

HOSHOVSKA LARYSA

KAYAKING AND CANOEING



Гошовська Л.М.

«Байдарки і каное»

**методична розробка
з англійської мови**

*для самостійної та аудиторної роботи
з теми*

«Спортивна спеціалізація»

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

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Гошовська Л. М. Байдарки і каное : метод. розробка з англ. мови для сам. та авд. роботи з теми «Спортивна спеціалізація» для студ. ІІІ курсу денної та заочної форми навчання за напрямками підготовки «фізичне виховання» та «спорт» / Л. М. Гошовська. – Л.: 2012. - 16 с.

У методичній розробці представлено тему «Спортивна спеціалізація» (Байдарки і каное) для самостійної та аудиторної роботи студентів третього курсу денної та заочної форм навчання. Навчальний матеріал має професійне спрямування та закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та писемного мовлення. Методична розробка призначена для студентів третього курсу, які навчаються за кредитно-модульною системою.

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KAYAKING AND CANOEING

Text A

1. Make use of the following vocabulary while reading the text "KAYAKING AND CANOEING":

recreational activity	заняття для відпочинку
outing	прогулянка, виїзд, екскурсія
muscles of abdomen	м'язи живота
versatility of canoes and kayaks	(тип) різновиди байдарок і каное
paddle (n)	весло
paddle (v)	веслувати, пливати на байдарках чи каное
creek	струмок, невелика річка
accessory gear	необхідний інвентар, пристосування
life vest	рятівний жилет
floating device	засіб для утримання на поверхні води
first-aid kit	аптечка
rescue equipment	рятувальне обладнання
kneeling position	положення сидячи на колінах
buoyancy	плавучість, здатність триматися на поверхні води
helmet	шолом
for safety purpose	з метою безпеки
probability of capsizing	ймовірність перекинення човна
lightweight and shallow-draft craft	легке та мілке судно
weight distribution	розподіл ваги, навантаження
balance maintaining	підтримка рівноваги
keeping the centre of gravity	утримання центру тяжіння
high-kneel position	положення на напівзігнутих ногах
vessel = craft	судно
flowing speed	швидкість течії
whitewater rafting	сплавляння на байдарках і каное гірськими річками

2. Give Ukrainian equivalents to the following English word combinations without consulting a dictionary:

recreational sport; sports interest; aerobic activity; canoe and kayak outings; both sexes; to be determined; adequate; sensitive to stb.; balance; back muscles; recommended position; classification.

3. *Read the following text paying special attention to the sports terminology.*

KAYAKING AND CANOEING

Kayaking and canoeing may begin as recreational activities or as a sports interest. It is an excellent aerobic activity because many canoe and kayak outings take from several hours or half a day to several days. Canoeing and kayaking develop muscles of the back, abdomen, shoulders and arms. One can canoe or kayak solo or with a partner.

Canoeing and kayaking are practiced by both sexes and by people of all ages, nevertheless the competitive canoe is meant for men only.

The versatility of canoes and kayaks is amazing. One can paddle on the smallest creek, river, lake, or even the sea. Competitions vary from citizen races to Olympic events. The first European championship was held in 1933. Canoeing and kayaking have been accepted to the Olympics since 1936. The world championships have been taking place since 1938.

ACCESSORY GEAR: Accessories for canoeing and kayaking include paddles, life vests, flotation devices, first-aid kits, and rescue equipment.

Next to choosing a proper canoe or kayak, the choice of a paddle is the most critical. Length of a paddle is determined by the athlete's height and whether the paddle will be used from a standing, sitting or kneeling position.

Paddlers should always wear a life vest for adequate buoyancy, physical protection and warmth. Helmets should be used for safety purposes in difficult rivers with a probability of capsizing.

FUNDAMENTAL SKILLS AND TECHNIQUES: Canoes and kayaks are lightweight and shallow-draft crafts. They are sensitive to weight distribution. Maintaining balance in a canoe or kayak is regulated by keeping the centre of gravity (CG) over the base of support (BS) and by keeping CG as low as possible.

The recommended position for canoe paddling is kneeling. This offers a low CG with three points of contact with the canoe. Other paddling positions - sitting, high-kneel or standing - are possible.

Kayakers always sit in their vessel with their legs out in front.

INTERNATIONAL SCALE OF RIVER DIFFICULTY:

Moving water has three classifications:

1. Class A - flowing speed under 2 mph (metres per hour)
2. Class B - flowing from 2 to 4 mph
3. Class C - greater than 4 mph

Whitewater rafting has six classifications:

class I: Easy;

class II: Novice;

class III: Intermediate;

class IV: Advanced;

class V: Expert;

class VI: Almost Impossible.

(Originated from Wikipedia, the free encyclopedia)

4. Give Ukrainian equivalents to the following phrases:

1. excellent aerobic activity;
2. rivers with a probability of capsizing;
3. kayak and canoe outing;
4. to develop the muscles of the back, abdomen and arms;
5. to keep buoyancy;
6. to kayak or canoe solo;
7. to wear a life vest;
8. it is practiced by both sexes;
9. lightweight and shallow-draft craft;
10. international scale of river difficulty;
11. whitewater rafting;
12. to sit with the legs out in front;
13. kneeling position;
14. sensitive to weight distribution;
15. the speed of flowing river;
16. rescue equipment.

5. Match the definitions with their corresponding notions:

- | | |
|-----------------------|---|
| 1. to paddle | a) the sport of rafting down fast-flowing rivers |
| 2. craft | b) characteristics that distinguish organisms as male or female |
| 3. gear | c) the ability to float in the water |
| 4. buoyancy | d) a single vessel or an aircraft |
| 5. aerobic | e) a person who is new to or inexperienced in something |
| 6. abdomen | f) to propel a small craft with a help of special oars |
| 7. to maintain | g) the region of the body immediately below the thorax |
| 8. whitewater rafting | h) depending on oxygen |
| 9. novice | i) to keep in proper condition, to support |
| 10. sex | j) personal equipment and accessories |

6. Match the words to create free word combinations. Use them in the sentences of your own.

- | | |
|----------------------|-------------------|
| 1. recreational | a) a helmet |
| 2. high-kneel | b) with a partner |
| 3. almost impossible | c) of a paddle |
| 4. length | d) equipment |
| 5. rescue | e) classification |
| 6. to canoe | f) activities |
| 7. to wear | g) position |

7. Insert appropriate prepositions where necessary choosing them from the box below:

about	by	from	over	in	with	for	to	of	under	off	at
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1. Kayak and canoe outing might take ... several hours or half a day ... several days.
2. Natives ... Central America used the dugout canoe ... travel, trade, and war.
3. Canoes were mainly paddled ... single-blade paddles.
4. The recommended position ... canoe paddling is kneeling.

5. One can paddle ... the smallest creek, river, or even the sea.
6. Competitions vary citizen races ... Olympic events.
7. Class A is a river's difficulty classification with flowing speed 2 mph.
8. Umiaks were larger than kayaks and were paddled ... up to eight paddlers.
9. One can canoe and kayak solo or a partner.
10. Helmets should be used ... safety purposes ... difficult rivers ... a probability ... capsizing.

8. Fill in the gaps in the sentences making use of the phrases from the box:

<i>a)</i> an excellent aerobic activity	<i>e)</i> for adequate buoyancy
<i>b)</i> keeping the centre of gravity	<i>f)</i> in their vessel
<i>c)</i> scale of water difficulty	<i>g)</i> by the athlete's height
<i>d)</i> the base of support	<i>h)</i> lightweight and shallow-draft crafts

1. Kayakers always sit _____ with their legs out in front.
2. International _____ is divided into three classifications.
3. Kayaking and canoeing is _____ because many outings take from several hours to several days.
4. As far as canoes and kayaks are _____ they are sensitive to weight distribution.
5. Length of a paddle is determined _____ and the paddling position.
6. Maintaining balance in a canoe or kayak is regulated by _____.
7. Paddlers should always wear a life vest _____, physical protection and warmth.

9. Match the beginnings with the endings:

1. Competitions in kayak and canoe rowing can vary.
2. Canoeing and kayaking develop ...
3. Canoeing and kayaking are practiced ...
4. Accessories for canoeing and kayaking include
5. Balance in a canoe or kayak is regulated by ...
6. The II-nd and the III-rd water rafting classifications are called ...
7. Next to choosing a proper canoe or kayak, ...

- a) ... keeping the centre of gravity as low as possible.
- b) ... the choice of a paddle is the most critical.
- c) ... muscles of the back, abdomen, shoulders and arms.
- d) ... Novice and Intermediate.
- e) ... paddles, life vests, floatation devices, first-aid kits, and rescue equipment.
- f) ... by both sexes and by people of all ages, i
- g) ... from citizen races to Olympic events.

10. Complete the sentences according to the previous text contents:

1. Canoeing and kayaking is an excellent aerobic activity because ...
2. Canoeing and kayaking are practiced ...
3. The versatility of canoes and kayaks is amazing because ...
4. To maintain balance in a kayak or a canoe one has ...
5. Whitewater rafting has six classifications, which are as follows ...
6. Accessories for canoeing and kayaking include ...
7. Length of a paddle is determined by ...
8. Helmets should be used for safety purposes in case ...
9. Paddlers should always wear a life vest for ...
10. According to the international scale of river difficulty ...

11. Give expanded answers to the following questions:

1. Are canoeing and kayaking a good recreational activity or are they a professional sporting pursuit?
2. Why are canoeing and kayaking considered to be an excellent aerobic activity?
3. Do canoeing and kayaking develop the muscles of lower extremities?
4. Canoeing and kayaking are individual events, aren't they?
5. What is the accessory gear for practicing canoeing and kayaking?
6. What is the length of a paddle defined with?
7. Why is it a must for a paddler to wear a life vest?

8. Is a helmet as necessary as a life vest for the rower's safety?
9. How is the balance maintained in canoeing and kayaking?
10. What are the major paddling positions in canoeing?
11. How do kayakers sit in their vessel?
12. How many classifications of water flow are there in canoeing and kayaking?
13. What are the parameters in whitewater rating classification?
14. When did the canoeing and kayaking receive the Olympic status?
15. Are the European and World championships in canoeing and kayaking held on a regular basis?

Text B

1. Scan the " **HISTORY OF KAYAKING AND CANOEING** " to find the information about:

- *the origins of the canoeing and kayaking*
- *what were kayaks and canoes used for primarily*
- *Ukrainian prominent kayakers and canoeists*
- *the development of kayaking and canoeing as a competitive sport*
- *the difference between kayaks and umiaks*
- *the reasons for the kayaks and canoe art disappearance by the beginning of the XXth century in the US*
- *the reasons of growing popularity of canoeing and kayaking at the beginning of the 70ies.*

HISTORY OF KAYAKING AND CANOEING

Canoeing and kayaking have evolved over hundreds of years. The first boating vessels were probably single logs or logs strapped together called rafts. Natives from Central America, the Fiji Islands, Africa, and Indian tribes in North America used the dugout canoe for travel, trade, and war.

The canoe and kayak can be traced to the Indian tribes and Eskimos of North America. In areas where trees were scarce, frame-and-skin craft were constructed. In the north-central parts of the United States and Canada, where trees were plentiful, bark from birch trees was stretched over a wooden frame.

Decked (covered) boats were used by Eskimos mainly in Alaska and Greenland. These boats were called "kayaks" or "umiaks". Kayaks were smaller, for one person, and were paddled with double-blade paddles. Umiaks were larger, up to 9.14 m long, and were paddled by up to eight paddlers using single-blade paddles. Open boats were called "canoes". Canoes for one person were 3.7 to 5.2 m long, while those built up to 9.14 m long could carry more people. They were mainly paddled with single-blade paddles. Sometimes poles were used for steering and navigating upstream.

The canoe and kayak were a primary source of transportation. They were used for hunting and for transporting furs to trading centres. When the settlers from Europe and Great Britain came to North America, they often had the help of Indians in facilitating travel. Canoes were fast, had good maneuverability on the water, and were lightweight for portaging between lakes or rivers. Many French immigrants settled in the Canadian North adopted the Indian lifestyle and became expert canoeists.

By the beginning of the twentieth century the art of canoeing nearly disappeared because railroads and automobiles lessened the canoe's importance as a means of transportation. Between 1920 and 1940 both Canada and the United States changed from being two-thirds rural to three-fourths urban, which led to almost total disappearance of canoeing and kayaking in North America.

At the same time, Europeans who traveled in the United States and Canada saw the canoe and kayak and popularized it as sport in their countries. Whitewater paddling in Europe was pursued as a leisure activity, and Europeans have dominated international canoe and kayak racing throughout the twentieth century. Nevertheless little was done to develop whitewater techniques until the mid-1970s. From the late 1930s through the early 1970s canoe and kayak building was limited to two or three models by two companies: Old Town and Grumman.

Canoes were usually made of wood strips and aluminum. The development of such synthetics as fiberglass, acrylonitrile butadiene styrene (ABS) and Kevlar along with a maturing of social, economic and environmental values has resulted in a growing popularity of canoeing and kayaking. As a result, technique of the sport is developing: the art of quick turning by laying a boat on its side, pirouettes and the like is continually evolving.

With the expansion of interest in canoeing and kayaking Americans have also returned to racing in order to become competitive with the Europeans. In the 1988 Olympics Greg Barton won the first U.S. gold medal in flat-water kayaking. In 1992 Olympics in Barcelona, Spain, Joe Jacobi and Scott Strausbaugh became the first Americans to win a gold medal in white-water competition.

The first gold medal for Ukraine was won by Eugene Yatsynenko at the European championship in 1957. Since then Ukrainian kayakers and canoeists have obtained 18 gold medals at the Olympic Games; 81 golden awards - at the World championships and 38 gold medals - at the European championships.

The Lviv State University of Physical Culture is proud of its outstanding graduates, famous rowers Slyvynski's brothers - Mychailo and Oleksiy, and Vasyl' Bereza. Mychailo Slyvynski became a silver medal winner in 1988 and 1992 Olympics and the world champion in 1989, 1990 and 1991. His brother Oleksiy gained the world champion title in 2003. Vasyl' Bereza became the world champion in 1983.

(Originated from Wikipedia, the free encyclopedia)

2. *Basing on the previous reading, decide if the following sentences are true, false, or impossible to answer:*

1. European kayakers and canoeists have always dominated at the World and European championships.
2. The kayak and canoe technique has been evolving alongside with the science and technologies advance.
3. Almost total disappearance of canoeing and kayaking art in North America was
4. caused by urbanization of the population.
5. The kayak and canoe Olympic events include single-oar, double-oar and four-oar competitions.
6. Some hundreds years ago the Indian tribes used kayak and canoe for warfare mainly.
7. Americans and Canadians dominated international kayak and canoe racing throughout the twentieth century.
8. The first gold medal in kayak racing for Ukraine was won at the 1988 Olympics.
9. Canoes were popular among the first settlers from Europe due to their light weight, speed and good manoeuvrability.

10. The "Old Town" and "Grinman" kayak and canoe building companies became the monopolists in the mid-twentieth century.

11. Ukrainian Eugene Yatsynenko, the first European gold champion in kayaking, graduated from the Lviv State University of Physical Culture.

3. Devide the text into paragraphs. Give headings to each of them.

4. Compile an abstract of the article you have read.

1. Read the text " MECHANICS OF PADDLING " to make a written translation of it into Ukrainian. Do the after-text activities.

MECHANICS OF PADDLING

There are three major types of canoe and kayak strokes: power strokes; turning, lateral, or corrective strokes; and bracing strokes. Power strokes primarily provide forward or reverse momentum. Turning and lateral strokes pivot the boat or make it go sideways, while corrective strokes adjust the path of the boat to keep it on a straight course. Bracing strokes provide stability for the boat.

There are two phases to all strokes. The propulsion phase is the application of force on the paddle against the water. The recovery phase is the return of the paddle to a "catch" position, where the blade is braced against the water, ready to begin the propulsion phase.

Strokes can be dynamic or static. A dynamic stroke moves the blade actively against the current. A static stroke is a fixed-position stroke used to turn or veer the boat. Paddling strokes utilize leverage to gain propulsion through the water. Speed and range of motion are gained at the blade end of the paddle. Mechanical advantage is the result.

The established linear motion in a canoe or kayak, it is best to have the paddle in a vertical position and follow a straight path parallel to the keel line of the boat. To establish rotary motion in a vessel, it is best to apply force to the paddle as far forward as possible to establish an arc around a pivot point.

Newton's Third Law of Motion states that for every action there is an equal and opposite reaction. In paddling, the action is the application of force to the blade. The reaction is the movement of the craft in the opposite direction. To go forward, pull the water back. To go to the right, push or pull the water to the left.

Three types of water resistance that can affect a vessel are: frontal, surface and eddy resistance. Frontal resistance occurs where the force of the wind or water strikes a craft first. It exerts the greatest pressure against a boat. Surface resistance occurs

when the wind or water slides along the craft. Eddy resistance is created when a craft displaces wind or water at its widest point. The resulting vacuum is filled in by an unstable whirl of displaced water. An understanding of these resistances helps paddlers determine which stroke to use in a given situation.

ACTIVITIES

- 2. *Compile an English-Ukrainian vocabulary of the kayaking and canoeing terms.***

- 3. *Make a presentation of kayaking and canoeing as the kind of sport you practice.***