

Yuliya Prytulyak-Kazmiruk

BIATHLON



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Рецензенти:

У. М. Проценко – старший викладач кафедри української та іноземних мов Львівського державного університету фізичної культури,
В. О. Бережанський – директор НДІ Львівського державного університету фізичної культури, доцент, к. фіз., вих.

*Ухвалено до друку Вченою радою факультету ПК ІІІІ та ЗО
Львівського державного університету фізичної культури
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У методичній розробці представлено тему “Спортивна спеціалізація” (*Біатлон*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання третього року навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів третього курсу за напрямками підготовки “фізичне виховання” та “спорт”, які навчаються за кредитно-модульною системою

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1. Study the active vocabulary

- biathlete, *n* – біатлоніст
- cross country skiing – біг по нересіченій місцевості
- target, *n* – мішень
- rifle, *n* – гвинтівка (дрібнокаліберна)
- prone position – положення лежачи
- standing stance – положення стоячи
- penalty, *n/adj* – штраф / штрафний
- penalty lap – штрафне коло
- to assess, *v* – призначати
- missed shot – пропущений вистріл, незакрита мішень
- loop, *n* – петля
- shooting range – стрільбище
- bout, *n* – тур
- military patrol races – змагання військових патрулів
- IBU (International Biathlon Union) – Міжнародний Союз Біатлоністів

2. Translate without a dictionary

To combine, aerobic activity, strength, military, civilian, to standardize, officially, technology, coverage, enthusiastic spectators, to increase, nationwide, to separate, committee, team event, speed, concept.

3. Read the text

Biathlon is a Winter Olympic Sport which combines cross country skiing with precision target shooting. There is also a warm weather variant called Summer Biathlon which combines skiing with running. In a typical winter race, a biathlete is required to ski with his or her rifle over a set distance to a shooting range, where five shots at five knockdown targets 50 m down range are taken from prone position. Depending on the format, either a

time penalty or penalty laps are assessed for missed shots. The racer then skis another loop, and comes back to the shooting range for another set of shots - this time from a standing stance. Again penalties are assessed for missed shots. The biathlete then skis a final loop to complete the race. Though a seemingly unlikely combination of events - one is an aerobic activity which requires strength, speed, and endurance; the other is a passive activity which requires concentration and a steady hand (difficult after you've been skiing all out!), the biathlon concept evolved from two activities which have a long history - hunting and winter warfare.

The first organized competitions that would be recognizable as Biathlon took place in Norway in 1776. These were team events that combined shooting skill with skiing. Competitions were held at regular intervals between 1792 and 1818. Around 1912, again in Norway, the team competition was joined by an individual format race during which ten rounds were fired in two shooting bouts. In the rest of Europe, Germany's first military patrol races were held in 1902.

The first Olympic Winter Games in Chamonix, France included a military ski patrol race as a demonstration sport, and it was included as a demonstration sport again in 1928, 1936 and 1948. It was not until the 44th session of the International Olympic Committee in Rome in 1949 however that a proposal by Sweden to include a combination of cross-country skiing and shooting as an individual competition open to civilian competitors was accepted.

In 1948, the *Union Internationale de Pentathlon Moderne et Biathlon (UIPMB)* was founded, to standardise the rules for biathlon and modern pentathlon. In 1993, the biathlon branch of the UIPMB created the *International Biathlon Union (IBU)*, which officially separated from the UIPMB in 1998.

In fact, the first time the word "Biathlon" shows up is in the rules of 1955. Before that the event was called a "Patrol Race". The first Biathlon World Championships were held in Saalfelden, Austria in 1958. Only 25 athletes from seven countries started in that first 20 km race. But the sport grew quickly.

The first Olympic Biathlon competitions were held in 1960 in Squaw Valley, California (USA). Women's events were added in the 1992 Winter Olympics. Modern technology changed the target systems, making it cheaper and easy to reset targets, the skating step increased the speed of the race, and TV coverage introduced millions of new and enthusiastic spectators to Biathlon. Currently, though it is a relatively obscure sport in the United States, with perhaps 1,000 athletes nationwide, it is the most popular televised winter sporting event in Europe.

(originated from www.biathlon.net)

4. Match the words with their definitions

1) penalty	a) a competition between people, animals, vehicles, etc. to see which one is the fastest
2) loop	h) an object that people practise shooting at, especially a round board with circles on it
3) rifle	c) a person who is not a member of the armed forces or the police
4) race	d) the act of firing a gun; the sound this makes
5) civilian	e) a punishment for breaking a law, rule or contract
6) shot	f) a shape like a curve or circle made by a line curving right round and crossing itself
7) target	g) a gun with a long barrel which you hold to your shoulder to fire

5. Fill in the missing prepositions

- 1) _____ a typical Winter race, a Biathlete is required _____ ski _____ his or her rifle _____ a set distance _____ a shooting range, where five shots _____ five knockdown targets 50 m down range are taken _____ prone position.
- 2) The racer then skis another loop, and comes _____ the shooting range _____ another set _____ shots - this time _____ a standing stance.
- 3) Penalties are assessed _____ missed shots.
- 4) _____ the rest _____ Europe, Germany's first military patrol races were held _____ 1902.

5) _____ fact, the first time the word "Biathlon" shows _____ is _____ the rules _____ 1955.

6. *Match the beginning of the sentence with its end*

1) There is also a warm weather variant called Summer Biathlon	a) combined shooting skill with skiing.
2) These were team events that	h) millions of new and enthusiastic spectators to Biathlon.
3) The first Olympic Biathlon competitions were held	c) in the 1992 Winter Olympics.
4) Womens events were added	d) in 1960 in Squaw Valley, California (USA).
5) Modern technology introduced	e) which combines skiing with running.

Text B

General Description of Biathlon Competitions

There are seven international types of competitions:

- Individual
- Sprint
- Pursuit
- Mass Start
- Relay
- Mixed Relay
- Super Sprint

of which five are in the program of the Olympic Winter Games.

- In a Biathlon competition, the athlete skis distances varying from 6 to 20 km and stops at the shooting range to shoot two or four times, with both the ski distance and number of shooting bouts depending on the type of competition in question.

- The shooting distance is always 50 m and five rounds are fired in each bout at five targets, except in the Relay competition in which the competitor has three spare rounds for each bout. There are two shooting positions, prone and standing, which are done in a sequence depending on the competition.
- Target diameters are very small, 115 mm for standing and 45 mm for prone. During the entire competition, from start to finish, the clock is running for the competitor - there is no time-out for shooting.
- Penalties for missed targets are imposed either as one minute of added time per target for the Individual competition or as a 150 m penalty loop - done immediately after each bout of shooting - for all other competitions.
- In essence, the competitor starts at the start line, skis one course loop (length depending on the competition), comes to the range and shoots, skis another loop, shoots, and so on, and then finishes with a ski loop to the finish line after the last bout of shooting.
- For the Individual and Sprint competitions, starts are done with one competitor at a time with a 30 second interval. In a Pursuit competition, starts are based on time intervals from the qualifying competition, and for the Mass Start, all competitors start together simultaneously.
- In the Relay competition, the first members of all teams start simultaneously and after completing their part, tag the next member to start them on their way.
- In principle, throughout the competition, the biathletes are responsible for their own actions, such as selecting a shooting lane in the Individual, Sprint and Pursuit competitions (assigned in the Relay and Mass Start first shooting by start numbers), and for counting the number of missed plates on their targets and then skiing the correct number of penalty loops. However, they must always follow the stipulations of the Event and Competition rules.
- Mixed Relays are also held; in these, female biathletes have to complete the first and the second round of the relay respectively, while the third and fourth relay round are each completed by a male biathlete. In other respects, the procedure for the Mixed Relay competition is as in the above description.

Classes of Competitors

In international events there are six classes of competitors:

- Men (from 21)
- Women (from 21)
- Junior Men (from 19 to 21)
- Junior Women (from 19 to 21)
- Youth Men (under 19)
- Youth Women (under 19)

Men and Women cannot compete in Junior and Youth events but Juniors may compete with the senior classes and the Youth with the Juniors and Seniors.

Separate events are held for the Senior classes and the Junior and Youth classes, including World Championships. National events normally include additional youth and masters classes.

Competition Equipment

In a competition, biathletes wear a one or two-piece ski suit. Skis, poles and boots are standard competition type and are very light in weight.

The rifle is designed for Biathlon with an action that is a variation of bolt or lever action, .22 inch in caliber, with a minimum weight of 3.5 kg, and equipped with a shooting sling.

The magazines for the rifle may only hold five rounds of ammunition and the maximum muzzle velocity for a bullet is 380 m/s. The rifle is carried on the back with a carrying harness, vertically barrel up. Advertising on clothing and equipment is strictly controlled to prevent gross commercialism in the sport.

(originated from www.biathlonworld.de)

1. Match the type of competition with its translation

1) Individual	a) змішана естафета
2) Sprint	b) сувер спринт

3) Pursuit	с) класична індивідуальна гонка
4) Mass Start	d) спринт
5) Relay	е) гонка переслідування
6) Mixed Relay	f) мас старт
7) Super Sprint	g) естафета

2. Are these statements true or false

1. There are three international types of competitions.
2. The shooting distance may vary from the type of competition.
3. There are two shooting positions in biathlon.
4. Penalties for missed targets are imposed.
5. Mixed Relays are both for men and women.
6. Competition equipment is rather heavy.

3. Answer the questions

1. What are the main types of competitions in biathlon?
2. What does a biathlete do during a competition?
3. What are the shooting positions?
4. What types of penalties can be imposed for missed shots?
5. How do the competitors start in the Individual competitions?
6. At what type of competitions a few competitors may start simultaneously?

Text C

Read the text and write an abstract of it

Biathlon in Ukraine: the Beginning of the Era

The development of biathlon in Ukraine was not constant at all the times. It began to develop in the late 1950's in Chernihiv in the sports society "Kolos". In the 1960s, development continued in society "Dynamo" in Sumy and Kharkiv districts. In 1961, the Kyiv State Institute of Physical Culture and Sports organized the first section of biathlon, which included skiers of the Institute – Anatoliy Stud'onov, Mykola Bleshchunov, Yakiv

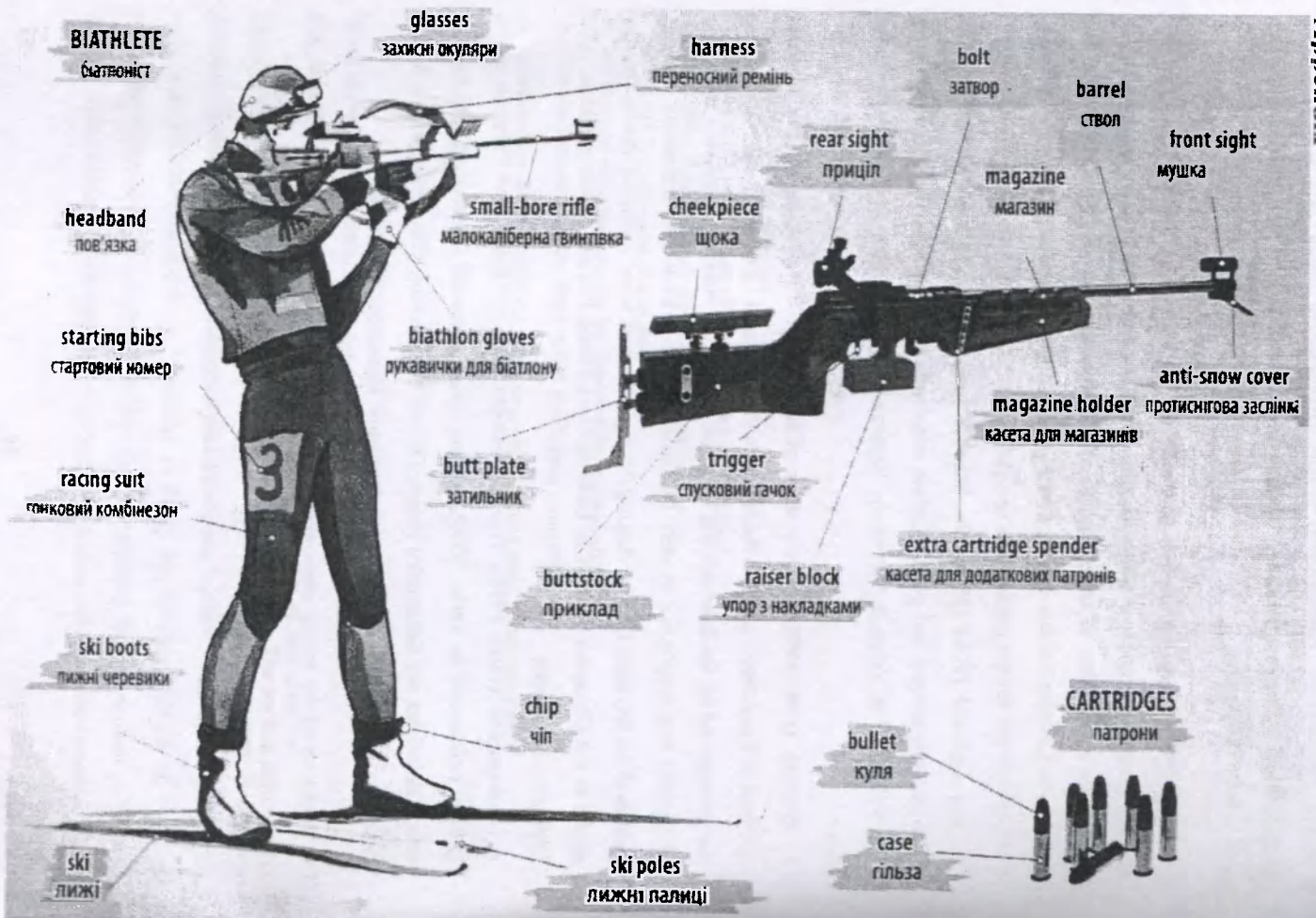
Dvorskyi, Volodymyr Krushynskyi, Viktor Kradyenov, Pavlo Verstakov, Leonid Tkachuk, Vasil Lomayev, Stanislav Pokanevych. These athletes were members of the first biathlon team of Ukraine.

In January 1963 in Kharkiv the first championship of Ukraine in biathlon was held. The first champion of Ukraine in biathlon became Yakiv Dvorskyi. Since that time more active development of biathlon in some regions of Ukraine has started. However, during the Soviet era in Ukraine the development of winter sports has been neglected. Nevertheless, we may single out several stages in this process:

- **Development (1963-1990).** The list of the sportsmen who have contributed to biathlon development and popularization may be endless. Definitely worth mentioning are: S. Fomin, B. Zorin, I. Surovtsev, V. Karpenko, Y. Soroka, A. Boldar and many more.
- **Growth (1991-1998).** A new stage of biathlon in Ukraine began after Ukraine declared independence. In 1992 the Biathlon Federation of Ukraine was founded, which was recognized by the International Biathlon Union; the National Olympic Committee of Ukraine was established as well. Ukrainian biathletes have been repeatedly winning medals at the Olympic Games. Among Olympic winners were Valentine Tserbe (bronze medal at the Olympics in 1994 in Lillehammer), Olena Petrova (silver medal in 1998 Olympics in Nagano).
- **Recognition (since 1999).** The last decades have brought a new Olympic medal (Liliya Yefremova, in Turin, 2006). Among other renowned Ukrainian biathletes are: Olena Zubrilova, the Semerenko sisters, Oksana Khvostenko, Olena Pidgrushna, Sergiy Sednyev, Andriy Deryzemlya, Sergiy Semenov, Olexander Bilanenko.

The dynamics of the recent years gives us chance to hope that biathlon in Ukraine will only flourish and we will witness more and more victories at all levels.

(originated from V. Karpenko The History of Ukrainian Biathlon)



BIATHLETE
біатлоніст

glasses
захисні окуляри

harness
переносний ремінь

bolt
затвор

barrel
ствол

front sight
мушка

headband
пов'язка

small-bore rifle
малокаліберна гвинтівка

cheekpiece
щока

rear sight
приціл

magazine
магазин

starting bibs
стартовий номер

biathlon gloves
рукавички для біатлону

anti-snow cover
протиснігова заслінка
magazine holder
касета для магазинів

racing suit
гонковий комбінезон

butt plate
затильник

trigger
спусковий гачок

extra cartridge spender
касета для додаткових патронів

ski boots
лижні черевики

buttstock
приклад

raiser block
упор з накладками

chip
чіп

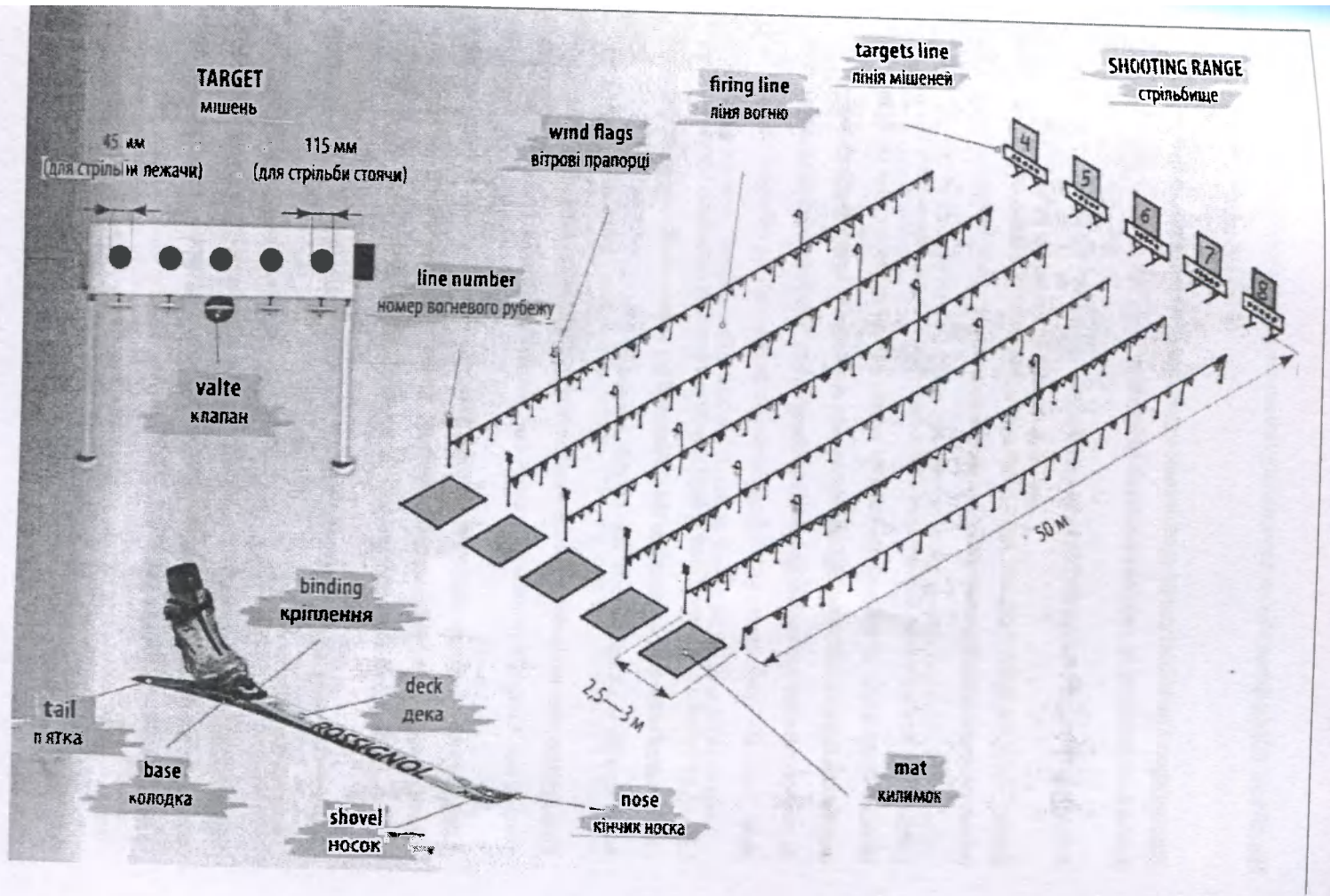
CARTRIDGES
патрони

bullet
куля

case
гільза

ski
лижі

ski poles
лижні палиці



Biathlon Glossary

Ammunition: The bullets the competitors use in their guns. Competitors must carry all of their ammunition with them from the start of the race.

Arm sling: Used to stabilise the rifle while shooting.

Boots: These are more rigid and have more ankle support than classic technique boots because they are subject to considerable lateral pressure.

Clicks: This means that the shooter must adjust their sights because the wind is blowing or because of the angle of the sun. The shooter makes an adjustment to their sight and the number of clicks turned on the sight measures this. A coach can help a shooter who skis up to a firing range by telling the shooter how many clicks in what direction to adjust their sight.

Clip: Also called a magazine. Used to hold five 22-calibre rifle cartridges. Up to four clips can be stored in the rifle stock while the athlete skis the course. At the range, the clips are taken from the stock and inserted into the rifle as needed.

Competitors: To compete in the men and women's divisions a competitor must be 20 years of age. Competitors under 20 years of age compete in the junior divisions.

Course: Biathlon courses are made up of trails that the competitors must follow and the shooting ranges are along these trails. Different biathlon races have different features in their respective courses. The course trails are marked with flags.

Damage: Skiers are allowed to change one ski if it becomes damaged or broken. Poles can be changed as often as needed.

Declared Rounds: This term is used in Relay Events, because in Relay Events eight bullets are permitted in each magazine. When the competitor gets to the range, the three extra rounds are put into a cup at the station they are shooting from. The competitor then begins to shoot and the five rounds that are in the magazine are used to, hopefully, hit five

targets. However, if more rounds are needed, the declared rounds may be hand-loaded one at a time into the gun and fired.

Disqualification: Competitors can be disqualified for a number of different causes ranging from not passing a drug test to using illegal equipment. See Rules of the Game for details.

Equipment: Equipment must be marked and the skier will have one marked pair of skis and a marked pair of ski poles and a marked rifle.

Finish: In individual competitions a competitor finishes the race when they cross the finish line and in team events when the last team member crosses the finish line is when the team is considered to be finished.

Firing Range Procedure: Competitors will go to four different firing ranges during the course of a race (individual) and at the first and third ranges the competitor will shoot at the target in the prone position and at the second and fourth ranges they will shoot from the standing position. The competitor will fire 5 rounds at each of the four firing ranges.

Fore sight: A marker at the end of the barrel that aids in aligning a shot with the target.

Group Start: The group start race is 9 miles (15 km) long or 7.7 miles (12.5 km) for women and there are four shooting stages. For every missed shot a skier must make 1 loop on the penalty loop (see penalty loop).

Handover Zone: There is a handover zone that is used in relay racing and is marked by red lines. The handover zone is 33 yards (30 meters) long and 6.5-9 yards (5.9-8.2 meters) wide and the handover from one skier to another is done with a pat on the back.

Harness: Used to carry the rifle on the athlete's back while skiing.

Individual Competition: This is a race that takes place over 12 miles (20 Kilometers) for men and 9 miles (15 kilometers) for women. There are four shooting phases. The penalty for a missed target is 1 minute.

Jury: The responsibility of the jury is to make sure that the rules of biathlon are followed, that penalties are enforced and that medical examinations are performed.

Lost or Misfired Rounds: If a competitor needs extra rounds because of misfired or lost rounds they can replenish them from any spare ammunition they are carrying or from a range official.

Magazine: This is a device that holds five 22-caliber rifle cartridges. Each competitor can store up to four clips in the stock of the rifle. When the competitor is ready to shoot at the firing range, the clips are taken out of the stock and inserted into the rifle, as the competitor needs them.

Officials: There are a number of different officials who are responsible for different portions of a biathlon. These include the: Chief of the Course, Chief of Shooting, Chief of timekeeping and calculations. There might also be a doctor present and there will be a number of assistants to assist the chiefs.

Organization Committee: There is an organizing committee that organizes the competition.

Penalties: A handicap imposed on a biathlete for infringement of rules.

Penalty Loop: This is a loop of 150 meters (164 yards) that competitors must ski, during the sprint, pursuit and relay events, when targets are missed. One loop must be skied for every target that is missed. One loop takes about 25 seconds.

Prone Position: When a competitor lies down on their stomach while shooting. In an individual event, the first and third shots are taken from the prone position and the second and fourth shots are taken while standing.

Pursuit: Pursuit races are 9 miles (12.5 km) long 6.2 miles (10 km) for women and have 4 shooting stages. For every missed shot a skier must make 1 loop on the penalty loop.

Range: The range has a number of shooting lanes and the distance to the target is 50 meters. See also Shooting Lanes.

Rear sight: A clear cylinder that magnifies the target (to align the target correctly, the rear sight should be perfectly centered in the rear sight; generally, one eye is shut to eliminate distractions).

Relay: In relay competitions the men's teams have 4 members and the woman's teams have three members. Each member of the team must ski at least 6 miles (7.5 kilometers) and shoot twice. For every missed shot a skier must make 1 loop on the penalty loop.

Reserve Rifle: If a competitor's rifle breaks and can't be fixed, they are allowed to use another rifle which is called a Reserve Rifle.

Rifles: Rifles can be either semiautomatic or automatic and must weigh at least 7.7 pounds (3.1 kg).

Safety: There are different rules to maintain safety in biathlon. One of the most important is that when the competitor is on the course there must be no rounds in the rifle. Please see Rules of the Game for more details.

Scoring: The time it takes a competitor to ski the course and any penalty minutes that are added to their time.

Shoot Clean: This means that a competitor has hit all five targets during one shooting stage.

Shooting Lanes: Each competitor has a shooting lane with a target at the end. Each lane is 2.7-3.3 yards (2.4-3.0 meters) wide. See also range.

Shooting Mat: This is a mat that is at each of the shooting lanes. It is a non-slip mat that the competitors can stand or lie on.

Shooting Ramp: The shooting ramp needs to be at least 12 inches (30 cm) above the ground, and covered with level snow.

Shooting Range Referees: These referees make sure that the shooting stage is conducted according to the rules. There could be up to 50 referees depending on the size of the event.

Shot Penalty: In individual competitions the penalty is one minute added to the finish time for each target missed. In all other competitions the competitor must make loop around the penalty loop.

Skate: This is when a skier puts one ski at an angle and then pushing off from it. A skier will do this to increase their speed. Also sometimes used when starting a race.

Ski Poles: Poles are generally longer and stiffer than those used for classic technique and extend to the chin or mouth of the skier; baskets and tips have the same design as classic technique poles. The poles can't be taller than competitor's height.

Skis: Freestyle technique skis are shorter, nominally stiffer and have tips that curve less than classic technique skis. The skis must be as tall as the competitors minus 1.5 inches (4 cm).

Ski suit: The suit that reduces wind impact and resistance.

Sprint Competition: Sprint races are held for both men and women, in men and men's junior sprint races the course is 7.5 miles (10 kilometers) and in women and women's junior races the course is 6 miles long (7.5 kilometers). For every missed shot a skier must make 1 loop on the penalty loop.

Standing Position: When a competitor stands up to shoot at the target.

Targets: The size of the target varies according to the position (standing or prone) of the contestant. If the competitor is in the prone position then the target is 1.7 inches (45 mm) in diameter and from the standing position the target is 4.5 inches (115 mm) in diameter. If a contestant hits a target that is coloured black, a white disc slides across it, indicating a successful shot.

Types of Competition: There are four types of competitions in biathlon: sprint, relay, team and individual.

Wax: Glide wax is applied to the entire under surface.

Weapons: For all non-automatic weapons the caliber may be up to 0.2 inches (5.6 mm). The minimum trigger pressure is 1.1 pounds (0.5 kg). When the competitor is on the course there must be no rounds in the rifle.

Wind Flags: These are flags that help the competitors see which way the wind is blowing. Wind flags are placed on every third shooting lane.

Zero: This means to get the rifles sights aligned. Before the race competitors shoot at paper targets to get the sights aligned so the sights are aligned for the weather and wind conditions on the range at that particular time. Of course, weather and wind conditions can change over the course of the race and so the competitor might have to make adjustments at some point.

(originated from <http://www.fuzilogik.com>; <http://www.olympic.org>)

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