disqualified or does not finish the race for any reason, then this selection is deemed a loser and the bet is decided between the



remaining 2 athletes/nations. If 2 athletes/nations are disqualified or do not finish the race for any reason, then the remaining athlete/nation is deemed the winner. If all 3 athletes/nations are disqualified or do not finish the event for any other reason then all bets will be void.

7) *Team to lead at 1st, 2nd, 3rd exchange*: All bets will be settled on the official classification at the respective exchange posted by the respective governing authority (FIS/IOC).

8) *Nationality of Winner*: This bet refers to the Nationality the athlete is competing for regardless of the country he/she is born in.

9) *Best athlete from "each nation"*: Bets will be settled on the highest ranked athlete of a certain nation. This bet refers to the Nationality the athlete is competing for regardless of the country he/she is born in.

10) *Ski Jumping Part*: If the event is shortened, e.g. due to bad weather, then all bets are valid and will be settled on the official result.

11) *Provisional competition round*: If the results of the provisional competition round are used for the start of the cross country race, all bets concerning the event stand.

(Originated from: <https://help.sportingbet.com/en/general-information/legal-matters/general-terms-and-conditions/sports-betting-special-rules/nordic-combined>)

2. Compile a vocabulary of Nordic combined terms.

3. Make a presentation of Nordic combined.

INTERESTING FACTS ABOUT NORDIC COMBINED, ESPECIALLY AT OLYMPIC GAMES

(1) The sport of Nordic Combined is called the *decathlon of skiing* because the athletes use completely different muscle groups or types in the two disciplines. In ski jumping they use muscles for strength and balance. In the tough cross-country ski race they use muscles for speed and endurance.

(2) Different boots and skis are used for ski jumping and cross-country skiing.

(3) To date, Norway has eleven gold, eight silver, and seven bronze medals from the Olympic Winter Games beginning in 1924. Finland is second with fourteen medals including four gold.

(4) West Germany won gold in the first ever Nordic Combined team competition at the 1988 Calgary Olympics.

(5) Austria's Felix Gottwald won the most Nordic Combined medals in the history of the Winter Games. He has seven.

(6) Samppa Lajunen of Finland was the first to win three gold medals at the same Games: the 2002 Park City Winter Olympics in Utah, U.S. The first to win three overall was East Germany's Ulrich Wehling. He did so at the Olympic Games of 1972, 1976, and 1980.

(7) Finland's Anssi Koivuranta is the youngest ever athlete to medal in a Nordic Combined Olympic competition. He won team bronze at the 2006 Torino Games at the age of 17.

(8) American Success in Nordic Combined at Olympic Winter Games:

- Johnny Spillane was the first American to medal. He won silver for the Individual Normal Hill at the 2010 Vancouver Olympic Games.

- The first American to win gold was Bill Demong also at 2010 Vancouver. Demong is returning to the sport at this year's 2014 Winter Olympics. He will be participating in both individual and team events.

- Todd Lodwick, elected to carry the American flag at Sochi, will become the first American to compete in six Olympic Winter Games.

- The United States won four medals overall at 2010 Vancouver: one gold and three silvers.

(9) At the 2014 Sochi Olympic Winter Games, Nordic Combined will be the only competition that is exclusively male.

(10) Russia has a group of female athletes training in Nordic Combined though the FIS has not sanctioned it as a competition for women.

(Originated from: <https://discover.hubpages.com/sports/Nordic-Combined-Popular-Event-at-Olympic-Winter-Games-History-and-Interesting-Facts>)

GUNDERSEN CONVERSION METHOD

The Gundersen Method was created by Gunder Gundersen, a Norwegian who invented a conversion system to determine how ski jumpers in the Nordic combined would staggered for their cross-country race. The method involves converting each ski jumping point into a set number of seconds.

Because ski jumping and cross-country skiing are evaluated on two different scales (points versus time), the Gundersen time-point conversion table is used to score Nordic combined events. Named for its creator, Gunder Gundersen of Norway, the *Gundersen Method* allows spectators to easily follow the progress of the Nordic combined event during the respective cross-country races. In other words, whoever is in front is the leader of the competition. Prior to the 1988 Calgary Games, it often took hours to determine who had the most points in a Nordic combined event since skiers left the starting gate according to a draw and not the results of the ski jumping phase. Under the Gundersen Method, however, the first skier to cross the finish line is the winner. Here's a summary of the jumping points to time conversion for the three events:

Individual Normal Hill: 1 point = 4 seconds

Individual Large Hill: 1 point = 4 seconds

Team: 1 point = 1.33 seconds*

*This is rounded accordingly, with .5 and below rounded down to the nearest second. For example, if a team is one point behind after the jumping round, that team starts one second later than the leader (1.33 seconds * 1 point = 1.33 seconds, rounded down to 1 second). However, if a team is two points behind following the jumping round, that team will start three seconds behind the leader (1.33 seconds * 2 points = 2.66 seconds, rounded up to 3 seconds).

(Originated from: <https://www.nbcolympics.com/news/nordic-combined-101-rules>)

COMPETITION

Formats and variations currently used in the World Cup are:

Individual Gundersen: competition starts with one competition jump from a normal or large hill. Later on the same day, the 10 kilometer cross-country race takes place. The winner starts at 00:00:00 and all other athletes start with time disadvantages according to their jumping score. The first to cross the finish line is the winner. A variation of this is the Final Individual Gundersen, consisting of two jumps and 15 kilometers of cross-country skiing in free technique.

Nordic Combined Triple: introduced in the 2013–14 FIS Nordic Combined World Cup, it features three different events on three days and one overall winner who is awarded extra World Cup points and prize money:

Day 1: 1 jump & 5 km Prologue

Day 2: 1 jump & 10 km Individual Gundersen (Top 50 from Day 1's competition)

Day 3: 2 jumps & 15 km Final Individual Gundersen (Top 30 from Day 2's competition).

Team Event: introduced in the 1980s, one team consists of four athletes who have one competition jump each. The total score of all four athletes determines the time disadvantages for the start of the ensuing 5 km (3.11 mi) cross-country race. The first team to cross the finish line wins.

Team Sprint: teams consist of two athletes each. In the ski jumping part, every athlete makes one competition jump like in the Individual Gundersen or Team Event formats and the time behind for the start of the successive cross-country race. The team to arrive first at the finish line wins the competition.

Included in the rules but currently not used in World Cup:

Penalty Race: instead adding a time disadvantage, distance is added to the cross-country part.

Events in the Olympics are: the sprint K120 individual, ski jumping K90 (70m), and Team/4x5km.

(Originated from: <http://www.edubilla.com/sport/nordic-combined/>)

PHYSICAL BENEFITS

Nordic combined skiing is considered to be one of the safest of the popular sports. Although falling can result in minor sprains, serious injuries are rare, and they usually occur only when the cross-country skier ventures into steep terrain and back country.

Because the movements involved in cross-country skiing and Nordic combined skiing are so fluid and rhythmic, there is very little overuse of or shock damage to joints and muscles. Sports doctors will often prescribe cross-country skiing as therapy for those injured by jogging or cycling. It is one of the few activities that uses almost all the body's major muscle groups, so the skier receives a complete workout. The heart and lungs benefit greatly, and active skiers usually have blood pressure and pulse rates lower than those of inactive people. Cross-country skiers and Nordic combined skiers are thus regarded as some of the fittest athletes in the world.

The combination of low risk of injury with smooth, dynamic movement also makes cross-country skiing an ideal endeavor for older ones. In some northern European countries, it is very common to see individuals in their senior years out for a ski.

Skiing generates a tremendous amount of body heat, so it is possible to be quite comfortable in relatively cold conditions. On the coldest of days, ski racers routinely compete in thin, one-piece racing outfits, often without gloves. Nonprofessionals, however, must take adequate care to protect their extremities from the cold. Experienced outdoor enthusiasts generally dress in layers, starting with a woolen or synthetic under layer and finishing with a waterproof and windproof outer shell. This

enables them to regulate their body temperature and personal comfort. They just remove or add layers as needed. Wise parents do well to make sure that their little ones are properly attired, as children's small bodies get cold much quicker than adults. Since children lose heat from their skin very rapidly, they are more susceptible to frostbite. As you can see there are so many different benefits to skiing and it's certainly a sport you want to try if you haven't done so already!

*(Originated from: Jane Lewis |Physical Benefits | Published April 30, 2017 Benefits
<http://www.nordiccombinedcanada.ca/index.php/2017/04/30/physical-benefits/>)*

OTHER FASCINATING FACTS

Do you know who the first ever recorded ski jumper actually was? It's none other than Olaf Rye who was born on November 16, 1791. Olaf was a celebrated Norwegian and Danish major-general military officer. He is well known for influencing the Battle of Fredericia in 1849 which ended the persecution in the town of Denmark. He ended up dying during the battle and will always be recognized by the Danish as a war hero. Olaf was not only a war champion but also had another talent up his sleeve and that was ski jumping. He claimed the initial credit on being the first ever recorded ski jumper jumping 31 feet through the air in display of his fellow soldiers. Also, another interesting fact is that Nordics have dominated this sport since its beginning. But this is not really that surprising since it's been in there history for such a long time. Since the very first Olympic Winter Games in Chamonix in 1924 Nordic combined individuals have been highlighted in every single game. Truly this sport has been prevailed over by the Finns and Norwegians. There was a turn of events though in 1960 when Georg Thoma from Germany took home the gold medal at Squaw Valley Winter Olympics.

Why not add cross-country skiing to your winter experience! "If you can walk, you can ski" is a common catchphrase among cross-country skiers because the movements of the sport are so closely related to walking. While this statement is true to some degree, most of us would benefit immensely from an hour or two spent with a qualified teacher. Ski centers offer private or group lessons, and in a short while, the novice can learn the fundamentals of skiing cross-country – cruising the flats, skiing uphill, negotiating downhill's and, of course, maybe a jump or two! Once shown these basic skills, most people are equipped to go out and tackle the terrain.

"Nothing hardens the muscles and makes the body so strong and elastic," said Fridtjof Nansen in 1890 regarding cross-country skiing. Perhaps you too would enjoy the sport. It could very well add excitement to your winter experience or you could go watch some professionals in the Nordic combined skiing sport. It truly is fascinating to either watch or take part in.

*(Originated from: Jane Lewis | Published April 25, 2017.Other fascinating facts
<http://www.nordiccombinedcanada.ca/index.php/2017/04/25/other-fascinating-facts/>)*

Nordic Combined: Quiz

What do you think you know about Nordic Combined?

Choose the correct answer.

- The first major competition was held in Oslo, in the year ...?
A. 1890 B. 1891 C. 1893 D. 1892
- SKing Olav V of Norway was an able jumper and competed in the Holmenkollen Ski Festivals in the ...?
A. 1910s B. 1920s C. 1940s D. 1930s
- The first cross-country race was held followed by the ski jumping in the ?
A. 1950s B. 1920s C. 1930s D. 1940s
- The sport has been dominated by the Norwegians, supported by the ...?
A. Polish B. Swedish C. Ukrainians D. Finns
- The Nordic grip on this sport was broken when West German Georg Thoma won a gold medal at the...?
A. 1956 Winter Olympics B. 1950 Winter Olympics C. 1946 Winter Olympics D. 1960 Winter Olympics
- The International Ski Federation sanctioned no women's competition of early?
A. 2008s B. 1998s C. 2006s D. 2010s
- The women competition was established on FIS-level starting from ... ?
A. 2010 B. 2014 C. 2018 D. 2016
- Events in the Olympics are the sprint K120 individual and ski jumping?
A. K15 B. K60 C. K30 D. K90
- Their foot kit secure only the toe of the boot to the ski, it's called ... ?
A. Ski edge . B. Ski shape C. Ski curling D. Ski bindings
- In what year did West German Georg Thoma win the gold medal?
A. 1960 B. 1892 C. 1940 D. 1924
- Which of the following is not part of the Nordic Combined event?
A. Cross-Country Skiing B. Ski Jumping C. Biathlon
- Which of the following sports had women's events added for the first time at Sochi 2014?
A. Nordic Combined B. Biathlon C. Ski Jumping D. Cross-Country Skiing
- Which of the following is not a Ski Jumping discipline?
A. Individual large hill B. Team normal hill C. Individual normal hill D. Team large hill
- Which of the following sports is only competed by men at the Olympic Winter Games?
A. Biathlon B. Nordic Combined C. Ski Jumping D. Cross-Country Skiing
- Which of the following isn't an equipment of Nordic combined?
A. Ski bindings B. Ski boots C. Ski poles D. Ski sled
- Which of the following is not a Cross-Country Skiing discipline?
A. Sprint B. Relay C. Skiathlon D. Pursuit
- What year will make the start of the FIS World Championship program for women?
A. 2019 B. 2020 C. 2021 D. 2022
- How many kilometers is the cross-country?
A. 10 B. 20 C. 15 D. 13
- How many jumps consists the final individual Gundersen of?
A. 2 B. 10 C. 8 D. 7
- How many events does the Nordic Combined Triple feature?
A. 3 B. 5 C. 6 D. 8

General Terms

Anchor leg: the fourth and final leg of the relay race in the team event.

Bindings: devices that secure the toe of the boot to the ski. "Ahhh, there's snow stuck in my bindings!"

Glide Wax: wax used to decrease the friction between the skis and the snow. It is applied to the entire ski in freestyle races.

Gundersen Method: is a method in the Nordic combined developed by Gunder Gundersen, a Nordic combined athlete from Norway, that was first used in the 1980s.

Fall Line: a designated line on the outrun of a ski jumping hill. If a ski jumper loses his balance and falls after the fall line, style points will not be deducted from his jump.

FIS Nordic Combined World Cup: is a Nordic combined competition organized yearly by International Ski Federation, representing the highest level in international competition for this sport.

Freestyle (Skating) Technique: a ski technique which resembles ice skating, skis are pushed from the inside edge to the outside edge at about a 45-degree angle. "Woo hoo, the trails are groomed, I can skate!"

Inrun: the portion of the jump during which the athlete travels down the ramp.

Knoll: first part of the landing hill, right beneath the takeoff.

K Point: the distance from the takeoff that is equivalent to the height of the hill. For the large hill in Pyeongchang, the K Point is 125 meters from the takeoff; for the normal hill, it is 98 meters. The K Point determines the amount of distance points awarded to a jump.

Large Hill (LH): the larger of the two Olympic ski jump hills, the large hill in Pyeongchang has a K Point of 125 meters (about 410 feet).

Normal Hill (NH): the smaller of the two Olympic ski jump hills, the normal hill in Pyeongchang has a K Point of 98 meters (about 320 feet).

Nordic skiing: any type of skiing where the heel of the boot is not attached to the ski. "He/she's hot. They must be a Nordic skier."

Nordic combined: a kick ass sport of 2 events, ski jumping and cross-country skiing. "You do Nordic combined, you must be awesome!"

Outrun: the flat area at the bottom of the jumping hill where skiers decelerate and stop.

Piste: the snow-covered track or course that is used for racing.

Penalty Race: instead adding a time disadvantage, distance is added to the cross-country part.

Pursuit Start: also known as the staggered start. In all three Nordic combined events, the start positions and time deficits of the individual (or team) at the beginning of the cross-country skiing portion are dictated by individual (or team) score in the preceding ski jump.

Ski jumping: a Nordic sport where kick ass skiers on massively long skis jump off of a ramp and are judged on length of jump and style. "You're a ski jumper, you must be nuts, I mean awesome!"

Speed Trap: a section of the course a coach will set to gauge ideal skis and wax before a race.

Take off: at the end of the inrun, the moment where the jumper takes flight.

The International Olympic Committee (IOC): is a non-governmental sports organisation based in Lausanne, Switzerland.

The International Ski Federation (FIS): is the world highest governing body for international skiing and snowboarding founded in 1924.

The National Organizing Committee (NOC): is a national constituent of the worldwide Olympic movement.

The Nordic World Ski Championships: is a biennial Nordic skiing event organized by the International Ski Federation (FIS).

Telemark Position: landing with one ski in front of the other, lunging forward.

Vertical: an uphill climb.

V-Position: the position of the skis most jumpers use while in the air. The skis are touching or nearly touching at the tail, and spread apart at the tips to form a “V.” The position improves the aerodynamics of the ski jumper.

Wax Technician: called a wax tech for short, a staff member responsible for finding the ideal glide and/or kick wax for a given race and snow temperature.

Equipment for Nordic combined

Ski Jumping Equipment

Bindings: the binding must be mounted parallel to the run-direction. The binding must be placed in such a way that a maximum 57% of the entire ski length is used as the front part.

Boots: high-backed, flexible yet firm boots with a low cut at the front. They are designed to allow the skier to lean forward during flight.

Connection Cord: part of the binding; a cord that attaches the ski to the boot and prevents the wobbling of skis during flight.

Gloves: gloves offer protective covering against weather and external forces.

Goggles: ski goggles are devices protecting the eyes against weather and sun rays with optically correct lenses. The use of goggles is recommended.

Helmet: full head protection has been compulsory since the 1980s. The helmet improves aerodynamic flight and protects the head in case of a fall.

Jumping skis: jumping skis are manufactured especially for use on ski jumping hills. Skis with a length of a maximum 146% of the total body height of the competitor may be used. The curvature and shape of the skis is restricted by certain geometric features.

Ski Jumping suit: all portions of the ski jumping suit must be made of the same material and must show certain air permeability. The size of the suit must conform to the body shape in an upright position with certain tolerances.

Cross-Country Skiing Equipment

Bindings: cross-country bindings attach the boot to the ski only at the toe — unlike alpine bindings, which attach the boot at the toe and heel.

Boots: cross-country boots are similar to running shoes. They are lighter and more flexible than the boots from other disciplines. The skating shoe is fixed to the ski with a binding, holding the toe firm.

Poles: long and straight, often reaching up as high as a competitor's chin, with a specially shaped basket designed to allow skiers to push hard and evacuate snow.

Skis: cross-country skis are lighter and narrower than alpine and jumping skis. They also have an arch at the center of the ski.

Suit: the suit worn in cross-country skiing is made of a stretchy fabric that hugs the body, similar to a runner's training clothing.

Wax: glide wax is crucial and determined by snow and weather conditions.

(Originated from: NBC Olympics <https://www.clickondetroit.com/sports/2021/09/13/nordic-combined-101-glossary/>)

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