

HOSHOVSKA LARYSA

ORIENTEERING



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Гошовська Л.М.

«СПОРТИВНЕ ОРІЄНТУВАННЯ»

**методична розробка
з англійської мови**

*для самостійної та аудиторної роботи
з теми*

«Спортивна спеціалізація»

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

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Гошовська Л. М. Спортивне орієнтування : 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» / Л. М. Гошовська. – Л.: 2012. - 13с.

У методичній розробці представлено тему «Спортивна спеціалізація» (Спортивне орієнтування) 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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ORIENTEERING

Text A

1. Make use of the following vocabulary while reading the text "ORIENTEERING":

cross-country race	крос, перегони, біг по пересіченій місцевості
checkpoint	контрольний пункт
unfamiliar course	незнайомий маршрут, дистанція
to be a means of	бути засобом, способом, шляхом
outdoor pursuits	(<i>тум</i>) заняття спортом на відкритому повітрі
environmental sports	«спорт довкілля», види спорту, заняття якими не шкодить довкіллю
appealing attributes	привабливі ознаки
coeducational activity	заняття (спортом), що поєднуються з навчанням
to be appropriate for	бути придатним, підходити для ...
lifetime sport	спорт, яким можна займатися протягом життя
accessible tracks of land	доступні траси, маршрути, дистанції
town forest preserves	міські лісові заповідники, лісові масиви
outcome	наслідок, результат, підсумок
to gain/to acquire the basic skills	набувати, отримувати базові навички
to be self-reliant	бути упевненим у собі
awareness of the environment	знання, поінформованість про довкілля
scale	масштаб
to draw (drawn, drawn)	креслити, малювати, рисувати
elevation in the land mass	підвищення на поверхні землі
referred only to the map	який поступається тільки карті
orienting tools	знаряддя, інструментарій для сп. орієнтування
to supplement and confirm information	доповнити та підтвердити інформацію
protractor compass	кутомірний компас
hiking / trekking boots	гуриські черевики
"knobby" shoes	черевики з вузлуватою підошвою

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

land navigation; map; compass; course; activity; organizational structure; modern physical education and recreation; to conduct; objective; physical fitness;

to produce; to contain four or five colours; aerial photograph; concentric rings; compass; functional clothing.

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

ORIENTEERING

The sport form of land navigation is called orienteering. It is a cross-country race in which participants use a map and a compass to navigate between checkpoints along an unfamiliar course. The activity can be a means of enjoying other outdoor pursuits or as a sport complete with competition, rules and organizational structure. Orienteering is duly included into the "environmental sports" family, along with running, cross-country skiing, hiking, kayaking and similar activities.

Orienteering has many appealing attributes for modern physical education and recreation. It can be conducted as a coeducational activity appropriate for males and females. People from 10 to 70 years old can participate in this lifetime sport. Finally, orienteering can be organized on accessible tracks of land, like schoolyards, parks or town forest preserves.

The following objectives are considered outcomes of an orienteering programme. The participant will:

1. Gain the basic skills of land navigation using a map and a compass
2. Improve one's physical fitness
3. Learn to be self-reliant in the outdoors
4. Acquire an increased awareness of the environment.

As competitive orienteering becomes more popular, special orienteering maps are being produced in active areas of orienteering throughout the world. These maps differ from the government topographical maps in that they have larger scale, contain four or five colours and are drawn from recent aerial photographs. The unique feature of topographical maps is their description of elevations in the land mass. This is shown by lines in the form of concentric rings, the centre of the rings being the highest point of elevation.

The compass, second only to the map among the orienteering tools, serves to supplement and confirm information given on the map. The most commonly used compass in orienteering is the protractor compass.

Personal equipment required in orienteering, in addition to the map and compass, simply amounts to functional clothing to be worn in the woods and hiking boots or "knobby" orienteering shoes.

(Originated from Wikipedia, the free encyclopedia)

3. Give Ukrainian equivalents to the following phrases:

1. the most commonly used compass
2. to improve one's physical fitness
3. the sport form of land navigation;
4. to navigate between checkpoints along an unfamiliar course
5. a means of enjoying outdoor pursuits
6. competitive orienteering
7. active areas of orienteering throughout the world
8. the unique feature of topographical maps
9. appropriate for males and females
10. to learn to be self-reliant in the outdoors
11. description of elevations in the land mass
12. duly included into the "environmental sports" family
13. to gain the basic skills of land navigation
14. the highest point of elevation
15. functional clothing to be worn in the woods

4. Match the definitions to the following notions:

- | | |
|---------------------|---|
| 1. to confirm | a) a place where travelers stop for official identification |
| 2. to navigate | b) circles having a common centre |
| 3. check-point | c) a sport in which contestants run over a course with the aid of a map and a compass |
| 4. concentric rings | d) to provide additional information |
| 5. to supplement | e) a raised area |
| 6. self-reliant | f) to get or gain something |
| 7. compass | g) to prove to be true or valid |
| 8. orienteering | h) to travel over, through or on land, water or air |

9. to acquire *i)* having or showing confidence in one's own powers
 10. elevation *j)* an instrument with a needle that points north

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

- | | |
|------------------------|------------------------------|
| 1. lifetime | <i>a)</i> checkpoints |
| 2. cross-country | <i>b)</i> males and females |
| 3. to uavigate between | <i>c)</i> preserve |
| 4. forest | <i>d)</i> sport |
| 5. to learn to he | <i>e)</i> of the environment |
| 6. the highest point | <i>f)</i> activity |
| 7. functional | <i>g)</i> race |
| 8. unfamiliar | <i>h)</i> self-reliant |
| 9. topographic | <i>i)</i> map |
| 10. awareness | <i>j)</i> course |
| 11. coeducational | <i>k)</i> clothing |
| 12. appropriate for | <i>l)</i> of elevation |

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

among | of | to | in | on | with | between | from | along | into | for | throughout

- The unique feature ... topographical maps is their description ... elevations ...the land mass.
- The compass serves to supplement and confirm information given ... the map.
- The maps differ ... the government topographical maps ... that they have larger scale.
- Participants use a map and a compass to navigate ... checkpoints ... an unfamiliar course.
- Orienteering is duly included ... the "environmental sports" family.
- Orienteering has many appealing attributes ... modern physical education and recreation.
- Special orienteering maps are heing produced ... active areas of orienteering ... the world.
- The compass is second only ... the map ... the orienteering tools.

9. Orienteering maps are drawn ... recent aerial photographs.

10. Orienteering is a sport complete ... competition, rules and organizational structure.

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

a) functional clothing	e) appealing attributes
b) accessible tracks of land	f) hiking boots
c) to navigate between checkpoints	g) description of elevations
d) to be self-reliant	h) supplement and confirm

1. Orienteering has many _____ for modern physical education and recreation.
2. It can be organized on _____, like schoolyards, parks or town forest preserves.
3. Personal equipment amounts to _____ to be worn in the woods and _____.
4. The participant will learn _____ in the outdoors.
5. The unique feature of topographical maps is their _____ in the land mass.
6. The participants use a map and a compass _____ along an unfamiliar course.
7. The compass serves to _____ information given on the map.

8. *Match the beginnings with the endings:*

1. Orienteering is duly included into the "environmental sports" family, along with ...
2. Special orienteering maps are being produced ...
3. The participant will gain the basic skills...
4. The maps differ from the government topographical maps |...
5. Orienteering has many appealing attributes for ...
6. The participant will...
7. The participants use a map and a compass to navigate between ...

- a) ... acquire an increased awareness of the environment.
- b) ... of land navigation using a map and a compass.
- c) .. .in that they have larger scale and contain four or five colours.
- d) .. .checkpoints along an unfamiliar course.
- e) ... running, cross-country skiing, hiking, kayaking.

- f) ... in active areas of orienteering throughout the world.
- g) ... modern physical education and recreation.

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

1. Orienteering is a cross-country race in which participants use ...
2. The compass, second only to the map among the orienteering tools, serves to...
3. Orienteering has many appealing attributes for ...
4. The following objectives are considered outcomes of an orienteering programme: ...
5. Orienteering can be organized on ...
6. Personal equipment required in orienteering simply amounts to ...
7. Orienteering maps differ from the government topographical maps in ...
8. The unique feature of topographical maps is ...
9. Orienteering is duly included into ...
10. The most commonly used compass in orienteering is ...

10. Give expanded answers to the following questions:

1. How can you describe orienteering as a competitive sport?
2. Why can orienteering be included into the "environmental sports" family?
3. What are the appealing attributes of orienteering for recreation?
4. Is orienteering a male sport?
5. Why do we enlist orienteering as a lifetime sport?
6. What are the most appropriate venues for practicing orienteering?
7. What practical goals are pursued by involving in orienteering?
8. How do the common governmental topographical maps differ from the competitive orienteering maps?
9. Which compasses are the most suitable for orienteering?
10. Does one need special gear and clothing for participating in the orienteering race?

1. Scan the "ORIENTEERING: HISTORY " to find the information about:

- *the country which can be attributed as the native land of orienteering*
- *foundation of the International Orienteering Federation*
- *inventions which contributed to the growth of orienteering popularity*
- *the venue for the first orienteering meet*
- *the events of the competitive orienteering*

ORIENTEERING: HISTORY

Organized orienteering is a relatively new addition to the sports world. The first time an event was labeled an orienteering race was in 1900 at a meet organized by Club Tjalve in Oslo, Norway. By 1919 orienteering meets were attracting as many as 200 people, with Captain Ernst Killander organizing these meets outside of Stockholm and generally being credited as the father of orienteering.

The sport's next boost came in the early 1930s with the invention, by Bjorn and Alvar Kjellstrom, of the one-piece protractor compass, which provided a simple tool for land navigation. By 1942 orienteering was a compulsory activity in Swedish state physical education programmes. Orienteering continued to grow, rivaling soccer as the most popular sport in Sweden and spreading to other Scandinavian countries.

In 1946 Bjorn Kjellstrom, now living in the United States, sponsored the first orienteering meet in the US at the Indiana Dunes State Park. However, the sport remained relatively unpracticed in North America until 1965, when Geoffrey Dyson and John Disley introduced orienteering in Canada, where it steadily gained popularity. The United States Orienteering Federation, which now represents more than a 100 clubs and has a membership of 2 500 persons, was founded in 1971.

Since 1977 orienteering has been accepted to the Olympic Games. World championships in orienteering are held annually with the programme including four orienteering events for both men and women. The athletes compete in sprint, middle distance orienteering race, long distance orienteering race and the

alteration, being the team competition with the team members covering certain parts of the course. The team showing the best total race time becomes a winner.

Today some orienteering meets rank as the largest participative athletic events in the world. For example, the Oringen in Sweden attracts over 10 000 competitors for 5 days of competition.

It was in 2004 that 63 national federations from various countries of the world from all the continents, Ukraine among them, join the International Orienteering Federation (IOF).

(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. In some Scandinavian countries orienteering vies in popularity with soccer or ice hockey.
2. Sweden is given the credit to be the native land of orienteering.
3. Competitive orienteering was given an Olympic status at the break of the XXI century.
4. The Ukrainian National Orienteering Federation was founded in 2004.
5. In Sweden orienteering has been introduced to school and university curriculum.
6. Ukraine got the membership in the International Orienteering Federation in 2004.
7. Map- and compass-reading skills development is being introduced to the curriculum of all the higher schools in the US and Canada.
8. In alteration event of the competitive orienteering each team member has to cover all the distance of the race.

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

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

1. Read the text "CHARACTERISTICS OF A CROSS-COUNTRY ORIENTEERING EVENT" to make a written translation of it into Ukrainian. Do the after-text activities.

CHARACTERISTICS OF A CROSS-COUNTRY ORIENTEERING EVENT

The most commonly practiced form of orienteering is the cross-country event resembling a car rally or treasure hunt. The event occurs in an area of 75 to 2 000 acres (20 to 5000 hectares), ideally consisting of wooded lands with varied terrain. The organizers, using a topographical map, place from 6 to 15 markers, or "controls", in the field at distinct terrain features, such as trail junctions or hilltops. The positions of the controls are precisely drawn on a master map, numbered sequentially, and connected with a straight line, forming a course or a string of controls for the event. Participants are assigned the task of copying the control locations on a personal copy of the map.

Individuals are started in a staggered fashion and proceed to locate the markers in the correct sequence, using their skills of navigation in moving from one control to the next in the most efficient or fastest manner. Controls are not hidden but are visibly placed at the listed control description to eliminate the element of luck.

Route choice, navigational techniques and rate of travel (running versus jogging) are at the discretion of each participant. Codes or punches at the controls marked by the competitor on a scorecard ensure presence at each control. The elapsed time of the orienteers is computed and then placed in rank-order with the fastest declared the winner. Because of the challenge of locating all the controls on a course most orienteers consider completion of the race a satisfying goal and position in the meet of secondary importance.

Besides the most commonly practiced cross-country orienteering event there are several orienteering variations, like Night Orienteering, Bicycle Orienteering and

Ski Orienteering. The latter have been approved as an Olympic sport that combines orienteering with cross-country skiing.

(Originated from Wikipedia, the free encyclopedia)

ACTIVITIES

- 2. *Compile an English-Ukrainian vocabulary of the orienteering terms.***
- 3. *Make a presentation of orienteering as the kind of sport you go in for.***