

**LVIV STATE UNIVERSITY OF PHYSICAL CULTURE
NAMED AFTER IVAN BOBERSKYI**

Department of Ukrainian and Foreign Languages

Mariia Vorobel
Марія Воробель

BIATHLON

БІАТЛОН



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ
ІМЕНІ ІВАНА БОБЕРСЬКОГО

Кафедра української та іноземних мов

Марія Воробель

Mariia Vorobel

БІАТЛОН BIATHLON

методичні рекомендації
з англійської мови

*для самостійної й аудиторної роботи
з теми
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Рецензенти:

У. М. Проценко – кандидат педагогічних наук, доцент кафедри української та іноземних мов Львівського державного університету фізичної культури імені Івана Боберського;

Ю. О. Калимон – кандидат філологічних наук, старший викладач кафедри української та іноземних мов Львівського державного університету фізичної культури імені Івана Боберського.

Ухвалила до друку Вчена рада факультету післядипломної та заочної освіти Львівського державного університету фізичної культури імені Івана Боберського (протокол № 1 від 22 вересня 2022 р.)

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Методичні рекомендації створені на базі аутентичних текстів англійською мовою на тему «Спортивна спеціалізація» (*Біатлон*) для самостійної й аудиторної роботи студентів денної та заочної форми навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ на оволодіння мовним матеріалом зі спеціальності. Матеріали методичних рекомендацій спрямовані на розвиток у студентів мовленнєвих навичок сприйняття і розуміння спеціальної спортивної літератури та формування вмій читання, говоріння і письма. Методичні рекомендації призначені для студентів спеціальності 017 «фізична культура і спорт», які навчаються за кредитно-модульною системою.

Here the topic “Sport specialization” (Biathlon) for independent and classroom work of full-time and part-time students is presented. Theoretical and practical material is reinforced by an extended system of exercises. The materials are aimed at formation of oral and writing communication skills. Methodical development is intended for students of the speciality 017 “Physical culture and sport” who study according to the credit-module system.

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ALL ABOUT THE OLYMPIC BIATHLON

Text A

Pre-text exercises

1. Read and learn the active vocabulary:

- | | |
|---------------------------------|---|
| • accomplish, <i>v</i> | – виконувати |
| • adopt, <i>v</i> | – приймати |
| • biathlon | – біатлон |
| • biathlon mixed relay | – біатлонна змішана естафета |
| • biathlon pursuit | – біатлонна переслідування |
| • biathlon sprint | – біатлонний спринт |
| • biathlon track | – біатлонна траса |
| • biathlon world cup | – кубок світу з біатлону |
| • in biathlon | – в біатлоні |
| • combine, <i>v</i> | – комбінувати (сполучати) |
| • cross-country skiing | – лижні гонки |
| • freestyle (skating) technique | – вільна (ковзанярська) техніка |
| • hunter | – мисливець |
| • incurring a penalty | – нараховувати штраф |
| • lap | – коло |
| • loop | – петля |
| • magazine-led rifle | – магазинна гвинтівка |
| • negotiate, <i>v</i> | – долати |
| • penalty times/laps | – штрафний час/коло |
| • pursuit/biathlon pursuit | – переслідування/біатлонна переслідування |
| • a pursuit of | – гонитва за |
| • by the pursuit of | – переслідуванням |
| • precursor | – провісник |
| • prone position | – положення лежачи |

- reentering the race course – повторний вихід на дистанцію
- relay – естафетна гонка
- recognize, v – визнавати
- rifle shooting – стрільба з гвинтівки
- shooter – стрілець
- shooting range – стрільбище для атлетів
- split, v – відокремлюватися
- stage, v – організувати
- standing position – положення стоячи
- strict rules – суворі правила
- target – ціль
- terrain – ландшафт
- vehicle – засіб пересування
- violation – порушення

2. Translate without using a dictionary:

Olympic sport, individual, military, athlete, formal, modern, sprint, standard, international, discipline, mass start, union, position, meters, shot, shooter, competition, accurate, clock, specialize, type, minimum, caliber, cross-country skiing, loop, shooting range, standing position, end, finish, penalty, miss, model, optical, skiing, ultra, special, stabilize, position, round, magazine, Relay, rifle, base, biathlete, target, shoot, athlete, listen, prone, standing, metal, vertical, horizontal, size.

3. Read and translate the text:

ALL ABOUT THE OLYMPIC BIATHLON

Biathlon is a hard sport, where muscle training must be at least equal to mental training. Without it, you do not go anywhere

A biathlon is a form of *duathlon*, a generic term that refers to a sporting event that is made up of two different athletic disciplines – **skiing and target shooting** – and combines them into one exciting challenge. The skiers carry rifles, race across a long distance, and stop to shoot many targets as they ski. Since a biathlon course is so long – up to twenty kilometers – it is an endurance sport. Athletes need skiing skills, as much endurance as a runner, and enough calm and focus to succeed at shooting.

Biathlon is a sport held at the Winter Olympics, and in non-Olympic years biathlon world championships are held. Other international races are held as part of the Biathlon World Cup.

The Olympic Biathlon consists of two sports – and they are *cross-country snow skiing* and *rifle shooting*. This sport originated in Scandinavia, developing from the activities of hunters who used skis to negotiate snowy winter woods while carrying rifles with which to shoot their game. Skiing and rifles have also been combined for military use, to negotiate terrain that vehicles cannot.

This military training grew to include competitions. The first-known example was in 1767, and involved border guards from Norway and Sweden. Precursors to modern biathlon events were staged in 1776 in Norway. The year 1912 marked the first skiing/riflery event that we'd recognize alongside the modern Olympic event.

Biathlon first appeared at the Winter Olympics as a demonstration sport in 1924. Then, it was known as “military ski patrol”. By the next Olympics in 1928, the sport had been approved as an official medal sport.

Biathlon was officially adopted as an Olympic event in 1948. In all of Olympic biathlon events, athletes alternate between cross-country snow skiing and shooting rifles at targets. In 1948, the Union Internationale de Pentathlon Modern et Biathlon (UIPMB) was formed to standardize the rules governing both the biathlon and pentathlon (a sport involving five track and field events), and by 1998 such rules became the purview of the

International Biathlon Union (IBU) when it split from the UIPMB. A biathlon world championship was held in 1957, and the sport returned to the Winter Olympics in 1960 as a men's event and in 1992 as a women's event.

The object of the biathlon is to complete the course in as short a time as possible. Shooting accuracy contributes to a quick time; originally, a shot that hit the outer rings of either target added one minute to a competitor's time, while missing a target entirely added an extra two minutes. Currently for each one of the five targets missed a competitor either has one minute added to the time or must ski around a 492-ft (150 m) penalty oval (each lap takes elite athletes from 20 to 30 seconds to complete), prior to reentering the race course. As well, a competitor is supplied with three extra rifle cartridges that he/she can use to hit a missed target without incurring a penalty. Once these extra cartridges have been used, penalty times/laps apply for any additional missed target.

Biathlon is the winter Olympic sport combining cross-country skiing and 5 targets rifle shooting. All Olympic biathlon shooting is done at a range of 50 meters.

Targets are black circles. 4,5 cm for *prone position* and 11,5 cm for *standing position*. They turn white when hit.

150 m loop adjacent to the shooting range that must be skied when targets are missed during the *Sprint, Pursuit, Mass Start and Relay*.

The athletes shoot from two positions – *Prone and Standing* – in various sequences depending on the competition.

Shooting in the prone position is accomplished by the shooter lying on his or her belly and propping up on the elbows to take the shots.

Shooting accurately while standing is more difficult than doing so while prone. The athletes are fighting time in all biathlon events; the clock is always running. The rifles used are specialized bolt action magazine-led rifles, and may be of either the tumbolt or straight-pull type.

Rifle weight is mini-mum 3,5 kg. The rifle is 22 caliber and magazines are of the removable box type.

Biathlon is a safe activity suitable for people between the ages of 8 and 60. All participants are taught how to use a rifle safely and are supervised at all times. Young people use air rifles, which are smaller and easier for beginners. Since the sport of biathlon includes shooting, all participants are subject to strict rules regarding the safety of shooting and handling of rifles. Even the slightest violation of a safety rule will result in

disqualification during the competition. Because of the very strict safety regulations, biathlon has an excellent safety record.

*(Originated from: Biathlon | Encyclopedia.
The Oxford Pocket Dictionary of Current English.*

<https://www.encyclopedia.com/sports-and-everyday-life/sports/sports/biathlon>)

Post-text exercise

4. Give Ukrainian equivalents to the following phrases:

- 1) *to shoot many targets*
- 2) *the Olympic biathlon*
- 3) *cross-country skiing*
- 4) *precursors to modern biathlon events*
- 5) *target rifle shooting*
- 6) *shooting rifles at target*
- 7) *athletes shoot from 2 positions*
- 8) *prop up on the elbows to take the shot*
- 9) *targets turn white when hit*
- 10) *specialized bolt action magazine-led rifle*

5. Match the words with their definitions:

- | | |
|---------------------------|---|
| 1) <i>stride</i> | a) a belt used to stabilize the rifle and the biathlete's arm while shooting in the prone position; |
| 2) <i>relay</i> | b) bumps in the snow; |
| 3) <i>peak</i> | c) eye protectors worn by skiers; |
| 4) <i>zeroing</i> | d) a step made while wearing skis; |
| 5) <i>sharp turn</i> | e) lying down on the stomach, used while shooting; |
| 6) <i>arm sling</i> | f) the top of a mountain; |
| 7) <i>moguls</i> | g) an event in which each person on a team completes part of |
| 8) <i>a loop</i> | h) a very tight turns; |
| 9) <i>goggles</i> | i) time spent before the race shooting paper targets to align the rifle sights; |
| 10) <i>prone position</i> | j) the circular track that skiers use in biathlon. |

6. Combine the following words and translate them:

- | | |
|--------------------------|--------------------------|
| 1) <i>cross-country</i> | a) <i>action</i> |
| 2) <i>loop</i> | b) <i>box</i> |
| 3) <i>bolt</i> | c) <i>competition</i> |
| 4) <i>Mass sport</i> | d) <i>rifle</i> |
| 5) <i>prone</i> | e) <i>adjacent</i> |
| 6) <i>International</i> | f) <i>biathlon</i> |
| 7) <i>magazine-led</i> | g) <i>Biathlon Union</i> |
| 8) <i>Olympic</i> | h) <i>skiing</i> |
| 9) <i>biathlon mixed</i> | i) <i>relay</i> |
| 10) <i>removable</i> | j) <i>position</i> |

7. Insert the prepositions where necessary:

on (2) *of* (7) *with* (2) *at* *by* *for*
without *to* (3) *between* *from* *in* (4) *during*

1. Biathlon first appeared ... the Winter Olympics as a demonstration sport ... 1924.
2. Biathlon originated ... Scandinavia, developing ... the activities ... hunters who used skis ... negotiate snowy winter negotiate snowy winter woods while carrying rifles ... which to shoot their game.
3. Shooting accuracy contributes ... a quick time; originally, a shot that hit the outer rings ... either target added one minute ... a competitor's time, while missing a target entirely added an extra two minutes.
4. Shooting ... the prone position is accomplished ... the shooter lying ... his or her belly and propping up ... the elbows to take the shots.
5. As well, a competitor is supplied ... three extra rifle cartridges that he/she can use to hit a missed target ... incurring a penalty.
6. Since the sport ...biathlon includes shooting, all participants are subject to strict rules regarding the safety ... shooting and handling ... rifles.
7. Even the slightest violation ... a safety rule will result ... disqualification ... the competition.
8. Biathlon is a safe activity suitable ... people ... the ages ... 8 and 60.
9. The rifle is 22 caliber and magazines are ... the removable box type.
10. Young people use air rifles, which are smaller and easier ... beginners.

8. Match synonyms from both columns:

1. consist of
2. woods
3. sports
4. terrain
5. modern
6. use
7. negotiate
8. athlete
9. competition
10. shoot

a) contemporary
b) landscape
c) comprise
d) utilize
e) overcome
f) forests
g) events
h) sportsman
i) hit
j) contest

9. Match antonyms from both columns:

1. military
2. mass
3. split
4. modern
5. precursor
6. black
7. standing
8. difficult
9. minimum
10. miss

a) unite
b) civil
c) individual
d) follower
e) old
f) easy
g) maximum
h) hit
i) prone
j) white

11. Match two parts of the sentences:

- | | |
|---|--|
| 1) The Olympic Biathlon consists ... | a) ... to complete the course in as short a time as possible. |
| 2) The athletes shoot from two positions -... | b) ... must be skied when targets are missed during the Sprint, Pursuit, Mass Start and Relay. |
| 3) The object of the biathlon is ... | c) ... involved border guards from Norway and Sweden. |
| 4) Biathlon was officially adopted | d) ... for military use, to negotiate terrain that vehicles cannot. |

- | | |
|--|---|
| 5) The first-known example was in 1767, and... | e) ... of two sports – and they are cross-country snow skiing and rifle shooting. |
| 6) All Olympic biathlon shooting ... | f) ... Prone and Standing – in various sequences depending on the competition. |
| 7) 150 m loop adjacent to the shooting range that... | g) ... as an Olympic event in 1948. |
| 8) The athletes are fighting time in.... | h) ... in non-Olympic years biathlon world championships are held. |
| 9) Skiing and rifles have also been combined ... | i) ... is done at a range of 50 meters. |
| 10) Biathlon is a sport held at the Winter Olympics, and ... | j) ... all biathlon events; the clock is always running. |

11. Complete the sentences with appropriate terms:

- B* _____ is a hard sport, where muscle *t* _____ must be at least equal to *m* _____ training. The UIPM organizes an _____ for senior, junior and youth athletes.
- In all of *O* _____ *b* _____ events, athletes alternate between *c* _____-country snow skiing and *s* _____ rifles at targets.
- A *b* _____ is a form of *d* _____, a generic term that refers to a sporting event that is made up of two different athletic disciplines – *s* _____ and *t* _____ *s* _____ – and combines them into one exciting challenge.
- A *b* _____ *w* _____ *c* _____ was held in 1957.
- The athletes shoot from two positions – *P* _____ and *S* _____ – in various sequences depending on the *c* _____.
- The athletes are *f* _____ *t* _____ in all biathlon events.
- S* _____ and rifles have also been combined for *m* _____ use, to negotiate terrain that *v* _____ cannot.
- The *r* _____ used are specialized *b* _____ *action m* _____-led *r* _____.
- Biathlon has an excellent *s* _____ *r* _____.
- A _____ need skiing *s* _____, as much *e* _____ as a runner, and enough *c* _____ and focus to succeed at shooting.

12. Answer the following questions:

1. What sport is biathlon? What does biathlon consist of?
2. Where did this sport originate?
3. When were the precursors to modern biathlon events staged?
4. When did the first rules for biathlon come?
5. Who can participate in the Olympic biathlon competitions?
6. How many disciplines in the Olympic biathlon do you know?
7. Where is biathlon shooting done?
8. What is the difference between targets for prone position and standing position?
9. What must an athlete do when targets are missed?
10. Which position is more difficult: prone or standing?

13. Complete the sentences and translate them into your native language:

1. Skiing and riflery have also been combined for ...
2. The first standardized rules for biathlon came ...
3. By 1998 the rules became ...
4. The first women's Olympic ...
5. All Olympic biathlon shooting is ...
6. Shooting accurately while standing is more ...
7. The rifle is 22 caliber and ...
8. Shooting in the prone position is accomplished by ...
9. The rifles used are specialized ...
10. Athletes shoot from two ...

BIATHLON EVENTS

Text B

1. Read the text to find the information about:

- 1) *one of the most exiting competitions;*
- 2) *the event started at 30 seconds intervals and covered a 150 m handicap loop;*
- 3) *the oldest discipline in biathlon;*
- 4) *the two female and the two male team members ski a distance of 6 km/7.5 km;*
- 5) *the 15-kilometre women's competition is usually around 46 minutes;*
- 6) *the starting times in the Pursuit are based on the finish time of a previous competition;*
- 7) *the format of this event is similar to the Individual.*

The disciplines and distances in biathlon are very similar to those in cross-country skiing, but here, besides running, shooting is also required. In the individual races there are sprints, pursuits and mass starts. In addition, there are the relays, in which mixed relays are added in addition to the men's and women's relays. With the exception of the single mixed relay, all biathlon disciplines are held at World Championships and Olympic Games.

Usually there are six types of **biathlon events** for both women and men – **Individual, Sprint, Pursuit, Relay, Mixed Relay, and Mass Start**:

- **Individual** competition is 15 km (women); 20 km (men).
- **Sprint** competition is 7,5 km (women); 10 km (men).
- **Pursuit** competition is 10 km (women); 12,5 km (men).
- **Mass Start** competition is 12,5 km (women); 15 km (men).
- **Relay** competition is 4 × 6 km (women); 4 × 7,5 km (men).
- **Mixed Relay** competition is 4 × 6 km (W+M).

At the international level, there are six categories of competitors: **Men, Women, Junior Men, Junior Women, Youth Men, and Youth Women**. At national-level events, athletes can be categorized by age and gender. Each race features slight rule variations, as well:

Individual

The 20-kilometre interval start individual competition for men is the oldest discipline in biathlon. In individual events men ski for 12.4 miles (20 kilometers) and women ski for 9.3 miles (15 kilometers). Skiers start at 30-second or 1-minute intervals and race against the clock. Along the way they stop four times to fire—first prone, then standing, prone, standing—with five rounds of ammunition for each stop. For every shot that misses the target, a minute is added to the athlete's time total. A penalty of one minute for each miss is added to the competitor's time.

The time taken to complete the 20-kilometre men's competition generally varies between 53 and 55 minutes depending on the course and conditions. The 15-kilometre women's competition is usually around 46 minutes. Athletes who are overtaken by faster competitors must step aside, if needed, to allow the faster skier to pass.

Sprint

Like the individual, athletes start the race staggered by 30 seconds— one minute. Sprint events are also races against the clock. Men ski 6.2 miles (10 kilometers), women ski 4.7 miles (7.5 kilometers), and they have just two shooting sessions—prone, then standing. For each shot that misses the target, athletes must ski a 492-foot (150-meter) penalty loop. This is a relatively short distance for skillful skiers, so sprint contestants tend to shoot quickly and expect they can overcome a penalty easily. In contrast to the Individual competition, for each target miss the competitors must cover a 150 m handicap loop taking approximately 23 seconds. In the Sprint firing is faster and more risky, because the biathletes believe they have a chance to “catch-up” on the penalty loop. But the time it takes to go around the loop is only part of the penalty as each meter of skiing takes its toll on the athlete's body.

Pursuit

The most exciting races in biathlon are the pursuit races, in which the athletes compete not against the clock but against each other. Five laps are run (women 10 km, men 12.5 km), during which the biathletes have to shoot four times: lying twice and standing twice. The penalty for a mistake is a penalty round. The first to cross the finish line wins. The winners of the sprint and individual races get a head start, setting off onto the course first. The remaining skiers then depart based on their finish times compared to the sprint winner. The athlete that reaches the target section first goes next. Again, each missed target results in a trip through the 150 m penalty loop before the skier can continue along the course.

Mass Start

The mass start event for biathlon was first introduced in 2006 Winter Olympics. With a simultaneous start by all of the competitors, the Mass Start offers the ultimate in excitement and suspense for spectators.

The format of the Mass Start is similar to the Individual except the distances are shorter and shooting follows the sequence of prone, prone, standing, standing. Participation is limited to 30 because each competitor requires a target at approximately the same time due to the simultaneous start. At the first shooting, the competitors shoot at the shooting range according to their start number. Starting from the second shooting, the competitors shoot according to their actual order of arrival at the shooting range, starting on the free shooting lanes from the right. If competitors are lapped in the competition, they must withdraw from the competition at a suitable area in connection with the shooting range.

Relay

There are separate and mixed relay races for women and men. In the normal relay there are four athletes per team. The women run 6 km, the men 7.5 km. Each competitor shoots once lying and once standing. In the transition zone, one runner hands over to the next through any form of body contact. In the relay, every runner has three reloading cartridges if he misses a target while shooting. A penalty round only has to be run if a target is not hit after using the reload cartridges.

Similarly to the Mass Start, the competitors will initially begin at the same time, featuring one member of each team. Competitors must complete the course to tag the next person in the handover zone.

Mixed Relay

Mixed relay follows the same rules as relay. The only difference to the above relay is that a Mixed Relay team consists of 2 women and 2 men. The two female team members ski a distance of 6 km and the two male team members ski a distance of 7.5 km with 2 bouts of shooting at a distance of 2 and 4 kilometers respectively. Mixed Relay competitions start simultaneously with the first member of each team for the race. The following relay team members start in the handover zone where the arriving competitor has to touch the starting competitor. The race starting order in mixed relay is female, female, male.

Olympic biathlon events include men's and women's individual, relay, sprint, and pursuit races. There are 11 total ***biathlon events*** in the Winter Olympics because there is a men's and women's race for each category

except for mixed, which has a single event made of relay teams composed of four athletes each (two men and two women):

Men:

- 10 km Sprint
- 20 km Individual
- 12.5 km Pursuit
- 15 km Mass Start
- 4 × 7.5 km Relay

Women:

- 7.5 km Sprint
- 15 km Individual
- 10 km Pursuit
- 12.5 km Mass Start
- 4 × 6 km Relay

Mixed:

- 4 × 6 km (W+M) Mixed Relay

(Originated from: Al-Khateeb Z. What is biathlon?

<https://www.sportingnews.com/us/olympics/news/biathlon-rules-winter-olympic-shooting-skiing/v7xprika8jjg2tlsee3how9>)

2. Agree or disagree with the following:

1. The 20-kilometre interval start individual competition for men is a modern discipline in biathlon.
2. The Mass Competition differs from the Individual.
3. Each team has 5 or 6 biathletes in the Relay competition.
4. Mixed Relay competitions start simultaneously with the first member of each team for the race.
5. The starting times in the Pursuit are based on the finish time of a previous competition.
6. Participation in the Mass Start is based on the top 15 in the current World Cup total score.
7. In Relay competition each biathlete has eight rounds of ammunition for 5 targets.
8. The athletes shoot standing-prone- standing-prone.
9. Biathlon has five Olympic disciplines for both women and men.
10. A mixed Relay team consists of 3 women and 3 men.

BIATHLON EQUIPMENT

Text C

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

Biathletes need very specialized **equipment** to compete. Perhaps the most distinct is the rifle which has a harness so the biathlete can carry it on his back while he skis.

During the cross-country portion of a biathlon, athletes must carry their *rifle* and *ammunition*. As with other athletic equipment, biathlon rifles have been especially designed for the competition. The rifle stock is typically hollow to reduce the gun's weight. No automatic or semiautomatic rifles are permitted; the rifle must be manually reloaded between shots. The rifle is 22 caliber, bolt-action (specialized for biathlon competition), with non-optical sight. The rifle stocks must weigh a minimum of 3.5 kilograms without the clips. In order to shoot accurate, biathletes often have their rifle stocks custom made so they fit ideally. Only international standard 5.6-millimeter (0.22-inch) long rifle rim fire ammunition may be used.

The type of authorized rifle actions are as follows:

- Common bolt system
- Pistol grip cocking
- Straight pull action
- Straight pull action with ball-bearing locking

Only international standard 5.6-millimeter (0.22-inch) long rifle rim fire ammunition may be used.

For the skiing portion, biathletes only use the freestyle (skating) technique. This includes ski poles, boots and skis. Naturally, biathletes also wear a ski suit, as well as hats and gloves to protect from the cold since it is a winter sport.

Skis. Biathletes race while wearing cross-country skis. The most notable difference between Alpine and cross-country skis is that cross-country skis are much narrower, no more than two inches in width, and do not have the metal edges you'll find on alpine skis. The minimum length of the skis is dependent on the height of the biathlete themselves. Skis cannot be shorter than the minimum height of the athlete minus four centimeters, but they can be as long as an athlete prefers. Most cross-country skis are made of fiberglass with a foam core.

Bindings, Boots and Poles. Clicking into a set of cross-country skis is very different than the alpine skis like you see in events like the downhill. Cross-country bindings and boots attach the athlete to their skis by the toe only, leaving the heel free to flex up and down, allowing the skier to propel themselves across the snow. Although it looks effortless, cross-country skiing techniques require a tremendous amount of coordination, as you will notice when less-skilled athletes enter a race. This may be stating the obvious, but biathletes also use two ski poles, just like a cross-country skier, digging into the snow with every ounce of upper body strength they can find on the flats to the most grueling uphill climbs. Poles must be equal in length and can be no longer than the height of the athlete. Did you know it's called double poling when you see a biathlete stick both poles in the snow and push off? Looks easy, but it is one of the most difficult pole techniques to master.

Arm cuff/sling. An arm cuff with a bungee and clip is worn by biathletes on one bicep, which latches to the stock of the rifle making a kind of sling used when shooting. The arm cuff allows an athlete to create a three-point support for the rifle. The rifle is essentially sitting on a tripod made up of the sling and the athlete's body, and no extra effort by the athlete is needed to support the rifle. When shooting from the standing position, an athlete creates a similar relaxed stance by tucking their support arm elbow into their body, just above their hip bone.

Harness. Backpack like straps used by a biathlete to carry their rifle on their shoulders.

Snow over. Attached to a hinge at the end of the rifle barrel – at the muzzle – is a metal flap known as a snow cover. To keep snow from entering the barrel and front sight, the cover, or flap, is closed at all times, and flipped open just prior to setting up on the range.

Spotting score. Before and during a biathlon event coaches line up behind their athletes on the shooting range while looking through spotting scopes. These tripod-mounted scopes offer high powered magnification which assist the coach and their athlete when “zeroing” the sights on their rifle. Coaches focus on the target down range and chart the impact point of each shot taken by their athlete. Prior to competition a biathlete will make adjustments to their sight using two knobs on the rifle, which modify the sight vertically and horizontally. Every “click” of the knob is done so while considering such conditions as light, wind and temperature, all of which can effect the flight of the bullet.

Target. Metal targets and electronic targets are used for competition and paper targets are used for the zeroing of rifles, or the time spent before the race shooting to align rifle sights and to practice shooting. The targets at the 2022 Olympics will have remote reset capabilities and contain electronic target scoring data.

*(Originated from: **Biathlon 101: Equipment**
<https://www.nbcolympics.com/news/biathlon-101-equipment>)*

2. Compile a vocabulary of Biathlon terms.

3. Make a presentation of Biathlon.

Modern biathlon rules – What kind of rifle is used/rifle caliber?

The modern biathlon features several different variations, including distances traveled, starting procedures, number of shooting stages and penalties. Regardless, the aim in all iterations is to perform the cross-country portion of the race in as fast a time as possible while completing periodic shooting portions as quickly – and accurately – as you can.

Modern rules dictate biathletes carry a .22-caliber rifle on their backs (previously, higher-powered cartridges were used before .22 rifles were standardized in 1978). The rifle is to weigh 3.5 kilograms, or 7.7 pounds.

One rule that varies the most is the penalty incurred for missed targets during the shooting element of the biathlon. The following penalties are incurred, depending on the competition:

- Skiing around a 150-meter penalty loop
- Adding one minute to skiers total time
- In some competitions, three extra cartridges are allowed in target attempts. Those extra bullets must be loaded one at a time, however, costing skiers time. If skiers fail to hit any target with the extra ammo, they must complete a penalty lap for each remaining target.

(Originated from: Rules retrieved from: <http://www.biathlon.be/rules.html>)

1. Define the main idea of the text.

2. Express your attitude to the facts from the text.

Summer Biathlon

The combination of running and rifle marksmanship is a spin-off of the winter Olympic version of cross-country skiing and shooting. In the past, virtually all summer Biathletes were winter crossovers looking for a way to stay in shape during the off-season. This is no longer true. People of all sizes and ages, who are not interested in just skiing, are participating in summer biathlon. With events taking place in New Mexico, Georgia, and California, it is clear that summer biathlon isn't just for skiers. A new sport has emerged.

In Summer Biathlon the standard race distance is 5 kilometers. The rifles are 22 caliber and the standard shooting distance is 50 meters.

Summer Biathlon races use the same format as the Winter Olympic sport, except that running is substituted for cross-country skiing.

Competitors, starting in waves of 2 or 3 per minute, begin by running a loop that brings them to the shooting range. They lay down, pick up the rifle, shoot 5 shots at the metal targets, walk to the end of the range, and continue the running. They run another loop and come back to the range. This time it is five shots from the standing position. The race ends with a dash to the finish. Scoring is based on the competitors' total time, which includes the number of penalty loops run for each miss.

(Originated from: <https://minnesotabiathlon.com/about-biathlon/>)

- 1. Define the main idea of the text.**
- 2. Express your attitude to the facts from the text.**

Paralympic Biathlon: The rules to know

How do vision-impaired athletes aim at their targets? Athletes use an audio signal to guide them while aiming, with the audio signal rising in pitch as the point of aim moves nearer to the center of the target.

In the Para Biathlon, athletes with a vision impairment do not shoot bullets, pellets or anything else tangible, but an invisible laser beam. They use standard shooting equipment with a special electronic audio aiming device fitted to the gun.

The aiming device detects the point of aim of the gun relative to the target and provides the shooter, through headphones, different tones indicating the point of aim. The target sends out an infrared signal that is converted into an acoustic signal. The closer the barrel aims at the bull's-eye, the higher the frequency of the sound. Once the sound becomes constant, the athlete is on target.

The Biathlon events consist of a 2.0-kilometer or 2.5-kilometer course skied three or five times for a total race distance between 6-15 kilometers. Each race is divided into two or four shooting rounds; athletes must hit two targets located at a distance of 10 meters with a rifle.

When the biathlon was first introduced to the Paralympic Winter Games in Innsbruck, Austria in 1988, only athletes with a physical impairment could compete. Vision-impaired athletes became eligible to compete four years later in Tignes-Albertville, France.

(Originated from: Paralympic Biathlon: The rules to know – Global Times <https://www.globaltimes.cn/page/202203/1254575.shtml>)

1. Define the main idea of the text.
2. Express your attitude to the facts from the text.

Zeroing. Skate or Free Style Ski Technique

Zeroing. The time before a competition the athlete shoots at paper targets to adjust the rifle sights for the wind and light conditions. Biathletes take turns shooting while coaches watch every shot through high powered scopes and give the athletes sight corrections – telling them how many clicks to adjust their sights in the vertical and horizontal axis. “Three left and two down” for example. During the competition coaches watch the shots but are not allowed to give any information to the athletes while they are on the shooting range.

Skate or Free Style Ski Technique. When using this technique, longer poles are used to drive the skier forward, gliding out onto the right leg and then back to the left leg – much like ice skaters. While kick and glide classical technique is allowed in biathlon competitions it is never seen at the international level.

*(Originated from: Paralympic Biathlon: The rules to know – Global Times
<https://www.globaltimes.cn/page/202203/1254575.shtml>)*

1. Define the main idea of the text.
2. Express your attitude to the facts from the text.

Extra Rounds

In the Relay, 8 bullets are carried in each clip – five loaded in the usual way by bolting the rifle and three extra rounds carried in the base of the clip that can be hand loaded. Upon entering the range, the biathlete **deposits** the three extra rounds in a cup at their **firing point**. The five rounds from the clip are fired at the five targets, if more rounds are needed to hit all five targets, the extra rounds are **hand loaded**.

Shoot Clean. Hitting all five targets during one shooting stage.

Clicks. Rifle sight adjustments for wind and light conditions are made by moving the **rear aperture sight** using vertical and horizontal **screws**. Athletes listen for the clicks as they turn the **knobs** to know how far they have adjusted their sights.

There are **roughly** six clicks across the prone target.

Target. Metal target sizes are 11.5 cm in diameter for standing targets and 4.5 cm for prone targets. Shooting distance is 50 m for all shooting stages. *On a hit*, the black target is covered by a white metal *plate* that *flips up*.

*(Originated from: Paralympic Biathlon: The rules to know – Global Times
<https://www.globaltimes.cn/page/202203/1254575.shtml>)*

1. Define the main idea of the text.
2. Express your attitude to the facts from the text.

Shooting Positions. Penalty Loop and Standing Positions

Prone or Lying Down Shooting Position. In the Individual competition the first and third shooting stages are shot in the prone position, as is the first shooting stage in a Sprint and Relay competitions. In the Pursuit and Mass Start competitions the first two stages are prone. To the naked eye the prone target looks the same as the standing target, however, the prone hit area is only 4.5 cm in diameter. A good range time in prone is 25 seconds.

Off Hand or Standing. The standing shooting position used in the second and fourth shooting stages of the Individual competition, as well as the second stage of the Sprint and the Relay, and the third and fourth of the Pursuit and Mass Start. The target hit area is the same size as the aiming mark – 11.5 cm or about 4.5 inches. Typically the top athletes in the world compete the off hand stage in about 20 seconds – hitting all five targets in under seven seconds from first shot to last.

Penalty loop

150 m loop adjacent to the shooting range that must be skied when targets are missed during the Sprint, Pursuit, Mass Start and Relay. One loop is skied for every target missed. 20 to 25 seconds is considered a fast loop time. The penalty loop is not used in the Individual competition, instead a one-minute penalty is added to the competitor's final time for each missed target.

*(Originated from: Paralympic Biathlon: The rules to know – Global Times
<https://www.globaltimes.cn/page/202203/1254575.shtml>)*

1. Define the main idea of the text.
2. Express your attitude to the facts from the text.

**What do you think you know about Biathlon?
How much do you know about this military-inspired
Olympic sport?**

Choose the correct answer:

Test A

- 1. Biathlon is a competitive sport that combines which two activities?**

Your options: *[Cycling and rifle shooting], [Swimming and rifle shooting], [Long-distance running and rifle shooting], [Cross-country skiing and rifle shooting].*

- 2. Biathlon competitors are required to shoot targets while in which two different body positions?**

Your options: *[Kneeling position and standing position], [Standing position and sitting position], [Prone position and kneeling position], [Prone position and standing position].*

- 3. Which German biathlete won 3 Gold Medals at the 2006 Olympic Winter Games in Turin, the best performance of any athlete?**

Your options: *[Ricco Gross], [Ole Einar Bjoerndalen], [Michael Greis], [Michael Roesch].*

- 4. Which kind of weapon is used in biathlon?**

Your options: *[A long bow], [A hand gun], [A rifle], [A cross bow].*

- 5. Biathlon competitions can be held in many format, with the Individual race is the oldest kind of biathlon event. Which of the following is NOT a biathlon format?**

Your options: *[Pursuit], [Mass Start], [Mixed Relay], [Nordic].*

- 6. Which of the following Ukrainians won a thrilling Mass Start event by 0.1 seconds after a final lap chase in Antholz in 2002/3?**

Your options: *[Alexei Korobeynikov], [Olexander Bilanenko], [Andriy Deryzemlya] [Vyacheslav Derkach].*

- 7. During which kind of biathlon competition would you never find yourself in a penalty lap?**

Your options: *[Pursuit (12.5 km/10 km)], [Sprint (10 km/7.5 km)], [Individual (20 km/15 km)], [Relay (4 × 7.5 km)].*

8. Scandinavian hunters were the world's first biathletes, but the biathlon was first identified as a competitive event in 1767 when Norwegian border security entities competed against one another. After this point it became commonly known in Scandinavia as a method of training for which group?

Your options: *[Teenagers]*, *[Firefighters]*, *[Police]*, *[Military]*.

9. After which of the following events does a biathlete have to withdraw from a mass start competition immediately?

Your options: *[He fired at his neighbour's targets]*, *[He fell]*, *[He was lapped]*, *[One of his skis broke]*.

10. During which kind of biathlon competition would you never find yourself in a penalty lap?

Your options: *[Individual (20 km/15 km)]*, *[Pursuit (12.5 km/10 km)]*, *[Relay (4 × 7.5 km)]*, *[Sprint (10 km/7.5 km)]*.

Test B

1. At what Winter Games did biathlon make its official Olympic debut?

A. Cortina d'Ampezzo 1956

B. Squaw Valley 1960

C. Innsbruck 1964

D. Grenoble 1968

2. In 1924, a form of biathlon appeared at the first Olympic Winter Games. What was it called?

A. Ski guard

B. Military ski patrol

C. Survival ski

D. Military ski

3. True or false? The word biathlon is of Greek origin and means "two tests".

A. True

B. False

- 4. What is the typical amount of time it takes elite biathletes to complete the 150 m penalty loop?**
- A. 10-20 seconds*
 - B. 20-30 seconds*
 - C. 30-40 seconds*
 - D. 40-50 seconds*
- 5. In what year were the first biathlon world championships held?**
- A. 1957*
 - B. 1958*
 - C. 1959*
 - D. 1960*
- 6. Who was the first Canadian man to win a world championship medal in biathlon?**
- A. Jean-Philippe Le Guellec*
 - B. Brendan Green*
 - C. Nathan Smith*
 - D. Robin Clegg*
- a. True or False? The biathlete with the fastest ski time always wins the event.**
- A. True*
 - B. False*
- 7. What is the newest biathlon event added to the Olympic program?**
- A. Sprint*
 - B. Mass Start*
 - C. Mixed Relay*
 - D. Pursuit*

GLOSSARY

Ammunition: *standard 22 caliber ammunition is used for the Biathlon. It is loaded into magazines which hold five rounds.*

Arm sling: *a belt used to stabilize the rifle and the biathlete's arm while shooting in the prone position.*

Bindings: *attach a skier's feet to their skis by the toe of the boot only, giving their heels the freedom to flex up and down.*

Biathlon: *is an athletic contest combining two events, esp. cross-country skiing and rifle shooting.*

Biathlon rifle: *22 caliber, combined weight of the unloaded rifle and stock must be no less than 3.5 kg.*

Chase group: *biathletes in the pursuit event who start the race after the gold medalists of the individual event and sprint event are given a head start.*

Clicking: *adjusting a small metal knob on the rifle sights (one "click" at a time) for wind conditions just before shooting*

Clean shooting: *all five targets go from black to white in a single shooting stage*

Clip/Magazine: *used to hold five .22 caliber rifle cartridges. Up to four clips can be stored in the rifle stock while the biathlete skis the course.*

Crystal Globe: *the coveted trophies awarded at the end of each season to the top-scoring men and women in various categories.*

Cross-firing: *unintentionally shooting at another competitor's target; two-minute penalty for each-cross fired shot, unless the competitor realizes the error and runs a penalty loop for each cross-fired shot.*

Declared rounds: *in relay events, eight bullets are carried in each clip. The five-round clips are used first in an attempt to hit all five targets.*

International Bathlon Union (IBU): *The governing body biathlon.*

Firing lane: *The 50-meter (164 feet) space between the firing line and the target in the shooting portion of the competition.*

Handover Zone: *area defined by red lines used in relays where the incoming competitor must touch (tag) the starting competitor in a relay competition.*

Lycra suits: *the tight suits reduce resistance while skiing and allow free movement.*

Magazine: stores five rounds of .22 caliber ammunition; every rifle stock can store up to four magazines

Penalty: two types of penalties for missed targets: in the 20 km and 15 km individual, one penalty minute is added to the athlete's final time for each missed target.

Penalty loop: 150-meter loop skied for each missed target in sprint, pursuit, mass start and relay; 75-meter loop used in super sprint

Photo-finish: finish line camera image used to determine places in closely-contested pursuit, mass start, and relay finishes.

Prone position: lying down on the stomach, used while shooting. The rifle can only be in contact with the athlete's hands, shoulder and cheek.

Prone shooting: shooting while lying on the ground, supported only by elbow.

Prone sling: elastic strap attached just above the elbow to the front of the rifle stock used to help stabilize the rifle only during prone shooting.

Range time: the time it takes an athlete to enter the firing range, unslung the rifle, shoot five rounds, re-sling the rifle and exit the range.

Rifle: a single-loading 22-calibre rifle with non-optical sights is the official rifle for international biathlon competition.

Rifle stock: customised wood, carbon fiber or 3D printed combination; individually fitted to maximize shooting efficiency and accuracy.

Salting the course: in all alpine and Nordic skiing events, it is sometimes essential to spread rock salt on the course..

Shoot clean: act of hitting all five targets during one shooting stage, also known as a shooting bout.

Shooting Mat: made of non-slip material where the competitor stands or lies while shooting.

Skating technique: the most basic cross-country skiing technique used in all Olympic biathlon races; also known as freestyle.

Skis: the biathlete's skis are shorter and straighter than typical cross-country skis.

Standing shooting: the shooting position where athletes stand without any support. The rifle can only come in contact with the athlete's hands, shoulder, cheek and chest next to the shoulder.

Snow cover: *small metal piece to keep snow out of rifle barrel that athlete flips open just before shooting.*

Spare rounds: *up to three extra shots allowed in relays to close all five targets. Spare rounds stored singly in the rifle stock and hand loaded individually as needed.*

Split times: *intermediate timing positions along the ski tracks.*

Targets: *50 meters from firing point; prone shooting target (4.5 cm), standing shooting target (11.5 cm), targets turn from black to white when struck by the bullet.*

Wind Flags: *small red flags on shooting range that athletes look at just before shooting to confirm wind direction and strength.*

Zeroing: *time spent before the race shooting paper targets to align the rifle sights. Biathletes may also make adjustments to their sights during a race.*

*(Originated from: Biathlon 101: Glossary – NBC Olympics NBC Olympics
Oct. 12, 2021 10:49 am ET(Updated: Feb. 4, 2022 8:18 am ET)
<https://www.nbcolympics.com/news/biathlon-101-glossary>)*

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Друк ТОВ «Компанія “Манускрипт”»
вул. Руська 16/3, м. Львів, 79008
тел./факс: (032)235-52-20

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