

УМОВСЬКО-ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

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WEIGHT LIFTING

методична розробка
з англійської мови

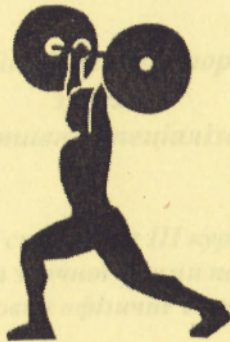
для самостійної та групової роботи

«Спортивна спеціалізація»

для студентів III курсу

основної та спеціалізованої підготовки

на спеціальності фізична культура та спорт



Львів
2013

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Оксана Коваль

«ВАЖКА АТЛЕТИКА»

**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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Коваль О. Важка атлетика: метод розробка з англ. мови для сам. та ауд. роботи з теми “Спортивна спеціалізація” для студ. ІІІ курсу денної та заочної форми навчання за напрямками підготовки “фізичне виховання” та “спорт” / Оксана Коваль. – Л. : ФОП Квятковський В.С. 2013. – 20 с.

У методичній розробці представлено тему “Спортивна спеціалізація” (*Важка атлетика*) 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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WEIGHTLIFTING

Text A

Pre-text exercises

1. Read and learn the active vocabulary:

- at arm's length - на відстані витягнутої руки
- attempt, *n* -спроба
- barbell, *n* -штанга
- bodyweight category - вагова категорія
- clean and jerk - поштовх
- clean and press - жим
- coated, *adj.* -покритий
- collar, *n* - муфта
- combined result - загальний результат
- compete, *v* - змагатися
- continuous motion - безперервний рух
- distribute a medal - вручати медаль
- doctor on duty - черговий лікар
- elevated stage - піднесена арена
- execute, *v* - виконувати
- irrevocable, *adj.* -остаточний, незмінний
- jerk, *n* -поштовх штанги від грудей
- lift, *v* -піднімати
- lifter, *n* -штангіст
- physical strength - фізична сила
- plane, *n* -площина

- | | |
|---------------------------|----------------------|
| • preparedness, <i>n</i> | - готовність |
| • run the competition | - проводити змагання |
| • separate motion | - окремий рух |
| • sequence, <i>n</i> | - послідовність |
| • snatch, <i>n</i> | - ривок |
| • steel bar | -металева жердина |
| • straighten the knees | - випрямити коліна |
| • tactical skills | -тактичні навички |
| • timekeeper, <i>n</i> | -хронометрист |
| • upward thrust | -підйом вгору |
| • weightlifting, <i>n</i> | - важка атлетика |

2. Translate without using a dictionary:

perfect, demonstration, technical, individually, competition, athlete, physical, international, federation, position, flexed, plane, motion, maximum, start, minute, minimum, medals, total, result, category, regulations, jury, referee, doctor, disc, stage, platform, material, visible, audible, signal, final.

3. Read and translate the text.

WEIGHTLIFTING

Weightlifting is a perfect demonstration of physical strength, technical skill and concentration combined. Lifters compete individually in a competition that requires physical and mental preparedness and eventually tactical skills. Each competition is a final, whereas athletes are ranked in accordance with their performance.

The IWF (International Weightlifting Federation) recognizes two lifts which must be executed in the following sequence:

1. The Snatch
2. The Clean and Jerk

In executing the snatch the contestant grasps the barbell and in one continuous motion lifts it to a position of arm's length overhead. Both legs may be flexed or moved at any time during this lift, but they must be straightened and returned to the same plane to complete the lift. The clean and jerk involves the lifting the barbell to shoulder level in one motion and above the head in another, separate motion. Most competitors gain power for the final, upward thrust by bending and then suddenly straightening the knees, then moving the body under the barbell.

A maximum of three attempts is allowed in each lift. There is 1 minute to start the attempt, or 2 if the lifter follows him/herself. The minimum increase is 1 kg between two attempts, except after 1st attempt, when its 2 kg. Medals are distributed in both lifts and in Total, this being the combined result of the best Snatch and best Clean and Jerk.

There are eight bodyweight categories for male athletes and seven for female athletes.

The Technical Officials responsible for running the competition according to the IWF rules and regulations are: Jury, Competition Secretary/Director, Technical Controllers, Referees, Timekeeper, Chief Marshal and Doctor on duty.

Competitors have to lift a weight called the barbell, which consists of a steel bar (weighing 20 kg for a men's, 15 kg for a women's barbell) onto which differently coloured weight discs (with a weight of 0,5 to 25 kg) are loaded and fastened with the help of collars (weighing 2.5 kg each). The athletes perform the lifts on an elevated stage with a platform of 4x4 meters made of wood and coated with non-slippery material.

The 3 referees pass their decision about the correctness and validity of each lift by pressing white or red light buttons on the small device in front of them. When a referee has judged a lift as correctly completed, he or she will press the white light button, or, if the attempt is not correct or missed, a red button. As soon as two of the three referees have passed identical decisions (white or red), a visible and an audible signal is given to the lifter to lower the barbell to the platform. Lights corresponding

to the judgment of the referees light up on a board: Two or three white lights= Good Lift; Two or three red lights= No Lift. The referees' activity should be permanently checked by the Jury with the help of a monitoring device on the Jury table called Jury Control Unit. With the help of this equipment the Jury might overrule the referees' decision. The Jury's decision is final and irrevocable.

(Originated from Microsoft ® Encarta ® 2006.)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- | | |
|------------------------|---------------------------------------|
| 1) physical strength | 6) complete the lift |
| 2) technical skill | 7) bending the knees |
| 3) mental preparedness | 8) start the attempt |
| 4) grasp the barbell | 9) perform the lifts |
| 5) continuous motion | 10) coated with non-slippery material |

2. Match the definitions to the following notions:

- | | |
|-------------------|---|
| 1) weightlifting | a) a specialized steel bar with one or more disks of various weights; |
| 2) clean and jerk | b) a type of lift in which the bar is brought from the platform to a position overhead using one continuous motion; |
| 3) barbell | c) a competitive sport based on the lifting of a series of progressively heavier metal weights; |
| 4) snatch | d) a movement in which sth rises or is lifted up; |
| 5) thrust | e) a type of lift in which the lifter must pull the weight from the platform to his shoulder and pull his body beneath the bar; |
| 6) lift | f) a group of things with particular features in common; |
| 7) category | g) a flat surface raised above the level of the ground or floor; |
| 8) bar | h) a sudden strong movement that pushes sth forward; |

- 9) collar i) a long straight piece of metal;
 10) platform j) a band made of strong material that is put round sth to strengthen it or to join two parts together.

3. Combine the following words and translate them:

- | | |
|---------------|----------------------|
| 1) perfect | a) to a position |
| 2) grasp | b) level |
| 3) lift | c) the attempt |
| 4) return | d) result |
| 5) shoulder | e) the competition |
| 6) gain | f) demonstration |
| 7) start | g) category |
| 8) combined | h) to the same plane |
| 9) bodyweight | i) power |
| 10) run | j) the barbell |

4. Insert the prepositions where necessary:

In, for(2), by(2), of(4), onto, with(2), about, on, to(4), in front of.

1. Athletes compete individually ... a competition that requires both mental and physical readiness and tactical skills.
2. Most lifters gain power ... the final thrust ... bending and then straightening the knees.
3. Each lift allows a maximum ... three attempts.
4. The barbell is a weight which consists ... a steel bar ... which weight discs are loaded and fastened ... the help of collars.
5. The referees pass their decision ... the correctness of each lift ... pressing corresponding buttons ... the small device ... them.
6. There is 1 minute ... start the attempt.

7. As soon as the referees have passed identical decisions a signal is given ... the lifter ... lower the barbell.
8. ... the help ... Control Unit the Jury might change the referees' decision.
9. The Technical Officials are responsible ... running the competition.
10. In snatch the athlete grasps the barbell and lifts it ... the position ... arm's length.

5. Match two parts of the sentences.

- | | |
|---|--|
| 1. Weightlifting is a perfect demonstrarion ... | a) ... might overrule the referees' decision. |
| 2. The IWF recognizes two lifts... | b) ... the combined result of the best snatch and best clean and jerk. |
| 3. When a referee has judged a lift... | c) ... which must be executed in the proper sequence. |
| 4. As soon as the referees have passed identical decisions... | d) ... of physical strength, technical skill and concentration combined. |
| 5. With the help of this equipment the Jury... | e) ... as correctly completed he will press the white light hutton. |
| 6. The Jury's decision... | f) ... is final and irrevocable. |
| 7. In clean and jerk the athletes... | g) ... and coated with non-slippery material. |
| 8. Each competition is a final... | h) ... a visible and audible signal is given to the lifter. |

9. The platform is made of wood...

i) ... lift the barbell to shoulder level in one motion and above the head in another.

10. Total is...

j) ... whereas athletes are ranked in accordance with their performance.

6. Complete the sentences with appropriate terms.

1. In executing the s _____ the athlete grasps the b _____ and lifts it to the position of arm's length overhead.

2. Most lifters gain power for the final u _____ t _____ by bending and then suddenly straightening the knees.

3. It is allowed to make up to three attempts in each l _____.

4. Competitors have to lift a w _____ called the b _____.

5. The discs are loaded and fastened with the help of c _____.

6. The athletes perform the lifts on the e _____ s _____.

7. The platform is made of wood and c _____ with non-slippery material.

8. Medals are d _____ in both lifts and in Total.

9. Weightlifting is a demonstration of p _____ strength.

10. There are eight w _____ categories for male athletes.

7. Answer the following questions.

1. What are the two lifts recognized by the IWF?

2. What is weightlifting?

3. What does the clean and jerk involve?

4. Where do the athletes perform the lifts?

5. How many referees are there in weightlifting?

6. How is the referees' activity checked?
7. What does the snatch involve?
8. What is barbell?
9. How many attempts are allowed in each lift?
10. How can the competitor gain power for the final thrust?

8. Finish the following sentences.

1. Weightlifting is...
2. Lifters compete in...
3. In executing the snatch the contestant...
4. The clean and jerk involves...
5. A maximum of three attempts is...
6. The barbell is a weight which...
7. The Jury's decision is...
8. The referees pass their decision about validity of each lift by...
9. Each competition is a final, whereas...
10. The referees' activity should be checked...

Text B

1. Read the text to find the information about:

- 1. What was wrestling used for in the days of Greeks?*
- 2. How was weightlifting introduced to America?*
- 3. What two events were there in the Olympic wrestling at first?*
- 4. When was weight training used for other sports?*
- 5. Can strength exercises be used for injury rehabilitation?*

The exact period in history when weight training became a practice or part of training regimen is not known. Strongmen such as Samson, Hercules, and the Greek warrior

Milo are part of ancient myth and folklore. In its earliest form, weight lifting was a part of everyday life. Weight training also played an important role in preparing soldiers for battle in the days of the Greeks, Egyptians, and Romans. During the Middle Ages, Romans trained their soldiers by marching them over long distances with heavier-than-normal loads. Throughout the seventeenth to nineteenth centuries, most of the empires and armies of Europe followed the Greek and Roman examples and trained with overloaded packs. Weight “lifting” was introduced to the United States between 1859 and 1872, when Dr. G.B. Winship toured the United States and Canada, giving lectures and presenting exhibitions. Weight “lifting” soon found its way into carnivals and circuses and onto vaudeville stages, where men and women performed unbelievable feats of strength that in fact were tricks – which probably was responsible for most of the myth and mystery that has surrounded weight lifting until recent times. Weight training survived this era and went on to find its way into YMCAs and athletic health clubs. With these organizations promoting the activity, evidence of the value of weight training began to grow. The sport of weight lifting has been included in the Olympic Games since 1896. At first there were two events, a one-handed lift and a two-handed lift, and the lifter’s body weight was not considered. In 1920 the press, snatch, and clean and jerk were introduced, and this system remained until 1972, when the press was eliminated. In the United States, organized competition began in 1929 when the Amateur Athletic Union (AAU) held its first national championship. In 1932 the United States entered its first team in Olympic competition. The sport of powerlifting involves three lifts: the squat, deadlift, and bench press. In recent years it has been the most popular form of competitive lifting in the United States. In less than ten years the sport grew to the extent that more than forty nations compete in the International Powerlifting Federation World Championships. Although a comparatively new form of competition, the sport of powerlifting is now being considered as an additional event in Olympic competition. Using weight training for other sports was not done until the late 1960s when the San Diego Chargers and the University of Hawaii both had

strength coaches and had successful seasons. The University of Nebraska followed suit and won national championships in 1970 and 1971. They credited their success to their strength program. Today strength and conditioning for sport is done for most all sports. Medical doctors began experimenting with strength exercise for injury rehabilitation and muscle rebuilding soon after World War II. Their efforts were successful, so they encouraged physical educators to include weight training in gym classes. In the 1970s, weight machines were introduced into many gyms and weight training became more popular amongst the general population.

(Originated from Wikipedia, the free encyclopedia)

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

1. Weight training was important in preparing soldiers for battle.
2. Romans trained soldiers by running them over long distances with overloaded packs.
3. Weight lifting was performed on vaudeville stages and in carnivals.
4. At first there were two events, a right-handed lift and a left-handed lift.
5. In 1920 the press, snatch, and clean and jerk were introduced and this system remains till now.
6. The sport of powerlifting involves four lifts.
7. Today strength and conditioning for sport for a certain number of sports.
8. Doctors forbid educators to include weight training in gym classes.
9. The sport of powerlifting hasn't been considered as an additional event in Olympic competition yet.
10. It isn't known when weight training became a practice.

3. Divide the text into paragraphs. Give headings to them.

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

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

Text C

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

Rules

Two lifts are contested in weightlifting, the snatch and the clean-and-jerk. Medals are sometimes given to the top three lifters in each individual lift category and always for the overall total (best snatch plus best clean-and-jerk). Final placing is based on a lifter's total. At the Olympic Games, medals are awarded only for total.

Snatch: The snatch is the more technical and more explosive of the two lifts. It is performed in one continuous movement: the bar is brought from the platform to a position overhead using one fluid motion. The lifter pulls the bar to about chest height and then, in the moment before the bar starts to descend, pulls their body into a squat position under the bar, securing it overhead – arms held straight. The lifter must then stand and wait for the referees' signal, called a "down" signal, to lower the bar. The down signal is usually indicated by the sounding of a horn.

Clean-and-Jerk: More weight is lifted in the clean-and-jerk than in the snatch, and two separate efforts are involved as opposed to one. For the "clean", the lifter must pull the weight from the platform to his shoulders in one motion. The bar is

pulled to about waist level keeping it close to the body: close enough for the bar to brush the thighs. Then, before the bar starts to descend, the lifter pulls their body beneath the bar, secures the bar on the shoulders or chest, and then stands erect. The “jerk” then follows in which the lifter thrusts the bar from the shoulders to a position overhead, again in one motion, and splits their legs front and back. The lifter then brings their feet together and waits the signal from the referee to lower the bar.

In both lifts, the bar must be held overhead until the referees’ down signal. The down signal is given once the lifter is motionless.

A lifter’s total represents the combined weight of the best snatch and clean-and-jerk. If a lifter has lifted 80 kg in the snatch, and 110 kg in the clean-and-jerk, the total is 190 kg.

General Rules for All Lifts are:

- The technique known as “hooking” is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping.
- In all lifts, pulling from the “hang” is forbidden.
- In all lifts, touching the bar against the legs shall not render the lift “No Lift”.
- In all lifts, the referee must count as “No Lift” any unfinished attempt in which the bar has arrived at the height of the knees.
- In all lifts, if the bar stops in its upward path before arriving at the shoulders (clean) or arms’ length (snatch and jerk), the attempt shall be rendered “No Lift”.
- The use of grease, water or any similar lubricant of any kind on the thighs is forbidden. The lifter who uses lubricants will be ordered to remove them. During the removal the clock will run.
- In all lifts, touching the platform with any part of the body other than the feet shall render the attempt “No Lift”.
- Any clean in which the bar is placed on the chest before the turning over of the elbows shall render the attempt “No Lift”.

- Any clean touching the thighs or knees with the elbows or upper arms shall render the attempt “No Lift”.
- In the jerk, any apparent effort from the shoulders, if the lift is not completed, must be counted as “No Lift”. This includes lowering the body or bending the knees.
- After the referees’ signal to replace the bar on the platform, the lifter must lower the bar and not let it drop either deliberately or accidentally. The lifter may release his grip when the barbell has passed below the level of the waist.

(Originated from Wikipedia, the free encyclopedia)

2. Compile a vocabulary of weightlifting.

3. Make a presentation of weightlifting.

Weightlifting Glossary

Barbell: A specialized bar 4 to 7 feet (1.2 to 2.1 m) long with one or more disks of various weights.

Bomb: A lifter “bombs” when he/she fails to record a total. An athlete has three chances to make a successful lift in both the snatch and clean-and-jerk. If he/she fails to make a valid lift in either of the two lifts, there will not be a total and has therefore bombed.

Cheat: Do an exercise improperly.

Circuit weight training: A type of weight training done in continuous manner until an entire cycle of exercises is completed.

Clean: Raise the barbell in one explosive motion to the standing bent-arm press position.

Dumbbell: A short-handed barbell used in one hand.

Hooking: is a technique used to hold the bar. A hook grip is when thumbs are placed around the bar and underneath the index and second fingers.

Isometric exercise: A type of exercise involving the static contraction of a muscle group. Resistance is greater than force applied.

Isotonic exercise: exercise involving muscle contraction that produces movement through a partial or complete range of motion. Resistance remains constant.

Olympic lifts: snatch and clean and jerk.

Power lifts: squat, bench press, and dead lift.

Press: push a barbell or dumbbell to arm's length.

Repetitions: number of times an exercise is repeated without stopping.

Resistance: amount of weight or pressure the muscles work against.

Set: a specific number of repetitions.

Six-for-six: this refers to a lifter making six valid lifts in six attempts – three successful snatches and three successful clean-and-jerks.

Spotter: person responsible for assisting the lifter if needed for safety.

Weight lifting: a competitive sport: Olympic weight lifting or power lifting.

Stage & Platform

All lifts must be executed on the competition platform.

The platform must be square, level and measuring four (4) metres on each side. When the floor surrounding the platform has similar or same colouring, the top edge of the platform must have a different coloured line of at least 150 mm.

The platform may be made of wood, plastic or any solid material and may be covered with a non-slippery material.

The platform shall not be higher than 150 mm.

A clear area measuring one (1) metre surrounding the platform is compulsory. This area must be flat and free from any obstacle including discs.

The dimensions of the stage must be minimum ten (10) x ten (10) m, the height of the top of the platform must be maximum one (1) m, measured from the level where the Referees' and Jury seats are placed. Standard size steps must be attached to the stage. When the platform is placed on a stage, restraining bars at least the width of the platform must be suitably and safely fixed to the stage, at minimum two and half (2.5) metres from the front edge of the platform, and two (2) metres from the rear edge, but as close as possible to the front and rear edges of the stage. The restraining bars must be maximum two-hundred (200) mm high and maximum twohundred (200) mm wide.

Chalk and resin must be provided on the stage, near the platform on the athlete entry side; bar cleaning disinfectant and tools must be provided next to the stage for the loaders. A stretcher must be provided near the stage for the transport of an injured athlete.

Barbell

Only barbells meeting IWF specifications and approval may be used in weightlifting competitions under its jurisdiction.

The barbell consists of the following parts:

The bar

The men's bar weighs 20 kg and the women's bar weighs 15 kg and must meet special specifications. Markings on the bars:

Weightlifting bars must have coloured identification markings to facilitate their recognition. The men's bar must have blue markings and the women's bar yellow markings. These colours correspond to those of the 20 kg and 15 kg discs.

The discs

The discs must be of the following weights and colours:

25 kg red, 20 kg blue, 15 kg yellow, 10 kg green, 5 kg white, 2.5 kg red, 2 kg blue, 1.5 kg yellow, 1 kg green, 0.5 kg white.

The diameter of the largest discs: 450 mm with a tolerance of ± 1 mm.

The 450 mm discs must be covered with rubber or plastic and coated on both sides with permanent colours or painted at least on the surface of the rim.

The discs lighter than ten (10) kg may be made of metal or other material as approved.

All the discs must have a clear indication of their weight.

The Collars

In order to secure the discs to the bar, each bar must be equipped with two collars weighing 2.5 kg each for men and women.

(Originated from International Weightlifting federation)

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