

**OLHA
MATVIYAS**

SWIMMING



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Матвіяс О. В.

«Плавання»

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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Матвіяс О. В.

Плавання : метод. розробка з англ. мови для сам. та авд. роботи з теми «Спортивна спеціалізація» для студ. III курсу денної та заочної форми навчання за напрямками підготовки «фізичне виховання» та «спорт»/ Матвіяс О. В. - Л.: 2012 – 18 с.

У методичній розробці представлено тему «Спортивна спеціалізація» (*Плавання*) для самостійної та аудиторної роботи студентів третього курсу денної і заочної форми навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ, укладених на основі автентичних неадаптованих текстів. 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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SWIMMING

Text A

1. Study the active vocabulary.

- Aquatics n. – водні види спорту
- backstroke n. - плавання на спині
- breaststroke n. – плавання стилем „брас”
- butterfly n. – плавання стилем „батерфляй”
- competitive swimming – спортивне плавання
- evolve v. розвиватися
- crawl n. – плавання стилем „кроль”
- freestyle n. – плавання вільним стилем
- front crawl - плавання стилем „кроль”
- medley swim – комплексне плавання
- lifesaving - рятування
- kick n. – поштовх ногою
- official n. – суддя
- paddle v. – хаотичне перебирання ногами і руками у воді
- platform diving – стрибки у воду з жорсткого трампліна
- pool n. – басейн для плавання
- race n. – заплив (перегони)
- recreational swimming – оздоровче плавання; відновлювальне плавання
- relay n. - перегони
- resistance n. - опір
- scuba diving – підводне плавання, дайвінг
- self-assurance n. – впевненість
- skin diving – підводне плавання без спеціального костюма
- speed n. – швидкість
- stroke n. – стиль, повторювані рухи у плаванні
- surface n. - поверхня
- water safety – безпека на воді

2. Translate without using a dictionary.

Recommend, basic, relaxation, recreational, fundamental, method, lift, vertical, alternating, minimize, forward unison, synchronized, practical, activities, aquatics, ballet, platform, diving, polo, basketball, baseball.

3. Read and translate the text.

It is strongly recommended that the beginner be taught all of the basic strokes to gain self-assurance in the water and experience the joy and relaxation of recreational swimming. To accomplish this, the beginner must know the fundamental skill strokes. The strokes listed here are fundamental and seaworthy for utility purposes, but have been considerably refined for competitive swimming.

These strokes evolved in the following order:

1. The "doggy" or human paddling strokes.

2. The breaststroke (sailor stroke), the first scientific stroke taught.

3. The underarm sidestroke. This stroke was too slow for speed because both arms recovered under the water as they did in the breaststroke. The kick was scissorslike.

4. The side, or English, overarm stroke. This stroke was faster than either the breaststroke or the side underarm stroke because the uppermost arm recovered above the surface and thereby reduced undesirable resistance.

5. The trudgen stroke. This stroke was discovered in South America in 1860 by an Englishman, John Trudgen. It employed the method of recovering both arms above the water and created greater speed. It was similar to the side overarm stroke except that the body turned over to permit the under arm to lift out of the water for recovery. In this stroke the scissors kick was used.

6. The Australian crawl. Introduced to England by Richard Cavell of Australia in the 1902 championships, this was the first true hand-over-hand stroke with alternating vertical movement of the legs. Cavell explained the stroke as "crawling through the water." The scissors kick was eliminated for speed swimming because the leg recovery caused great resistance.

7. **The American six-beat leg-kick crawl.** The Australian stroke was scientifically refined by American coaches. This style broke all existing freestyle records in speed swimming and became known as the fastest human stroke in water.

8. **The inverted breaststroke (elementary backstroke).** This is the breaststroke executed while swimming on the back.

9. **The back crawl.** About 1910 the crawl was turned onto the back and was much faster in competition than the inverted breaststroke. Since there was no recovery of arms or legs underwater as in the inverted breaststroke, it minimized resistance and created faster speed on the back.

10. **The butterfly breaststroke.** This stroke began to make its appearance in competition about 1934. The kick remained the same as in the breaststroke, but both arms recovered above the water simultaneously. They lifted out of the water at the hips and were swung laterally forward to the entry, resembling a butterfly in flight, thus the name.

11. **The butterfly (dolphin) stroke.** The newest of all the swimming strokes was created by D.A. Armbruster through the ability and skill of Jack Sieg. The purpose of this stroke was to obtain greater speed with the breaststroke by eliminating the recovery underwater of the legs in the kick. This was accomplished by moving the legs up and down in unison from the hips. This kick actually created greater speed when used without arms than did the alternating flutter kick. It synchronized beautifully with the butterfly armstroke and created greater speed.

All of these strokes been developed and refined, and have been put to practical use by the average swimmer. They are used in many different water activities usually called aquatics. Some of the aquatic activities are these: recreational swimming, lifesaving, competitive swimming, synchronized swimming or ballet, springboard and platform diving, water games (polo, basketball, baseball, and similar activities), water safety, water survival, skin diving and scuba diving. Most of these aquatic activities use the fundamental skill strokes.

(Daie Mood, Frank F. Musker, Judith E. Rink *Sports and Recreational Activities*, USA The McCraw-Hill Companies, Inc. 1999 P. - 663)

4. Give Ukrainian equivalents to the following phrases:

- | | |
|---------------------------|--|
| 1. basic strokes | 6. butterfly in flight |
| 2. to gain self-assurance | 7. up and down in unison from the hips |
| 3. in the following order | 8. human paddling strokes |
| 4. skissorslike kick | 9. overarm stroke |
| 5. undesirable resistance | 10. underarm stroke |

5. Match the definitions to the notions.

1. kick	a. a swimming stroke in which you swim on your front and lift both arms forward in the same time while your legs move up and down together
2. race	h. a fast swimming stroke that you do lying on your front moving one arm over your head, and then the other, while kicking with your feet
3. butterfly stroke	c. a style of swimming that you do on your front, moving your arms and legs away from your body and then back towards it in a circle
4. relay	d. a style of swimming in which you lie on your back
5. front crawl stroke	e. a strong board that you jump on and use to help you jump high in diving and gymnastics
6. pool	f. the skills needed to save sb. who is in water and is drowning
7. backstroke	g. an area of still water
8. springboard	h. a movement with a foot or leg
9. breaststroke	i. a race between teams in which each member of the teams runs or swims one section of the race
10. lifesaving	j. a competition between people, animals, vehicles, etc. to see which one is the faster or the fastest

6. Combine the following words and translate the collocations.

- | | |
|-----------------|-------------------|
| 1. recreational | a) kick |
| 2. springboard | b) self-assurance |
| 3. scissors | c) diving |
| 4. trudgen | d) survival |
| 5. average | e) swimmer |
| 6. to gain | l) activities |
| 7. water | g) swimming |
| 8. aquatic | h) movement |
| 9. skin | i) stroke |
| 10. vertical | j) diving |

7. Fill in the blanks with an appropriate preposition.

to, by, of, out, at, without, on, through, of, by, in, under, above, forward, to, over, up, down, in, from, of, above, out, for, in, by, to, about, in, of, in

1. The dolphin stroke was created by D.A. Armbruster _____ the ability and skill _____ Jack Sieg.
2. This was accomplished _____ moving the legs _____ and _____ unison _____ the hips.
3. It employed the method _____ recovering both arms _____ the water and created greater speed.
4. This kick actually created greater speed when used _____ arms than did the alternating flutter kick.
5. The body turned _____ to permit the _____ arm to lift _____ the water _____ recovery.
6. This stroke was discovered _____ South America _____ 1860 _____ an Englishman, John Trudgen.
7. Early humans probably learned swimming _____ observing animals that used a running motion _____ move _____, _____, or _____ the water.

8. They lifted _____ the water _____ the hips and were swung laterally _____ the entry, resembling a butterfly _____ flight.

9. Humans cannot easily keep the nose _____ water while horizontal.

10. It was similar _____ the side overarm stroke.

8. Complete the sentences with words or word combinations.

underarm sidestroke; much faster in competition; used without arms; scientifically refined; breathing mechanism; the trudgen stroke; unnatural medium; undesirable resistance; by the average swimmer; Australian crawl; utility purposes; the side underarm stroke; competitive swimming

1. The _____ was too slow for speed.

2. The Australian stroke was _____ by American coaches.

3. _____ was discovered in South America in 1860 by an Englishman, John Trudgen.

4. All of the fundamental strokes been developed and refined, and have been put to practical use _____.

5. In 1910 the crawl was turned onto the back and was _____ than the inverted breaststroke.

6. The strokes listed here are fundamental and seaworthy for _____, but have been considerably refined for _____.

7. The English stroke was faster than either the breaststroke or _____ because the uppermost arm recovered above the surface and thereby reduced _____.

8. The _____ was introduced to England by Richard Cavell in the 1902 championships.

9. This kick actually created greater speed when _____ than did the alternating flutter kick.

10. Water is an _____ for humans because it interferes with the _____.

9. Match the endings to the sentence beginnings.

1. The sailor stroke was	a) the first true hand-over-hand stroke with alternating vertical movement of the legs.
2. The underarm stroke was	b) faster than breaststroke and the side underarm stroke.
3. The Australian crawl was	c) created by D.A. Armbruster through the ability and skill of Jack Sieg.
4. The trugent stroke was	d) the first scientific stroke taught.
5. The American six-beat leg-kick crawl	e) much faster in competition than the inverted breaststroke.
6. The butterfly stroke was	f) developed and refined and have been put to practical use by the average swimmer.
7. The back crawl was	g) began to make its appearance in competition about 1934.
8. The fundamental strokes were	h) broke all existing freestyle records in speed swimming.
9. The butterfly breaststroke	i) discovered in South America in 1860.
10. The English stroke was	j) slow for speed because both arms recovered under the water as they did in the breaststroke.

10. Answer the following questions and write 10 questions of your own.

1. What kind of sport do you go in for?
2. What is your favorite event?
3. Why is water unnatural medium for people?
4. What is competitive swimming?
5. How many fundamental strokes do you know? Name them.

6. What are the basic competitive swimming strokes?
7. What is your favorite stroke?
8. Which stroke is the fastest?
9. Where can we use the basic swimming skills except competitive swimming?
10. At what age could you swim?

11. Complete the sentences:

1. The beginner should know ...
2. The strokes have been considerably refined ...
3. The basic strokes are ...
4. The Australian stroke was ...
5. The six-beat leg-kick crawl became known as ...
6. The butterfly stroke began to ...
7. The dolphin stroke is ...
8. The basic strokes are used in ...
9. Some of the aquatic activities are ...
10. My favorite aquatic activity is ...

I. Read the text.

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

III. Find in the text the information about:

1. *The best man swimmer.*
2. *The best woman swimmer.*
3. *The leading nations in the Olympics.*

HISTORY

Early humans probably learned swimming by observing animals that used a running motion to move about, on, or in the water. Water is an unnatural medium for humans because it interferes with the breathing mechanism; animals are usually better equipped anatomically for swimming. Humans cannot easily keep the nose above water while horizontal. Carvings showing people swimming have been found dating as early as 9000 B.C. In the Middle Ages, accounts in the Greek, Roman, Anglo-Saxon, and Scandinavian classics dealt often with great feats of swimming of the heroes of the day. In 1538 Nicolaus Wynman, a German professor of languages, wrote the first book on swimming. In 1696 a Frenchman named Thevenot wrote a more scientific treatise. In the 1896 Olympic competition at Athens, there were only two swimming events. They were held in a lake, and competitors could use any stroke. Over the years competitions have become increasingly organized in terms of distances, strokes, and facilities. By 1912 there were six men's swimming events and two women's swimming events. In addition there were two men's and one women's diving events. Early outstanding U.S. swimmers were Charles Daniels, who won four golds in 1904, 1906, and 1908, and Duke Kahanamoku, who won the 100 m freestyle in 1912 and again in 1920. His new style of kicking (the flutter kick) was later adopted by most freestyle swimmers. In 1924 Johnny Weissmuller, the next dominant U.S. swimmer, emerged. He was the first person to swim the 100 m freestyle in under a minute, and he won a total of five gold medals at two Olympiads. In 1932 the

Japanese men won five of six events and three of six events in 1936. The years that followed, the Australian men became the swimming power. Then in 1964, Don Schollander of the United States metched Jobnny Weissmullers feat of five gold medals by winning four in 1964 and one in 1968. Schollander's gold medal was in the 4x200 m relay. Mark Spitz. A team member on that relay team was destined to win seven gold medals in 1972. It is still the most gold medals ever won at a single Olympic Games in any sport, and each medal involved a world record (four were individual events and three were relays). One of the most dominating team performance occurred at the 1976 Olympics when the U.S. men's team won 12 of 13 possible golds and 10 silvers in the 11 individual events. In 1980, when the United States the Olympics, the Soviet men dominated by winning seven of the 13 gold medals. In 1984, when the Soviets boycotted, the U.S. men returned to dominance by wining gold medals in 8 Of 13 swimming events, plus both gold medals in diving. In 1988 a record 21 different nations earned medals in swimming (both men's and women's), but the men's events were once again dominated by a U.S. swimmer. Matt Biondi gathered five golds, one silver, and a bronze, for a performance eclipsed only by Mark Spitz. The Unified team (formerly the Soviet Union) and the Hungarian team were surprisingly strong at the 1992 Olympics in Barcelona, but the U.S. men's team brought home seven gold medals and six silver or bronze medals. In the 1996 Olympics in Atlanta, the Centennial Olympic games, the Russian men's swim team ruled the pool. They won gold in six individual events and were the only team other than the United States to win gold in the relays. The Russians won 7 Of the 16 events and the United States won four gold medals. The first Olympic women's swimming events wcre held in 1912, and the next several Olympics were dominated by swimmers from Australia, Great Britain, and the United States. In 1920 Ethelda Bleibtrey of the United States won the 100 m freestyle, the 200 m freestyle, and anchored the 4x100 m freestyle relay to sweep all three events at the Antwerp Olympics. In 1932 the U.S. women's swim team, led by Helen Madison, won six of seven swimming and diving events, but it won only three bronze medals in 1936. After World War II (in 1948-1960) the U.S. women's teams won 14 gold medals in

four Olympic Games. The women's team from Australia emerged as a power at this same time, winning 10 golds including five in 1956 and four in 1960. The U.S. women began to reemerge as a swimming power in 1968 when Debra Meyer won three gold medals. In 1972, when Mark Spitz was winning seven golds, the dominant woman swimmer was Shane Gould of Australia with four golds, one silver, and one bronze. However, Melissa Belote of the United States also won three golds in two individual events and a relay. In 1972, when the U.S. men had the great team performance, the U.S. and Australian dominance in the women's events continued, but it came to an end in 1976 as the East German women won 11 of the 13 golds. Shirley Babashoff of the United States did manage a gold and three silvers, giving her eight Olympic medals in her career and establishing her as one of the United States' great female swimmers. When the United States boycotted the Olympics in 1980, the East German women repeated their feat of garnering 11 golds. In 1984, when East Germans boycotted, the U.S. women swimmers returned to power with 11 of the 13 individual events and one relay. In the 1988 Olympics the stars of the women's swimming competitions were Kristin Otto of East Germany and Janet Evans of the United States. Otto's six gold medals broke the record for most golds won by a woman in any sport at one Olympics. Seventeen-year-old Janet Evans won the 400 m individual medley, the 800 m freestyle, and the 400 m freestyle in a world record time of 4:03:85. The U.S. women's team remained a world swimming powerhouse with 14 medals, although the Chinese women's team was surprisingly strong at the 1992 Barcelona Olympics. Janet Evans again won the 800 m freestyle and took the silver in the 400 m freestyle. At the 1996 Olympics in Atlanta, seven countries won gold medals in the women's swimming events. The United States won 6 of the 16 gold medals. The star woman swimmer was Michelle Smith from Ireland, who won three individual gold medals. Amy Van Dyken was the bright star for the United States with a gold and a silver medal in individual events and two more golds in the relays.

(Daie Mood, Frank F. Musker, Judith E. Rink *Sports and Recreational Activities*, USA The McCraw-Hill Companies, Inc. 1999 P. - 663)

1. Read and translate the text in written form.

RULES AND REGULATIONS

The goal of competitive swimming is to be the fastest to swim at a given distance and drop time. Competitive swimming became popular in the nineteenth century, and comprises 34 individual events - 17 male events and 17 female events. Swimming is a popular event at the Summer Olympic Games, where male and female athletes compete in 13 of the recognized events each. Olympic events are held in a 50 meter pool. Competitive swimming's international governing body is FINA (Federation Internationale de Natation), the *International Swimming Federation*.

The four competitive strokes are the butterfly, backstroke, breaststroke, and freestyle (front crawl). While "freestyle" and "front crawl" are often used interchangeably, freestyle is the more common name and is used in most all club-swimming or international competitions. A swimmer may actually swim any stroke or combination of strokes in a freestyle race. Swimmers generally choose to swim front crawl in a freestyle event since it is typically the fastest stroke.

These strokes can be swum individually or together in an individual medley (IM). The IM order is: 1) butterfly, 2) backstroke, 3) breaststroke, and 4) freestyle. There are two types of relays: medley and freestyle. The medley relay order is: 1) backstroke, 2) breaststroke, 3) butterfly, and 4) freestyle. Each of the four swimmers in the relay swims a predetermined distance, dependent on the overall length of the relay. The three relay lengths are 200 meters or yards, 400 meters or yards, and 800 meters or yards (which is only swum freestyle). In a 50 meter pool, each swimmer swims one length for the 200 relay, two lengths for the 400 relay, and four lengths for the 800 relay. In a 25 meter or yard pool, each swimmer swims two lengths for the 200 relay, four lengths for the 400 relay, and eight lengths for the 800 relay. There have also been 100 yard relays that have been done by 8 and under swimmers, but is very rare except in summer recreation leagues. Many full-size competition pools in the United States have a length of 50 meters and a width of 25 yards (the Olympic

pool size, allowing both short course (25 m or 25 yd pool) and long course (50 m pool) races to be held.

There are several types of judges: a starter sends the swimmers off the blocks and may also call a false-start if a swimmer leaves the block before the starter sends them; finish judges make sure the swimmers touch the wall with the appropriate number of hands (one hand for freestyle and backstroke, two for breaststroke and butterfly with the swimmer's hands touching the wall side by side, not one above the other) turn judges check that the swimmers' turns are within rules; stroke judges check the swimmers' strokes; time keepers time the swims; and the coaches along with the starter and the officials make sure everything is running smoothly. If an official catches a swimmer breaking a rule concerning the stroke he or she is swimming, that swimmer is said to be disqualified (commonly referred to as "DQ'd") and the swim is not considered valid, and therefore their time will not count.

In the United States and the United Kingdom, communities may sponsor competitive swimming leagues for children and teenagers, made up of swim teams. These leagues for the most part adhere to recognized swimming rules, swim the standard strokes, but swim shorter lengths as events in swim meets. These leagues are usually active in the warmer months, and are not directly associated with a national or world swim organization. However, swimmers who begin their competitive swimming experience on such a local swim team may go on to join a nationally-governed team.

In Australia such competition is usually conducted under the auspices of a club affiliated with the State Association which in turn is affiliated with Swimming Australia, the FINA accredited body. This provides a direct pathway to top level competition for those capable of taking it while still providing a more relaxed environment for those whose main intent is to have fun swimming competitively.

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(Originated from Wikipedia, the free encyclopedia)

ACTIVITIES

1. Compile the vocabulary of terms using texts A, B, C.
2. Present your kind of sport.