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OLYMPIC SPORTS



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*Manual for Studying the Course
“English for Specific Purposes”
for the first and second-year students
of the specialities “Physical Training”,
“Sport” and “Human’s Health”*

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- Н-48** Olympic Sports: Manual for Studying the Course “English for Specific Purposes for the first and second-year students of the specialities “Physical Training”, “Sport” and “Human’s Health” / O. B. Nekrutenko, M. V. Rudina, V. E. Sergeeva; State Institution “Luhansk Taras Shevchenko National University”. – Luhansk : Luhansk Taras Shevchenko National University Press, 2013. – 197 p.

The manual is designed for studying the course “English for Specific Purposes” for the first and second-year students of the specialities “Physical Training”, “Sport” and “Human’s Health”.

The manual consists of 14 units for learning the main peculiarities of Olympic sports, wordlist for expansion students’ professional vocabulary, grammar section for learning grammar constructions in use. Each unit includes a number of texts on sport topics, which are intended for reading in a class and for independent students’ work. Different complication of authentic texts allows using them for reading with understanding, translation, discussion and annotating.

Various exercises will help to prepare students for speaking on professional topics, to compare truthful information about different Olympic events, improve their communicative and social competence, develop creativity and positively influence on forming of students’ motivation to study English.

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Contents

Foreword		5
	Part I	7
Section I	Summer Olympics	7
Unit 1.	Football. Field Hockey	7
Unit 2.	Boxing. Wrestling	15
Unit 3.	Taekwondo. Judo	22
Unit 4.	Basketball. Volleyball	29
Unit 5.	Gymnastics. Track and Field	37
Unit 6.	Swimming. Water Polo	44
Unit 7.	Sailing. Rowing	51
Section II	Winter Olympics	57
Unit 8.	Figure Skating. Bobsledding	57
Unit 9.	Ice Hockey. Skeleton	66
Unit 10.	Skiing. Biathlon	74
Section III	The Olympic Games	83
Unit 11.	The 2012 Summer Olympics	83
Unit 12.	The 2008 Summer Olympics	90
Unit 13.	The 2010 Winter Olympics	97
Unit 14.	The 2014 Winter Olympics	104
	Part II	112
Section I	Additional texts for individual reading and translations	112
	1. Archery. Shooting technique and form	112
	2. Badminton	113
	3. Canoeing	114
	4. Cycling	115
	5. Diving	116
	6. Equestrian at the Summer Olympics	118
	7. Fencing	119
	8. Handball	121
	9. Modern pentathlon	123
	10. Shooting	125
	11. Synchronized swimming	125
	12. Table tennis	128

	13. Tennis	130
	14. Triathlon	133
	15. David Beckham	135
	16. Ronaldinho	136
	17. Muhammad Ali	137
	18. Mike Tyson	137
	19. Ivan Miljković	138
	20. Olga Korbut	139
	21. Michael Phelps	130
	22. Ian Thorpe	140
	23. Carl Lewis	141
	24. Olympic Games	142
	25. The Olympics of Ancient Greece	143
	26. The Modern Olympics	144
	27. Olympic sports	144
	28. Pierre de Coubertin	145
Section II	Grammar Exercises	148
	1. Articles	148
	2. Nouns	150
	3. Adjectives, adverbs	152
	4. Pronouns	154
	5. Numerals	156
	6. The Present Simple and Present Continuous Tenses	158
	7. The Future Simple Tense and going to	160
	8. The Present Perfect and Past Perfect Tenses	162
	9. The Past Simple and Past Continuous Tenses	164
	10. Questions	166
	11. Prepositions	168
	12. The Passive Voice	170
	13. The Reported Speech	172
	14. The Modal Verbs	174
Section III	Wordlist	176
Section IV	Answers	184
Section V	Recommended literature	194

FOREWORD

The manual “Olympic Sports” is designed for studying the course “English for Specific Purposes” for the first and second-year students of the specialities “Physical Training”, “Sport” and “Human’s Health” of higher educational establishments. The aim of this manual consists of the following:

- acquaintance with a vocabulary on a sport subject;
- broadening students’ general outlook;
- development of reading, translation and understanding skills of texts devoted to various kinds of Olympic sports, Summer and Winter Olympic Games;
- improvement of the spoken language skills in situations which are closely connected with their future professional activity;
- forming creative thought and skills for the decision of problem situations;

The contents of the manual are the following:

- Foreword;
- Part I – consists of 3 sections with 14 units;
- Part II – covers 5 sections:
 - Section I – Additional texts for individual reading and translation
 - Section II – Grammar Exercises
 - Section III – Word list
 - Section IV – Answers
 - Section V – Recommended literature

The topics covered in the book include:

- Football. Field Hockey
- Boxing. Wrestling
- Taekwondo. Judo
- Basketball. Volleyball
- Gymnastics. Track and Field
- Swimming. Water Polo
- Sailing. Rowing
- Figure Skating. Bobsledding
- Ice Hockey. Skeleton
- Skiing. Biathlon
- The 2012 Summer Olympics
- The 2008 Summer Olympics
- The 2010 Winter Olympics
- The 2014 Winter Olympics

Part I is organized into three sections which correspond to Summer Olympics, Winter Olympics and the Olympic Games. Each section of Part I has 3-7 units which have the similar structure: Pre-reading, Reading, Language Development, Speaking, Writing and Project.

Each unit of the manual contains realistic, high-interest reading. The readings are introduced with a pre-reading activity and are accompanied by a series of interesting exercises that allow students to demonstrate their reading comprehension.

To improve reading comprehension, students should be encouraged to complete *pre-reading activities* before reading text. Familiarity with the text improves understanding and leads to reading success. Pre-reading exercises help students to plunge into a certain kind of sport, recall main sport events, facts and famous sportsmen.

Reading activities include a wide range of texts, which are intended for reading in a class and for independent work of students. Different complication of texts allows using them for reading with understanding, translation, discussion and annotating. The authentic texts of the manual conform to cognitive and professional interests of students.

Each unit of the manual contains a variety of exercises that present and practice new language and develop speaking, reading and writing skills. The lexical items are introduced through techniques which include multiple choice, matching, gap-filling, true-false, word-formation, etc. The first two techniques measure students' passive vocabulary and should provide practice in recognition. The latter lend themselves better to checking and broadening their knowledge of active vocabulary and should provide practice in production. There are exercises based on problem-solving, grouping words, pictures, sentence-building, opposites, synonyms, errors, quizzes, etc. They test students' knowledge of how an item is used, where it is used, what its limitations are, how it behaves in certain situations, what other words are likely to occur with it.

Various *Language Development* exercises will help to master the sport vocabulary, prepare students for speaking on professional topics and increase their motivation to become actively involved in learning about physical culture and sport.

Speaking is connected with the improving of English speaking skills. It will help students to communicate more easily and effectively using the information from the internet or historical books/encyclopedias.

Writing deals with compositions focuses on specific topics. Students have to produce their own compositions using 150-200 words. This can be done initially in class or completed at home, as a part of their home-assignment. Students must understand the topic, because a rich language environment is the foundation for good writing.

Some units have *Project* activity which deals with a short presentation, continuing the story, reading and discussion, etc. This kind of work requires knowledge of Project PowerPoint Presentation.

Part II is organized into five Sections.

Section I - Additional texts for individual reading and translation focuses on authentic texts which logically supplement the units.

Section II – Grammar Exercises consists of the theoretical section with explanations and examples, grammar exercises. The exercises can be used for in-class reference or at-home study.

Most of the new vocabulary is presented in *Section III - Wordlist* which is designed in the alphabetic order. The words and phrases are not translated into the students' mother tongue, so they can check the meaning of new words in their dictionaries. Each new word or phrase is printed in boldface type in the unit when it appears for the first time in the text.

Section IV – Answers will help students to find answers for the most difficult exercises. The answers also contain additional information on different topics.

Section V – Recommended literature covers the authentic books, sites from the internet. This section is useful for those students who want to broaden their knowledge in physical culture and sport.

PART I

SECTION I. SUMMER OLYMPIC SPORTS

Unit 1. Football. Field Hockey

Pre-reading

Exercise 1. Choose proper names from the list to label the pictures. Then, try to give short information about each footballer. As a prompt you can use Ex. 9.

1. *Alberto Gilardino*, 2. *Andrei Shevchenko*, 3. *Cristiano Ronaldo*, 4. *David Beckham*, 5. *Diego Maradona*, 6. *Richardo Kaka*, 7. *Michael Owen*, 8. *Michel Platini*, 9. *Pele*, 10. *Ronaldinho*, 11. *Wayne Rooney*, 12. *Zinedine Zidane*



a)



b)



c)



d)



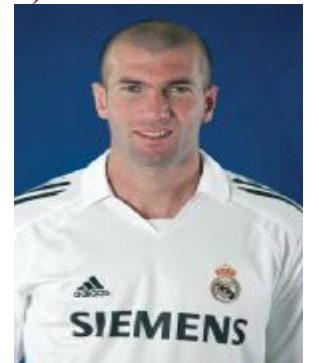
e)



f)



g)



h)



i)



j)



k)



l)

Exercise 2. Answer the following questions:



1. Do you like football, field hockey? Why?
2. What are your favourite footballers? Could you name football teams and countries they belong to?
3. Do you prefer to watch football and field hockey matches or to play these games?
4. How often do you play football and field hockey?
5. When and where was the Football League founded?

6. What does FIFA mean? What do you know about this football association?
7. What FIFA World Cup awards do you know?
8. What regular international tournaments for both men and women does field hockey include?
9. What is the highest governing body of field hockey? What do you know about it?
10. What equipment is necessary for field hockey players?

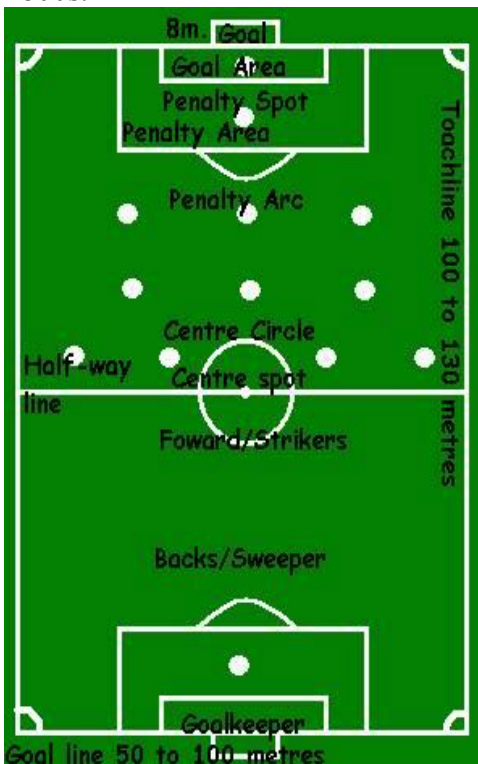


Reading

Exercise 3. Read the text “Football” and explain the words in bold.

Association football, usually known simply as football or **soccer**, has been **included** in every Olympiad except 1896 and 1932 as a men's **competition** sport. Women's football was added to the official programme in 1996.

Football is the most popular sport in the world. In America we call this **game** soccer but the rest of the world knows it as football. It was **introduced** to the world by English sailors in the late 1800s.



A football game is when you move the ball with your **feet**, your **chest**, or your head, but not your hands. The goalkeeper can use his or her hands to catch or touch the ball. The goalkeeper's job is to try to keep the opposing team from putting the ball into the **net**. The **object** of the game is to **score** a **point** by **kicking** the ball into the **goal** of the other **team**. It is played by 2 teams of 11 players each, including a goalkeeper for each team. In the Olympics the game lasts 90 minutes with two halves of 45 minutes each and a 15-minute **half-time break**. There is one **referee** and two assistant referees. The assistants run along the **touch lines** on either side of the field to help the referee. The referee makes sure the players are following the rules and **blows** his **whistle** to signal a **foul**.

To play soccer you need soccer shorts, shirt, **tall socks**, **shin guards**, **soccer cleats** (special shoes with short **spikes** on the bottom to keep the player from **slipping** on the grass). Players **dribble**, **pass**, and **shoot** the ball with their feet or sometimes their chest or head. There are no **timeouts** in soccer but play does stop for **injuries**.

A football game is **conducted** on a **rectangular**

grassy area 105 meters long x 68 meters wide. It is called a **pitch**. The field marked by touch lines on the outside and goal lines **surrounding** the goal areas. The field's center is a **circle** with a diameter of 9 meters. The area in front of the **goalposts** is divided into the **goal neighboring**, the goalpost and the penalty area **extending** toward the center. <http://www.olympics/football.htm>.

Exercise 4. Read the text “Field hockey” and match the sentences (A-C) to the numbered spaces (1-3) in it. Then explain the words in bold.

- A.** The game is played on a **level field**, measuring 46 to 55 m by 82 to 91 m, by two teams of 11 players each (five **forwards**, three **halfbacks**, two **fullbacks**, and a goalkeeper).
- B.** A point is scored by putting the ball through goal posts, which are 2.13 m high, 3.66 m **apart**, and joined by a net.
- C.** Field hockey, like many sports, is of **obscure origins**, but **traces** in one form or another **lead** to the **ancient** Egyptians and Persians, making it one of the world's oldest known sports.



Field hockey is the outdoor **stick** and ball game. **1)** London's Wimbledon Hockey Club (organized 1883) standardized the game after many centuries of informal play in England, and it **thereafter** spread to other countries, **particularly** those in Europe and the British Empire. Men have played field hockey in the United States since 1890, but the Field Hockey Association of America, which regulates men's play, was not formed until 1930, and the sport continues to **appeal** very little to American **males**. In Olympic competition, where men's field hockey first appeared in 1908, India, Great Britain, and Pakistan have dominated. Although the sport has been very popular among high school and **collegiate** women in the United States since 1901, particularly in the East, it has been a women's Olympic event only since 1980.

Rules for men and women are **essentially** the same. **2)** A **face-off** in the center of the field starts the game. Teams direct their play toward advancing the ball-made of white **leather** over a **cork** and **twine** center and about 23 cm in **circumference** - down the field with their sticks (wooden, with a flat head on only one side of the **striking surface**). **3)** Play can be physically **punishing** and fouls result in penalty **strokes** and free **hits**.

<http://www.answers.com/topic/field-hockey>

Language development

Exercise 5. Fill in the words from the list and then make sentences using the completed phrases.

- a)** 2 teams of 11 players each, **b)** a diameter of 9 meters, **c)** and ball game, **d)** competition, **e)** English sailors, **f)** Field Hockey Association, **g)** grassy area, **h)** high school, **i)** his whistle to signal a foul, **j)** Hockey Club, **k)** known sports, **l)** on a level field, **m)** touch lines, **n)** two assistant referees

1. and collegiate women
2. on the outside
3. a circle with
4. a men's sport
5. a rectangular
6. it is played by
7. it was introduced by



8. London's Wimbledon
9. the of America
10. the game is played
11. the outdoor stick
12. the referee blows
13. the world's oldest
14. there is one referee and

Exercise 6. Fill in the correct preposition from the box. Then make sentences using the completed phrases.

a) by, b) for, c) in, d) into, e) of, f) on, g) since, h) through, i) with



1. a point is scored putting the ball goal posts; 2. Olympic competition; 3. men have played field hockey the USA 1890; 4. men's field hockey first appeared 1908; 5. move the ball your feet; 6. play does stop injuries; 7. putting the ball the net; 8. soccer has been included every Olympiad; 9. special shoes short spikes the bottom; 10. the game lasts 90 minutes two halves; 11. the most popular sport the world; 12. the object the game; 13. to score a point kicking the ball; 14. women's football was added to the official programme 1996.

Exercise 7. Translate the words in bold and then match the pairs which are similar in meaning.

a) a circle, b) a competition, c) a field, d) a foot, e) a hand, f) a net, g) a team, h) an injury, i) football, j) obscure, k) tall socks, l) to appeal, m) to include, n) to introduce

1. a **contest**, 2. a **crew**, 3. a **gauze**, 4. a leg, 5. a pitch, 6. a round, 7. a trauma, 8. an arm, 9. knee-length socks, 10. soccer, 11. to **attract**, 12. to **embrace**, 13. to present, 14. **vague**

Exercise 8. Explain the words in bold and then match them with the best definition.

a) a backfield, b) a forward, c) a fullback, d) a goalkeeper, e) a halfback, f) a penalty, g) a pitch, h) a referee, i) field hockey, j) football



1) a game played with a round ball and usually based on two teams competing to kick, the ball into each other's goal, territory, etc.;

2) a game played on a **turfed field** between two teams of 11 players each whose object is to direct a ball into the opponent's goal with a hockey stick;

3) a player in certain games, such as basketball, soccer, or hockey, who is part of the forward line of the offense;

4) a player who defends the goal in any of various games (as hockey, lacrosse, or soccer);

5) a punishment, **imposed on** a team or **competitor** for **infraction** of a rule;

6) an offensive backfield player whose position is behind the quarterback and halfbacks and who primarily performs offensive blocking and line **plunges**;

7) an official **supervising** the play; an **umpire**.

8) one of several players **stationed** behind the forward line;

9) the **offensive** football player who lines up behind the linemen;

10) the playing field on which football is played;



Exercise 9. Match the list of proper names with the best definition. What do you know about these footballers? Make up dialogues.

a) Alberto Gilardino, b) Cristiano Ronaldo, c) David Beckham, d) Diego Maradona, e) Lionel Messi, f) Michael Owen, g) Michel Platini, h) Pele, i) Roberto Baggio, j) Steven Gerrard



Lionel Messi

he earned 91 caps and scored 34 goals (born 30 October 1960);

4) a retired Brazilian footballer, his real name is Edson Arantes do Nascimento He is widely regarded as the best football player of all time. In his career he scored 760 official goals. He is also the most successful Top Division goal scorer of all time with 541 League goals. In total he scored 1281 goals in 1363 games (born 21 October 1940);

5) a retired Italian footballer, widely **regarded** as one of the finest footballers of all time (4th in the FIFA internet poll; member of the Fifa World Cup Dream Team). He is the only Italian player ever to score in three World Cups and he is also one of the top 5 all-time **goalscorers** for Italy (born 18 February 1967);



Roberto Baggio

9) an English professional footballer who is currently a free agent after being **released** by Manchester United in June 2012 (born 14 December 1979);

10) an Italian World Cup-winning footballer who plays as a **striker** for Serie A club Genoa and the Italian national team. He **currently** holds the record for being the youngest player to have scored 100 goals in Serie A (born 5 July 1982);

1) a former French football player and manager, and the president of the Union of European Football Associations (UEFA) since 2007 (born 21 June 1955);

2) a Portuguese footballer who plays as a **winger** or striker for Spanish La Liga club Real Madrid and is the captain of the Portuguese national team. He became the most expensive footballer in history after moving from Manchester United to Real Madrid (born 5 February 1985);

3) a **retired** Argentine football player, and current manager of Al Wasl FC in Dubai. He is the only player in football history who set world-record contract fees twice. The first, when he was **transferred** to Barcelona for a world record £5m, and the second, when he was transferred to Napoli for another record fee £6.9m. In his international career, playing for Argentina,



Steven Gerrard

6) an Argentine footballer who plays for La Liga side FC Barcelona and is the captain of the Argentina national team, mainly as a striker (born 24 June 1987);

7) an English association footballer who plays for Los Angeles Galaxy. He has played for Manchester United, Preston North End, Real Madrid, Milan, and the England national team for which he holds the appearance record for an **outfield player** (born 2 May 1975);

8) an English footballer who captains and plays for Premier League club of Liverpool. He also has 91 caps for the England national team (born 30 May 1980);

Exercise 10. Complete the text “The History of Football” using words from the box. Use a dictionary to help you if necessary.

a) 3000 years, b) Association, c) corner, d) different, e) era, f) FIFA, g) matches, h) Roman, i) rules
j) Schools

The **origin** of football can be found in every 1) of the world. The Chinese, Japanese, Italian, Ancient Greek, Persian, Viking, and many more played a ball game long before our 2) The Chinese played "football" games **date back** as 3) ago. The Ancient Greeks and the 4) used football games to **sharpen warriors** for **battle**.

In 1815, a major development **took place** that made soccer popular in Universities, Colleges and **5)** The popular English School and Eton College came **forth** with a set of **6)**, known as the Cambridge Rules.

The history of modern-day soccer was established in 1863. In October 1863, eleven **representatives** from London clubs and schools met at the Freemason's Tavern to **set up** common fundamental rules to control the **7)** The **outcome** of this meeting was the formation of the Football **8)** In December 1863, the Rugby Football and Association football finally **split**.

The Football Association **strictly banned** any kind of **handling** of the ball. Soccer's popularity spread **rapidly** during the 1800s as British sailors, traders and soldiers introduced the sport to **9)** parts of the world.

10) was established in 1904 and the **championship** has been **awarded** every four years since the **inaugural** tournament in 1930, except in 1942 and 1946 when it was not held because of the Second World War. <http://www.historyofsoccer.info/>

Speaking

Exercise 11. Read the text "Football - Timeline". Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the text.



1848: Cambridge Rules were drawn-up in Cambridge University.

1857: The Sheffield Football Club was formed.

1863: The Football Association (The FA) was formed.

1867: Sheffield FA was formed.

1871: The Rugby Football Union was formed.

1872: The first official international football match took place between Scotland and England in Glasgow.

1886: The International Football Association Board (IFAB) was formed.

1888: William McGregor founded the world's first football league in England.

1904: The Federation Internationale de Football Association (FIFA), the international football body, was formed in Paris.

1913: The growing popularity of the international game led to the **admittance** of FIFA representatives to the International Football Association Board.

1930: The First World Cup took place in Uruguay. Uruguay wins it.

1931: The professional soccer era started in Chile, Argentina and Uruguay.



1934: The World Cup took place in Italy. The **host team** won it.

1938: The World Cup took place in France. Italy won its second World Cup.

1943: Professional soccer started in Mexico.

1950: The World Cup took place in Brazil. Uruguay won it.

1954: The World Cup took place in Switzerland. It was the first one with a sponsor. Germany wins it.

1958: The World Cup took place in Sweden. Brazil wins it with players such as Pele and Garrincha.

1959: The South American Confederation of Soccer **approved** a new inter-club cup.

1960: The Libertadores Cup was **inaugurated**. Real Madrid won against the Uruguayan team Penarol in the Intercontinental Club.

1962: The World Cup (WC) took place in Chile. Fans watched Brazil win in TV for the first time.

1966: The WC took place in England. The host team won it. The Mexican goalkeeper A. Caravajal set a record for most participation in World Cups.





1970: The World Cup took place in Mexico. Brazil won it and became the country with most championships won.

1974: The World Cup took place in Germany. The fans watched the host team win on colour TV.

1975: Independiente de Avellaneda won the Libertadores Cup for the fourth time.

1978: The World Cup took place in Argentina. Holland was the favourite to win. But the host team won it.

1979: Paraguay won a Copa America. Olimpia won the Intercontinental and Libertadores Cups.

1982: The World Cup took place in Spain. Italy won it. Countries from all continents played it. Maximum goals were scored.

1984: The new star Diego Maradona is transferred to the Italian team of Naples.

1986: The World Cup took place in Mexico. Argentina wins its second World Cup. Maradona scored the most **amazing** goal in the history of soccer.

1990: The World Cup took place in Italy. Germany won it.

1994: The World Cup took place in USA. Brazil won it.

1998: The World Cup took place in France. The host team won it.



1999: Mexico won the Confederations Cup.

2002: The World Cup took place in Japan and Korea. Brazil won it.

2005: Brazil won the Confederations Cup.

2006: The World Cup took place in Germany. Italy won it.

2007: David Beckham - one of the more popular stars in the world - made his debut in an American club, playing for the Los Angeles Galaxy.

2008: Spain **beat** Germany in the Euro Cup finals.



2010: World Cup was hosted for the first time on the African continent as the hosts South Africa played Mexico in the first match. It was Spain who **lifted** the **coveted trophy defeating** Holland in the finals.

2010: Russia and Qatar won the **bids** to host the FIFA World Cup in 2018 and 2022.

2011: Japan's **female** soccer team defeated United States in the final of World Cup in Frankfurt.

2014: The 20th FIFA World Cup, Brazil, 12 June -13 July.



<http://www.buzzle.com/articles/soccer-facts-history-and-timeline-of-soccer>

Exercise 12. Read the text about Field Hockey equipment. Use a dictionary to help you if necessary and explain the words in bold. Then, make up dialogues, using the information below.

Sticks. Each player carries a "stick", normally between 90 cm long, but they make them shorter and longer, and are traditionally made of wood with a rounded handle, **flattened** on the left side and with a **hook** at the bottom.

Balls. The ball is spherical, hard and made of plastic (sometimes over a cork **core**) and is often covered with **indentations** to **reduce** hydroplaning that can **cause** an **inconsistent** ball speed on **wet surfaces**.



General player equipment. Many players wear **mouth guards** to protect teeth and **gums** from **impacts** from the ball or stick. Some local rules **require** their use. Many players also wear shin guards, and again these may be required equipment in some areas. Many players wear **padded gloves** which are designed to protect hands from **abrasion** from contact with the ground (especially that of sand-based astro pitches), and some even protect against impact from a ball or a stick. A few competitions require **goggles** to protect the eyes. Defenders may sometimes use short corner masks; these are designed to reduce the impact of a **drag flick** from short corners.

Goalkeeping equipment. The 2007 rulebook has seen major changes regarding goalkeepers.

A fully equipped goalkeeper must wear a **helmet**, **leg guards** and **kickers**. Usually the hockey goalkeepers must wear **extensive** additional protective equipment including chest guards, padded shorts, heavily padded hand protectors, **groin protectors**, **neck guards**, arm guards, and like all players, they must carry a stick (but this type of stick must be a specialized for goalkeepers) However, such a player may not cross the 23 m line, the sole exception to this being if the goalkeeper is to take a penalty stroke at the other end of the field, when the clock is stopped. The goalkeeper can also **remove** their helmet for this action. http://en.wikipedia.org/wiki/Field_hockey

Exercise 13. Use the information from the internet or sport encyclopedias and speak about:

Football: 1. Laws of the game, 2. Players, equipment, and officials, 3. Ball in and out of play, 4. **Misconduct** (On-field, Off-field), 5. **Cautionable offences** (a yellow card), 6. Sending-off offences (a red card), 7. Association football around the world, 8. Variants of association football.

Field hockey: 1. Field of play, 2. Rules and positions, 3. Set plays (Free hits, Corner, Penalty corner, Penalty stroke), 4. **Dangerous** play and raised balls, 5. **Warnings** and **suspensions** (green, yellow and red cards), 6. Field hockey equipment, 7. Field hockey history.

Writing

Exercise 14. Make a running commentary of a football/field hockey match.

Exercise 15. Write any of the following compositions using 150 -200 words:

Football: 1. UEFA Europa League, 2. UEFA Champions League, 3. European Nations Cup, 4. World Cup, 5. Asian Cup, 6. African Cup of Nations, 7. UEFA Intertoto Cup.

Field hockey: 1. Olympic Games, 2. World Hockey Cup, 3. Field Hockey at the Asian Games, 4. Hockey Asia Cup Champions Trophy, 5. Sultan Azlan Shah Hockey Tournament, 6. Sultan Ibrahim Ismail Hockey Tournament, 7. Hockey Champions Challenge, 8. Hockey Champions Challenge II.

Project

Exercise 16. Make a short presentation:

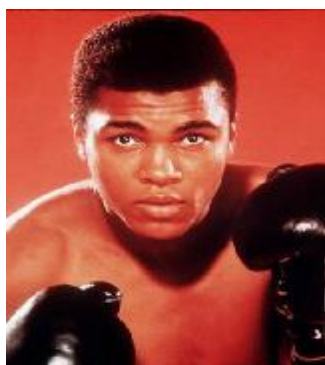
1. A famous football-player, 2. A famous field hockey player.

Unit 2. Boxing. Wrestling

Pre-reading

Exercise 1. Choose proper names from the list to label the pictures. Then, try to give short information about each boxer. As a prompt you can use Ex. 9.

1. Evandeer Holyfield, 2. Joe Frazier, 3. Lennox Lewis, 4. Mike Tyson, 5. Muhammad Ali, 6. Nikolai Valuev, 7. Oscar De La Hoya, 8. Vitali Klitschko



a)



b)



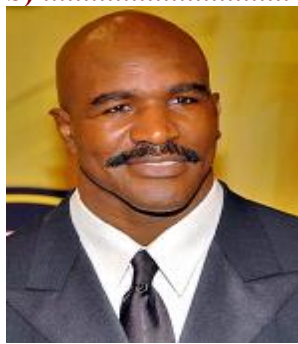
c)



d)



e)



f)



g)



h)

Exercise 2. Answer the following questions:

1. What world famous boxers do you know?
2. When were the first boxing rules introduced? Who was their author?
3. What rules were introduced in 1867?
4. What are the differences between **amateur** and professional boxing?
5. What boxing styles have you remembered? Name the main representatives.



6. What are **current** International wrestling disciplines **acknowledged** throughout the world?
7. What styles do **mixed martial arts** (MMA) include?
8. What professional wrestlers do you know?
9. What does the word FILA mean?
10. When did Men's Greco-Roman Wrestling tournament and Men's Freestyle Wrestling tournaments begin?
11. When were Women's Freestyle championships first **staged**?

Reading

Exercise 3. Read the text “Boxing” and explain the words in bold.



Boxing is a **combat sport involving** attack and defense with the **fists**. In the modern sport, boxers wear padded gloves and fight **bouts** of up to 12 three-minute rounds in a **roped-off square** known as the **ring**. In ancient Greece **fighters** used leather **thongs** on their hands and **forearms**, while in Rome gladiators used metal-**studded** leather hand coverings and usually fought to the death. Not until **implementation** of the *London Prize Ring rules* in 1839 were kicking, **gouging**, **butting**, **biting**, and **blows** below the **belt eliminated** from the boxer's standard **repertoire**.

In 1867 the *Queensberry rules* **called for** the wearing of gloves, though **bare-knuckle** boxing continued into the late 1880s. Besides calling for the wearing of gloves, the rules **forbade** wrestling **holds**, **required** a fallen man to be given a **free count** of 10 to **recover**, **established** the three-minute round with a one-minute rest period, and **disallowed seconds** from entering the ring during the round. The last of the great bare-knuckle fighters was John L. Sullivan. From Sullivan on, the USA became the **premier** boxing **venue**, partly because immigrants **supplied** a constantly renewed **pool** of boxers. Boxing has been included among the Olympic Games since 1904. Today there are 17 **primary** weight classes in professional boxing: **strawweight** (48 kg), **junior flyweight** (49 kg), **flyweight** (51 kg), **junior bantamweight** (to 52 kg), **bantamweight** (to 53,5 kg), **junior featherweight** (to 55 kg), **featherweight** (to 57 kg), **junior lightweight** (to 59 kg), **lightweight** (to 61 kg), **junior welterweight** (to 63,5 kg), **welterweight** (to 67 kg), **junior middleweight** (to 70 kg), **middleweight** (to 72,5 kg), **super middleweight** (to 76 kg), **light heavyweight** (to 79 kg), **cruiserweight** (to 86 kg) and **heavyweight**, over 85,5 kg. A bout can be won either by knocking out or **felling** one's **opponent** for a count of 10 (a KO) or by **delivering** the most **solid** blows and thus **amassing** the most points. The referee can also stop the fight when one boxer is being badly beaten (a technical knockout, or TKO) or he can disqualify a fighter for rules **violations** and award the fight to his opponent.

Amateur boxing is an Olympic and Commonwealth sport; is a common **fixture** in most of the major international games - it also has its own World Championships. Boxing is supervised by a referee over a series of one to three minute intervals called rounds. The result is decided when an opponent is **deemed incapable** to continue match by a referee or if an opponent is disqualified for breaking a rule, **resigning** by **throwing** in a **towel**, or by **judges' scorecards** at the end of the contest.

The birth hour of boxing as a sport may be its **acceptance** by the ancient Greeks as an Olympic game as early as 688 BC. Modern boxing **evolved** in Great Britain and United States.



<http://www.answers.com/topic/boxing>

Exercise 4. Read the text “Wrestling” and match the sentences (A-D) to the numbered spaces (1-4) in it. Then explain the words in bold.

- A. There are a number of **notable** national and local styles of wrestling.
- B. There are two further styles of wrestling **worthy** of note.
- C. Wrestling is a sport in which two competitors **attempt** to throw or **immobilize** each other by **grappling**.
- D. Wrestling styles can also be categorized **according to** five basic **criteria** required for a win.



1. The modern **sportive** form of wrestling, an individual **weaponless** combat activity, probably developed in prehistory from **survival** fighting, when it became **convenient** to replace death or serious injury with a more symbolic victory. There is **considerable evidence** that wrestling **existed** in all early civilizations, although it was in ancient Greece that it really developed into a sport, and was included in the Olympic Games in 704 BC.

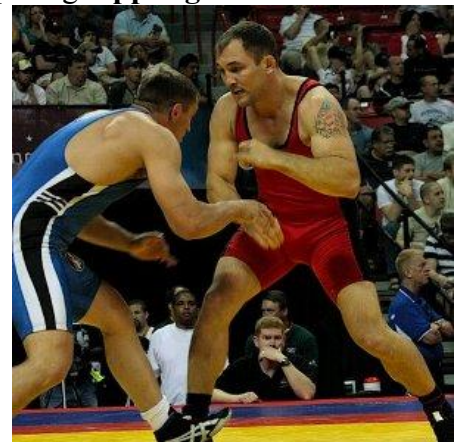
There is not one form of wrestling which is common throughout the world, but several different styles, which can be categorized into three basic types: **belt-and-jacket styles**, in which the clothing of the wrestlers - belt, jacket, or trousers - is used for grips; **catch-hold styles**, in which the wrestlers are re-

quired to **grip** each other **prior to**, and usually throughout the contest; and **loose styles**, in which the wrestlers, who can take any grip, apart from on clothing, are separated prior to the contest.

2. **Break-stance** involves forcing an opponent to **relinquish** a position; **toppling** involves forcing an opponent to touch the ground with a part of the body apart from the feet; **touch-fall** involves forcing an opponent into a specified position, usually **supine**, for a **brief** period; **pin-fall** involves holding an opponent, once thrown, in a specified position for a certain period of time; and **submission** involves forcing an opponent to **admit defeat**.

3. *Glima*, from Iceland, and *schwingen*, from Switzerland, are both belt styles, requiring toppling for victory; *kushti*, from Iran, is a catch-hold style, requiring a supine touch-fall; *yagli*, from Turkey, is a loose style requiring a supine touch-fall; *sumo*, from Japan, is a loose style requiring toppling; *Breton wrestling*, from Brittany, is a jacket style requiring a touch-fall. In Britain there are two notable local styles. *Cornish wrestling* is a jacket style requiring a touch-fall; *Cumberland and Westmorland wrestling* is a catch-hold style requiring **toppling**.

In international competition, there are only three styles of wrestling **recognized** by the *Federation Internationale des Luttes Amateurs (FILA)*. Both *freestyle* and *Greco-Roman wrestling*, which are the only styles fought in the Olympic Games, are loose styles requiring a touch-fall for victory. They **differ in** that the **former allows** any **fair** hold, throw, or **trip**, whereas the **latter** does not **permit** wrestlers to hold below the **hips**, nor to grip with the legs. There are ten weight **divisions** in both styles for international competition; light flyweight, flyweight, bantamweight, featherweight, lightweight, welterweight, middleweight, light heavyweight, heavyweight, and super heavyweight. The third style recognized by FILA is a synthesis of styles **native** to the former Soviet Union called *sambo*; the word is **composed** of the first three letters of the word *samozachita* (**self defence**) and the **initial** letters of *bez oruzhiya* (without weapons). It is a combination of loose and jacket styles requiring a submission for victory.



4. **Inter-collegiate wrestling**, which is practiced only in American colleges, is broadly similar to the freestyle and Greco-Roman styles, apart from the points system. **Professional wrestling**, based on freestyle, is more **accurately defined** as a form of **entertainment**, rather than a sport, **owing to** its 'choreographed' moves. <http://www.answers.com/topic/wrestling>

Language development

Exercise 5. Fill in the words from the list and then make sentences using the completed phrases.

a) bare-knuckle, b) boxing venue, c) competition, d) leather hand covering, e) moves, f) one-minute, g) Ring rules, h) rounds, i) styles, j) supine, k) the legs, l) two notable, m) weight, n) Westmorland wrestling

1. 12 three-minute
2. 17 primary classes
3. a great fighter
4. a rest period
5. a premier
6. a touch-fall
7. an international



8. belt-and-jacket
9. choreographed'
10. Cumberland and
11. London Prize
12. a metal-studded
13. to grip with
14. local styles

Exercise 6. Fill in the correct preposition from the box. Then make sentences using the completed phrases.

a) at, b) by, c) for, d) from, e) in, f) of, g) on, h) to, i) with

1. a constantly renewed pool boxers, 2. a free count 10 to recover, 3. a series one three minute intervals, 4. the end the contest, 5. boxing is supervised a referee, 6. developed prehistory survival fighting, 7. a certain period time, 8. the modern sport, 9. leather thongs their hands, 10. the clothing the wrestlers is used grips, 11. three styles wrestling recognized FILA, 12. to attack and defense the fists, 13. to call the wearing gloves, 14. to disqualify a fighter rules violations, 15. to grip the legs, 16. to touch the ground a part the body.

Exercise 7. Translate the words in bold and then match the pairs which are similar in meaning.

1. a fixture, 2. a referee, 3. a thong, 4. an opponent, 5. brief, 6. convenient, 7. entertainment, 8. fight, 9. implementation, 10. notable, 11. premier, 12. to amass, 13. to call for, 14. to grapple, 15. to involve, 16. to permit, 17. to recover, 18. violation

a) a belt, b) a contest, c) amusement, d) an adversary, e) an umpire, f) considerable, g) fulfillment, h) opportune, i) short, j) struggle, k) the first, l) to allow, m) to demand, n) to grip, o) to include, p) to pick up, q) to pile up, r) infringement

Exercise 8. Explain the words in bold and then match them with the best definition.

1. a combat sport, 2. a fixture, 3. an opponent, 4. boxing, 5. heavyweight, 6. mixed martial arts, 7. professional wrestling, 8. sambo, 9. sumo, 10. wrestling



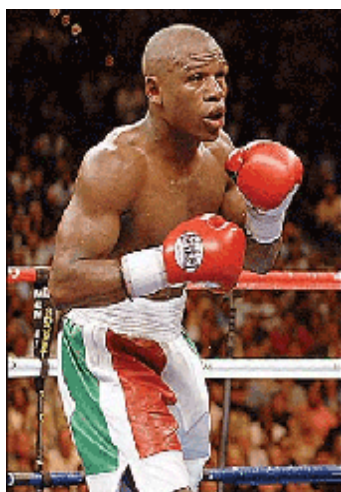
- a) a full contact combat sport that allows the use of both **striking** and grappling techniques, both standing and on the ground, including *boxing, wrestling, Brazilian jiu-jitsu, muay Thai, kickboxing, taekwondo, karate, judo, kung fu* and other styles;
- b) a Japanese form of wrestling in which a fighter loses if forced from the ring or if any part of his body except the soles of his feet touches the ground;
- c) a person who opposes another in a contest, battle, etc.;
- d) a sport in which two competitors attempt to throw or immobilize each other by grappling;

- e) a sport, such as football, hockey, or boxing, that involves physical contact between players as part of normal play;
- f) a sports match or social **occasion** and the date of such an event;
- g) a type of wrestling based on judo that originated in Russia and now features in international competitions;
- h) the act, art or profession of fighting with the fists;
- i) the heaviest weight division in professional boxing, having no upper limit, with contestants usually weighing more than 190 pounds (85.5 kilograms);
- j) wrestling for money;



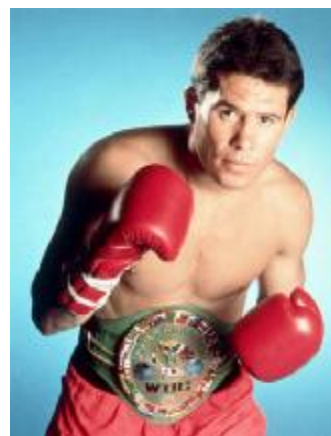
Exercise 9. Match the list of proper names with the best definition. What do you know about these persons? Make up dialogues.

1. *Evandeer Holyfield*, 2. *Floyd Mayweather*, 3. *Joseph Frazier*, 4. *Julio Chávez*, 5. *Lennox Lewis*, 6. *Mike Tyson*, 7. *Muhammad Ali*, 8. *Nikolai Valuev*, 9. *Oscar De La Hoya*, 10. *Vitali Klitschko*



Floyd Mayweather

- a) a retired American professional boxer of Mexican **descent** (born February 4, 1973);
- b) a retired American professional boxer. He is a former **undisputed** heavyweight champion of the world and holds the record as the youngest boxer to win the WBC, WBA and IBF heavyweight titles at 20 years (born June 30, 1966);
- c) a retired boxer and the most recent undisputed world heavyweight champion. He holds **dual** British and Canadian **citizenship** (born 2 September 1965);
- d) a retired Mexican professional boxer (born on July 12, 1962);
- e) a retired Russian professional boxer and former two-time WBA heavyweight champion (born 21 August 1973);
- f) a Ukrainian professional boxer and the reigning WBC Heavyweight Champion (born 19 July 1971);
- g) an American former professional boxer, philanthropist and social activist (born January 17, 1942);
- h) an American professional boxer and Olympic and Undisputed World Heavyweight Champion, whose professional **career** lasted from 1965 to 1976, with a one-fight comeback in 1981 (January 12, 1944 – November 7, 2011);
- i) an American professional boxer. He is a five-division world champion, where he has won eight world titles, as well as the Lineal Championship in three different weight classes (born February 24, 1977);
- j) an American professional boxer; he is a former Undisputed World Champion in both the cruiserweight and heavyweight divisions (born October 19, 1962);



Julio Chávez

Exercise 10. Complete the text “Greco-Roman wrestling” using words from the box. Use a dictionary to help you if necessary.

- a) *amateur*, b) *mat*, c) *offensive wrestler*, d) *Olympic Games*, e) *opponent*, f) *periods*, g) *scored*, h) *throws*



Greco-Roman wrestling is a style of wrestling that is practiced worldwide. It was contested at the first modern **1)** in 1896 and has been included in every edition of the summer Olympics held since 1908. Two wrestlers are **2)** for their performance in three two-minute **3)**, which can be **terminated** early by a **pinfall**. This style of wrestling forbids holds below the **waist** which is the major difference between itself and freestyle wrestling, the other form of wrestling at the Olympics. This **restriction** results in an **emphasis** on **4)**,

since a wrestler cannot use trips to take an **5)** to the ground or **avoid** throws by hooking or grabbing their opponent's leg.

Arm drags, bear hugs, and headlocks, which can be found in freestyle, have even greater **prominence** in Greco-Roman. In particular, a throw known as a **suplex** is used, in which the **6)** lifts his opponent in a high **arch** while falling backward on his own neck to a bridge in order to bring his opponent's **shoulders** down to the **mat**. Even on the mat, a Greco-Roman wrestler must still find several ways to turn his opponent's shoulders to the **7)** for a fall without legs, including (but not limited to) techniques known as the **bodylock** and the **gut-wrench**.

According to the International Federation of Associated Wrestling Styles (FILA), Greco-Roman wrestling is one of the six main forms of **8)** competitive wrestling practiced internationally today. The other five forms are Freestyle wrestling, Grappling/Submission wrestling, Beach wrestling, Pankration athlima, Alysh/Belt wrestling and Traditional/Folk wrestling.

<http://www.answers.com/topic/greco-roman-wrestling>

Speaking

Exercise 11. Read the text “Boxing technique – Stance and Punches”. Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the text.



Upright stance Semi-crouch Full crouch

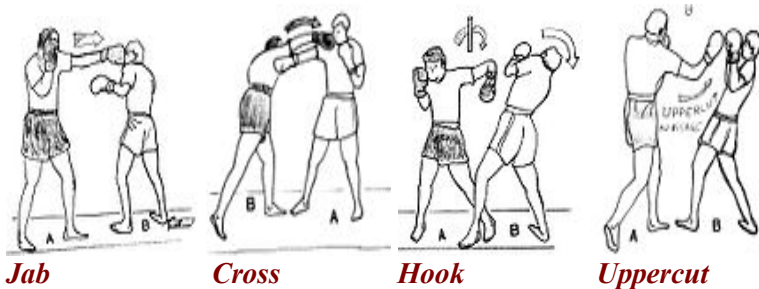
Stance. The modern boxing stance differs **substantially** from the typical boxing stances of the 19th and early 20th centuries. The modern stance has a more **upright** vertical-armed **guard**, as opposed to the more horizontal, knuckles-facing-forward guard **adopted** by early 20th century hook users such as Jack Johnson.

In a fully upright stance, the boxer stands with the legs shoulder-width apart and the **rear foot** a half-step in front of the lead man. Right-handed boxers lead with the left foot and fist. Both feet are parallel, and the right **heel** is off the ground. The lead (left) fist is held vertically about six inches in front of the face at eye level. The rear (right) fist is held beside the **chin** and the **elbow tucked** against the **ribcage** to protect the body. The chin is tucked into the chest to avoid punches to the **jaw** which commonly cause knock-outs. Wrists are slightly **bent** to avoid **damage** when punching and the elbows are kept tucked in to protect the ribcage.

Punches. There are four basic punches in boxing: the jab, straight right/left hand, hook and uppercut. If a boxer is right-handed, his left hand is the **lead hand** and his right hand is the rear hand. For a left-handed boxer or **southpaw**, the hand positions are **reversed**.

Jab – A quick, straight punch thrown with the lead hand from the guard position. The jab is **accompanied** by a small, **clockwise rotation** of the **torso** and hips, while the fist rotates 90 degrees, becoming horizontal upon **impact**.

Cross – A powerful, straight punch thrown with the rear hand. From the guard position, the rear hand is thrown from the chin, crossing the body and traveling towards the **target** in a straight line. The rear shoulder is **thrust** forward and finishes just touching the outside of the chin.



Hook – A **semi-circular** punch thrown with the lead hand to the side of the opponent's head. From the guard position, the elbow is **drawn back** with a horizontal fist and the elbow bent. The rear hand is tucked firmly against the jaw to protect the chin. The torso and hips

are rotated clockwise, propelling the fist through a **tight**, clockwise arc across the front of the body and **connecting** with the target.

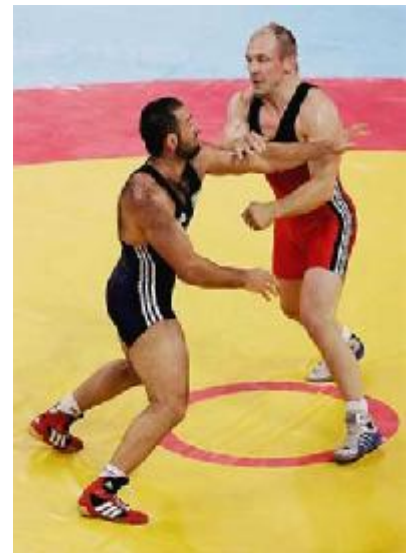
Uppercut – A vertical, rising punch thrown with the rear hand. From the guard position, the torso **shifts** slightly to the right, the rear hand **drops** below the level of the opponent's chest and the **knees** are bent slightly. From this position, the rear hand is thrust **upwards** in a **rising arc** towards the opponent's chin or torso.

<http://en.wikipedia.org/wiki/Boxing>

Exercise 12. Use the information from the internet or sport encyclopedias and speak about:

Boxing: 1. Early history, 2. Broughton's rules (1743), 3. London Prize Ring rules (1838), 4. Marquess of Queensberry rules (1867), 5. Amateur boxing (Rules and regulations), 6. Professional boxing (Boxing in the 1990s, 2000s and 2013s), 7. Boxing styles, 8. Boxing equipment and technique, 9. Governing Body (British Boxing Board of Control, Nevada State Athletic Commission, European Boxing Union), 10. Sanctioning Body (World Boxing Association (W.B.A.), World Boxing Council (W.B.C.), International Boxing Federation (I.B.F.), World Boxing Organization.

Wrestling: 1. Wrestling history, 2. Women and wrestling, 3. Greco-Roman wrestling, 4. Wrestling weight classes, 5. Match scoring, 6. Freestyle wrestling, 7. Amateur wrestling, 8. Folk wrestling, 9. Collegiate wrestling, 10. International Federation of Associated Wrestling Styles (FILA).



Writing

Exercise 13. Write any of the following compositions using 150 -200 words:



Boxing: 1. Boxing at the Summer Olympics, 2. World Professional Boxing Federation, 3. Boxing training, 4. Women's boxing, 5. Upcoming Boxing Matches.

Wrestling: 1. Professional wrestling, 2. Main championships of professional wrestling, 3. Types of professional wrestling, 4. Professional wrestling worldwide. 5. Wrestling at the Summer Olympics.

Project

Exercise 14. Make a short presentation:

1. Weight class boxing, 2. World and Olympic Champions in Greco-Roman wrestling, 3. A famous boxer, 4. A world famous wrestler.

Unit 3. Taekwondo. Judo

Pre-reading

Exercise 1. Answer the following questions:



1. What does the word 'taekwondo' mean?
2. What Korean martial arts do you know?
3. What taekwondo techniques can you name?
4. What does each student of a taekwondo club or school typically take part in?
5. What taekwondo world organizations have you heard?
6. What belt and ranks are there in taekwondo?
7. When was judo first included in the Summer Olympic Games?
8. How many Olympic weight classes are there in judo?
9. Who was the founder of judo?
10. Do you know any judo rulers?

Reading

Exercise 2. Read the text "Taekwondo" and explain the words in bold.

Taekwondo is a Korean **martial art** and the national sport of South Korea. In Korean, *tae* means "to strike or break with foot"; *kwon* means "to strike or break with fist"; and *do* means "way", "method", or "path". Thus, taekwondo may be translated as "the way of the hand and the foot." The name taekwondo is also written as taekwon-do, tae kwon-do, or tae kwon do by various organizations, based on historical, philosophical, or political reasons.

It combines combat techniques, self-defense, sport, exercise, and in some **cases** meditation and philosophy. There are two main **branches** of taekwondo development, which are not necessarily **mutually exclusive**:

"*Traditional taekwondo*" typically **refers to** the martial art as it was established in the 1950s and 1960s in the South Korean **military**, and in various **civilian** organizations, including schools and universities. In particular, the names and symbolism of the traditional **patterns** often refer to elements of Korean history, culture and religious philosophy. Today, the *Kukkiwon*, or World Taekwondo **Headquarters** is the traditional center for Taekwondo in Korea.

"*Sport taekwondo*" has developed in the decades since the 1950s and may have a somewhat different focus, especially in terms of its emphasis on **speed** and competition (as in Olympic **sparring**). Sport taekwondo is **in turn subdivided into** two main styles; one **derives from** Kukkiwon, the **source** of the sparring system *sihap gyeonggi* which is now an **event** at the summer Olympic Games and which is governed by the *World Taekwondo Federation* (WTF). The other comes from the *International Taekwon-Do Federation* (ITF).

Although there are **doctrinal** and technical differences between two main styles and among the various organizations, the art in general emphasizes kicks thrown from a mobile stance, **employing** the leg's greater reach and power (compared to the arm). Taekwondo training generally includes a system of **blocks**, kicks, punches, and open-handed strikes and may also include various **take-downs** or **sweeps**, throws, and **joint locks**. Some taekwondo instructors also **incorporate** the



use of **pressure points**, known as *jiapsul*, as well as grabbing self-defense techniques **borrowed from** other martial arts, such as *hapkido* and *judo*.

Exercise 3. Read the text “Judo” and match the sentences (A-C) to the numbered spaces (1-3) in it. Then explain the words in bold.

- A.** Only male *judoka* **participated** until the 1988 Summer Olympics, when women participated as a demonstration sport. Women judoka were first awarded medals at the 1992 Summer Olympics.
- B.** There have been between 4 and 8 Olympic weight classes over the years (currently 7), and the definition of each class has changed several times.
- C.** Jigoro Kano, a Japanese jujitsu expert, created judo (1882) by **modifying** or **dropping** many holds that were too dangerous to be used in competition.



Judo is a sport of Japanese origin that makes use of the principles of *jujitsu*, a weaponless system of self-defense. Buddhist **monks** in China, Japan, and Tibet developed jujitsu over a period of 2000 years as a system of defense that could be used against armed **marauders** and yet would not be in conflict with their religion. **1)** It depends for **success** upon the **skill** of using an opponent's own weight and strength against him, thus **enabling** a **weak** or light individual to **overcome** a physically **superior** opponent.

A judo match begins with a ceremonial **bow**, after which each player **grasps** the other by the **collar** and **sleeve** of the jacket. Points are scored when a fighter successfully **executes** a **variety** of throws or immobilizes the opponent for varying lengths of time. Penalties can result in the **deduction** of points and are called, among other reasons, for throwing an opponent by **entwining** legs; applying joint locks other than to the elbow; using the arm or hand on an opponent's face; or grabbing the opponent's trousers.

Judo has been an Olympic sport for men since 1964 and for women since 1984. **2)** **Proficiency** in judo is **indicated** by the color of a player's belt; white indicates a beginner, black a master. In 1953 the *Amateur Athletic Union* **recognized** judo as a sport and **sanctioned annual** championships. **Numerous** schools throughout the world now teach judo. Jujitsu, the **unmodified** form of judo, has been taught to military and police forces.



Judoka **compete** in weight classes. Gold and silver medals are awarded based on a single **elimination bracket**. **3)**

<http://en.wikipedia.org/wiki/Judo>

Language development

Exercise 4. Fill in the words from the list and then make sentences using the completed phrases.

- 1. “the way of the hand
- 2. “to strike or with fist”
- 3. a bow
- 4. a Korean art
- 5. a physically opponent
- 6. branches of taekwondo
- 7. techniques
- 8. grabbing self-defense



- 7. techniques
- 8. grabbing self-defense
- 9. refer to elements of
- 10. the source of the system
- 11. to use against armed
- 12. to use an own weight
- 13. the recognized judo
- 14. a jujitsu expert

a) “and the foot”, b) Amateur Athletic Union, c) break, d) ceremonial, e) combat, f) development, g) Headquarters, h) Japanese, i) Korean history, j) marauders, k) martial, l) opponent's, m) organizations, n) sparring, o) superior, p) techniques

Exercise 5. Fill in the correct preposition and particles from the box. Then make sentences using the completed phrases.

a) at, b) between, c) by, d) for, e) from, f) in, g) into, h) of, i) on, j) over, k) to, l) with



1. a sport Japanese origin, 2. an event the summer Olympic Games, 3. grabbing self-defense techniques borrowed other martial arts, 4. it was established the 1950s and 1960s, 5. its emphasis speed and competition, 6. Kukkiwon is the traditional center Taekwondo in Korea, 7. monks developed jujitsu a period 2000 years, 8. proficiency judo is indicated the color a player's belt, 9. sport taekwondo is subdivided two main styles, 10. taekwondo refers the martial art, 11. the second style taekwondo comes the ITF, 12. the use pressure points, 13. there are differences two main styles, 14. to strike or break foot

Exercise 6. Match the items to make full sentences.

- | | |
|--|--|
| 1. World Taekwondo Headquarters is | a) and the national sport of South Korea. |
| 2. Buddhist monks in China, Japan, and Tibet developed | b) jujitsu over a period of 2000 years as a system of defense. |
| 3. Judo is a sport of Japanese origin that makes use of | c) medals at the 1992 Summer Olympics. |
| 4. Taekwondo is a Korean martial art | d) modifying or dropping many holds that were too dangerous to be used in competition. |
| 5. Jigoro Kano, a Japanese jujitsu expert, created judo by | e) often refer to elements of Korean history, culture and religious philosophy |
| 6. The names and symbolism of the traditional patterns | f) since 1964 and for women since 1984. |
| 7. Judo has been an Olympic sport for men | g) the principles of <i>jujitsu</i> , a weaponless system of self-defense. |
| 8. Women judoka were first awarded | h) the traditional center for Taekwondo in Korea. |

Exercise 7. Put the words into correct order.

- refers / art / traditional / the / taekwondo / martial / typically / to.
- at / judoka / medals / the / 1992 / first/ awarded / Summer / were / Olympics / women.
- sport / decades / 1950s / taekwondo / in / has / the / developed / the / since.
- begins / ceremonial / a / judo / a / with / bow / match.
- subdivided / main / is / two / taekwondo / into / sport / styles .
- main / of / two / development / are / taekwondo / there / branches.
- and / styles / two / are / technical / between / main / there / differences / doctrinal.
- Korean / taek / strike / foot / to / break / or / with / in / means.



Exercise 8. Explain the words in bold and then match them with the best definition.

a) a buddhist monk, b) a judoka, c) International Taekwondo Federation , d) judo, e) jujitsu, f) Kukkiwon, g) martial art, h) self-defense, i) taekwondo, j) the World Taekwondo Federation

1. a competitor or expert in judo;
2. a man, who follows the teachings of Buddha; he is a member of a **brotherhood** living in a monastery and **devoted** to a discipline **prescribed** by his order;
3. a Korean art of unarmed self-defense characterized especially by the extensive use of kicks;
4. a sport adapted from jujitsu (using principles of not **resisting**) and **similar to** wrestling; developed in Japan;
5. a taekwondo organization founded on April 11, 1955 in Seoul, South Korea; it exists to **promote** and **encourage** the growth of the Korean martial art of taekwondo;



6. an art of weaponless self-defense developed in Japan that uses throws, holds, and blows and derives added power from the attacker's own weight and strength
7. any of several Oriental arts of weaponless self-defense; usually practiced as a sport; "he had a black belt in the martial arts";
8. the act of defending yourself ;
9. the home of the World Taekwondo Academy, is the official taekwondo governing organisation established by the South Korean government;
10. the International Federation member of the International Olympic Committee (IOC) for the competition events of the martial art of taekwondo;

Exercise 9. Complete the text “The History of competitive judo” using words from the box. Use a dictionary to help you if necessary.

a) adopted, b) contest, c) every year, d) Jigoro Kano, e) joint locks, f) judo, g) male, h) Olympic Games , i) Paralympic judo, j) prohibition, k) submissions, l) Tokyo, m) Women's Championships, n) women's event, o) won , p) World Judo Championships

1) is a **vitally** important aspect of Judo. Early examples include the *Kodokan Monthly Tournament* and the **biannual** *Red and White Tournament*, both of which started in 1884 and continue to the present day.

In 1899 a committee of the *Dai Nippon Butoku Kai* **chaired** by 2) **drew up** the first formal **set of rules** for Judo contests. Wins were by two **ippons**, awarded for throwing the opponent onto his back or by **pinning** them on their back for a "**sufficient**" amount of time or by **submission**. 3) could be achieved **via** *shime-waza* or *kansetsu-waza*. **Finger**, **toe** and **ankle** locks were **prohibited**. Contests were set at 15 minutes long. In 1900, these rules were 4) by the Kodokan with **amendments** made to prohibit all joint locks for *kyu grades* and added wrist locks to the prohibited *kansetsu-waza* for *dan grades*. In 1916, additional rulings were **brought in** to further limit *kansetsu waza* with the 5) of *ashi garami* and neck locks, as well as *do jime*. The new rules **banned** all remaining 6) except those applied to the





elbow and prohibited the dragging down of an opponent to enter ne waza.

The All-Japan Judo Championships were first held in 1930 and have been held **7)**, with the exception of the wartime period between 1941 and 1948, and continue to be the highest **profile** tournament in Japan.

Judo's international profile was **boosted** by the introduction of the **8)** in 1956. The championships were **initially** a fairly small **affair**, with 31 athletes attending from 21 countries in the first year. Competitors were exclusively **9)** until the introduction of the **10)** in 1980, which took place on **alternate** years to the Men's Championships. The championships were combined in 1987 to create an event that takes place annually, except for the years in

which Olympic Games are held. The first time judo was seen in the **11)** was in an informal demonstration **hosted** by Kano at the 1932 Games.

Nevertheless, Judo became an Olympic sport for men in the 1964 Games in **12)** The Olympic Committee initially dropped **13)** for the 1968 Olympics, meeting protests. Dutchman Anton Geesink **14)** the first Olympic gold medal in the open division of judo by defeating Akio Kaminaga of Japan. The **15)** was introduced at the Olympics in 1988 as a demonstration event, and an official medal event in 1992. **16)** has been a Paralympic sport since 1988; it is also one of the sports at the Special Olympics. <http://en.wikipedia.org/wiki/Judo>

Speaking

Exercise 10. Read the text “The history of martial arts on the Korean Peninsula - Timeline”. Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the text.

751 A.D.: At Sok Kul Temple, a statue of Kungang Yuksa, a famous **warrior**, was erected in a martial arts fighting stance in a small Buddhist **cave** during the **reign** of King Hye-Gong (742-762).

935 - 1392: During the Koryo Dynasty, the fighting art Taek Kyon was founded.

1147 - 1170: Soo Bak Ki is believed to have peaked in popularity. This was during the reign of King Uljong.

1392 - 1907: Some historians of Karate believe that **envoys** from Okinawa learned Soo Bak Ki from mainland China and introduced it to Okinawa. A book on Soo Bak Ki was published during the Yi Dynasty to act as a **training aid** for the military.



1921 - 1945: Karate (also known as Do-Te or Okinawa-Te). During the years of Japanese occupation in Korea, the practice of fighting arts was banned.

1936: The concept of "Do" was introduced and "Karate" became "Karate-Do."

1945: Korea is liberated from the Japanese. Quite a few Koreans, who practiced Karate in Japan, brought their martial arts training back to Korea after World War II. In 1945, the first organization to teach martial arts in Korea, Cho Sun, which was to influence Taekwondo, was formed. Judo, Karate-Do, Gom-Do (**swordsmanship**), Kwon Bop (Chuan-Fa in Chinese and Kenpo in Japanese) were taught.

1945 - 1955: Taekwondo Kwans (**associations**) were formed. The name

Taekwondo was **created** on April 11, 1955. For ten years, however, Taekwondo was also called Gong Soo Do (meaning empty hand), Tang Soo Doo (meaning China hand) and Soo Bak Do (meaning fighting hand).

1961: The Korea Tae Kwon Do Association was founded, recognizing the nine Kwans. It then changed its name on September 16, 1961 to the Korea Tae Soo Do Association and then changed back to the Korea Tae Kwon Do Association on August 5, 1965.

1962: On June 20, the Korea Athletic Union recognized Taekwondo as one of its national competitions.

1964: On September 3, Taekwondo was officially recognized by the Korean Athletic Union as a national event with seven weight categories. 1966: The International Taekwondo Federation was founded.



1971: 67 countries became the members of the International Taekwondo Federation.

1972: The Kukkiwon was founded.

1973: On May 28, the World Taekwondo Federation was founded. The First World Taekwondo championship at the Kukkiwon was held. By then, Taekwondo was being practiced in 108 countries and 200 instructors were teaching in schools around the world.

1980: The International Taekwondo Federation introduces Taekwondo to Poland, the former Soviet Union and North Korea.

1994: Taekwondo becomes an official Olympic event.

<http://www.southpacifictkd.com.au/Taekwondo/The-History-of-Taekwondo/A-Taekwondo-Timeline.asp>

Exercise 11. Read the text “Belt colours in judo”. Use a dictionary to help you if necessary and explain the words in bold. Then, make up dialogues, using the information below.

Japan. In Japan, the use of belt colors is **related to** the age of the student. Some clubs will only have black and white, others will include a brown belt for advanced *kyū grades* and at the elementary school level it is common to see a green belt for intermediate levels.

For *dan ranks*, the first five are colored black, 6th, 7th, and 8th dan have alternating red and white panels (dandara), and for 9th, 10th and 11th dan the belts are solid red. The final Dan is the twelfth dan, this is usually coloured white along with a judoka's first belt, however



the highest dan reached in judo remains 10th dan. However, holders of grades above *godan* (5th dan) will often wear a plain black belt in regular training.

Some countries also use colored **tips** on belts, to **indicate** junior age groups. Historically, women's belts had a white **stripe** along the centre.

Examination **requirements vary depending on** country, age group and of course the grade being attempted. The examination itself may include competition and *kata*. The *kyū* ranks are normally awarded by lo-

cal instructors (sensei), but dan ranks are usually awarded only after an exam supervised by independent judges from a national judo association. For a rank to be recognized, it must be **registered** with the national judo organization or the Kodokan.

United States. In the US only senior players (**adults**, usually those age is 16 and over) are allowed to earn dan levels, **signified** by wearing a black belt. The USJF and USJA recognize dan grades awarded by the other organization. Advanced kyū levels can be **earned** by both seniors and juniors (children under the age of about 16) and are signified by wearing belts of various colours other than black.



Seniors. For senior players, both the United States Judo Federation (USJF) and the United States Judo Association (USJA) specify six kyū. The USJA requires "Beginners" (not a kyū) to wear a white belt until they test for yellow belt. The USJA also recommends wearing a **patch** specifying the practitioner's level. This is true for both kyū and dan levels.

Juniors. The USJF Juniors ranking system specifies ranks to 11th kyū. The USJA Juniors ranking system specifies twelve levels of kyū rank, beginning with "Junior 1st Degree" (equivalent to jūnikyū, or 12th kyū) and ending with "Junior 12th Degree" (equivalent to ikkyū). As with the senior practitioners, the USJA recommends that juniors wear a patch specifying their rank. When a USJA Junior reaches the age of 17, their conversion to Senior rank is: Yellow belt converts to 6th kyu, Orange belt converts to 5th kyu, Green belt converts to 4th kyu, Blue belt or higher converts to 3rd kyu.

http://en.wikipedia.org/wiki/Judo_ranks_and_grades

Exercise 12. Use the information from the internet or sport encyclopedias and speak about:

Taekwondo: 1. The history of taekwondo, 2. Taekwondo techniques, 3. Taekwondo organizations, 4. Ranks, belts, and promotion, 5. Taekwondo equipment.

Judo: 1. Judo ranks and grades, 2. Highest ranking jūdōka, 3. Judo **versus** Jujutsu, 4. Judo throwing, grappling, striking techniques, 5. Judo pedagogy: Randori (free practice) and Kata (forms) 6. Current international contest rules, 7. Weight divisions, 8. Related arts and derivatives, 9. Principle of Jū.



Writing

Exercise 13. Write any of the following compositions using 150 -200 words:

Taekwondo: 1. Taekwondo at Olympic Games, 2. **Features** of taekwondo, 3. Philosophy of taekwondo, 4. Korean martial arts, 5. Taekwondo competition (sparring, **breaking**, patterns, self-defense)

Judo: 1. Judogi (**uniform**), 2. Judo organizations around the world, 3. Hard and soft techniques.

Project

Exercise 14. Make a short presentation:

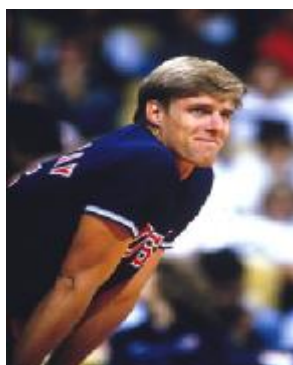
1. Worldwide governing bodies of judo (IJF International Judo Federation, Kodokan Judo Institute), 2. World Judo Championships, 3. Judo at the Summer Olympics, 4. World Taekwondo Championships.

Unit 4. Basketball. Volleyball

Pre-reading

Exercise 1. Choose proper names from the list to label the pictures. Then, try to give short information about each volleyball player. As a prompt you can use Ex. 11.

1. Alessandro Fei, 2. Bartosz Kurek, 3. Giba, 4. Ivan Miljković, 5. Karch Kiraly, 6. Kerri Walsh, 7. Matey Kaziyski, 8. Maxim Mikhaylov, 9. Misty May Treanor, 10. Nancy Carrillo, 11. Paula Weishoff, 12. Yumilka Ruiz Luaces



a)



b)



c)



d)



e)



f)



g)



h)



i)



j)



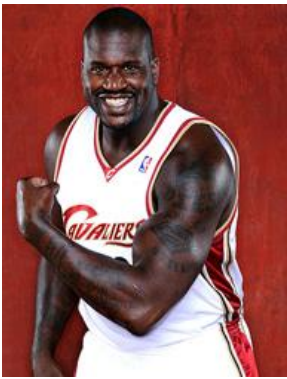
k)



l)

Exercise 2. Choose proper names from the list to label the pictures. Then, try to give a short information about each basketball player.

1. Andrew Bogut, 2. Kareem Abdul-Jabbar, 3. Larry Bird, 4. LeBron James, 5. Lisa Leslie, 6. Magic Johnson, 7. Michael Jordan, 8. Shaquille O'Neal



a)



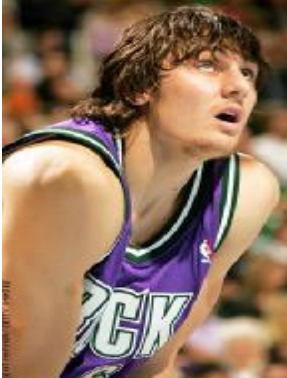
b)



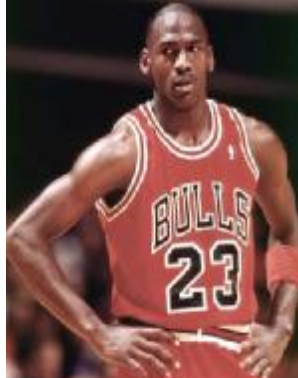
c)



d)



e)



f)



g)



h)

Exercise 3. Answer the following questions:



1. What is the highest governing body of basketball?
2. How many national teams does FIBA recognize?
3. When was FIBA Basketball World Cup founded?
4. Who was the creator of basketball? What do you know about this person?
5. When was a World Championship for men/women organized? Do they hold together with the Olympics?
6. What is the highest governing body of volleyball?
7. What international volleyball tournaments does FIVB organize?
8. Who is the creator of volleyball?
9. What volleyball player specialization do you know?
10. What variations on the basic rules of volleyball exist in the world?

Reading

Exercise 4. Read the text “Basketball” and match the sentences (A-C) to the numbered spaces (1-3) in it. Then explain the words in bold.

- A.** Players may throw, **dribble (bounce)**, or shoot the basketball (an **inflated** ball usually made of **leather** or **rubber**) but may not run with it or kick it.
- B.** The International Basketball Federation (FIBA, from its name in French), which was founded in 1932, governs international basketball competition, including the FIBA World Championship (est. 1950) and FIBA Women's World Championship (est. 1953).
- C.** The **merger** (1949) of the National Basketball League and the **rival** Basketball Association of America into the National Basketball Association (NBA) led to greater popularity.



Basketball is a game played generally **indoors** by two **opposing teams** of five players each. Basketball was **conceived** in 1891 by Dr. James Naismith, a physical education instructor at the YMCA college in Springfield, Massachusetts, as a way to **condition** outdoor athletes during the winter months. His **original list** of 13 rules has **undergone** a century of revision, leading to faster **pacing** and greater athleticism. Today basketball is one of the most popular American sports and one the rest of the world has adopted.

Basic Rules. At each end of the court-usually about 28 m long and 15 m wide-is a **bottomless** basket made of white cord net and **suspended** from a metal ring, 46 cm in diameter, which is **attached** 3.05 m above the floor (usually **hardwood**) to a **backboard** made of **fiberglass**, wood or other material. **1)**

Teams try to **advance** the ball and shoot it through one basket (the ball must enter from above) and to keep the opposition from scoring through the other. Each **field goal**, or basket, scores two points, or three points if shot from beyond a specified distance. Teams must shoot the ball within a prescribed time limit (24 sec in professional and international games; 30 sec in women's collegiate play; 35 sec in men's collegiate play). Any player making **illegal** body contact with an opposing player is **assessed** a foul; the opposing team may be given **possession** of the ball, or an opposing player awarded free throws at the basket from the foul line. Each made foul shot is worth one point. Players who **exceed** the foul limit (usually five, but six in professional and international play) are disqualified from the game. International and collegiate basketball games have two 20-min halves, professionals play four 12-min quarters, and high schoolers play four 8-min quarters.

Professional Basketball. Professional basketball began (1896) in New York City and was at one time played on **courts enclosed** by **wire mesh** (basketball players are still occasionally referred to as "**cagers**"). **2)**

Its success **inspired** the formation of several competing **leagues**, among them the American Basketball Association (ABA), founded in 1967 and merged into the NBA in 1975. In the 1980s the **emergence** of charismatic players like "Magic" Johnson, Larry Bird, and Michael Jordan, **combined** with aggressive marketing, made the NBA **hugely** successful, so that basketball often seemed the premier U.S. professional sport.

Olympic and International Basketball. An **exhibition** match was played at the 1904 Olympics, but basketball did not become an official part of the games until 1936. International rules and court **dimensions differ** slightly from U.S. standards. Still, the United States **outclassed** the rest of the world until 1972, when the Soviet Union defeated the U.S. team for the gold medal. In the 1980s, many nations **achieved parity** with the United States, which was still fielding a team of collegians. The U.S. Olympic Committee therefore **assembled** for the 1992 games a "Dream Team" **composed** of one collegian and the finest professional players, who handily won the gold medal.

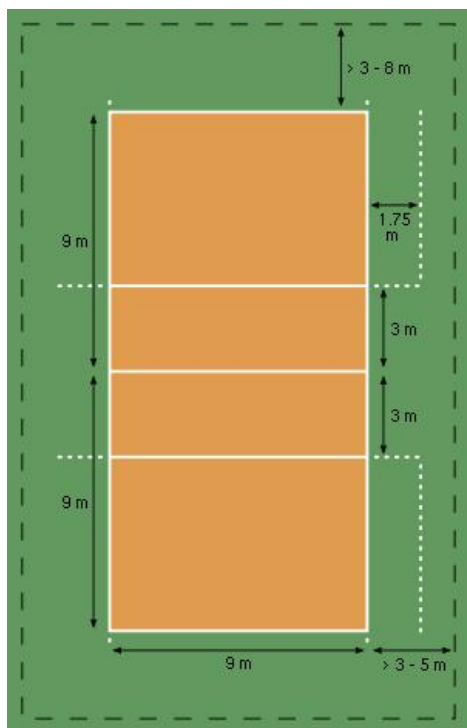


3) Contested by national teams, these **quadrennial** championships have been held during the same year since 1986. Other FIBA championships include regional titles for both national and club teams and the FIBA World Club Championship (est. 2010). Professional basketball leagues exist in Europe, Latin America, and **elsewhere**.

Women's Basketball. Women's basketball has grown **rapidly** since the 1970s. Until then, women and girls had been allowed to play only a six-player game in which offensive and defensive players were **rooted** to one half of the court. Today full court action in women's college competition and in the Women's National Basketball Association (since 1997) exhibits advanced skills and fast-paced play.

<http://www.answers.com/topic/basketball>

Exercise 5. Read the text “Volleyball” and explain the words in bold.



Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by **grounding** a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since 1964.

The complete rules are **extensive**. But simply, play **proceeds** as follows: A player on one of the teams begins a 'rally' by **serving** the ball (**tossing** or **releasing** it and then **hitting** it with a hand or arm), from behind the back **boundary** line of the court, over the net, and into the **receiving** team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to 3 times but individual players may not touch the ball **twice consecutively**. Typically, the first two touches are used to **set up** for an attack, an attempt to direct the ball back over the net in such a way that the serving team is **unable** to **prevent** it from being grounded in their court.

The rally continues, with each team allowed as many as three **consecutive** touches, until either 1): a team makes a **kill**, grounding the ball on the opponent's court and winning

the rally; or 2): a team **commits a fault** and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally. A few of the most common faults include: causing the ball to touch the ground outside the opponents' court or without the first passing over the net; catching and throwing the ball; **double** hit: two consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same team; net foul: touching the net during play; foot fault: the foot crosses over the boundary line when serving.

The ball is usually played with the hands or arms, but players can legally strike or **push** (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including **spiking** and blocking (because these plays are made above the top of the net, the vertical **jump** is an athletic skill emphasized in the sport) as well as **passing**, **setting**, and specialized player positions and offensive and defensive structures.

<http://en.wikipedia.org/wiki/Volleyball>

Language development

Exercise 6. Fill in the words from the list and then make sentences using the completed phrases.

1. a bottomless basket
2. a number of techniques
3. a physical education
4. a prescribed limit
5. a team commits a fault
6. an inflated ball
7. each field goal
8. offensive and players



9. teams the ball
10. competing leagues
11. the International
12. the most popular
13. League
14. the team may touch
15. two with the ball
16. Championship

a) American sports, b) and loses the rally, c) Basketball Federation, d) consecutive contacts, e) consistent, f) defensive, g) instructor, h) made of white cord net, i) scores two points, j) the ball up

to 3 times, **k)** the formation of several, **l)** the National Basketball, **m)** time, **n)** try to advance, **o)** usually made of leather or rubber, **p)** Women's World.

Exercise 7. Fill in the correct preposition, conjunction or particle from the box. Then make sentences using the completed phrases.

a) at, b) by, c) during, d) from, e) in, f) of, g) or, h) to, i) with, j) within



1. a backboard made fiberglass, wood other material,
2. a basket suspended a metal ring,
3. ABA was founded 1967,
4. each end the court,
5. basketball was conceived 1891,
6. courts were enclosed wire mesh,
7. players were disqualified the game,
8. players were rooted one half the court,
9. the ball is usually played the hands arms,
10. the ball must enter above,
11. to condition outdoor athletes the winter months,
12. to keep the opposition scoring,
13. to shoot the ball a prescribed time limit,
14. two consecutive contacts the ball.

Exercise 8. Match the items to make full sentences.

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Any player making illegal body 2. Basketball is a game played generally 3. Volleyball is a team sport in which 4. His original list of 13 rules has undergone 5. The team may touch the ball up to 6. Dr. James Naismith, a physical education 7. Professional basketball began in 8. Today basketball is one of the | <ol style="list-style-type: none"> a) 3 times but individual players may not touch the ball twice consecutively. b) a century of revision, leading to faster pacing and greater athleticism. c) contact with an opposing player is assessed a foul. d) indoors by two opposing teams of five players each. e) instructor at the YMCA college in Springfield, Massachusetts. f) most popular American sports and one the rest of the world has adopted. g) New York City and was at one time played on courts enclosed by wire mesh. h) two teams of six players are separated by a net. |
|--|---|



Exercise 9. Put the words into correct order.

1. are / rules / the / extensive / complete.
2. official / of / not / games / until / an / part / the / did / basketball / 1936 / become.
3. attack / are / the / used / to / up / for / an / two / first / set / touches.
4. worth / is / point / one / made / each / foul / shot.
5. basket / it / the / ball / and / try / through / to / one / teams / advance / shoot.
6. collegiate / games / two / and / basketball / have / halves / international / 20-min.
7. evolved / a / techniques / in / of / number / have / volleyball / consistent.
8. fault / a / rally / and / a / the / team / commits / loses.



Exercise 10. Explain the words in bold and then match them with the best definition.

a) a court , b) a field goal, c) a gold medal, d) a match , e) a setter, f) an outside hitter, g) basketball, h) FIBA, i) NBA , j) volleyball

1. a formal game or sports event in which people, teams, etc., compete to win;
2. a game in which two teams hit an inflated ball over a high net using their hands;
3. a game played on a court by two opposing teams of 5 players; points are scored by throwing the ball through an **elevated horizontal hoop**;
4. a score in basketball made by throwing the ball through the hoop;
5. a **trophy** made of gold or having the **appearance** of gold that is usually awarded for winning first place in a competition;



6. a volleyball player, whose main responsibility is to place the ball in the air where the attackers can place the ball into the opponents' court for a point;
7. an association of national organizations which governs international competition in basketball;
8. an open **level** area marked with **appropriate** lines, upon which a game, such as tennis, handball, or basketball, is played;
9. the most consistent hitter on the team and gets the most sets;
10. the **preeminent** men's professional basketball league in North America;

Exercise 11. Read the text “10 world famous volleyball players”. Translate and explain the words in bold. Then make up dialogues.



1. Karch Kiraly (USA). Kiraly is **arguably** the most famous volleyball player ever and is usually mentioned as the best volleyball player that ever lived. Born on November 3, 1960, he managed to find himself in a **remarkable** position in the national team of the USA which won 2 Olympic gold medals in 1984 and 1988. After a successful career indoors, he moved on to make history in beach volleyball by winning yet another gold medal in 1996. His appearance was very **unique** as he was famous for wearing a pink **cap** during his beach volleyball games. He is the only volleyball player to win gold medals in both indoor and beach volleyball. It is worth mentioning that Kiraly was named “Greatest Volleyball Player of the Century” by FIVB.

2. Giba (Brazil). Gilberto Godoy Filho or Giba, is probably the most recognized player around the world. He **possesses** a strong presence and charisma **in addition to** an amazing talent that puts him among the best volleyball players in the world **despite** being relatively short among today's players. Born December 23, 1976, he played in Italy where he won 1 Italian cup title and was awarded the most valuable player (2006). He later moved back to Brazil to win a Brazilian championship in 2001. Giba's most notable **accomplishments** are with the national team of Brazil. Giba's record with his national team includes an Olympic gold medal, three World Championships, eight World League titles, eight South American Championships, and many others.





3. Ivan Miljković (Serbia). This Serbian volleyball player currently plays for “Fenerbahçe Grundig” in Turkey. He **previously** played for different teams in Serbia, Italy, and Greece. Born on September 13, 1979, he is well-known as one of the best players in the world, and the first player to **receive** the “Most **Valuable** Player” Award 4 times in the years 2001, 2002, 2003, and 2005. His most important accomplishment is winning an Olympic gold medal with the national team of Yugoslavia. He was also awarded many personal awards such as the European championship’s “Best Scorer” title.

4. Misty Elizabeth May-Treanor (USA) is an American professional beach volleyball player, she was born on July 30, 1977. She is a two-time gold medalist, and currently the most successful **female** beach volleyball player with 110 individual championship wins in **domestic** and international competition. In 2008, at the Beijing Olympics, she again won gold. Shortly thereafter, fresh off of her Olympic win, May-Treanor participated as a **contestant** in season seven of ABC's popular competition-based reality series Dancing with the Stars. Producers paired her up with professional dancer Maksim Chmerkovskiy.



5. Andrea Giani (Italy). Giani was a very successful player during the 1990s, achieving many awards and titles with the national team of Italy. Born on April 22, 1970, Giani won 3 consecutive World titles with Italy (1990, 1994 and 1998), in addition to 4 European titles. He is currently retired but is actively involved with volleyball as a **coach**. He is 196 cm tall. After having quit the national team, Giani played for Cimone Modena until 2008, taking the reins of the team as manager starting from season 2007-2008. His nickname is Giangio.

6. Alessandro Fei (Italy). This famous Italian player was born on November 29, 1978. He currently plays for Sisley Treviso in Italy and is one of the best players in the Italian League. Fei received many personal awards such as “Most Valuable player” and “Best Server” during his participation in the CEV Champions League with his team. He also won several titles with the national team of Italy including one World Championship and four World League titles.



7. Yumilka Ruiz Luaces (Cuba). Without any doubt, she is one of the best female players in the world. She was born May 8, 1979. Ruiz represented the national team of Cuba in 4 consecutive Summer Olympics starting 1996, during which she won 2 gold medals in 1996 and 2000, in addition to a bronze medal in 2004. Among her individual achievements are World Championship “Best Scorer” in 2002 and FIVB World Grand Prix “Best Spiker” in 2004.

8. Gabrielle Reece (USA). Reece is one of the superstars that shined during the 1990s. She was born on January 6, 1970. She competed on different levels including the four-person Women’s Beach Volleyball League, Olympic Challenge series and FIVB Beach Volleyball World Tour. She made many personal records during her volleyball career, namely leading the league in kills and blocks. What’s unique about Reece is had success as a model. Her modeling career started early in 1989, and she managed to appear on the covers of different magazines such as Outside, Shape, and Elle, the latter naming her one of the five most beautiful women in the world.





9. Maxim Mikhaylov (Russia). Born March 19, 1988, this young superstar is probably on his way to make a great career. With the national team of Russia, he won the bronze medal in the 2008 Summer Olympics and a silver medal in 2010, as well as the 2011 FIVB World League gold medal during which he was awarded the “Most Valuable Player” and “Best Blocker” titles. His great hitting ability and magnificent jump place him among the best players in the world today. Mikhaylov currently plays for “Zenit Kazan.”

10. Bartosz Kurek (Poland). Kurek is another example of a young and promising superstar in the game. He was born on August 29, 1988 in Wałbrzych, Poland. He recently won the World League bronze medal in 2011 with the national team of Poland and was one of the most remarkable players of the competition as he was awarded “Best Scorer” during that championship. He was awarded the Order of Polonia Restituta, one of the highest orders in Poland, in 2009 due to his outstanding achievements in sports.



<http://famous101.com/famous-volleyball-players>

Speaking

Exercise 12. Use the information from the internet or sport encyclopedias and speak about:

Basketball: 1. History of basketball, 2. Women's basketball, 3. Rules of basketball, 4. Playing regulations, 5. Equipment, 6. A personal and technical foul, 7. Basketball at the Summer Olympics,
Volleyball: 1. The origin of volleyball, 2. Six basic skills: serve, pass, set, attack, block and dig, 3. Team play, 4. Player specialization (Setters, Liberos, Middle blockers/Middle hitters, Outside hitters/Left side hitters, Opposite hitters/Right side hitters. 5. Variations and related games.

Writing

Exercise 13. Make a commentary of a basketball/volleyball match.

Exercise 14. Write any of the following compositions using 150 -200 words:



Basketball: 1. Professional basketball, 2. International basketball, 3. Common techniques and practices, 4. Variations of basketball, 5. National Basketball Association, 6. Premier Basketball League, 7. Continental Basketball Association.

Volleyball: 1. Volleyball at the Summer Olympics, 2. Volleyball rules, 3. The three standard volleyball formations ("4-2", "6-2", "5-1"), 4. The Fédération Internationale de Volleyball (FIVB), 5. Beach volleyball. 5. Famous beach volleyball players.

Project

Exercise 15. Make a short presentation:

1. A famous basketball player, 2. A famous volleyball player.

Unit 5. Gymnastics. Track and Field

Pre-reading

Exercise 1. Choose proper names (Top 8 Gymnasts of all time) from the list to label the pictures. Then, try to give short information about each of them.

1. Bart Conner, 2. Dmitry Bilozerchev, 3. Larissa Latynina, 4. Mary Lou Retton, 5. Nadia Comaneci, 6. Nikolai Andrianov, 7. Olga Korbut, 8. Věra Čáslavská.



a)



b)



c)



d)



e)



f)



g)



h)

Exercise 2. Answer the following questions:

1. What women's events does competitive artistic gymnastics involve?
2. What are men's events of gymnastics?
3. Could you name other gymnastic sports?
4. What are four positions of competitive trampolining?
5. What are the events that acrobats perform?
6. What pieces of apparatus do rhythmic gymnastics individuals or teams of competitors manipulate?
7. What activities is track and field based around?
8. What running events are there in track and field?
9. What regular jumping events does track and field include?
10. What are men's/women's events at the Summer Olympics?

Reading

Exercise 3. Read the text "Gymnastics" and explain the words in bold.

Gymnastics is a competitive sport in which individuals perform **optional** and **prescribed** acrobatic exercises, mostly on special **apparatus**, in order to demonstrate strength, balance, and body control. Part of the ancient Olympic Games, gymnastics was **virtually reinvented** in the mo-



modern era by the German Friedrich Jahn (1778-1852). The sport became part of the **revived** Olympics in 1896; women's gymnastics was **instituted** in 1936. Men's events include the **horizontal bar**, **parallel bars**, **pommel horse**, **vaulting**, **rings**, and floor exercises. Women's events include the **balance beam**, **uneven parallel bars**, vaulting, floor exercises, and rhythmic sportive gymnastics.

Gymnastics is a graceful and artistic sport requiring a combination of strength, **suppleness**, and muscle coordination. It is increasingly popular at the **recreational** level and is particularly good as **flexibility** training. Competitive gymnastics requires very high levels of **dedication** and all-round fitness, including **stamina**.

Gymnastics is classified as a non-contact sport, but it is a high impact activity. Injuries can **occur due to** heavy **landings**, falls, or striking apparatus. Injuries tend to be most common among those with the greatest skill, because they have to practice longest, have the highest **expectations**, and perform the most dangerous **routines**.

In the past decade, gymnastics has become the fastest growing female sport in the United States. Participation usually starts at a young age, but the **length** of time that girls can take part in competitive gymnastics at a top class level is very short, and becoming shorter. The modern equipment that enables girl gymnasts to perform fast, complex, and very dynamic moves, is designed for short, light people. In 1972, the **average** female Olympian was 18 years old, weighed 46.8 kg and **measured** 1.57 m tall. In 1994, she was two years younger, 8.6 kg lighter and 12 cm shorter. This emphasis on **leanness** has put a lot of pressure on girl gymnasts to **keep** their weight **down** so that they can **emulate** the achievements of Olympians, like Olga Korbut, Nadia Comaneci, and Mary Lou Retton. Studies have shown that about 75 per cent of female gymnasts use **at least** one kind of extreme weight control technique (**fasting**, **vomiting**, **laxatives/diuretics**, **severe calorie restriction**, **excessive exercise**, **diet pills**) that may make them **susceptible** to eating **disorders** such as anorexia nervosa and bulimia. These girls also have a high risk of **overuse** injuries, particularly to the shoulders, **wrists**, and **back**, because their **bones** are still growing. Some training routines encourage hyperflexibility which can cause **joint disease**. Many of these problems are not **shared** by male gymnasts because their sport places more emphasis on strength than dynamic flexibility.



Although gymnastics is an excellent activity for developing fitness and **self-confidence**, **care** must be taken to coach youngsters **properly**, and to minimize the physical and psychological risks **associated with** the sport.

<http://www.answers.com/topic/gymnastics>

Exercise 4. Read the text “Track and field” and then answer the following questions:

1. When was track and field a part of the ancient Olympic Games?
2. What are modern events of this sport?
3. What does the name of the sport derive from?
4. What are two most prestigious international track and field competitions?
5. What is the international governing body for track and field?
6. What are the categories of running events?

Variety of sport competitions held on a **running track** and on the **adjacent** field. It is the oldest form of organized sports, having been a part of the ancient Olympic Games from 776 to 393. Modern events include various **sprint** and middle- and long-distance **races**, **relay races**, **hurdling**, **steeplechase**, **high jump**, **pole vault**, **long jump**, **triple jump**, **shot put**, **discus throw**, **hammer throw**, **javelin throw**, **decathlon**, **pentathlon**, and **heptathlon**. **Cross-country running**, **marathons**, and **speed walking**, which are **rarely** held on a track, are usually **considered adjuncts**



of athletics. Events are held indoors and outdoors, and records are kept **separately**; some events are **modified** or eliminated for indoor competition.

Track and field is a sport **comprising** various competitive athletic contests based around the activities of running, jumping and throwing. The name of the sport derives from the **venue** for the competitions: a stadium which features an oval running track surrounding a grass field. The throwing and jumping events generally take place within the central enclosed area.

Track and field is one of the sports which (along with road running, cross-country running and race walking) makes up the umbrella sport of athletics. It is under the **banner** of athletics that the two most **prestigious**

International track and field competitions are held: the athletics competition at the Olympic Games and the IAAF World Championships in Athletics. The International Association of Athletics Federations is the international governing body for track and field.

Track and field events are generally individual sports with athletes **challenging** each other to decide a **single victor**. The racing events are won by the athlete with the fastest time, while the jumping and throwing events are won by the athlete who has achieved the greatest distance or height in the contest. The running events are categorized as sprints, middle and long-distance events, relays, and hurdling. Regular jumping events include long jump, triple jump, high jump and pole vault, while the most common throwing events are shot put, javelin, discus and hammer. There are also "combined events", such as heptathlon and decathlon, in which athletes compete in a number of the above events.

Records are kept of the best performances in specific events, at world and national levels, right down to a personal level. However, if athletes are **deemed** to have **violated** the event's rules or regulations, they are disqualified from the competition and their marks are **erased**.

http://en.wikipedia.org/wiki/Track_and_field

Language development

Exercise 5. Fill in the words from the list and then make sentences using the completed phrases.

a) and artistic, **b)** and prescribed acrobatic exercises, **c)** balance, and body control, **d)** growing female sport, **e)** in competitive gymnastics, **f)** indoors and outdoors, **g)** one's weight, **h)** overuse injuries, **i)** parallel bars, **j)** running, **k)** the extreme weight, **l)** the International Association of , **m)** to minimize the physical, **n)** to perform the most, **o)** track and field competitions, **p)** various competitive

1. a graceful sport
2. a high risk of
3. cross-country
4. events are held
5. prestigious international
6. control technique
7. the fastest in the USA
8. Athletics Federations



9. to demonstrate strength,
10. to keep down
11. and psychological risks
12. to perform optional
13. dangerous routines
14. to take part
15. uneven
16. athletic contests

Exercise 6. Fill in the correct preposition, adverbs and particles from the box. Then make sentences using the completed phrases.

a) about, b) around, c) at, d) by, e) for, f) from, g) in, h) of, i) on, j) to, k) with

1. a part the ancient Olympic Games 776 393, 2. 75 per cent female gymnasts, 3. contests based the activities running, jumping and throwing, 4. order demonstrate strength, 5. it is popular the recreational level, 6. participation usually starts a young age, 7. risks associated the sport, 8. some events are modified indoor competition, 9. sport competitions held a running track, 10. the modern equipment is designed short, 11. the name sport derives the venue the competitions, 12. these problems are not shared male gymnasts, 13. they can emulate the achievements Olympians, 14. to compete a number events.



Exercise 7. Match the items to make full sentences.

- | | |
|--|--|
| 1. Injuries can occur due to heavy landings, | a) dedication and all-round fitness, including stamina. |
| 2. Men's events include the horizontal bar, parallel bars, | b) falls, or striking apparatus. |
| 3. Competitive gymnastics requires very high levels of | c) fast, complex, and very dynamic moves, is designed for short, light people. |
| 4. The modern equipment that enables girl gymnasts to perform | d) held on a track, are usually considered adjuncts of athletics. |
| 5. Regular jumping events include long jump, triple jump, | e) high jump and pole vault, while the most common throwing events are shot put, javelin, discus and hammer. |
| 6. Women's events include the balance beam, uneven parallel bars, | f) perform optional and prescribed acrobatic exercises |
| 7. Cross-country running, marathons, and speed walking, which are rarely | g) pommel horse, vaulting, rings, and floor exercises. |
| 8. Gymnastics is a competitive sport in which individuals | h) vaulting, floor exercises, and rhythmic sportive gymnastics. |

Exercise 8. Put the words into correct order.



1. sport / the / of / the / in / part / became / revived / Olympics / 1896.
2. 1936 / was / in / gymnastics / women's / instituted.
3. gymnastics is classified as a non-contact sport.
4. in / average / was / Olympian / old / the / 1972 / 18 / female / years.
5. indoors / outdoors / events / are / kept / are / and / separately / and / held / records.
6. contests / sport / athletic / is / and / competitive / comprising / a / track / field / various.
7. derives / the / competition / the / venue / the / the / for / from / of / name / sport.
8. events / the / the / time / the / are / by / with / won / racing /

Exercise 9. Explain the words in bold and then match the names of track and field events with the best definition.

a) decathlon, b) discus throw, c) high jump, d) javelin throw, e) marathon, f) pentathlon, g) pole vault, h) steeplechase, i) triple jump, j) vaulting

1. a competition that involves jumping as high as possible over a horizontal bar;
2. a competition that involves jumping over a high **crossbar** with the aid of a long pole;
3. a cross-country footrace of 42.195 kilometers (26 miles, 385 yards).
4. a footrace of usually 3000 meters over a closed track with hurdles and a water jump;
5. a modern athletic contest, in which each participant competes in five track and field events, usually the 200-meter and 1,500-meter runs, the long jump, and the discus and javelin throws;
6. an athletic competition in which a metal or **metal-tipped spear** is thrown for a distance as far as possible in track and field competitions;



7. an athletic contest in which a competitor must perform successively a **hop** and a step and a jump in continuous movement;
8. an athletic contest usually limited to men in which each contestant participates in the following ten track and field events: the 100-meter, 400-meter, and 1,500-meter runs; the 110-meter high hurdles; the discus and javelin throws; the shot put; the pole vault; the high jump; and the long jump;
9. **leaping** upward or over;
10. track and field sport of hurling for distance a disk-shaped object known as a discus;

Exercise 10. Match the words in the left column with their definitions in the right column.

1. a balance beam
2. a hoop
3. a horizontal bar
4. a pommel horse
5. a hurdle
6. an apparatus
7. parallel bars
8. rings



- a) a large metal ring used in gymnastics;
- b) a gymnastics apparatus consisting of a single bar **mounted** approximately 2,5 m above the ground and used for **swinging maneuvers**;
- c) a horizontal raised beam with a width of 10 centimeters and a length of 5 meters that is used in gymnastic competition for balancing exercises;
- d) a light **movable** barrier that competitors must leap over in certain races;
- e) a pair of circular metal **bands** suspended in the air for gymnastic exercises, on which balancing and swinging maneuvers are performed while holding the bands as **motionless** as possible;
- f) a sport appliance or device for a particular purpose;
- g) an apparatus for gymnastic exercises consisting of two horizontal bars set parallel to each other in **adjustable** upright supports and used mainly for swinging maneuvers;
- h) an apparatus for gymnastic exercises that consists of a padded, **loaf-shaped** object with two pommels on top and stands horizontal to the floor, usually on adjustable legs;

Exercise 11. Complete the text “Decathlon in modern Olympic Games” using words from the box. Use a dictionary to help you if necessary.

a) disciplines, b) event, c) games, d) gold, e) king, f) male, g) Olympia, h) Olympics, i) origin, j) pentathlon, k) performance, l) system, m) title, n) wins



The decathlon is a combined **1)** in athletics consisting of ten track and field events. The word decathlon is of Greek **2)**, meaning "ten" and "feat". Events are held over two consecutive days and the winners are **determined** by the combined **3)** in all. Performance is judged on a points **4)** in each event, not by the position achieved. The decathlon is contested mainly by **5)** athletes, while female athletes typically compete in the heptathlon.

Traditionally, the title of "World's Greatest Athlete" has been given to the man who **6)** the decathlon. This began when **7)** Gustav V of Sweden told Jim Thorpe, "You, sir, are the world's greatest athlete" after Thorpe won the decathlon at the Stockholm Olympics in 1912. The current

holder of the **8)** is American Bryan Clay, the **9)** medal winner of the event at the 2008 Beijing Olympics, who took the title from Athens Olympics Czech champion Roman Šebrle.

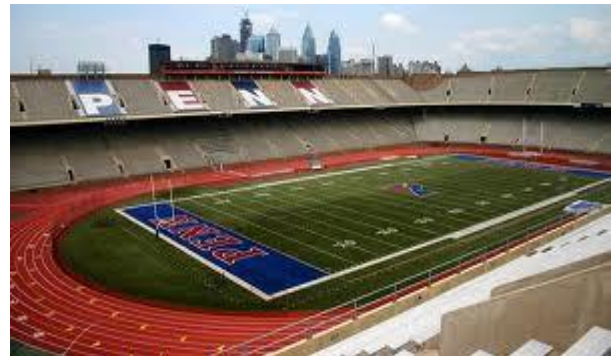
The event developed from the ancient **10)** Pentathlon competitions were held at the ancient Greek **11)** Pentathlons involved five **12)** – long jump, discus throw, javelin throw, sprint and a wrestling match. Introduced in **13)** during 708 BC, the competition was extremely popular for many centuries. By the 6th century BC, pentathlons had become part of religious **14)** The Amateur Athletic Union held "all around events" from the 1880s and a decathlon first **appeared** on the Olympic athletics program at the 1904 Games

http://en.wikipedia.org/wiki/Track_and_field

Speaking

Exercise 12. Read the text “An outdoor track and field stadium”. Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the text.

Outdoor stadium. The term track and field is **intertwined** with the stadiums which first hosted track and field competitions. The two basic features of a track and field stadium are the outer oval-shaped running track and an area of **turf** within this track – the field. In earlier competitions the lengths of the tracks varied: the *Panathinaiko Stadium* measured 333.33 metres at the 1896 Summer Olympics, while at the 1904 Olympics the distance was 536.45 m at *Francis Field*. As the sport developed, the IAAF standardized the length to 400 m and stated that the tracks must be **split into** six to eight running **lanes**. **Precise widths** for the lanes were established, as were regulations regarding the **curvature** of the track. Tracks made of flattened **cinders** were popular in the early 20th century but synthetic tracks became standard in the late 1960s. 3M's **Tartan** track (an all-weather running track of polyurethane) **gained** popularity after its use at the 1968 US Olympic **Trials** and the 1968 Summer Olympics and it began the process in which synthetic tracks became the standard for the sport. Many track and field stadiums are **multi-purpose** stadiums, with the running track surrounding a field which is built for other sports such as the various types of football.



The field of the stadium combines a number of elements for use in the jumping and throwing events. The long jump and triple jump areas comprise a straight, **narrow** 40-metre running track with a **sandpit** at one or both ends. Jumps are measured from a **take off board** – typically a small **strip** of wood with a **plasticine** marker attached – which is used to **ensure** athletes



jump from behind the measurement line. The pole vault area is also a 40-metre running track and it has an **indentation** in the ground (the box) in which poles are planted. Athletes then **propel** themselves over a crossbar before falling onto a **cushioned area** of **landing mats**. The high jump is a stripped down version of this, with an open area of track or field **leading up** to a crossbar with a square area of landing mats behind it.

The four throwing events generally all begin on one side of the stadium. The javelin throw typically takes place on a piece of track that is central

and parallel to the straights of the main running track. The javelin throwing area is a sector shape **frequently** across the Pitch (sports field) in the middle of the stadium, ensuring that the javelin has a minimal chance of causing damage or injury. The discus and hammer throw contests begin in a tall metal cage which is usually situated in one of the corners of the field. The cage **reduces** the danger of **implements** being thrown out of the field of play and throws will travel diagonally across the field in the centre of the stadium. The shot put features a circular throwing area with a **toe board** at one end. The throwing area is a sector. Some stadia also have a water jump area on one side of the field specifically for steeplechase races. http://en.wikipedia.org/wiki/Track_and_field

Exercise 13. Use the information from the internet or sport encyclopedias and speak about:

Track and field: 1. Running (sprints, middle distance, long distance, hurdling, relays), 2. Jumping (long jump, triple jump, high jump, pole vault), 3. Throwing (shot put, discus throw, javelin throw, hammer throw), 4. Track rules, 5. Field rules, 6. Road running, 7. Cross country running, 8. Race walking, 9. Athletics at the Paralympics Games

Gymnastics: 1. Artistic gymnastics, 2. Artistic gymnastics: Events for women (vault, uneven bars, balance beam, floor), 3. Artistic gymnastics: (floor, pommel horse, still rings, vault, parallel bars, high bar), 4. Rhythmic gymnastics, 5. Former apparatus and events (rope, rope climbing, flying rings), 6. International Federation of Gymnastics, 7. European Union of Gymnastics, 8. Asian Gymnastic Union, 8. African Gymnastics Union.



Writing

Exercise 14. Write any of the following compositions using 150 -200 words:

Track and field: 1. History of athletics, 2. Official world championship track and field events, 3. events, 4. The International Association of Athletics Federations

Gymnastics: 1. History of gymnastics, 2. Trampolining and tumbling, 3. Acrobatic gymnastics,

Project

Exercise 15. Make a short presentation:

Track and field: 1. Athletics at the Olympic Games, 2. The IAAF World Championships in Athletics, 3. Running in Ancient Greece, 4. World Championships, 5. A famous athlete.

Gymnastics: 1. Aerobic gymnastics, 2. A world famous gymnast.

Unit 6. Swimming. Water polo

Pre-reading

Exercise 1. Answer the following questions:

1. How many players does water polo team consist of?
2. What do the offensive positions include in water polo?
3. What fouls are there in water polo?
4. What are two basic passes in water polo?
5. Could you name water polo equipment?
6. What water polo championships do you know?
7. What are four main strokes in swimming?



8. What types of officials are needed to manage the competition in swimming?
9. What kind of female/male swimsuits are used in competitions?
10. Could you name swimwear?
11. Do you know any world famous swimmers?
12. What world records in events for both men and women were recognized by FINA (Fédération Internationale de Natation)?

Reading

Exercise 2. Read the text “Swimming” and explain the words in bold.

In recreation and sports, swimming is the **propulsion** of the body through water by combined arm and leg **motions**. Swimming is popular as an all-around fitness routine and as a competitive sport. It has been included in the modern Olympic Games since their **inception** in 1896. Events include freestyle (**crawl-stroke**) races at distances of 50, 100, 200, 400, 800, and 1,500 m; **backstroke**, **breaststroke**, and **butterfly races** at 100 and 200 m; individual **medley** races at 200 and 400 m; **freestyle relays**, 4 100 m and 4 200 m; and the medley relay, 4 100 m.

Long-distance swimming competitions, usually of 2459 km, are generally held on lakes and inland waters.

Swimming Strokes. Swimming strokes should create the least possible water **resistance**; there should be a minimum of **splashing** so that forward motion is **smooth** and not **jerky**. The stroke most commonly used to **attain speed** is the crawl, **standardized** in Australia and **perfected** in the United States. In the crawl the body is **prone**; **alternating overarm** strokes and the **flutter kick** are used, and the head remains in the water, the face alternating from side to side. The **trudgen** stroke (named for an English swimmer whose speed made it famous), also involves alternate overarm strokes in a prone position, but a **scissors kick** is used and the head remains on one side. The backstroke is done in a **supine** position and in racing requires alternate over-the-head arm strokes and a flutter kick. The elementary backstroke involves alternation of the **frog kick** with **simultaneous** strokes of the arms, which are extended at shoulder level and moved in an arc toward the hips. The **sidestroke**, a relaxed movement, **entails** a forward underwater stroke with the body on one side and a scissors kick. The breaststroke can also be a restful stroke and is **accomplished** in





a prone position; frog kicking alternates with a simultaneous movement of the arms from a point in front of the head to shoulder level. The most difficult and **exhausting** stroke is the butterfly; second only to the crawl in speed, it is done in a prone position and employs the **dolphin kick** with a **windmill-like** movement of both arms in **unison**. It is mastered by only the best swimmers. The **dog paddle**, a very simple stroke that takes its name from the way a dog swims, is done by reaching forward with the arms underwater and using a modified flutter kick.

In freestyle swimming any stroke may be used, but the crawl, considered the speediest, is almost always **avored**. **No matter** what the stroke, breathing should be easy and natural, since the specific **gravity** of the human body, although it varies with the individual, is almost always such that the body **floats** if the **lungs** are functioning normally. In races, **facility** in **diving** from a **firm surface** is **essential**, except in the backstroke.

Competitive Swimming. Swimming became organized as an amateur sport in the late 19th century in several countries. Its popularity **increased** with the development and **improvement** of the **swimming pool**, and swimming was part of the first modern Olympic Games (1896). Olympic events for women were included in 1912. Today Olympic swimming events comprise the 50-, 100-, 200-, 400-, 800- (women), and 1,500-meter (men) freestyle races; 200- (men), 400-, and 800-meter (women) freestyle relay races; the 400-meter medley (mixed stroke) relay; 100- and 200-meter backstroke, breast-stroke, and butterfly races; 200- and 400-meter individual medley races; **springboard** and high diving events; water polo; and women's synchronized swimming. Improvements in **swimsuits** have **contributed** to faster times in many race events, most **controversially** in 2009 when polyurethane suits led to many new records at the world championships. Polyurethane was **subsequently** banned from competition; **full-body suits** were also banned. Among the more successful American Olympic swimmers have been John Weissmuller, Buster Crabbe, Esther Williams, Don Schollander, Mark Spitz, Matt Biondi, Janet Evans, and Michael Phelps. Among non-Olympic distance events, swimming the English Channel has been most **publicized**. The first confirmed crossing was made (1875) by Matthew Webb of England; Gertrude Ederle of the United States was the first woman to perform (1926) this feat. Swimming has never achieved **sustained** success as a professional sport.



<http://www.answers.com/topic/swimming>

Exercise 3. Read the text “Water polo” and match the sentences (A-F) to the numbered spaces (1-6) in it. Then explain the words in bold.

- A.** During game play, players enter and exit in the corner of the pool, or in front of their goal; when play is stopped, they may enter or **exit** anywhere.
- B.** Game play involves swimming, **treading** water (using a sort of kicking motion known as "eggbeater kick"), players passing the ball while being defended by opponents, and scoring by throwing the ball into a net defended by a **goalie**.
- C.** However, if a team shoots the ball within the **allotted time**, and **regains** control of the ball, the shot clock is **reset** to 30 seconds.
- D.** If a foul is called outside the 5 meter line, the player is either able to shoot, pass or continue swimming with the ball.
- E.** The "five meters" line is where penalties are shot and it is designated by a yellow line.
- F.** The goalkeeper is the only player who can touch the ball with both hands at any time, and, in a **shallow** pool, the only player allowed to stand on the **bottom**.



Water polo is a team water sport. The playing team consists of six field players and one goalkeeper. The winner of the game is the team that scores the most goals.

1)

Seven players from each team (six field players and a goalkeeper) are allowed in the playing area of the pool during game play with up to four **substitutes**. Visiting team field players wear numbered and usually white caps, and home team field players wear usually blue caps; both

goalies wear red caps, numbered "1". Players may be substituted in and out after goals, during timeouts, at the beginning of each **quarter**, after ordinary fouls and after injuries. 2)

The game is divided into four periods; the length depends on the level of play.

The game clock is stopped when the ball is not 'in play' (between a foul being committed and the free throw being taken, and between a goal being scored and the **restart**). As a result, the average quarter lasts around 12 minutes 'real time'. A team may not have possession of the ball for longer than 30 seconds without shooting for the goal unless an opponent commits an **ejection foul**. After 30 seconds, possession passes to the other team. 3)

Each team may call 2 one-minute timeouts in the four periods of **regulation play**, and one timeout if the game goes into overtime. During game play, only the team in possession of the ball may call a timeout.

Dimensions of the water polo pool are not fixed and can vary between 20×10 and 30×20 meters. Minimum water depth must be least 1.8 meters, but this is often **waived** for younger age groups. The goals are 3 meters wide and 90 centimeters high. Water polo balls are generally yellow and of varying size and weight for juniors, women and men. The middle of the pool is **designated** by a white line. Before 2005, the pool was divided by 7 and 4 meter lines (distance out from the goal line). This has been **merged** into one 5 meter line since the 2005–2006 season. Along the side of the pool, the center area between the 5 meter lines is marked by a green line (if marked at all). 4)

The "two meter" line is designated with a red line and no player of the attacking team can receive a ball inside this zone.

One player on each team is designated the goalkeeper, **assigned** to block any shots at goal.

5)

Players can move the ball by throwing it to a **teammate** or swimming with the ball in front of them. Players are not permitted to push the ball underwater in order to keep it from an opponent, or push or hold an opposing player unless that player is holding the ball. Water polo is an intensely aggressive sport, so fouls are very common and result in a free throw during which the player cannot shoot at the goal unless beyond the "5 meter" line. 6)

Water polo players need **remarkable** stamina because of the considerable amount of holding and pushing that occurs during the game, some allowed, some unseen or **ignored** by the referees (usually underwater). There are two types of fouls: one (like the scenario above) only results in the "**fouler**" **giving up** the ball and **backing off**; the other results in an ejection or kick out. Ejections are usually given if someone is being a little too aggressive; i.e. **drowning** or **smacking** someone.



<http://www.answers.com/topic/water-polo>

Language development

Exercise 4. Fill in the words from the list and then make sentences using the completed phrases.

a) a visiting team players, b) aggressive, c) fitness routine, d) flutter kick, e) long-distance swimming, f) players, g) sport, h) strokes, i) the center area is marked, j) timeouts, k) to create the least possible, l) to the other team, m) underwater stroke, n) water polo pool

1. 2 one-minute
2. a modified
3. a team water
4. wear white caps
5. alternating overarm
6. an all-around
7. an intensely sport



8. dimensions of the
9. competitions
10. possession passes
11.by a green line
12. water resistance
13. to entail a forward
14. water polo

Exercise 5. Fill in the correct preposition, conjunction or particle from the box. Then make sentences using the completed phrases.

a) at, b) in, c) into, d) of, e) on, f) out, g) through, h) with, i) within



1. a forward underwater stroke the body one side;
2. a game is divided four periods;
3. a goalkeeper can touch the ball both hands;
4. a minimum splashing;
5. a team shoots the ball the allotted time;
6. the beginning each quarter;
7. the crawl the body is prone;
8. players enter and exit the corner the pool;
9. players may be substituted and after goals;
10. the backstroke is done a supine position;
11. the breaststroke is accomplished a prone position;
12. the dolphin kick a windmill-like movement both arms;
13. the propulsion the body water;
14. to throw a ball a net.

Exercise 6. Match the items to make full sentences.

- | | |
|---|--|
| 1. The trudgen stroke involves | a) alternate overarm strokes in a prone position. |
| 2. The "five meters" line is where | b) are generally held on lakes and inland waters. |
| 3. Seven players from each team are allowed | c) in the playing area of the pool during game play with up to four substitutes. |
| 4. The elementary backstroke involves alternation | d) modern Olympic Games since their inception in 1896. |
| 5. Dimensions of the water polo pool are | e) not fixed and can vary between 20×10 and 30×20 meters. |
| 6. Players can move the ball by throwing it | f) of the frog kick with simultaneous strokes of the arms. |
| 7. Swimming has been included in the | g) penalties are shot and it is designated by a yellow line. |
| 8. Long-distance swimming competitions | h) to a teammate or swimming with the ball in front of them. |

Exercise 7. Put the words into correct order.

- | | |
|--|---|
| 1. is / a / polo / water / water / team / sport. | 4. swimmers / the / is / best / the / by / butterfly / mastered / only. |
| 2. be / the / a / can / stroke / breaststroke / also / restful. | 5. is / sport / a / swimming / popular / competitive. |
| 3. when / stopped / the / ball / the / not / is / is / game / clock / 'in play'. | 6. quarter / the / around / lasts / average / 12 minutes. |

7. caps / players / blue / field / home / team / wear / usually.

8. be / in / any / used / freestyle / swimming / stroke / may.

Exercise 8. Explain the words in bold and then match them with the best definition.

a) a butterfly, b) a crawl, c) a medley race, d) a period, e) a substitute, f) a swimming pool, g) a teammate, h) stamina, i) swimming, j) water polo



1. a **division** of the playing time of a game;
2. a **fellow** member of a team;
3. a game played in a swimming pool by two teams of swimmers who try to throw an inflated ball into the opponents' goal;
4. a person that takes or can take the place of another;
5. a **rapid** swimming stroke consisting of alternating overarm strokes and a flutter kick;
6. a structure, often a **concrete-lined excavation of rectangular shape**, that is **filled with** water and used for swimming;

7. a swimming race in which a different stroke must be used for each length of the pool;

8. a swimming stroke in which the arms are thrown forward together out of the water while the feet kick up and down;

9. physical or moral strength to resist **illness, fatigue** or **endurance**;

10. to move along in water, etc., by means of movements of the body or parts of the body, especially the arms and legs.



Speaking

Exercise 9. Read and translate the text “8 World Famous Swimmers” Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the text.



1. **Dawn Fraser** (born 4 September 1937) is Australia's greatest Olympian. In November 1999, Dawn was awarded “World Athlete of the Century” at the ‘World Sport Awards’ in Vienna. In the same year was also awarded ‘Athlete of the Century’. She was **voted** the person who best symbolizes Australia and in 1998 was included as one of Australia's National Living **Treasures**. At the 2000 Sydney Olympic Games, Juan Antonio Samaranch, President of the International Olympic Committee made Dawn, First Lady of the Olympic games **partnering** him to the Opening Ceremony in which she was one of seven Australian women to run with the **Torch** in the main Stadium. She also was the **Attaché** to the Australian Olympic Team in 2000. She remains one of Australia's best-loved **identities**.

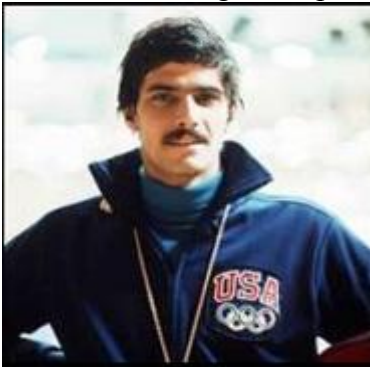
2. **Ian Thorpe** (born 13 October 1982), is an Australian swimmer who specializes in freestyle, but also competes in backstroke and the individual medley. He has won five Olympic gold medals; the most won by any Australian, and with three gold and two silver medals, was the most successful athlete at the 2000 Summer Olympics. At the 2001 World **Aquatics** Championships, he became the first person to win six gold medals in one World Championship. In total, Thorpe has won eleven World Championship gold, the second-highest number of any swimmer. Thorpe was the first person to have been named ‘Swimming World Swimmer’ of the Year four times.





3. **Jennifer Beth Thompson** (born February 26, 1973) is an American former competitive swimmer, and one of the most decorated Olympians in history, winning twelve medals, including eight gold medals (all relay), in the 1992, 1996, 2000, and 2004 Summer Olympics. She won her first world championship in 1991, as part of the USA's winning 4x100 m freestyle relay team, and held the world record in the 50 m and 100 m freestyle when she participated in the 1992 Olympics in Barcelona, Spain.

4. **Laure Manaudou** (born October 9, 1986) is a French Olympic, world and European champion swimmer. She won the gold medal in the women's 400 meter freestyle at the 2004 Athens Olympics. She has won three gold medals at the 2004 European Swimming Championships in Madrid, for the 100 metre backstroke, 400 metre freestyle, and the 4x100 metre team medley races. On 24 July 2005 at the 2005 World Aquatics Championships in Montreal, Manaudou won the women's 400 m freestyle. On 12 May 2006, she broke Janet Evans's world record in the women's 400 meter freestyle swim. Manaudou then held the same world record for nearly two years. She broke the 200 m freestyle world record at the 2007 World Swimming Championships in Melbourne in winning the final.



5. **Mark Spitz** (born February 10, 1950) is a retired American swimmer. He won seven gold medals at the 1972 Munich Olympic Games, an achievement only **surpassed** by Michael Phelps who won eight golds at the 2008 Olympics.

Between 1968 and 1972, Spitz won nine Olympic golds plus a silver and a bronze, five Pan American golds, 31 US Amateur Athletic Union titles and eight US National Collegiate Athletic Association titles. During those years, he set 33 world records. He was the most successful athlete at the 1972 Summer Olympics. He was named 'World Swimmer of the Year' in 1969, 1971 and 1972.

6. **Mary Terstegge Meagher** (born October 27, 1964 in Louisville, Kentucky) is an Olympic champion and former World Record holding swimmer from the United States. In 1981 she **bettered** her own existing World Records in the 100m (57.93) and 200m butterfly (2:05.96): these marks stood as the respective World Records for 18 and 19 years, and are considered to be among the greatest sports performances ever.



7. **Matthew Biondi** (born October 8, 1965 in Palo Alto, California) is a three-time U.S. Olympic swimmer in the 1984, 1988, and 1992 Summer Olympics, winning a total of 11 medals. He is a member of the United States Olympic Hall of Fame and the International Swimming Hall of Fame.

Biondi left Seoul with five gold medals, setting world records in four of those events.

He managed to win 5 gold, 1 silver and 1 bronze medal at the 1988 Olympics, achieving World records in 4 of those triumphs, 3 in relays and one in the 50 metre freestyle, clocking 22.14 seconds for the sprint 50. This was the third time he had broken or equalled the existing 50 metre freestyle World record.

8. Michael Phelps (born June 30, 1985) is an American swimmer who has won 16 Olympic medals - six gold and two bronze at Athens in 2004, and eight gold at Beijing in 2008, becoming the most successful athlete. He has twice **equaled** the record eight medals of any type at a single Olympics achieved by Soviet gymnast Alexander Dityatin at the 1980 Moscow Summer Games. His five gold medals in individual events tied the single Games record set by **compatriot** Eric Heiden in the 1980 Winter Olympics and equaled by Vitaly Scherbo at the 1992 Summer Games. Phelps holds the record for the most gold medals won in a single Olympics. Phelps' Olympic medal total is second only to the 18 Soviet gymnast Larisa Latynina won over three Olympics, including nine gold.



Exercise 10. Use the information from the internet or sport encyclopedias and speak about:



Swimming: **1.** Physics of swimming, **2.** Swimming at the Summer Olympic Games, **3.** FINA World Swimming Championships, **4.** Officials at the competitions, **5.** Competitive swimwear, **6.** FINA World Aquatics Championships, **7.** The Dolphin kick.

Water polo: **1.** The history of water polo, **2.** Basic skills, **3.** Fouls (major fouls, drawing the ejection, brutality fouls, a misconduct foul, a penalty shot) **4.** Ball handling skills (picking up the ball, passing, dry passing, wet passing, shooting, **baulking**), **5.** Major competitions, **5.** Water Polo World Championship

Writing

Exercise 11. Write any of the following compositions using 150 -200 words:

Swimming: **1.** Swimming styles, **2.** Open-water swimming, **3.** Records in swimming, **4.** Freestyle, **5.** Breaststroke, **6.** Backstroke, **7.** Butterfly.

Water polo: **1.** Water polo rules, **2.** The offensive strategy (Starting play of each of the quarters, Advancing the ball, Setting the ball, Man up (6 on 5), Five meter penalty, Scoring, Overtime), **3.** Defense strategy, **4.** Water polo equipment, **5.** FINA Water Polo World Cup, **6.** European Water Polo Championship



Project

Exercise 12. Make a short presentation:

Swimming: **1.** A world famous swimmer, **2.** Swimming, **3.** Water sports, **4.** Swimming innovation, **5.** Swimming as a part of the first modern Olympic Games (1896, Athens).

Water polo: **1.** Variations of water polo, **2.** Water polo at the Summer Olympic Games.

Unit 7. Sailing. Rowing

Pre-reading

Exercise 1. Answer the following questions:

1. What "yacht type" of boats do you know?
2. What racing classes exist in sailing?
3. What basic sailing techniques do you know?
4. Have you read any interesting facts from the history of sport sailing?
5. What do major ocean racing events include?
6. Do you know any facts from the history of rowing?
7. Would you like to take part in rowing? Why?
8. What equipment do rowers use?
9. What boat classes are raced at the Olympic Games?
10. Do you know any world famous rowers?



Reading

Exercise 2. Read the text "Sailing" and match the sentences (A-D) to the numbered spaces (1-4) in it. Then explain the words in bold.

- A.** In 1851 members of the NYYC raced the **schooner** 'America' against British competitors around England's Isle of Wight.
- B.** **Mastery** of the skill requires experience in varying wind and sea conditions, as well as knowledge concerning **sailboats** themselves and a **keen** understanding of one's **surroundings**.
- C.** Races between one-design boats are thought to be a **particularly** good test of a **crew's ability**, to which, rather than to design, any variation in speed must, at least in theory, be **attributable**.
- D.** The hundreds of different racing classes **fall into** three broad groups: one-design classes where very similar boats compete; **handicap** classes where **dissimilar** boats race, some with an **advantageous** time **allowance**; and **rating** classes where a variety of formulas **take into account** boat length, sail size, type of rig, and other factors.



Sailing is the propulsion of a **vehicle** and the control of its movement with large **foils** called sails. By changing the **rigging**, **rudder**, and sometimes the **keel** or centre board, a **sailor manages** the force of the wind on the sails in order to move the **vessel** and change its direction and speed. **1)**

While there are still some places in the world where sail-powered **passenger**, fishing and trading vessels are used, these **craft** have become rarer as internal **combustion engines** have become economically **viable** in even the poorest and most **remote areas**. In most countries sailing is enjoyed as a recreational activity or as a sport. Recreational sailing or **yachting** can be divided into racing and **cruising**. Cruising can include extended **offshore** and ocean-crossing **trips**, **coastal** sailing within **sight** of land, and day sailing.

Racing Classes. There is no single "yacht type" of **boat**, rather many types that include **sloops**, **yawls**, **catamarans**, and **ketches**. **2)** . Sailboats originally had wooden **hulls** with sails made of **sailcloth**, a **canvas** commonly called **duck**. Today, however, **fiberglass** hulls and synthe-



tic fabrics **predominate**, and **rigid wing sails**, which **resemble aircraft wings**, are used in place of a fabric sail when a high speed is **desired**.

Especially popular are the 4.88-7.01 m (16-23 ft) one-design boats; these are mass-produced craft made from a single **blueprint** and **intended for** the sailor of **modest means**. **3)**

History of Sport Sailing. Although sailing as a means of transportation **predates** history, sport sailing or yachting **seems** to have **originated** in the 17th centu-

ry in Holland. From there it was **introduced** into England (1660) by Charles II, and **eventually spread** to the American colonies. Then, as now, it was common for sport sailors to **join** together for social and recreational **purposes** in groups known as yacht clubs. The world's first such club was founded (1720) in Cork, Ireland. The oldest **continuously** existing club in the United States is the New York Yacht Club (NYYC; founded 1844). **4)** **Victorious**, they **deded** their trophy to the NYYC. It became known as the America's Cup, giving its name to the oldest and most prestigious event in international sailboat racing. The United States won every America's Cup (the event is **irregularly** held) between 1851 and 1983, when it was won by Australia. Since the 1980s radical changes in boat design, **lawsuits** involving Cup teams, and even **charges** of **espionage** and **sabotage** have transformed and **roiled** Cup competition. The United States **regained** the Cup in 1987, and then lost it to New Zealand in 1995. New Zealand lost to Switzerland in 2003; the United States won it in 2010.

Ocean racing, an **arduous** and dangerous sport, especially in long-distance solo events, has **gained** increased **notice**. Major ocean racing events include the Newport-Bermuda Race, the Transpacific Race, the Volvo Ocean Race, the Vendée Globe, and the Velux 5 Oceans. Francis Chichester **circumnavigated** the **globe** alone in 1967, making only one stop; a year later nonstop around-the-world solo sailing was **initiated** in a race called the Golden Globe. Today's ocean racers sail advanced multihulled yachts and are **aided** by such modern technology as **sophisticated communication devices** and **satellite-generated weather reports**. Sailboat racing has also been part of the Olympic Games since 1900; at present Olympic sailors compete in nine classes ranging from sailboards 3.7 m in length to 8.2-m sloops. <http://www.answers.com/topic/sailing>

Exercise 3. Read the text “Rowing” and explain the words in bold.

Rowing is propulsion of a boat by means of **oars**. As a sport, it involves one of two kinds of boat: 1) the **shell**, a **narrow**, light racing boat **propelled** by eight **rowers pulling** single oars under the direction of a **coxswain**; and 2) the **scull**, a racing shell propelled by one or two rowers using sculls (pairs of oars). Organized racing began at the Universities of Oxford and Cambridge in the 1820s, **culminating** in 1839 in the Henley Regatta (from 1851 the Henley Royal Regatta). In the USA, Harvard and Yale universities first raced in 1851. Rowing events in the Olympic Games have been held for men since 1900 and for women since 1976.



Rowing in a boat with a **sliding seat** is considered to be one of the best forms of aerobic exercise. It uses muscles in the arms, legs, and **torso**, **providing** an all body **workout**. This increases **bone density** in the **spine** which may **offer** some protection against osteoporosis.

Rowing is a sport which can be enjoyed at many levels. Even some **octogenarians** with a modest fitness level row regularly for exercise and pleasure. Many **stable** types of boats have been developed for non-competitive, recreational rowers. Elite rowers require **supreme** levels of fitness.



World-class rowers have extremely high maximum **oxygen consumptions** (a **measure** of aerobic fitness), second only to cross-country **skiers**.

One **attraction** of rowing is that the boat **supports** the body so there is little **jarring** of the **joints** and a low risk of stress injuries such as **shin splints** and **sore knees**. Nevertheless, because the primary power for rowing comes from the leg muscles **linked to** the back, injuries to the lower back are relatively common. These injuries are often caused by

poor conditioning or poor technique, for example, by **overworking** the **flexible thoracic spine** rather than using the combined power of the upper and lower body. To **reduce** the risk of injury, all rowers should do **conditioning training** and master the correct techniques. They should also train to develop their aerobic fitness, muscular strength, endurance, and flexibility, so that they can **improve** their performance and **enhance** their **enjoyment**. Training on water usually includes long **stretches** of rowing at two-thirds maximum effort **interspersed** with **bursts** at maximum energy **output**. **Land-based training** may involve calisthenics, **weight training**, running, **cycling**, and the use of rowing machines.

Despite low injury rates, serious **accidents** can occur if rowers **capsize**. All rowers should be able to swim and be fully **aware** of **survival techniques** in case of accidents.

<http://www.answers.com/topic/rowing>

Language development

Exercise 4. Fill in the words from the list and then make sentences using the completed phrases.

a) charges of espionage, **b)** communication devices, **c)** conditions, **d)** continuously existing, **e)** internal combustion, **f)** international sailboat, **g)** Newport-Bermuda , **h)** oxygen consumptions, **i)** racing classes, **j)** recreational purposes, **k)** resemble aircraft, **l)** solo event, **m)** time allowance, **n)** understanding of one's, **o)** weather reports, **p)** Yacht Club

1. a keen surroundings
2. a long-distance
3. an advantageous
4. an engine
5. an racing
6. and sabotage
7. high maximum
8. hundreds of different



9. satellite-generated
10. social and
11. sophisticated
12. the New York
13. the Race
14. the oldest club
15. to wings
16. wind and sea

Exercise 5. Fill in the correct preposition from the box. Then make sentences using the completed phrases.

a) between, b) by, c) in, d) into, e) of, f) with, g) within

1. a coastal sailing sight of land, 2. a good test a crew's ability, 3. a propulsion a boat means oars, 4. races one-design boats, 5. rowing events the Olympic Games, 6. the best forms aerobic exercise, 7. the propulsion a vehicle, 8. to fall three broad groups, 9. to reduce the risk injury, 10. to take account, 11. wooden hulls sails made sailcloth, 12. yachting is divided racing and cruising, 13. yachting originated the 17th century Holland, 14. yachting was introduced England Charles II.

Exercise 6. Match the items to make full sentences.

- | | |
|--|--|
| 1. All rowers should be able to swim and | a) 'America' against British competitors around England's Isle of Wight. |
| 2. Sailing is the propulsion of a vehicle and | b) as a recreational activity or as a sport. |
| 3. In most countries sailing is enjoyed | c) at two-thirds maximum effort interspersed with bursts at maximum energy output. |
| 4. Training on water usually includes long stretches of rowing | d) be fully aware of survival techniques in case of accidents. |
| 5. Sailboats originally had wooden hulls with | e) in long-distance solo events, has gained increased notice. |
| 6. Rowing in a boat with a sliding seat is considered | f) sails made of sailcloth, a canvas commonly called duck. |
| 7. Ocean racing, an arduous and dangerous sport, especially | g) the control of its movement with large foils called sails. |
| 8. In 1851 members of the NYYC raced the schooner | h) to be one of the best forms of aerobic exercise. |

Exercise 7. Put the words into correct order.

1. is / at / be / a / rowing / sport / can / which / many / levels / enjoyed.
2. States / the /1987 / the / in / United / regained / Cup.
3. club / was / in / such / the / founded / world's / Cork / first / Ireland.
4. is / of / means / by / of / a / a / oars / rowing / propulsion / boat.
5. of / as / a / history / means / predates / sailing / transportation.
6. in / and / raced / Harvard / Yale / first / 1851 / universities.
7. predominate / and / fabrics / fiberglass / today / hulls / synthetic.
8. require / elite /fitness / of / levels / rowers / supreme.



Exercise 8. Match the names of vessels with the best definition. Explain the words in bold.

- a) a boat , b) a catamaran, c) a craft, d) a ketch, e) a schooner, f) a sloop, g) a vehicle, h) a vessel, i) a yacht, j) a yawl



1. a craft designed for water transportation;
2. a device or structure for transporting persons or things; a **conveyance**;
3. a sailboat with two parallel hulls held together by single **deck**;
4. a sailing vessel with a single mast set about one third of the boat's length **aft** of the **bow**;
5. a sailing vessel with two masts; the **mizzen** is forward of the **rudderpost**;

6. a ship's small boat, crewed by rowers;
7. a small vessel for travel on water;
8. a type of fast sailing-ship with two or more **masts**;
9. a vehicle designed for navigation in or on water, air or through **outer space**;
10. an expensive vessel propelled by sail or power and used for cruising or racing;



Exercise 9. Complete the text “The history of rowing” using words from the box. Use a dictionary to help you if necessary.

a) amateur, b) annually, c) boat club, d) contested, e) crowds, f) dates back, g) event, h) founded, i) organized, j) Oxford, k) rivers, l) rowing, m) rowing races, n) took place



The first known "modern" **1)** began from competition among the professional **watermen** that provided **ferry** and taxi service on the River Thames in London. Prizes for **wager races** were often offered by the London **Guilds** and **Livery Companies** or wealthy **owners** of riverside houses. The oldest surviving such race, Doggett's Coat and Badge was first **2)** in 1715 and is still held **3)** from London Bridge to Chelsea. During the 19th century these races became numerous and popular, attracting large crowds.

Prize matches **amongst** professionals **similarly** became popular on other **4)** of Great Britain in the 19th century, **notably** on the Tyne. In America, the earliest known race **5)** to 1756 in New York.

6) competition in England began towards the end of the 18th century. Documentary **evidence** from this period is **sparse**, but it is known that the Monarch Boat Club of Eton College and the Isis Club of Westminster School were both in existence in the 1790s. The Star Club and Arrow Club in London for gentlemen amateurs were also in existence before 1800. At the University of **7)** **bumping races** were first organized in 1815 when Brasenose College and Jesus College boat clubs had the first annual race, while at Cambridge the first recorded races were in 1827. Brasenose won Oxford University's first Head of the River and claim to be the oldest established **8)** in the world. The Boat Race between Oxford University and Cambridge University first **9)** in 1829, and was the second intercollegiate sporting **10)**. The interest in the first Boat Race and **subsequent** matches led the town of Henley-on-Thames to begin hosting an annual regatta in 1839.

Founded in 1818, Leander Club is the world's oldest public **11)** club. The second oldest club which still exists is the Der Hamburger und Germania Ruder Club which was **12)** 1836 and marked the beginning of rowing as an **13)** sport in Germany. During the 19th century, as in England, wager matches in North America between professionals became very popular attracting **vast 14)**. The Detroit Boat Club was established as the first rowing exclusive club in 1839 in the USA. In 1843, the first American college rowing club was formed at Yale University. The Harvard-Yale Regatta is the oldest intercollegiate sporting event in the United States, having been contested every year since 1852. [http://en.wikipedia.org/wiki/Rowing \(sport\)](http://en.wikipedia.org/wiki/Rowing_(sport))

Speaking

Exercise 10. Read the text “The Transpacific Yacht Race” and give a short summary of it. Use a dictionary to help you if necessary and explain the words in bold.

The Transpacific Yacht Race (Transpac) is an offshore yacht race starting in Point Fermin, San Pedro, near Los Angeles and ending in Diamond Head **Lighthouse** in Honolulu, a distance of around 2,225 **nautical miles** (2,560 mi; 4,121 km). Started in 1906, it is one of yachting's premier offshore races and attracts **entrants** from all over the world. The race is organized by the Transpacific Yacht Club.

The race is famous for fast **downwind** sailing under **spinnaker** in the trade winds.

In 1977 the yacht Merlin, designed by Bill Lee, set an **elapsed** time record of 8 days, 11 hours, 1 minute.



This record would stand for 20 years. Ending Merlin's record, in the 1997 race a new monohull elapsed time record of 7 days, 11 hours, 41 minutes, and 27 seconds was set by Roy E. Disney's Pyewacket. The record fell once again in 2005, with Hasso Plattner's 'Morning Glory' from Germany. 'Morning Glory' was the **scratch boat** when it led a five-boat **assault** on the record for monohulls. She finished the race in 6 days, 16 hours, 4 minutes, and 11 seconds to win "the Barn Door" trophy, a **slab** of carved koa wood traditionally awarded to the monohull with the fastest elapsed time.

On July 7, 2009, 'Alfa Romeo II' beat the 'Morning Glory' record for best day's run set in the 2005 race, by sailing 399 nautical miles (459 mi; 739 km) in 24 hours. The next two days she broke her own best-day record by sailing 420 nautical miles (480 mi; 780 km) and 431 nautical miles (496 mi; 798 km). First to finish the 2009 Transpac, 'Alfa Romeo' II set a Transpac race elapsed-time record of 5 days, 14 hours, 36 minutes, 20 seconds. However, because she must use "stored power" (a **diesel engine**) to move, 'Alfa Romeo II', sailing in the "unlimited" class, was not **eligible** for the traditional "Barn Door" trophy, but instead was the **inaugural** winner of a new trophy **dedicated** by Trisha Steele, called the "Merlin Trophy".



In the double-handed division, 'Pegasus 50', sailed by Philippe Kahn and Mark Christensen, set a new record of 7 days, 19 hours, 38 minutes and 35 seconds.

http://en.wikipedia.org/wiki/Transpacific_Yacht_Race

Exercise 11. Use the information from the internet or sport encyclopedias and speak about:

Sailing: 1. International Sailing Federation, 2. Yacht clubs, 3. Fleet racing, 4. Match racing, 5. Team racing, 6. Short course racing, 7. Coastal racing, 8. Offshore racing, 9. Classes and ratings.

Rowing: 1. Anatomy of a stroke, 2. Watercraft rowing, 3. International Rowing Federation, 4. World Rowing Championships, 5. Head races, 6. Bumps races, 7. Stake races, 8. Boat positions.

Writing

Exercise 12. Write any of the following compositions using 150 -200 words:



Sailing: 1. Oceanic racing, 2. Racing rules of sailing, 3. Former Olympic sailing classes.

Rowing: 1. Rowing equipment, 2. Indoor rowing, 3. Rules of racing, 4. Coastal and ocean rowing.

Project

Exercise 13. Make a short presentation:

Sailing: 1. Handicap racing, 2. Sailing at Summer Olympics, 3. The history of sailing.

Rowing: 1. The history of rowing, 2. Rowing at the Summer Olympics, 3. Lightweight rowing.

SECTION II. WINTER OLYMPIC SPORTS

Unit 8. Figure Skating, Bobsledding

Pre-reading

Exercise 1. Choose proper names from the list to label the pictures. Then, try to give a short information about each figure skater. As a prompt you can use Ex. 9.

Yagudin; 2. Elena Berezhnaya and Anton Sikharulidze; 3. Eugenij Pluschenko; 4. Evan Lysacek, 5. Ilia Kulik; 6. Irina Slutskaya; 7. Sarah Hughes; 8. Sasha Cohen; 9. Shen Xue and Zhao Hongbo; 10. Sonja Henie; 11. Tara Lipinski; 12. Tatiana Navka and Roman Kostomarov.



a)



b)



c)



d)



e)



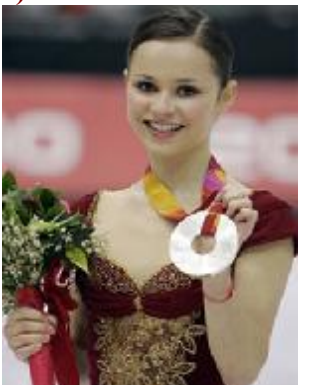
f)



g)



h)



i)



j)



k)



l)

Exercise 2. Answer the following questions:



1. What famous Olympic figure skaters do you know?
2. What kinds of figure skating are widespread nowadays?
3. When did figure skating debut as an Olympic sport?
4. Who was the creator of skating to music and brought balletic movements to ice?
5. Do you like to watch figure skating on TV? Why?

6. Do you know the most successful bobsled teams of the Olympic games? Can you name them?
7. When and where was bobsledding originated?
8. What does a two-person sled consist of?
9. When was bobsledding included in the first Olympic Winter Games?
10. Do you think bobsledding is a dangerous kind of sport? Why?



Reading

Exercise 3. Read the text “Figure Skating” and explain the words in bold.

Ice Skating, a sport brought to North America from Europe in the 1740s, takes three **basic** forms. **Figure skating**, **solo** or **in pairs**, includes jumps and **spins** with varying **degrees** of difficulty, combined with **movement** and dance. Speed skating (and short-track speed skating) is **racing** on ice. Ice hockey is a team sport played on ice. In the mid-nineteenth century, skates were made of **steel** with **straps** and clamps to **fasten** them to shoes. Later in the century, the **blade** with the **permanently** attached shoe was developed by the American ballet dancer and **vanguard** figure skater Jackson Haines, who **also introduced** the elements of dance and music into the **previously rigid** form of figure skating and in the 1860s, bringing balletic movements to ice, and creating new ones. One of the most beautiful and graceful events in all sport, international figure skating **requires** skaters to perform a short program that includes, and then a longer program of **free selection**, both set to music. **Judging** is **subjective** and often **controversial**. Skaters also compete in pairs, **seeking** through the **intricate synchronization** of moves and the performance of **lifts** and **jumps** to **impress** the **scoring** judges.



As an Olympic sport, figure skating (considered an **indoor** sport) **debuted** in the 1908 Olympic Summer Games in London, with **competitions** held for men, women, and pairs. It became a winter sport at the first-ever 1924 Winter Games in Chamonix, France. Originally, figure skating was executed in a **stiff**, formal style. Compulsory movements consisted of curves and turns, in or against the **direction** of movement, and executed to form several circle forms in a row. Although music, more **fluid** movements, **pirouettes**, spins, and ever-increasing athleticism were continually added to the performance roster, compulsory figures remained a part of Olympic competition until

1991. Ice hockey was included in the summer Olympics in 1920 and in the inaugural winter games of 1924, where men's speed skating was also an event. Women's speed-skating championships were first held in 1936 and included in the Olympics in 1960. Ice dancing, a figure skating discipline, became an Olympic event in 1976 and short-track speed skating in 1992.

Olympic gold medalist Sonja Henie did much to bring skating to wide public notice in the United States, and after she turned (1936) professional, the ice carnival became a popular American **amusement**. Since then travelling ice shows have continued to **attract** former Olympic skaters who have, since the 1970s, also competed in a series of professional competitions. In recent years, Americans have increasingly **taken up** competitive figure skating in the hope of repeating the **successes** of Olympic champions such as Peggy Fleming, Dorothy Hamill, Scott Hamilton, Brian Boitano, Kristi Yamaguchi, Tara Lipinski, and Sarah Hughes.

[http://www.answers.com/topic/ice skating](http://www.answers.com/topic/ice%20skating)

Exercise 4. Read the text “Bobsledding” and match the sentences (A-C) to the numbered spaces (1-3) in it. Then explain the words in bold.

A. Winners rely on technical sled design, powerful push-offs at the start, and intimate course **knowledge** to gain split second **advantages**.

B. Bob runs are typically about 1,500 m long, with 1520 banked turns. Four-person sleds attain speeds approaching 100 mph (160 kph).

C. A driver and three bobs, the last one being the brakeman, compose a four-member crew.



Sport of sliding down a winding **ice-covered** run on a large metal sled (bobsled). The sled is equipped with two pairs of runners, a long **seat** for two or more (usually four) people, **a steering wheel** or steering ropes, and a hand brake. **Bobsledding** originated in Switzerland in the 1890s and was included in the first Olympic Winter Games in 1924. Championship competitions are held each year. **1)**

Bobsledding, winter sport in which a bobsled—a partially enclosed **vehicle** with steerable sledlike runners, accommodating two or four persons—hurtles down a course of iced, steeply banked, **twisting inclines**. **2)** A two-person sled consists of a **driver** and the **brakeman**. A group of American and English vacationers at St. Moritz, Switzerland, developed the sport, an offspring in the late 19th cent. A part of the Winter Olympic games since their inception

in 1924, bobsledding is a sport of **exhilarating** but dangerous speed (up to 145 km per hr). **3)** Though Americans fared well in early Olympic bobsledding, since 1960, the Swiss, Germans, Italians, and Austrians have tended to **dominate** the medals. Women's bobsledding was added to the Olympics in 2002. The chief attractions of bobsledding are the speed of the sleds (approaching 90 miles per hour) and the danger to the crew (resting on a sled less than a foot above the ground while flying down an icy, mile-long course containing a series of curves designed to control speed as well as increase it). Bobsled speed is affected by three main factors: **weight**, **air resistance**, and **friction**. All things being equal, the heaviest sled/crew combination will run the fastest. Therefore, a maximum weight is set for each sled and crew combination. A four-man sled cannot exceed 630 kilograms, while two-man sleds cannot exceed 390 kilograms. Lighter crews can add weight to their sleds before a race, but heavier sleds can prove more difficult to start, a critical element to racers. Explosive starts result in fast finish times. Racers who beat a competitor's time by a fraction of a second at the beginning of the race can finish up to two or three seconds faster at the **bottom**. Considering this, adding weight to a sled for competition can be more detrimental than helpful to a lighter bobsled team.

Push time is the crucial factor - how long it takes the sledders to propel their craft and leap into it over the 50-meter starting run. A tenth of a second of saved push time can earn a third of a

second off the entire run. Because bobsled requires a lot of upper-body strength and foot speed, it attracts cross-overs from football and track. <http://www.answers.com/topic/bobsledding>

Language development

Exercise 5. Fill in the words from the list and then make sentences using the completed phrases.

a) jumps and skills; b) by the American ballet dancer; c) is a team sport played; d) lifts and jumps; e) men, women, and pairs; f) movement and dance; g) program of free selection; h) steel with straps and clamps; i) steeply banked, twisting inclines; j) the elements of dance and music; k) the permanently attached; l) two pairs of runners; m) steerable sledlike; n) with varying degrees of difficulty

1. a course of iced,
2. a longer
3. combined with
4. competitions held for
5. equipped with
6. ice hockey on ice
7. J. Haines introduced



8. mandatory
9. performance of
10. vehicle with runners
11. the blade was developed
12. skates were made of
13. the blade with shoe
14. jumps and spins

Exercise 6. Fill in the correct preposition and particle from the box. Then make sentences using the completed phrases.

a) about; b) at; c) but; d) for; e) from; f) in; g) of; h) on; i) or; j) to; k) with



1. a long seat two more people; 2. a sport brought North America Europe; 3. a two-person sled consists a driver and the brakeman; 4. bob runs are typically 1,500 m long; 5. bobsledding originated Switzerland the 1890s; 6. combined movement and dance; 7. figure skating debuted the 1908; 8. ice hockey is a team sport played ice; 9. powerful push-offs the start; 10. winners rely technical sled design; 11. winter sport which a bobsled-a partially enclosed vehicle steerable sledlike runners; 12. bobsledding is a sport exhilarating dangerous speed; 13. varying degrees difficulty;

Exercise 7. Translate the words in bold and then match the pairs which are similar in meaning.

a) a belt; b) a circle; c) a glide; d) a group; e) a handler; f) a sport; g) a stopper; h) a triumph; i) a way; j) an action; k) an entertainment; l) heaviness m) to influence; n) to win;

1. a brakeman; 2. a direction; 3. a driver; 4. a game; 5. a movement; 6. a strap; 7. a success; 8. a team; 9. a wheel; 10. an amusement; 11. to attract; 12. to dominate; 13. to slide; 14. weight

Exercise 8. Explain the words in bold and then match them with the best definition.

a) bobsledding; b) competition; c) figure skating; d) knowledge; e) movement; f) synchronization; g) to score; h) vanguard; i) vehicle; j) winner



- 6) specific information about something
- 7) the act or an instance of moving; a change in place or position.
- 8) the foremost or leading position in a trend or movement.
- 9) to cause to occur or operate at the same time as something else
- 10) to keep a written record of the score or events of (a game or contest).

- 1) a device or structure for transporting persons or things; a conveyance
- 2) a long racing sled with a steering mechanism controlling the front runners.
- 3) a person or thing that wins
- 4) a series of games, sports events, etc.
- 5) ice skating where the skates trace outlines of selected figures;



Exercise 9. Match the list of proper names with the best definition. What do you know about these figure skaters? Make up dialogues.

- a) Alexandra "Sasha" Cohen; b) Alexei Yagudin; c) Evan Frank Lysacek; d) Evgeni Plushenko; e) Ilia Kulik; f) Irina Slutskaya; g) Mao Asada; h) Michelle Kwan*

1) He is a former Russian figure skater. His major achievements in his six years of eligible sports career include being the 2002 Olympic Champion. In 2006, after a full Olympic cycle since Salt Lake City, he performed his famous Winter program on tour and a new program Sway (music by Pussycat Dolls). In fall he took part in the Russian TV show Stars on Ice having a former gymnast, Oksana Pushkina, as his partner. In 2008, he finished the Ice Age tour and then made his debut on the stage in a theater play where he played a Russian President. His career as an actor continued with getting one of the main roles in a Russian TV series about figure skating My Hot Ice.



Michelle Kwan

2) He is a Russian figure skater. He is the 2006 Winter Olympics gold medalist, 2002 Winter Olympics silver medalist, and 2010 Winter Olympics silver medalist, three-time (2001, 2003, 2004) World champion. In March 2009, he announced that he had returned to training

with longtime coach Alexei Mishin in order to prepare for the 2010 Olympics. Overall, he won the gold in his comeback with a total of 240.65 points. He finished second in the free skating and second overall, ultimately winning the silver medal with a total score of 256.36, 1.31 points behind the winner Evan Lysacek.

3) He is an American figure skater. He is the 2010 Olympic champion, the 2009 World champion, the 2005 & 2007 Four Continents champion, the 2007 & 2008 U.S. national champion, and the 2009/2010 Grand Prix Final champion. At the 2010 Winter Olympics, he placed second in the short program, with a score of 90.30. He won the free skate with a score of 167.37 and won the gold medal overall with a total score of 257.67, a margin of 1.31 over silver medalist Evgeni Plushenko. He became the first American to win the Olympic title in men's singles since Brian Boitano in 1988.



Mao Asada

4) He is a Russian figure skater. He is the 1998 Olympic Champion. At the 1998 Olympics, he placed first in both the short and long programs and won the Olympic title at the age of 20. He withdrew from the 1998 World Championships due to his recurring back injury. He retired from competitive skating and has focused on performing in shows. He has skated with the Stars on Ice tour, shows in Russia, the 2009 Ice All Stars, the 2010 Festa On Ice. In 1999, he skated a duet with his wife, Ekaterina Gordeeva.

5) She is a Japanese figure skater. She is the 2010 Winter Olympic silver medalist. At the 2010 Winter Olympics, she became the first woman to land three triple axel jumps in the same competition. From February 23-25 She competed in the ladies event at the 2010 Winter Olympic Games. In the short program on February 23, she executed a triple axel-double toe loop, a triple flip and a double axel as well as receiving level fours for all her spins and her spiral sequence. With 131.72 points from the free skate she won the Olympic silver medal with a combined score of 205.50 points. She earned a Guinness World Record for the most triple axels performed in a competition, one in the short program and two in the free skate.



6) She is a Russian figure skater. She is a two-time Olympic medalist (silver in 2002, bronze in 2006). She known for her athletic ability was the first female skater to land a triple lutz-triple loop combination. She is also known for her trademark double Biellmann spin with a foot change, which she also invented. She is generally considered to be the most successful ladies' singles skater in Russian history. At the 2006 Winter Olympics in Turin, Italy, she was one of the heavy favorites to win the gold medal. She was in second place

after the short program, behind Sasha Cohen of the United States. In the long program, she doubled a triple flip and then fell on a triple loop jump. She won the bronze medal, behind gold medalist Shizuka Arakawa of Japan and silver medalist Cohen.

7) She is a U.S. figure skater. She is the 2006 Olympic silver medalist. At the 2006 Winter Olympics in Turin, She was in 1st after the short program, leading Russia's Irina Slutskaya by a mere .03 points. In the final free skate, she fell on her first jump, a triple lutz, and had her hands down on her second jump, the triple flip. She completed the rest of her elements, including five triples. She finished with an Olympic silver medal, 7.98 points behind gold medalist Shizuka Arakawa of Japan.

8) She is an American figure skater. She is a two-time (1998 and 2002) Olympic medalist. She competed at a high level for over a decade and is the most decorated figure skater in U.S. history. Known for her consistency and expressive artistry on ice, she is widely considered one of the greatest figure skaters of all time. She and Lipinski were the co-favorites to win the 1998 Olympic Games in Nagano, Japan. She ended up winning the silver medal, with the gold medal being won by Lipinski and the bronze medal by Chen Lu.

Exercise 10. Complete the text “The Elements of Figure Skating” using words from the box. Use a dictionary to help you if necessary.

a) above; b) circular; c) hardest; d) ice; e) long; f) man; g) national; h) skating; i) spin; j) toe loops

Figure skating is an Olympic sport in which individuals, pairs, or groups perform spins, jumps, **footwork** and other intricate and challenging moves on ice skates. Figure skaters compete at various levels from beginner up to the Olympic level (senior), and at **local**, **1**, and **international** competitions.

Olympic sports in figure skating comprise the following disciplines: **Singles** competition for men and women (who are referred to as "ladies" in ISU rulebooks), wherein skaters perform jumps, spins, **step sequences**, **spirals**, and other elements in their programs. **Pair 2**) teams consist of a

woman and a **3)** Pairs perform elements specific to the discipline such as **throw jumps**, in which the man 'throws' the woman into a jump; lifts, in which the woman is held above the man's head in one of various grips and positions; pair spins, in which both skaters spin together about a common axis; **death spirals**; and other elements such as side-by-side jumps and spins in **unison**. **Ice dancing** is again for couples consisting of a woman and a man skating together. Ice dance differs from pairs in focusing on intricate footwork performed in close dance holds, in time with the music. Ice dance lifts must not go above the **shoulder**. Jumps are one of the most important elements of figure skating.

Toe jumps are **launched** by tapping the **toe pick** of one skate into the ice, and include (in order of difficulty from easiest to hardest): **4)** take off from the back outside **edge** of the left or right foot and are launched by the opposite toe pick (toe walleyes are similar, but take off from the back inside edge of the right foot); **Flips**, which take off from the back inside edge of the right or left foot and are launched by the opposite toe pick; **Lutzes**, which take off from the back outside edge of the right or left foot and are launched by the opposite toe pick.

Edge jumps use no toe assist, and include:

Salchows, which take off from either the left or right back inside edge. **Allowing** the edge to come round, the opposite leg helps launch the jump into the air and land on one foot; **Loops** (also known as Rittberger jumps) take off from either the left or right back outside edge and land on the same edge;



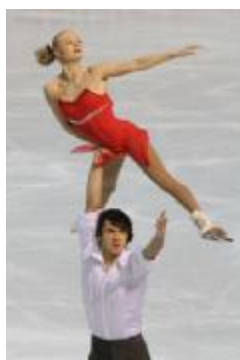
Axels, which are the only rotating jump to take off from a forward edge. Because they take off from a forward edge, they include one-half extra rotations and are considered the **5)** jump of the six. The axel jump will take a skater the longest to learn. The jump harness is a good thing to use before attempting the axel jump on the ice.

There are also a number of other jumps that are usually performed only as single jumps and in elite skating are used as transitional movements or highlights in step sequences. These include the half toe loop (ballet jump), **half loop**, **half flip**, **walley jump**, **split jump** (there are two kinds of split jump, Russian split, performed in a position that is similar to that of a straddle split and ladies split performed in the position of the more traditional split, facing the direction of your front leg), **waltz jump**, **inside Axel**, and **one-foot Axel**.

Spins are a required element in most figure skating competitions, and they **exist** in all four Olympic disciplines. There are three basic spin positions in figure skating – the **sit spin**, the **camel spin**, and the **upright 6)** There are a number of variations.



There are many different interpretations of these spins and skaters who create new ones may have the element named after them. They may also receive points for creativity. During a spin, the skater rotates on the round part of the blade, called the front rocker, just behind the toe pick (the ball of the foot). Spins may be performed individually or in a sequence combining different types of spins.



Lifts are a required element in pair skating and ice dancing. Pairs lifts differ from dance lifts most notably in that dancers are not allowed to lift their partners **7)** their shoulders.

Dance lifts are differentiated by the skating involved. There are seven kinds of lifts approved for ISU competitions. They are separated into **short lifts** and **8)** lifts. There are many positions the lifting and the lifted partner can take to improve the difficulty of the lift. Each position must be held for at least three seconds to count and is permitted only once a program.

Step sequences are a required element in all four Olympic disciplines. The **pattern** can be straight line, **9)**, or serpentine. The step sequence consists of a combination of **turns**, steps, **hops** and edge changes. Additionally, steps and turns can be used as transitions between elements.

A **spiral** is an element in which the skater moves across the **10)** on a specific edge with the free leg held at hip level or above. Spirals can be performed while skating forwards or backwards, and are distinguished by the edge of the blade used and the foot on they are standing on also known as the skating leg. A spiral sequence is one or more spiral positions and edges done in sequence.



http://en.wikipedia.org/wiki/Figure_skating

Speaking

Exercise 11. Read the text “Figure Skating - Timeline”. Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the text.

1850: First **Steel Bladed** Skates Were Sold by Edward Bushnell

1882: First International Figure Skating Competition Held in Vienna, Austria

1891: First Men's European Figure Skating Championships in Hamburg, Germany

1892: International Skating Union (ISU) Founded

1906: First Ladies Championships Held in Davos, Switzerland

1908: First Pairs Championships in Saint Petersburg, Russia

1908: Became the first Winter Sport of the Olympic Games Held in London, England

1948: Dick Button Performed the First Double Axel

1961: Sabena Flight 548 **crashed** in Brussels, Belgium, Killing the U. S. Figure Skating Team

1976: The Winter Olympic Games Officially Included Ice Dancing for the First Time

1995 — 1996: The ISU Champions Series (Grand Prix of Figure Skating) Formed

1997: ISU Junior Series (Junior Grand Prix) Formed

1999: Four Continents Figure Skating Championships Opened in Halifax, Canada

2004: ISU **Judging System** (Code of Points (CoP) Established



<http://www.mahalo.com/figure-skating/>

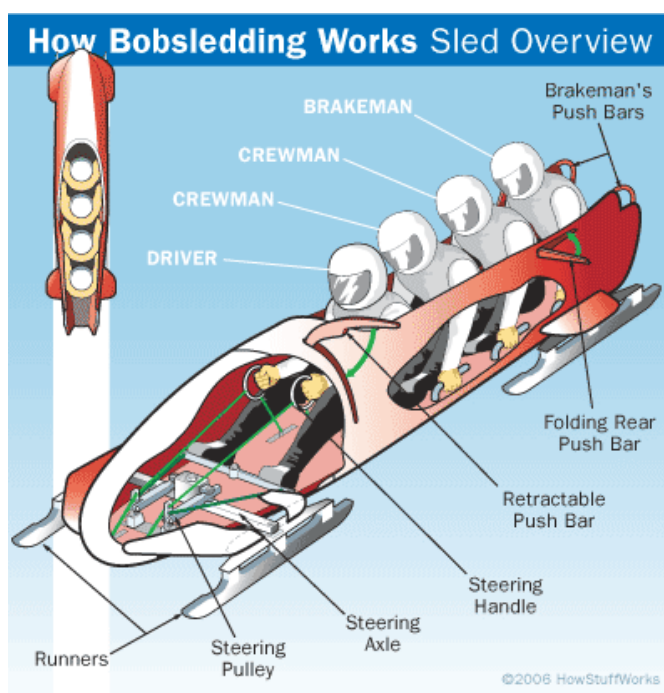
Exercise 12. Read the text about Bobsledding equipment. Use a dictionary to help you if necessary and explain the words in bold. Then, make up dialogues, using the information below.

Modern bobsled races are competitions between two-person or four-person teams. Bobsleds have the same basic components whether they are built to hold two or four athletes. Each bob has: a steel **frame**, a fiberglass **hull** that's closed in the front and open in the back, also called a **cowling**, a movable set of front **runners**, a fixed set of rear runners, collapsible **push-bars** for driver and crewmen, fixed push-bars for brakemen, a jagged metal **brake** on a lever, used only after the bob crosses the finish line, a **steering system**.

The **Federation Internationale de Bobsledding et de Tobogganing (FIBT)** sets rules for the composition and dimensions of each of these components, as well as the total weight of bobsleds. Bobsled manufacturers work closely with bobsled teams and designers to make the best sled design.

Each type of bob has a minimum weight when empty and a maximum weight with bobsledders and their equipment. Weight limits for bobsleds are: **two-man:** minimum 170 kilograms when empty, maximum 390 kilograms with crew and equipment. **Two-woman:** minimum 129 kilograms when empty, maximum 340 kilograms with crew and equipment. **Four-man:** minimum 210 kilograms when empty, maximum 630 kilograms with crew and equipment.

Heavier sleds go faster, so teams that do not reach the maximum occupied weight may add ballast to make their bob heavier. Officials weigh the sleds at the end of the run to make sure they meet the weight requirement.



Exercise 13. Use the information from the internet or sport encyclopedias and speak about:



Figure Skating: 1. First Ladies Championships Held in Davos, Switzerland; 2. The First Pairs Championships in Saint Petersburg, Russia; 3. International Skating Union (ISU); 4. Judging System; 5. Ice Dancing.

Bobsledding: 1. Bobsledding Rules; 2. The First Bobsledding Competition in Olympic Games. 3. Women's bobsledding; 4. International Bobsledding Federation; 5. Bobsledding Uniform.

Writing

Exercise 14. Make a running commentary of a figure skating/bobsledding competition.

Exercise 15. Write any of the following compositions using 150 -200 words:

Figure skating: 1. First Olympic Games, 2. Olympic gold medalist Sonja Henie, 3. Ice Dancing, 4. Disciplines, 5. Competition format and scoring, 6. Clothing, 7. Age eligibility.

Bobsledding: 1. History, 2. Races, 3. Fatal accidents, 4. The first Olympic Winter Games, 5. International Bobsled and Skeleton Federation, 6. Bobsled Olympic Champions.

Project

Exercise 16. Make a short presentation:

1. A famous figure skater. 2. A famous bobsledding team.

Unit 9. Ice Hockey, Skeleton

Pre-reading

Exercise 1. Choose proper names from the list to label the pictures. Then, try to give a short information about each hockey player. As a prompt you can use Ex. 9.

1) Alexander Mogilny; 2) Alexander Ovechkin; 3) Alexei Ponikarovsky; 4) Cam Atkinson; 5) Igor Larionov; 6) Patrice Bergeron; 7) Pavel Bure; 8) Phil Esposito; 9) Ruslan Fedotenko; 10) Scott Niedermayer; 11) Vladislav Tretiak; 12) Vyacheslav Fetisov.



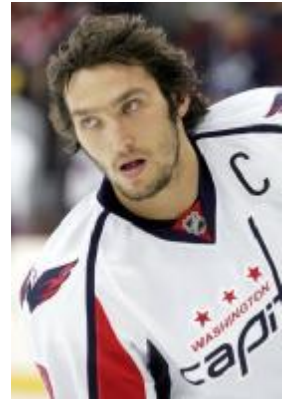
a)



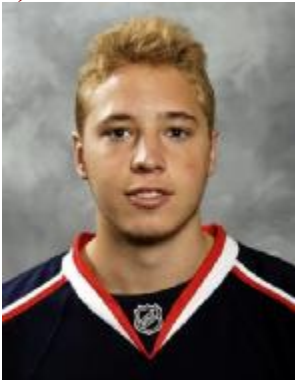
b)



c)



d)



e)



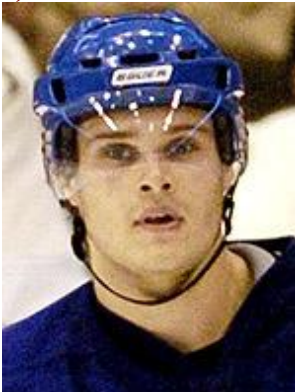
f)



g)



h)



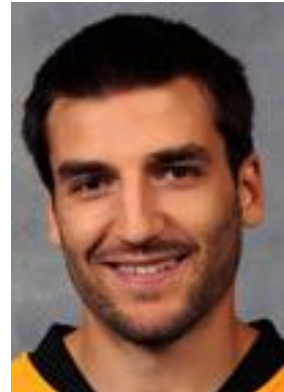
i)



j)



k)



l)

Exercise 2. Answer the following questions:

1. Have you ever tried to play Ice Hockey?
2. What famous hockey players do you know?
3. How many players are there on the ice during the hockey game?
4. When was the first hockey game organized?
5. Can you name your favorite hockey player, what team and country does he belong to?
6. Do you think skeleton a dangerous kind of sport? Why?
7. Where and when was skeleton invented?
8. What is the difference between skeleton and Cresta sledding?
9. When was the governing body of the skeleton established?
10. Do you want to try yourself in skeleton?



Reading

Exercise 3. Read the text “Ice Hockey” and explain the words in bold.

Ice hockey, usually referred to as simply **hockey**, is a team sport played on ice, in which skaters use **wooden** or **composite sticks** to shoot a hard **rubber puck** into their opponent's net. In regions where it is popular, the game is often referred to simply as hockey. The game is played between two teams with six players on the ice. A team usually consists of four lines of three forwards, three pairs of **defensemen** and two **goalies**. Five members of each team skate up and down the ice trying to take the puck and score a goal against the opposing team. Each team has a **goaltender** who tries to stop the puck from going into the goal or "net."

A **fast-paced**, physical sport, ice hockey is most popular in areas of North America and Europe that are **sufficiently** cold for natural reliable seasonal ice cover. With the advent of indoor **artificial ice rinks** ice hockey has become a year-round pastime in some areas. In North America, the National Hockey League (NHL) is the highest level for men, and the most popular. The Canadian Women's Hockey League (CWHL) and the Western Women's Hockey League (WWHL) are the highest levels for women. It is the official national winter sport of Canada, where the game enjoys **immense** popularity. The first organized game was played on March 3, 1875 in Montreal, Canada.



While there are 68 total members of the International Ice Hockey Federation (IIHF), 162 of 177 medals at the IIHF World Championships have been taken by these seven nations: Canada, the Czech Republic, Finland, Russia, Slovakia, Sweden and the United States. Of the 66 medals awarded in men's competition at the Olympic level from 1920 on, only six medals did not go to the one of those countries. All 12 Olympic and 36 IIHF World Women's Championships medals have gone to one of these seven countries, and every gold medal in both competitions has been won by either Canada or the United States.

Since ice hockey is a full contact sport and **body checks** are allowed, injuries are a common **occurrence**. **Protective** equipment is mandatory and is enforced in all competitive situations. This includes a **helmet** (cage worn if certain age), **shoulder pads**, **elbow pads**, **mouth guard**,

protective gloves, heavily padded shorts (also known as hockey pants), athletic cup, **shin pads**, skates, and (optionally) a **neck protector**. In addition, goaltenders use different **gear**, a neck guard, chest/arm protector, **blocker**, **catch glove**, and leg pads.

One important piece of equipment is the ice skate itself. Hockey skates are **optimized** for several factors, some of which increase the effort needed to achieve the highest skating speeds (see Racing Skates). Hockey skates are optimized for physical **acceleration** (maneuverability). This includes **rapid starts**, **stops**, **turns**, and **changes** in skating **direction**. In addition they must be **rigid** and **tough** to protect the skater's feet from contact with other skaters, sticks, pucks, the boards, and the ice itself. Rigidity also improves the overall maneuverability of the skate. **Blade length**, **thickness** (width), and **curvature** (rocker/radius (front to back) and radius of hollow (across the blade width)) are quite different from speed or figure skates. Hockey players usually adjust these parameters based on their skill level, position, and body type.

http://en.wikipedia.org/wiki/Ice_Hockey

Exercise 4. Read the text “Skeleton” and match the sentences (A-C) to the numbered spaces (1-3) in it. Then explain the words in bold.

A. The track ran three-quarters of a mile from St. Moritz to Celerina and contained 10 turns still used today.

B. It originated in St. Moritz, Switzerland as a **spin-off** from the popular British sport of Cresta sledding.

C. The newly designed **bare-bones** sled **resembled** a human skeleton, and the sport adopted its modern name of skeleton, though it is still recognized as tobogganing in many countries.



Skeleton, in winter sports, a type of small, very low, **steel-frame sled** on which one person, lying face down, slides headfirst down snowy hillsides or down steeply banked, curving, iced chutes similar to those used in **luge** and **bobsledding**. **Steering** is **accomplished** by **shifting** weight or **dragging** the feet. Originally called tobogganing, skeleton was **invented** in St. Moritz, Switzerland, in the late 19th century. It was an event in the Winter Olympic Games in 1928 and 1948, when the games were held in St. Moritz, and again in 2002.

Skeleton is a fast winter **sliding** sport in which an individual person rides a small sled down a **frozen** track while lying face down, during which athletes experience forces up to 5g. **1).....** While skeleton "sliders" use equipment similar to that of Cresta "riders", the two sports are different: while skeleton is run on the same track used by bobsleds and luge, Cresta is run on Cresta-specific sledding tracks only. Skeleton sleds are steered using **torque** provided by the head and shoulders. The Cresta toboggan does not have a steering or **braking mechanism** although the Cresta riders use **rakes** on their boots in addition to shifting body weight to help steer and brake. The sport of skeleton can be traced to 1882, when soldiers in Switzerland constructed a toboggan track between the towns of Davos and Klosters. While toboggan tracks were not **uncommon** at the time, the added challenge of **curves** and **bends** in the Swiss track **distinguished** it from those of Canada and the United States.

Approximately 30 km away in the winter sports town of St. Moritz, British gentlemen had long enjoyed racing one another down the busy, winding streets of the town, causing an uproar among citizens because of the danger to **pedestrians** and visiting tourists. In 1884, Major William Bulpett, with the backing of winter sports pioneer and Kulm hotel owner Caspar Badrutt, constructed Cresta Run, the first sledding track of its kind in St. Moritz. **2).....** When the Winter Olympic Games were held at St. Moritz in 1928 and 1948, the Cresta Run was included in the program, marking the only two times skeleton was included as an Olympic event before its permanent addition in 2002 to the Winter Games.

In the 1887 Grand National competition in St. Moritz, a Mr. Cornish introduced the now traditional **head-first** position, a **trend** that was in full force by the 1890 Grand National. Until 1905, skeleton was practiced mainly in Switzerland; however, in 1905, Styria held its first skeleton

competition in Mürzzuschlag. This opened the door to other national skeleton competitions including the Austrian championship held the following year. In 1908 and 1910, skeleton competitions were held in the Semmering.

As the **popularity** of the sport grew in Europe, skeleton **evolved** into the sport recognized today. In 1892, the sled was transformed by L. P. Child, an Englishman. **3).....** In 1923, the Federation Internationale de Bobsleigh et de Tobogganing (FIBT) was established as the governing body of the sport. Soon afterward, in 1926, the International Olympic Committee declared bobsleigh and skeleton as Olympic sports and adopted the rules of the St. Moritz run as the officially recognized Olympic rules. It was not until 2002, however, that skeleton itself was added **permanently** to the Olympic program with the 2002 Winter Olympics in Salt Lake City, Utah.

Popularity in the sport has grown since the 2002 Winter Olympics and now includes **participation** by some countries that do not have or cannot have a track because of climate, terrain or monetary limitations. Athletes from such countries as Australia, New Zealand, Bermuda, South Africa, Argentina, Iraq, Israel, Mexico, Brazil and even the Virgin Islands have become involved with the sport in recent years. However, the FIBT narrows the field greatly and only a few dozen countries compete in the Olympic Games.

<http://en.wikipedia.org/wiki/Skeleton>

Language development

Exercise 5. Fill in the correct preposition and particle from the box. Then make sentences using the completed phrases.

a) as; b) at; c) down; d) for; e) from; f) in; g) into; h) of; i) on; j) to; k) up

- 1) 66 medals awarded men's competition the Olympic level
- 2) a team usually consists four lines three forwards
- 3) equipment similar that Cresta "riders"
- 4) ice hockey is most popular areas North America
- 5) iced chutes similar those used luge
- 6) members each team skate and the ice
- 7) organized game was played March



- 8) referred as simply hockey
- 9) skeleton evolved the sport
- 10) skeleton was included an Olympic event
- 11) the highest level men
- 12) the sport adopted its modern name skeleton
- 13) to shoot a hard rubber puck their opponent's net
- 14) to stop the puck going the goal
- 15) Winter Olympics Salt Lake City

Exercise 6. Translate the words in bold and then match the pairs which are similar in meaning.

a) a head protector; b) a maneuverability; c) a protector; d) a tendency; e) a walker; f) hard; g) huge; h) to reach; i) speedy; j) strong; k) synthetic; l) to differentiate; m) to remind; n) unusual

1. a defenseman; 2. a fast-paced; 3. a helmet; 4. a pedestrian; 5. a trend; 6. an acceleration; 7. artificial ; 8. immense; 9. rigid; 10. to achieve; 11. to distinguish; 12. to resemble; 13. tough; 14. uncommon

Exercise 7. Explain the words in bold and then match them with the best definition.

a) a curvature; b) a participation; c) a popularity; d) a rubber puck; e) a torque; f) an athlete; g) an ice hockey; h) to adopt; i) to optimize; j) to provide



- 1) a hard rubber disk used in ice hockey
- 2) a sport played on ice, in which players try to hit a hard flat round object into the other team's goal with special sticks
- 3) someone who competes in sport competitions
- 4) the act of taking part in an activity or event
- 5) the force or power that makes something turn around a central point
- 6) the state of being curved
- 7) to give something to someone or make it available to them, because they need it or want it
- 8) to improve the way that something is done or used so that it is as effective as possible
- 9) to start to deal with or think about something in a particular way
- 10) when something or someone is liked or supported by a lot of people

Exercise 8. Match the items to make full sentences.

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. A team usually consists of 2. Hockey players usually adjust the parameters 3. Hockey skates are optimized for several factors, 4. Ice hockey is a team sport 5. It was an event in the Winter Olympic Games in 1928 and 1948, 6. Protective equipment is mandatory 7. Skeleton evolved 8. Skeleton sleds are steered | <ol style="list-style-type: none"> a) and is enforced in all competitive situations. b) based on their skill level, position, and body type. c) four lines of three forwards, three pairs of defensemen and two goalies. d) into the sport recognized today. e) played on ice, in which skaters use wooden or composite sticks to shoot a hard rubber puck into their opponent's net. f) some of which increase the effort needed to achieve the highest skating speeds. g) using torque provided by the head and shoulders. h) when the games were held in St. Moritz, and again in 2002. |
|--|--|

Exercise 9. Match the list of proper names with the best definition. What do you know about these figure skaters? Make up dialogues.

a) Alexander Ovechkin; b) Alexei Ponikarovsky; c) Mario Lemieux; d) Pavel Bure; e) Scott Niedermayer; f) Viacheslav "Slava" Fetisov; g) Vladislav Tretiak; h) Wayne Gretzky

1) (born April 25, 1952) is a former goaltender for the Soviet Union's national ice hockey team. Considered to be one of the greatest goaltenders in the history of the sport, he was voted one of six players to the International Ice Hockey Federation's (IIHF) Centennial All-Star Team in a poll conducted by a group of 56 experts from 16 countries. He is the current president of the Ice Hockey Federation of Russia and was the general manager of the Russian 2010 Winter Olympic team.

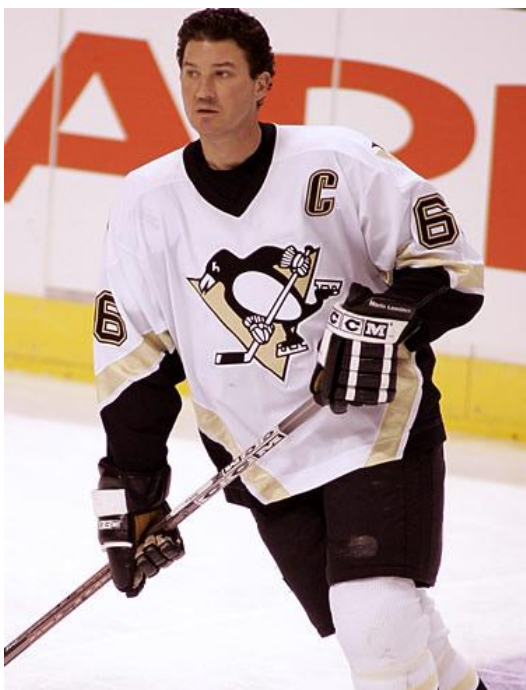
2) (born April 20, 1958) is a retired professional ice hockey defenseman. He played for HC CSKA Moscow for 11 seasons before joining the National Hockey League (NHL), where he played with the New Jersey Devils and won back-to-back Stanley Cups with the Detroit Red Wings. He was instrumental in breaking the barrier that stopped Soviet players from **joining** the NHL. Internationally, he was a long-time captain for the Soviet Union national team and won two gold medals at the Winter Olympics. Considered one of the best defensemen of all time.

3) (born January 26, 1961) is a Canadian former professional ice hockey player and former head coach. He played 20 seasons in the National Hockey League (NHL) for four teams from 1979 to 1999. Nicknamed "The Great One", he has been called "the greatest hockey player ever" by many sportswriters, players, and the NHL itself. He is the leading point-scorer in NHL history, with more **assists** than any other player has points, and is the only NHL player to total over 200 points in one season – a feat he accomplished four times.



Wayne Gretzky

4) (born October 5, 1965) is a Canadian former professional ice hockey player and **co-owner** of the National Hockey League's (NHL) Pittsburgh Penguins and the American Hockey League's (AHL) Wilkes-Barre/Scranton Penguins. He is widely acknowledged to be one of the best players of all time. He played 17 seasons as a forward for the Pittsburgh Penguins of the NHL between 1984 and 2006.



Mario Lemieux

5) (born March 31, 1971) is a retired Russian professional ice hockey right winger. Nicknamed "The Russian Rocket" for his speed, he played for 12 seasons in the National Hockey League (NHL) with the Vancouver Canucks, Florida Panthers and New York Rangers. Trained in the Soviet Union, where he was known as "Pasha", he played three seasons with the Central Red Army team before his NHL career.

6) (born August 31, 1973) is a retired Canadian ice hockey defenseman who played 18 seasons in the National Hockey League for two teams: the New Jersey Devils and the Anaheim (Mighty) Ducks. He was known for his skating **stride**, and **ability** for leading or joining the offensive rush. Though he was born in Edmonton, Alberta, he grew up in Cranbrook, British Columbia. He is the only player to win every major North American and international championship in his career; he has won the Memorial Cup, World Junior Championship gold, IIHF World Championship gold, two Olympic gold medals, four Stanley Cups and the World Cup.

7) (born April 9, 1980) is a Ukrainian Canadian professional ice hockey player with the Winnipeg Jets of the National Hockey League (NHL). Due to the 2012 NHL lockout, he signed with the Kontinental Hockey League's HC Donbass for the 2012-13 season.

8) (born September 17, 1985) is a Russian professional ice hockey left winger and captain of the Washington Capitals of the National Hockey League (NHL). Prior to playing in the NHL, he played

for HC Dynamo Moscow of the Russian Superleague for four seasons from 2001 until 2005. On September 19, 2012, he signed with Dynamo Moscow again due to the 2012 NHL lockout.

Speaking

Exercise 10. Read the text “Skeleton - Timeline”. Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the text.

Year Events

- 1883 Britons raced recreationally from St. Moritz to Celerina in Switzerland
- 1887 Cresta Run constructed Head-first riding position introduced at Switzerland’s Grand National competition
- 1892 L.P. Child introduces the “America”
- 1902 Sliding seat added to new sled design, later dropped
- 1905 Styria holds first skeleton competition in Muerzzuschlag
- 1906 Austrian Championship
- 1926 International Olympic Committee officially declares skeleton as an Olympic sport
- 1928 Jennison Heaton wins first Olympic gold in Skeleton (Germany)
- 1948 Nino Bibbia wins Olympic gold in skeleton’s 2nd winter games appearance
- 1969 1st artificially refrigerated track built in West Germany Bavarian Skeleton Club established in Munich
- 1974 Officially recognized by Deutsche Bob und Schlittensport Verband (German Bobsleigh and Luge Organisation)
- 1986 FIBT begins funding skeleton
- 1989 Skeleton is included officially in the FIBT World Championships
- 1998 Skeleton World Championship aired live on Eurosport for the first time
- 1999 Skeleton included in Olympic Games program, scheduled to debut in 2002 Winter Games
- 2000 Women's skeleton debuts at the FIBT World Championships
- 2002 First permanent Olympic skeleton competition held in Salt Lake City, Utah



<http://www.answers.com/topic/skeleton-sport>

Exercise 11. Read the text about Skeleton equipment. Use a dictionary to help you if necessary and explain the words in bold. Then, make up dialogues, using the information below.

“The ‘toboggans’ used in Alpine countries at the end of the 19th century were inspired by Canadian/Indian sleds used for transport.” Various additions and redesigning efforts by athletes have led to the skeleton sleds used today. In 1892, L. P. Child introduced the “America,” a new metal sled that revolutionized skeleton as a sport. The stripped-down design provided a compact sled with metal runners, and the design caught on quickly. In 1902, Arden Bott added a sliding seat to help athletes shift their weight forward and backward, a feature that is no longer included on modern sleds.

In 2010, the FIBT restricted the materials with which skeleton sleds are permitted to be made. Sled frames must be made of steel and may not include steering or braking mechanisms. The base plate, however, may be made of plastics. The handles and bumpers found along the sides of the sled help secure the athlete during a run.

Further specifications are included in the FIBT ruling regarding sled dimensions: Some athletes opt to attach ballasts if the combined weight of athlete and sled falls below the minimum combined weight. However, these ballasts may only be added to the sled, not the rider.

Dimensions: Length: 800-1200 mm Height: 80-200 mm Distance between runners: 340-380 mm	Equipment alpine racing helmet with chin guard, or a skeleton-specific helmet skin-tight racing speedsuit spiked shoes, similar to track spikes Goggles or face shields optional elbow and shoulder pads under their suits sled	Combined weight (athlete + sled)	
		Men	115 kg
		Women	92 kg

Exercise 12. Use the information from the internet or sport encyclopedias and speak about:



Ice Hockey: 1. International Ice Hockey Federation; 2. World Women's Championships; 3. Protective equipment; 4. Judging System; 5. The Importance of Choosing Ice Skates itself.

Skeleton: 1. Grand National competition in St. Moritz; 2. The Declaration Bobsleigh and Skeleton as Olympic Sports; 3. Skeleton Equipment; 4. International Bobsledding Federation; 5. Bobsledding Uniform.

Writing

Exercise 13. Make a running commentary of an Ice hockey/ Skeleton competition.

Exercise 14. Write any of the following compositions using 150 -200 words:

Ice Hockey: 1. Ice Hockey rules. 2. Famous Russian Hockey Player. 3. Famous Canadian Hockey Player. 4. The National Hockey League. 5. My Favorite Hockey Team.

Skeleton: 1. History. 2. Equipment. 3. Transformation of the sled. 4. Winter Olympic Games. 5. My Favorite Skeleton Team.



Project

Exercise 15. Make a short presentation:

1. A famous hockey player.

2. A famous skeleton team.

Unit 10. Skiing, Biathlon

Pre-reading

Exercise 1. Answer the following questions.



1. What is the definition of the skiing?
2. What were like the first skis?
3. Can you name the subtitles of the skiing?
4. Where was skiing born?
5. When and where did competitive cross-country skiing begin?
6. When alpine skiing has been contested at every winter Olympics?

7. How many disciplines are there in biathlon?
8. What are the rules of biathlon?
9. What is a biathlon competition consists of?
10. What is the equipment for biathlon track is used?
11. Are the cross-country skiing techniques permitted in biathlon?
12. What kind of sports is more interesting for you, skiing or biathlon? Why?



Reading

Exercise 2. Read the text “Skiing” and explain the words in bold.



Sport and mode of transportation **involving** moving over snow on a pair of long flat runners (skis) **attached to** shoes or boots. Skiing was born in northern Europe; the oldest skis, found in Russia, are some 6,000 years old. The earliest skis were often short and **broad**. The first written references to skiing come from the Han dynasty and describe skiing in northern China. Skiing was used in warfare in Scandinavia from the 13th century or earlier to the 20th century. The earliest mode of skiing developed into the sport now called **cross-country skiing**. Competitive cross-country skiing began in Norway in the 1840s and had **reached** California by the 1860s. Improvements on primitive bindings 1860 led to greater popularity of recreational skiing. **Ski-jumping** competitions date from the 1870s. Downhill skiing was limited by the need to **climb** the hill before or after skiing down; the building of ski lifts began in the 1930s. Skis were originally made of a single piece of wood, usually hickory; laminated construction began in the 1930s, plastic running surfaces were introduced in the 1950s, and no wood has been used in the construction of downhill skis for several decades. The business of skiing began its serious growth in the 1930s

and became explosive in the 1950s and '60s; huge resorts now dot the Austrian, Swiss, and Italian Alps, the Rocky Mountains, and other mountainous regions.

Skiing can be divided into cross-country skiing and **alpine skiing**. Cross-country skiing (or Nordic skiing) is a **low-impact**, aerobic **activity** that conditions the whole body. It is becoming **increasingly** popular. There are believed to be over 7 million enthusiasts **participating** in this sport in the United States. Although it is one of the most **physically demanding** activities (a cross-country skier has the highest recorded aerobic capacity at 80 ml/kg/min), it can be enjoyed even if you have a relatively low skill level. It does not require **exorbitant** lift fees, and it has a relatively low injury rate (cross-country skiing has an injury rate about 10 times less than alpine skiing). Unlike alpine or **downhill skiers** who use **gravity**, cross-country skiers **propel** themselves about 80-90 per cent of the time, and use muscles in the arms, legs, and trunk in about **equal** measure. This muscle activity demands a great deal of energy. It has been estimated that cross-country skiing continuously for 150 minutes burns up more than 3000 Calories.

Skiing uses more muscles than running and is less **stressful** on the legs. During the **propulsive phase**, skiing produces **impact forces** of about 1.5 times body weight; running produces forces of up to 3.5 times body weight during the driving phase. This reduces the incidence of overuse injuries common in running. Thanks to a number of manufacturers, you can now obtain the exercise benefits of cross-country skiing without leaving the **convenience** of your own home. Several home-fitness exercise machines are designed to simulate the demands of cross-country skiing.

Alpine skiing has been contested at every Winter Olympics since 1936, when a **combined** event was held in Garmisch-Partenkirchen, Germany. From 1948–80, the Winter Olympics also served as the World Championships in Olympic years (with separate competitions held in even-numbered non-Olympic years). During 1956-80, extra World Championships medals were awarded in the combined using the results of the **slalom** and **downhill**, since the combined event was absent from the Winter Olympics from 1952-84, returning in 1988. Since 1985, the World Championships have been scheduled every odd-numbered year, independent of the Winter Olympics.

Alpine or downhill skiing is a popular family sport **shared by** people of all ages and athletic **abilities**. It has fewer benefits for aerobic fitness than cross-country skiing because activity is usually in short bursts, but it is good for strengthening muscles particularly those in the upper leg. Alpine skiing is also a **tough** sport, particularly demanding on the legs. Recreational skiers often **succumb** to injuries of **knee ligaments** and **ankle tendons** because of lack of fitness or poor **technique**. Many of these injuries could be **avoided** if people conditioned themselves before **embarking** on a skiing holiday. Weight-training exercises to strengthen the muscles in the **thighs** and around the knees, and **stretching** exercises to improve overall **joint** mobility; **reduce** the risk of injury after an **awkward fall**. Simple activities, such as climbing stairs, **brisk** walking, **jogging**, and gentle running, help to develop overall **stamina** so that you can enjoy a day out on the **piste**. It is also important to warm-up **immediately prior** to skiing.

<http://www.answers.com/topic/skiing#ixzz2H12XDSVi>

Exercise 3. Read the text “Biathlon” and match the headings to the correct paragraph. Explain the words in bold.

A. Skiing details; B. Shooting details; C. Basic concepts

Biathlon is any sporting event made up of two disciplines. However, biathlon usually refers specifically to the winter sport that combines **cross-country skiing** and **rifle shooting**. Other popular variants include summer biathlon, which combines cross-country running with riflery, and biathle (also known as "modern biathlon"), which **combines** running with swimming.

1.

A biathlon competition consists of a race in which **contestants** ski around a cross-country trial system, and where the total distance is broken up by either two or four shooting rounds, half in **prone position**, the other half standing. Depending on the shooting performance, **extra** distance or

time is added to the contestant's total running distance/time. As in most races, the contestant with the shortest total time wins.

For each **shooting** round, the **biathlete** must hit five **targets**; each missed target must be "**atoned for**" in one of three ways, depending on the competition format:

- by skiing around a 150 metres penalty **loop**, typically taking 20–30 seconds for top-level biathletes to complete (running time depending on weather/snow conditions),
- by having one minute added to a skier's total time, or
- by having to use an "**extra cartridge**" (placed at the shooting range) to finish off the target; only three such "extras" are **available** for each round, and a penalty loop must be made for each of the targets left standing.

In order to keep track of the contestants' progress and relative standing throughout a race, **split times** (intermediate times) are taken at several points along the skiing track and upon finishing each shooting round. The large display screens commonly set up at biathlon arenas, as well as the information graphics shown as part of the TV picture, will typically list the split time of the fastest contestant at each intermediate point and the times and time differences to the closest runners-up.

2.

All cross-country skiing techniques are **permitted** in biathlon, which means that the free **technique** is usually the preferred one, being the fastest. No equipment other than skis and ski poles may be used to move along the track. Minimum ski length is the height of the skier less 4 centimetres. The rifle has to be carried by the skier during the race at all times.

3.

The biathlete carries the small bore rifle, which weighs at least 3.5 kilograms, excluding **ammunition** and **magazines**. The rifles use 22 LR ammunition and are **bolt** action or Fortner (straight-pull bolt) action.

The target range shooting distance is 50 metres. There are five **circular** targets to be hit in each shooting round. When shooting in the prone position the target diameter is 45 millimetres (1.8 in), when shooting in the standing position the target diameter is 115 millimetres. On all modern biathlon ranges, the targets are **self-indicating**, in that they **flip** from black to white when hit, giving the biathlete as well as the **spectators instant visual feedback** for each shot fired.

<http://en.wikipedia.org/wiki/Biathlon>



Language development

Exercise 4. Fill in the correct preposition and particle from the box. Then make sentences using the completed phrases.

a) along, b) around, c) and, d) by, e) in, f) into, g) of, h) on, i) over, j) to, k) up, l) with

- 1) cross-country skiing techniques are permitted biathlon
- 2) family sport shared people all ages



- 3) mode skiing developed the sport
- 4) moving snow a pair long flat runners (skis) attached shoes or boots
- 5) ski poles may be used to move the track
- 6) skiing can be divided cross-country skiing alpine skiing
- 7) skis were originally made a single piece wood
- 8) sporting event made two disciplines
- 9) summer biathlon combines cross-country running riflery
- 10) the contestant the shortest total time wins
- 11) the rifle has to be carried the skier
- 12) to strengthen the muscles the thighs the knees

Exercise 5. Put the word combinations in right order to make up sentences.

- 1) was the host city / St. Moritz, Switzerland / for these first sanctioned games
- 2) comprised / the only skiing events / Nordic skiing
- 3) first appeared / Alpine skiing / on the program / for both men and women / with a combined event
- 4) because of World War II / were not held again until 1948 / the winter Olympics
- 5) austrian alpine skier / was the hero of the games / Toni Sailer
- 6) France / french hero Jean-Claude Killy / in 1968 at Chamonix / accomplished the alpine sweep
- 7) racers / more specialized / have tended to become / concentrating on certain events
- 8) are considered / Winter Olympic Games / the first official / the 1928 Olympics
- 9) was included / and more events / have been added to / skiing competition / the Olympic schedule over the years
- 10) the first celebration / was held in Chamonix, France in 1924 / of the Winter Olympics



Exercise 6. Match the items to make full sentences.

- | | |
|---|---|
| <ol style="list-style-type: none"> 1) A penalty loop must be made for 2) Competitive cross-country skiing began..... 3) Downhill skiing was limited by the need..... 4) For each shooting round the biathlete..... 5) Minimum ski length is the height..... 6) On all modern biathlon ranges the targets..... 7) Skiing uses more muscles than running..... 8) The biathlete carries the small bore rifle..... 9) The first written references to skiing come from..... 10) The large display screens commonly..... 11) The target range shooting..... 12) Weight-training exercises..... | <ol style="list-style-type: none"> a) and is less stressful on the legs b) are self-indicating c) distance is 50 metres d) each of the targets left standing e) in Norway in the 1840s f) must hit five targets g) of the skier less 4 centimetres h) set up at biathlon arenas i) the Han dynasty and describe skiing in northern China j) to climb the hill before or after skiing down to strengthen the muscles in the thighs l) which weighs at least 3.5 kilograms |
|---|---|

Exercise 7. Match the list of proper names with the best definition. What do you know about these skiers? Make up dialogues.

a) Bjørn Erlend Daehlie; b) Galina Kulakova; c) Hermann Maier; d) Irina Taranenko; e) Kateryna Grygorenko; f) Larisa Lazutina; g) Lindsey Vonn; h) Lyubov Yegorova; i) Samuel Bode Miller; j) Vasily Rochev; k) Vladimir Kiselev.

1) She was born on June 1, 1965 in Kondopoga, Karelian ASSR is a former professional cross country skier who competed for Russia during several Winter Olympic Games. In the 1998 Winter Olympics in Nagano, Japan, she won five medals in skiing events: three gold, a silver and a bronze. She was the most successful athlete at the 1998 Winter Olympics. Upon her return from the Olympics, Boris Yeltsin awarded her the title Hero of the Russian Federation. However, was **banned** from competition for a period of 2 years due to a positive **drug** test result during the 2002 Winter Olympics in Salt Lake City.



Larisa Lazutina

2) He was born on December 22, 1951 in the village of Bakur, Izhemsky District, Komi ASSR is a former Soviet/Russian cross-country skier who competed in the 1970s and early 1980s, training at Dynamo in Syktyvkar. He won two medals for the USSR at the 1980 Winter Olympics in Lake Placid, New York with a gold in the 4x10 km relay and a silver in the 30 km. Married to Nina Selyunina, he is the father of who won the bronze medal in the Team **sprint** at the 2006 Winter Olympics in Turin, and four medals at the FIS Nordic World Ski Championships in Oberstdorf with a gold in the individual sprint (2005), silvers in the team sprint and **relay** (both 2007), and a bronze in the 4x10 km (2007).

3) He was born on 19 June 1967 is a Norwegian businessman and retired cross-country skier. With 8 olympic gold medals, he is the most successful winter olympic champion of all time. With nine gold medals in the Nord World Ski Championships he is **in addition** the most successful World Champion skier. He won a total of 29 medals in the Olympics and World Championships in the period between 1991 and 1999, making him the most successful cross-country skier in history.



Lindsey Vonn

4) She was born on April 29, 1942 in Logachi village, Votkinsky District, Udmurt ASSR is a **female** Soviet former cross country skier, **arguably** the best skier on distances shorter than 10 km in the early 1970s. She trained at Trud Voluntary Sports Society. She won four Olympic golds, two individual in 1972 and two relay golds in 1972 and 1976. He was the most successful athlete at the 1972 Winter Olympics, along with Ard Schenk of the Netherlands. Competing in the World Championships, she won three individual golds, two in 1974 and one in 1970, and also two relay

gold in those years. She also won the 10 km event at the Holmenkollen ski festival in 1970 and 1979. She was also 39 times *Champion of the USSR* between 1969 and 1981.

5) He was born on November 10, 1974 is a Russian biathlete, cross-country skier and two time Paralympic Champion. He compete in classification category sitting events.

He competed in biathlon and cross-country skiing at the 2006 Winter Paralympics. In biathlon, he took the gold in the men's 12.5 km individual and 7.5 km individual, sit ski. In cross-country skiing, he placed 4th in the men's 10 km, 5th in the 15 km, and 6th in the 5 km, sit ski. He placed 5th in the men's relay with Alfis Makamedinov and Kirill Mikhaylov.

He competed at the 2010 Winter Paralympics in cross-country skiing and biathlon. In cross-country skiing, he took the bronze medal in the 1 km sprint. He came in 6th place in the 10 km, sitting. In biathlon, he took the silver medal in the 12.5 km individual, sitting. He placed 4th in the men's 2.4 km **pursuit**, sitting.

6) He was born on December 7, 1972 is a former World Cup champion alpine ski racer and Olympic gold medalist from Austria. Born in Altenmarkt im Pongau in Salzburg, he ranks among the finest alpine ski racers in history, with four overall World Cup titles (1998, 2000, 2001, 2004), two Olympic gold medals (both in 1998), and three World Championship titles (1999: 2, and 2005). His 54 World Cup race **victories** (24 Super-G, 15 Downhills, 14 Giant Slaloms, 1 Combined) rank second on the men's all-time list behind Ingemar Stenmark's 86 victories. He is **nicknamed** the "Herminator".



Hermann Maier

7) She was born on October 18, 1984 is an American alpine ski racer with the United States Ski Team. She has won four overall World Cup championships – one of only two female skiers to do so, along with Annemarie Moser-Pröll – with three **consecutive** titles in 2008, 2009 and 2010, plus another in 2012. She won the gold medal in downhill at the 2010 Winter Olympics, the first ever in the event for an American woman. She has also won five consecutive World Cup season titles in the downhill discipline, four consecutive titles in Super G, and three consecutive titles in the combined as of 2012.

She is one of six women to have won World Cup races in all five disciplines of alpine skiing – downhill, super G, giant slalom, slalom, and super combined – and has won 57 World Cup races in her career through December 2012.



Vasily Rochev

8) She was born on March 31, 1966 is a former Ukrainian cross country skier who competed from 1992 to 2004. She won a bronze medal in the 5 km + 10 km combined pursuit at the 1999 FIS Nordic World Ski Championships in Ramsau.

Her best individual finish at the Winter Olympics was 4th twice at Nagano in 1998 (5 km + 10 km combined pursuit, 15 km). She also earned seven individual career victories from 1996 to 2000.

9) She was born on October 30, 1985 is a Ukrainian cross country skier who has competed since 2004. Competing in two Winter Olympics, she earned her best finish of eighth in the 4 x 5 km relay at Turin in 2006 and earned her best individual finish of 27th in the 30 km event at Vancouver four years later.

Her best finish at the FIS Nordic World Ski Championships was 38th in the 30 km event at Sapporo in 2007. Her best World Cup finish was 40th at a 10 km event in Estonia in 2009.

10) She was born on May 5, 1966, Seversk, is a Russian former cross-country Olympic ski champion, many times world champion (first time in 1991), winner of the World Cup (1993) and Hero of Russia. She won several medals at the FIS Nordic World Ski Championships with three golds (4x5 km: 1991, 1993; 30 km: 1991), one silver (5 km: 1993), and two bronzes (5 km + 10 km combined pursuit, 30 km: 1993). She also won the women's 15 km event at the Holmenkollen ski

festival in 1994. **Additionally**, she won a total of nine medals at the Winter Olympics, earning six golds and three silver. She was the most successful athlete at both the 1992 and 1994 Winter Olympics. She won the Holmenkollen medal in 1994 (shared with Vladimir Smirnov and Espen Bredesen).

11) He was born October 12, 1977 is a World Cup alpine ski racer with the U.S. Ski Team. He is an Olympic and World Championship gold medalist, a two-time **overall** World Cup champion in 2005 and 2008, and can therefore be considered the most successful **male** American alpine ski racer of all time (with only Lindsey Vonn surpassing him). He is also considered one of the greatest World Cup racers of all time with 33 victories, and is one of five other men to win World Cup events in all five disciplines. In November 2004, he became the fifth and so far last man to win World Cup races in all five disciplines: slalom, giant slalom, Super-G (Super giant slalom skiing), downhill, and combined – and today he is the only one with five or more victories in each discipline.



Samuel Bode Miller

In 2008, he and Lindsey Vonn won the overall World Cup titles for the first U.S. sweep in 25 years. He has won five medals in the Winter Olympics, the most of any U.S. skier – two silvers (giant slalom and combined) in Salt Lake City 2002, and a gold (super combined), a silver (Super G) and a bronze (downhill) in Vancouver 2010. He is one of five skiers who have won Olympic medals in four different disciplines

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Speaking

Exercise 8. “Skiing Quiz”. Learn the information about skiing. Solve the quiz. Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the information.

What takes less time? For Bode Miller to ski down the slopes or for you to finish this skiing quiz?



1. Which U.S. Olympian wants to change the anti-doping system by either banning every drug or having athletes carry cards revealing what substances they’ve taken?

- a) Daron Rahlves b) Bode Miller
c) Tommy Moe d) A.J. Kitt

2. Which U.S. athlete won silver medals in the combined and giant slalom at the 2002 Olympics in Salt Lake City?

- a) Tommy Moe b) Picabo Street
c) AJ Kitt d) Bode Miller

3. Which is the shortest alpine course?

- a) Downhill b) Super-G c) Slalom d) Combined

4. The combined consists of two slalom runs and how many downhill runs?

a) None

b) One

c) Two

d) Three



5. Which American won gold in moguls at the 1992 Games in Albertville?

- a) Donna Weinbrecht b) Jonny Moseley
 c) Picabo Street d) Chris Soule

6. Which of these is a freestyle ski maneuver?

- a) Toe toucher b) Back scratcher
 c) Head turner d) Knee slapper

7. What year did moguls debut at the Olympics?

- a) 1936 (Partenkirchen) b) 1992 (Albertville)
 c) 1956 (Cortina d'Ampezzo) d) 1972 (Sapporo)

8. What does the "G" in super-G stand for?

- a) Gadget b) Gate c) Game d) Giant

9. In which skiing event athletes do somersaults in the air?

- a) Aerials b) Ski Jumping c) Super-G d) Slalom

10. What is the space between each set of poles on the alpine courses called?

- a) In-bounds b) Gap
 c) Gate d) Passageway

11. In which event(s) does a competitor make one run, and the fastest time wins?

- a) Downhill b) Super-G
 c) Giant Slalom and super-G d) Downhill and super-G



12. Which skier became the first to win the same alpine event twice, capturing gold in the giant slalom at the 1992 Winter Olympics in Albertville.

- a) Heini Hemmi b) Alberto Tomba
 c) Markus Wasmeier d) Gustavo Thoeni

Exercise 9. Use the information from the internet or sport encyclopedias and speak about:



Skiing: 1. The History of Olympic Skiing; 2. World Famous Skiers; 3. Russian and Ukrainian Famous Skiers; 4. The Division of Skiing.

Biathlon: 1. A Biathlon Competition; 2. World Famous Biathletes; 3. Biathlon Equipment; 4. The Rules of Olympic Biathlon.

Writing

Exercise 10. Make a running commentary of Skiing/ Biathlon competition.

Exercise 11. Write any of the following compositions using 150 -200 words:

Skiing: 1. The Rules of Olympic Skiing. 2. The Subtitles of the Skiing. 3. Alpine skiing. 4. Cross-country Skiing. 5. My Favorite Skier.

Biathlon: 1. The Disciplines of Biathlon. 2. The Rules of Biathlon. 3. The Equipment for Biathlon Track. 4. The Rules of Olympic Biathlon. 5. My Favorite Biathlete.



Project

Exercise 12. Make a short presentation:

1. A famous skier.
2. A famous biathlete.

List of Olympic medalists in biathlon

Men Individual (20 km)

Games	Gold	Silver	Bronze
1976 Innsbruck	Nikolay Kruglov (URS)	Heikki Ikola (FIN)	Aleksandr Yelizarov (URS)
1980 Lake Placid	Anatoly Alyabyev (URS)	Frank Ullrich (GDR)	Eberhard Rösch (GDR)
1984 Sarajevo	Peter Angerer (FRG)	Frank-Peter Roetsch (GDR)	Eirik Kvalfoss (NOR)
1988 Calgary	Frank-Peter Roetsch (GDR)	Valery Medvedtsev (URS)	Johann Passler (ITA)
1992 Albertville	Eugeni Redkine (EUN)	Mark Kirchner (GER)	Mikael Löfgren (SWE)
1994 Lillehammer	Sergey Tarasov (RUS)	Frank Luck (GER)	Sven Fischer (GER)
1998 Nagano	Halvard Hanevold (NOR)	Pier Alberto Carrara (ITA)	Alexei Aidarov (BLR)
2002 Salt Lake City	Ole Einar Bjørndalen (NOR)	Frank Luck (GER)	Viktor Maigourov (RUS)
2006 Turin	Michael Greis (GER)	Ole Einar Bjørndalen (NOR)	Halvard Hanevold (NOR)
2010 Vancouver	Emil Hegle Svendsen (NOR)	Ole Einar Bjørndalen (NOR) Sergey Novikov (BLR)	Not awarded

SECTION III. THE OLYMPIC GAMES

Unit 11. The 2012 Summer Olympics

Pre-reading

Exercise 1. Answer the following questions.



1. When did the 2012 Summer Olympics take place?
2. How many athletes took part in the 2012 Summer Olympics?
3. What did The 2012 Summer Olympic programme **include**?
4. What women' sport was included in the programme for the first time?
5. What two sports **dropped** from the 2012 Games?
6. How many world records did the Olympic Games feature?
7. What kind of sport had the largest number of records?

8. What countries had the largest number of world records? Could you name Top Ten countries of the 2012 Summer Olympics?
9. How many medals did Ukraine receive?
10. How many Ukrainian **competitors** take part at the 2012 Summer Olympics?
11. Could you name gold, silver and bronze medalists of Ukraine?
12. What were the changes in medal **standings**?



Reading

Exercise 2. Read the text “The 2012 Summer Olympics” and explain the words in bold.



The 2012 Summer Olympics, officially the Games of the XXX Olympiad and also more generally known as London 2012, was a major international multi-sport event, celebrated in the tradition of the Olympic Games, as **governed** by the International Olympic Committee (IOC), that took place in *London*, United Kingdom, from 27 July to 12 August 2012. The first event, the group stages in women's football, began two days earlier, on 25 July. More than 10,000 athletes from 204 National Olympic Committees (NOCs) **participated**.

Following a **bid** headed by former Olympic champion *Sebastian Coe* and the **former Mayor** of London (2000-2008) *Ken Livingstone*, London was selected as the **host** city on 6 July 2005 during the 117th IOC Session in Singapore, defeating bids from *Moscow*, *New York City*, *Madrid* and *Paris*. London was the first city to officially host the modern Olympic Games three times, having **previously** done so in 1908 and in 1948.

Construction in preparation for the Games **involved considerable** redevelopment, **particularly themed** towards **sustainability**. The main focus was a new 200-hectare Olympic Park, constructed on a former industrial **site** in *Stratford*, East London. The Games also made use of **venues** which were already in place before the bid.

The Games received **widespread acclaim** for their organization, with the **volunteers**, the British military and public enthusiasm **praised** particularly highly. The opening ceremony, directed by *Danny Boyle*, also received near-universal acclaim. During the Games, *Michael Phelps* became

the most decorated Olympic athlete of all time, winning his 22nd medal. Great Britain **achieved** its highest **tally** of gold medals since 1908, finishing third in the medal table. *Saudi Arabia*, *Qatar* and *Brunei* entered **female** athletes for the first time, **meaning** every **currently eligible** country has sent a female competitor to at least one Olympic Games. With women's boxing included, the Games became the first at which every sport had female competitors.



The opening ceremony of the 2012 Summer Olympics was held on 27 July and called "Isles of

Wonder". The Games were officially opened by *Queen Elizabeth II*, **accompanied** by *Prince Philip, Duke of Edinburgh*. It was the second Games the Queen had opened personally, the first being the 1976 Summer Olympics in *Montreal*. All **successive** Olympics held in *Canada* or *Australia* have been opened by their **respective governors-general**.

The official *BARB* (The **Broadcasters'** Audience Research Board) ratings give the opening ceremony a rating of 24.24 million **viewers**, the highest audience for any British television broadcast since 1996.

The closing ceremony of the London 2012 Summer Olympics was held on 12 August 2012. **In addition to** protocol, the ceremony featured a **flashback** fiesta to British music with *The Who* finishing out the performance. The ceremony also included a **handover** of the Olympic flag by *Boris Johnson*, Mayor of London to *Eduardo Paes*, Mayor of *Rio de Janeiro*, the host city of the 2016 Summer Olympics.

http://en.wikipedia.org/wiki/2012_Summer_Olympics

Exercise 3. Read the text “Ukraine at the 2012 Summer Olympics” and write 10 questions to it. Then explain the words in bold.

Ukraine competed at the 2012 Summer Olympics in London, United Kingdom from July 27 to August 12, 2012. This was the nation's fifth **consecutive appearance** at the Summer Olympics in the post-Soviet era.



Ukraine left London with a **total** of 20 Olympic medals (6 gold, 5 silver and 9 bronze), the lowest in Summer Olympic history since its debut in 1996. Five of these medals were **awarded** to the team in boxing; three each in athletics and sprint canoeing, and two each in **fencing**, **shooting** and **weightlifting**. Two Ukrainian athletes won more than a single Olympic medal, while all of their competitors in sprint canoeing won at least a medal. For the first time in its histo-

ry, Ukraine did not win an Olympic medal in **archery**.

Among the nation's medalists were **épée fencer** *Yana Shemyakina* and the women's **quadruple sculls** team, led by *Yana Dementieva*, who both won Ukraine's first Olympic gold medals in their **respective** events. Sprint canoer *Inna Osypenko*, who won two silver medals in London, became one of the most **successful** Ukrainian athletes in history, with a total of four Olympic medals. **Meanwhile**, *Yuriy Cheban* won the **coveted** gold medal in the men's sprint canoe **singles**, in addition to his bronze from Beijing. *Vasyl Lomachenko* became the first Ukrainian boxer and twelfth in history to **claim** two Olympic titles. Sabre fencer *Olha Kharlan* **defeated** the **reigning** champion *Mariel Zagunis* from the United States to win the bronze medal. Track runner *Yelizaveta Bryzhina* followed her parents' **footsteps** to lead her team and win the nation's first Olympic medal in women's **sprint relay**. Pistol shooter *Olena Kostevych* **recaptured** her sporting success after eight years by winning two bronze medals, in addition to her Olympic title from Athens.



Vasyl Lomachenko

The National Olympic Committee of Ukraine selected a team of 238 athletes, dividing into men and women by half, to compete in 21 sports; it was the nation's third-largest team sent to the Olympics, but the smallest since 2000. For the second consecutive time in its Olympic history, Ukraine did not qualify athletes in any of the team-based sports.



Yuriy Cheban

The Ukrainian team featured twelve Olympic medalists from Beijing, five of them defending (**rifle hooter** *Artur Ayvazyan*, archer *Viktor Ruban*, **heptathlete** *Nataliya Dobrynska*, **sprint kayaker** *Inna Osypenko*, and former **featherweight** boxer *Vasyl Lomachenko*, who competed in the men's lightweight **division**). Eights rower *Oleg Lykov* and windsurfer *Maksym Oberemko* became first Ukrainian athletes to compete in five Olympic games. Along with Ayvazyan, four Ukrainian athletes made their fourth Olympic appearance: windsurfer *Olha Maslivets*, **pole vaulter** and bronze medalist *Denys Yurchenko*, freestyle and open water swimmer *Ihor Chervynskyy*, and **mountain biker** *Serhiy Rysenko*. Rower *Kostiantyn Zaitsev* marked his Olympic return in London after a twelve-year **absence**

and competed in men's quadruple sculls. Meanwhile, former freestyle swimmer *Olga Beresnyeva* and long-distance runner *Serhiy Lebid* were among the nation's athletes who made their **comeback** at these Olympic Games after an eight-year absence. Hammer thrower *Oleksandr Dryhol*, at age 46, was the oldest athlete of the team, while relay swimmer *Iryna Hlavnyk* was the youngest at age 16.

Other **notable** Ukrainian athletes featured platform diver and former Youth Olympic games medalist *Oleksandr Bondar*, sprint canoer and Olympic bronze medalist *Yuriy Cheban*, 2011 World **Amateur** Boxing champion *Oleksandr Usyk* in the men's heavyweight division, and former Olympic champions *Irina Merleni* in women's freestyle **wrestling**, *Yuri Nikitin* in **trampoline** gymnastics, and *Olena Kostevych* in **pistol shooting**. **Judoka** and Olympic bronze medalist *Roman Gontiuk* was the nation's **flag bearer** at the opening ceremony.

http://en.wikipedia.org/wiki/Ukraine_at_the_2012_Summer_Olympics

Language development

Exercise 4. Fill in the words from the list and then make sentences using the completed phrases.

a) 200-hectare, b) Audience Research Board, c) canoeing, d) international, e) Olympic Committee, f) Olympic flag, g) post-Soviet, h) quadruple sculls, i) redevelopment, j) respective, k) successful, l) third-largest, m) was called "Isles of Wonder", n) widespread acclaim

1. a handover of the
2. a major multi-sport event
3. a new Olympic Park
4. a governors-general
5. competitors in sprint
6. considerable
7. the Broadcasters'



8. the Games received
9. the International
10. the most athlete
11. the nation's team
12. the opening ceremony
13. the era
14. the women's team

Exercise 5. Fill in the correct preposition and particles from the box. Then make sentences using the completed phrases.

a) among, b) by, c) during, d) for, e) from, f) in, g) of, h) on, i) to, j) with

1. a champion the United States America; 2. the nation's medalists; 3. addition her Olympic title; 4. London was selected as the host city 6 July 2005 the 117th IOC Session Singapore; 5. more than 10,000 athletes 204 National Olympic Committees; 6.

Saudi Arabia, Qatar and Brunei entered female athletes the first time; **7.** she won the nation's first Olympic medal women's sprint relay; **8.** the 2012 Summer Olympics took place London; **9.** the construction preparation the Games; **10.** the former Mayor London; **11.** the Games were officially opened Queen Elizabeth II ; **12.** they became first Ukrainian athletes compete five Olympic games; **13.** Ukraine did not win an Olympic medal archery; **14.** Ukraine left London a total 20 Olympic medals;

Exercise 6. Match the items to make full sentences.

- | | |
|--|---|
| <p>1. It was the second Games the Queen had opened personally,</p> <p>2. London was the first city to officially host the modern Olympic Games</p> <p>3. The first event, the group stages in women's football</p> <p>4. The Games received widespread acclaim for their organization</p> <p>5. The main focus was a new 200-hectare Olympic Park,</p> <p>6. The official BARB (The Broadcasters' Audience Research Board) ratings give the opening ceremony</p> <p>7. Ukraine left London with a total of 20 Olympic</p> <p>8. With women's boxing included, the Games became</p> | <p>a) a rating of 24.24 million viewers, the highest audience for any British television broadcast since 1996.</p> <p>b) began two days earlier, on 25 July.</p> <p>c) constructed on a former industrial site in Stratford, East London.</p> <p>d) medals (6 gold, 5 silver and 9 bronze), the lowest in Summer Olympic history since its debut in 1996.</p> <p>e) the first at which every sport had female competitors.</p> <p>f) the first being the 1976 Summer Olympics in Montreal.</p> <p>g) three times, having previously done so in 1908 and in 1948.</p> <p>h) with the volunteers, the British military and public enthusiasm praised particularly highly.</p> |
|--|---|

Exercise 7. Explain the words in italics and then match them with the best definition.

a) a canoe, b) a competitor, c) a duke, d) a governor-general, e) a sprint, f) a swimmer, g) a viewer, h) an acclaim, i) an amateur, j) an archer



- | | |
|--|--|
| <p>1. a person who engages in an art, science, study or athletic activity as a pastime rather than as a profession;</p> <p>2. a light, open, slender boat that has pointed ends and is propelled by paddles;</p> <p>3. a nobleman with the highest hereditary rank, especially a man of the highest grade of the peerage in Great Britain;</p> <p>4. a person skilled in the use of a bow and arrow;</p> <p>5. a person who views something, a close observer; someone who looks at something;</p> <p>6. a short race run at top speed, such as the 100 metres;</p> <p>7. a trained athlete who participates in swimming meets;</p> <p>8. an enthusiastic approval, expression of enthusiasm;</p> <p>9. one that competes with another, as in sports or business;</p> <p>10. the representative of the Crown in a dominion of the Commonwealth or a British colony;</p> | |
|--|--|

Exercise 8. Complete the following sentences with the words from the list.

a) accompanied, b) athlete, c) ceremony, d) defeating, e) flashback, f) host city, g) international, h) participated, i) successive, j) table



1. More than 10,000 athletes from 204 National Olympic Committees (NOCs)
2. The opening, directed by Danny Boyle, also received near-universal acclaim.
3. During the Games, Michael Phelps became the most decorated Olympic of all time, winning his 22nd medal.
4. Great Britain achieved its highest tally of gold medals since 1908, finishing third in the medal
5. The Games were officially opened by Queen Elizabeth II, by Prince Philip, Duke of Edinburgh.

6. All Olympics held in Canada or Australia have been opened by their respective governors-general.
7. In addition to protocol, the ceremony featured a fiesta to British music with 'The Who' finishing out the performance.
8. The ceremony also included a handover of the Olympic flag by Boris Johnson, Mayor of London to Eduardo Paes, Mayor of Rio de Janeiro, the of the 2016 Summer Olympics.
9. The 2012 Summer Olympics was a major multi-sport event that took place in London, United Kingdom, from 27 July to 12 August 2012.
10. London was selected as the host city on 6 July 2005, bids from Moscow, New York City, Madrid and Paris.



Exercise 9. Are the following sentences from the text “Ukraine at the 2012 Summer Olympics” true or false?



1. Among the nation's medalists were basketball player Yana Shemyakina and the women's quadruple sculls team, led by Yana Dementieva, who both won Ukraine's first Olympic gold medals in their respective events.
2. Eights rower Oleg Lykov and windsurfer Maksym Oberemko became first Ukrainian athletes to compete in five Olympic games.
3. For the first time in its history, Ukraine did not win an Olympic medal in swimming.
4. Hammer thrower Iryna Hlavyk, at age 46, was the oldest athlete of the team, while relay swimmer *Oleksandr Dryhol* was the youngest at age 16.
5. Pistol shooter Olena Kostevych recaptured her sporting success after eight years by winning two bronze medals, in addition to her Olympic title from Athens.

6. Sabre fencer Olha Kharlan defeated the reigning champion Mariel Zagunis from the United States to win the silver medal.
7. Tennis player Inna Osypenko, who won two silver medals in London, became one of the most successful Ukrainian athletes in history, with a total of four Olympic medals.
8. This was the nation's fifth consecutive appearance of Ukraine at the Summer Olympics in the post-Soviet era.
9. Vasyl Lomachenko became the first Ukrainian boxer and twelfth in history to claim two Olympic titles.
10. Yuriy Cheban won the coveted gold medal in the men's sprint canoe singles, in addition to his bronze from Beijing.



Exercise 10. Complete the text “2012 Summer Olympics torch relay” using words from the box. Use a dictionary to help you if necessary.

a) aluminium, b) arrived, c) athletes, d) culture, e) developed, f) festivals, g) fire, h) friendship, i) Greece, j) high, k) National, l) people, m) relay, n) represented



The Olympics **torch** relay ran from the 19th of May to the 27th of July 2012, before the Games. Plans for the relay were **1)** in 2010–11, with the torch-bearer selection process **announced** on the 18th of May, 2011. The Olympic **flame** **2)** on the 18th of May, 2012 from **3)** The relay lasted 70 days, with 66 evening celebrations and six island visits and involved some 8,000 **4)** carrying the torch about 12,800 km, starting from Land's End in Cornwall. The torch had one day outside the United Kingdom when it visited Dublin, Ireland on the 6th of June. The relay was focusing on **5)** **Heritage Sites**, locations with sporting **significance**, key sporting events, green spaces and **biodiversity**, live sites (city locations with large **screens**), **6)** and other events. Dumfries and Galloway (Scotland) was the only region in the whole of the United Kingdom that had the Olympic Torch pass through it **twice**. A group of young **7)**, **nominated** by **retired** Olympic athletes, ran the torch around the stadium. Together the torchbearers each **lit** a **petal** which spread the **8)** to the 204 petals of the **cauldron**, representing the countries that participated in the games.

The 2012 Olympic Torches were made of **9)** **alloy skin**, **perforated** by 8,000 **circles** to represent the 8,000 torchbearers who would carry the flame. The circles also helped to **dissipate heat** without it being conducted down the **handle** and provided extra **grip**. The **triangular** shape of torches **10)** :

- Three Olympic **values** - **respect, excellence** and **11)** .
- Three elements of the Olympic **motto** - faster, higher, stronger.
- Three Olympic Games hosted by the United Kingdom (1908, 1948 and 2012).
- The tri-vision of the 2012 Summer Olympics - sport, education and **12)** .

The gold of the torches represented the **qualities** of the Olympic Flame – **brightness** and **warmth**. The torch was designed by Edward Barber and Jay Osgerby and stands 80 centimetres **13)**, weighing 800 grams. To **realize** this award winning design, TECOSIM (an engineering company) was **responsible for** the research, engineering and technical development of this iconic torch. Computer Aided Engineering (CAE) was used to simulate **various scenarios** that the torch might **encounter** during the **14) relay**, from environmental conditions to physical **damage**.



http://en.wikipedia.org/wiki/2012_Summer_Olympics_torch_relay

Speaking

Exercise 11. Read the text “Ancient Greeks: The Olympic Games”. Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the text.

The Olympic Games. The Olympic Games began over 2,700 years ago in Olympia, in southwest Greece. The Games were part of a religious festival. The Greek Olympics, thought to have begun in 776 BC, **inspired** the modern Olympic Games. The Games were held **in honour of** Zeus, king of the gods, and were **staged** every four years at Olympia, a **valley** near a city called Elis. People from all over the Greek world came to watch and take part.



The statue of Zeus. Visitors to Olympia **stared** in wonder as they entered the great Temple of Zeus. Inside there was a **huge statue** of the king of the gods, sitting on a throne. People called it one of the Seven Wonders of the World. The statue was covered in gold and **ivory**. It was built about 435 BC, and no one who made the trip to Olympia missed seeing it.

What was the Sacred Truce? The city-states of Greece were often at war. This made travel between them **dangerous**. So **messengers** sent out from Elis announced a '**sacred truce**' (peace) lasting one month before the Games began. This meant people could travel to Olympia in **safety**. The Olympic Games were more important than wars because they were a religious festival.

Events at the Games. At the first one-day Olympic Games, the only event was a short sprint from one end of the stadium to the other. **Gradually** more events were added to make four days of competitions. They included wrestling, boxing, long jump, **throwing the javelin and discus**, and **chariot racing**. In the **pentathlon**, there were five events: running, wrestling, javelin, discus and long jump. One of the **toughest** events was the race for *hoplites* (a foot **soldier**), men wearing **armour** and carrying **shields**.

Winners were given a **wreath of leaves**. Winners might marry rich women, enjoy free meals, invitations to parties and the best seats in the theatre. The running track was much wider than a modern one. Twenty people could run at once.

Spectators. About 50,000 people could sit in the stadium. Away from the arena, most **spectators** had to find somewhere to **pitch** their **tents** or sleep **rough**, but important visitors and athletes had hotel rooms. It was hot and **overcrowded**, and the water supply was poor.

The Games ended with a **feast**. Lots of **oxen** were **roasted** in a **giant** barbecue. **Traders** came to do business, **entertainers** such as **jugglers** and acrobats performed and politicians made speeches to the crowds.

The nastiest event. Probably the *pankration* (a type of wrestling) was the **nastiest** event. There were hardly any rules. **Biting** and **poking** people's eyes were officially **banned**, but some competitors did both! Boxing was tough too. The fighters **wore leather gloves** and a boxer was allowed to go on **hitting** his opponent even after he'd **knocked** him to the ground!

However, **cheating** was **punished**. Anyone caught cheating; trying to **bribe** an athlete for instance, had to pay for a bronze statue of Zeus, as a punishment.

Exercise 12. Use the information from the internet or sport encyclopedias and speak about:

1. A multi-sport event.
2. 2012 Summer Olympics marketing.
3. The National Olympic Committee

Writing

Exercise 13. Write any of the following compositions using 150 -200 words:

1. Bids for the 2012 Summer Olympics.
2. World records.
3. Participants.
4. Medals.

Project

Exercise 14. Make a short presentation: 2012 Summer Olympics opening and closing ceremonies.



Unit 12. The 2008 Summer Olympics

Pre-reading

Exercise 1. Answer the following questions.



1. When and where did the 2008 Summer Olympic Games take place?
2. What was the emblem of the 2008 Summer Olympic Games?
3. What was the total of athletes?
4. How many sports and events were presented in these games?
5. Have you remembered the previous Summer Olympic Games held in Asia?
6. How many venues were used to host the events?

7. How many world records and Olympic records set at the 2008 Summer Olympics?
8. What country had the most total medals?
9. What country won the most gold medals?
10. How many medals did Ukraine win at the 2008 Summer Olympics?
11. What Olympic sports were presented at the 2008 Summer Olympics?
12. What sportsman set a record for number of gold medals at the Olympics?



Reading

Exercise 2. Read the text “The 2008 Summer Olympics” and explain the words in bold.



The 2008 Summer Olympic Games, officially known as the Games of the XXIX Olympiad, was a major international multi-sport event that took place in Beijing, China, from August 8 to 24, 2008. A total of 11,028 athletes from 204 National Olympic Committees (NOCs) competed in 28 sports and 302 events (a total of one event more than the **schedule** of the 2004 Games). China became the 22nd nation to host the Olympic Games and the 18th to hold a Summer Olympic Games. It was the third time that the Summer Olympic Games were held in Asia, after Tokyo, Japan, in 1964

and Seoul, South Korea in 1988. The **equestrian** events were held in Hong Kong, making it the third time the events of the same Olympics were held under the **jurisdiction** of two different NOCs, while sailing was **contested** in Qingdao and football events took place in several different cities.

Beijing was awarded the Games over four competitors on July 13, 2001, having won an absolute majority of **votes** from members of the International Olympic Committee (IOC) after two rounds of voting. The Government of the People's Republic of China **promoted** the Games and **invested** heavily in new **facilities** and transportation systems. A total of 37 venues were used to host the events, including 12 constructed specifically for use at the Games. The official **logo** of these Olympic Games, titled "Dancing Beijing", **featured** a **stylized** calligraphic **character** jīng, **referring** to the host city. Media **outlets** reported **unprecedented** audience interest of the Games, and these Olympics had the largest television audience in Olympic history to date, an achievement later **surpassed** by the 2012 Games. Some politicians and non-governmental organizations criticized the **choice** of China as Olympic host because of the country's human rights record,

protests by pro-Tibetan independence activists and critics of China's human rights record **marred** the international portion of the Olympic torch relay.

There were 43 world records and 132 Olympic records set at the 2008 Summer Olympics. An unprecedented 86 countries won **at least** one medal during the Games. Chinese athletes won the most gold medals, with 51 and 100 medals altogether, while the United States had the most total medals with 110. The American swimmer Michael Phelps **broke the records** for most gold medals in one Olympics and for most career gold medals by winning eight swimming events.

http://en.wikipedia.org/wiki/2008_Summer_Olympics

Exercise 3. Read the text about the 2008 Summer Olympics marketing and match the headings to the correct paragraphs.

A. Bank notes.

C. The emblem.

E. The slogan.

B. Songs.

D. The mascot.

F. Tickets.



1. The 2008 Summer Olympics emblem is known as Dancing Beijing designed by Guo Chunling. The emblem **combines** a traditional Chinese red seal and a representation of the calligraphic character jīng (meaning the "national capital", also the second character of Beijing's Chinese name) with athletic features. The open arms of the calligraphic word symbolize the invitation of China to the world to **share** in its culture.

2. The **slogan** for the 2008 Olympics is "One World, One Dream". It calls upon the whole world to **join** the Olympic spirit and build the better future for humanity. It was chosen from over 210,000 **entries submitted** from around the world.

3. The official 2008 Olympic **mascots** are the five Fuwas (meaning "good luck dolls"). The Fuwa consists of five members that **incorporate** fish, **giant** panda, fire, Tibetan antelope and **swallow** designs. The Fuwa has one of the colors of five Olympic Rings that **stands for** the five continents. The five Fuwas are named Beibei, Jingjing, Huanhuan, Yingying and Nini. When the first syllable of each of five names are said together, the result is the phrase which means "Beijing welcomes you".

4. In April 2007, over seven million tickets for sporting events and ceremonies went on **sale**. **Approximately** 75% of tickets went on sale through the Beijing Organizing Committee, which set low prices for **domestic** tickets to **encourage** the Chinese people to attend the Games. International tickets were **available** through each nation's NOC. By June 2007, 2.2 million tickets had already been sold.

5. The China's central bank **issued** a new 10-yuan note without the picture of Mao Zedong featuring a Greek discus thrower and the bird's **nest**. A total of 6 million notes were **released** 10 yuan (US \$1.46). Another 4 million notes were released in Hong Kong as a special-edition note of HK\$20 (US \$2.56) before the official release on 15 July 2008. Thousands of people formed long lines outside the Hong Kong Bank of China branch, more than 48 hours before the notes were issued.



6. The official song for the Game's one-year **countdown** celebration was "We Are Ready". The song was sung by an **ensemble** of 133 artists from Hong Kong, Taiwan, **mainland** China, Singapore and Korea. The song is composed by Hong Kong songwriter Peter Kam with **lyrics** by Keith Chen.

"You and Me", the official theme song for the Games themselves, was first **performed** at the Opening Ceremony. This song **contained** both Mandarin and English lyrics.

The official theme for the torch relay was "Light the **Passion**, Share the Dream" with the English version performed by 106 **contestants**. Another song to **accompany** the relay was "Red around the world" composed by Wyman Wong with lyrics by Albert Leung. The song also happened to be the new Coca cola promotional song.

http://en.wikipedia.org/wiki/2008_Summer_Olympics_marketing#cite_note-15

Language development

Exercise 4. Fill in the words from the list and then make sentences using the completed phrases.

a) the better future for, b) audience interest, c) calligraphic character, d) eight swimming, e) events and ceremonies, f) independence activists, g) majority of votes, h) rounds, i) Summer Olympic, j) swimmer Michael Phelps, k) the People's Republic of China, l) theme song for the, m) to host the events, n) traditional Chinese

1. 37 venues were used
2. a stylized jīng
3. a red seal
4. an absolute
5. pro-Tibetan
6. the 2008 Games
7. the American



8. the Government of
9. the official Games
10. tickets for sporting
11. to build humanity
12. to win events
13. two of voting
14. unprecedented of the Games

Exercise 5. Fill in the correct preposition and particles from the box. Then make sentences using the completed phrases.

a) at, b) by, c) for, d) from, e) in, f) of, g) on, h) to, i) under



1. 'Dancing Beijing' was designed Guo Chunling; 2. 12 venues were constructed specifically use the Games; 3. a total 11,028 athletes 204 National Olympic Committees; 4. low prices domestic tickets; 5. the equestrian events were held Hong Kong; 6. the Fuwa consists five members; 7. the Fuwa has one the colors five Olympic rings; 8. the Games the XXIX Olympiad; 9. the invitation China the world; 10. the official logo these Olympic Games; 11. the slogan was chosen over 210,000 entries; 12. the song was sung an ensemble 133 artists; 13. tickets sporting events and ceremonies went sale; 14. the jurisdiction two different NOCs;

Exercise 6. Match the items to make full sentences.

1. A total of 11,028 athletes from 204 National Olympic Committees (NOCs)
 2. China became the 22nd nation to host the Olympic Games
 3. Chinese athletes won the most gold medals, with 51
 4. It was the third time that the Summer Olympic Games
 5. The 2008 Summer Olympic Games was a
- a) and 100 medals altogether, while the United States had the most total medals with 110.*
b) and the 18th to hold a Summer Olympic Games.
c) competed in 28 sports and 302 events.
d) fish, giant panda, fire, Tibetan antelope and swallow designs.
e) multi-sport event that took place in Beijing, China, from August 8 to 24, 2008.

- major international
6. The Fuwa consists of five members that incorporate
7. The Government of the People's Republic of China
8. The official logo of these Olympic Games,

- f) promoted the Games and invested heavily in new facilities and transportation systems.
- g) titled "Dancing Beijing", featured a stylized calligraphic character jīng, referring to the host city.
- h) were held in Asia, after Tokyo, Japan, in 1964 and Seoul, South Korea in 1988.

Exercise 7. Explain the words in italics and then match them with the best definition.

1. a character, 2. a contest, 3. a contestant, 4. a logo, 5. a mascot, 6. a seal, 7. a slogan, 8. an equestrian, 9. to break the record, 10. to invest



- a) a mark or symbol used in a writing system;
- b) a person or animal that is adopted by a team or other group as a symbolic figure;
- c) a person who participates in competitions;
- d) a phrase expressing the **aims** or nature of an enterprise, organization or candidate; a motto;
- e) a **recognizable** and **distinctive** graphic design, stylized name, unique symbol or other **device** for identifying an organization;

- f) a small disk of wax, **lead** or paper bearing such an **imprint** and affixed to a document to prove **authenticity** or to **secure** it;
- g) a struggle for superiority or victory between rivals;
- h) one who rides a horse or performs on horseback;
- i) to lay out money or capital in an **enterprise**, especially by **purchasing** shares, with the expectation of **profit**;
- j) to surpass the previous established record;



Exercise 8. Are the following sentences true or false?



1. " Light the Passion, Share the Dream", the official theme song for the Games themselves, was first performed at the Opening Ceremony.
2. In April 2007, over seven million tickets for sporting events and ceremonies went on sale.
3. The official 2008 Olympic mascots are the five Fuwas, meaning "Dancing Beijing".
4. The 2008 Summer Olympic Games was a major international multi-sport event that took place in Beijing, China, from August 12 to 24, 2008.

5. The China's central bank issued a new 10-yuan note without the picture of Mao Zedong featuring a Greek discus thrower and the bird's nest.
6. The 2008 Summer Olympics emblem combines a traditional Chinese red tree and a representation of the calligraphic character jīng with athletic features.
7. Beijing was awarded the Games over four competitors on July 13, 2001, having won an absolute majority of votes from members of the International Olympic Committee (IOC) after two rounds of voting.
8. The slogan for the 2008 Olympics is "We Are Ready ".



9. The equestrian events were held in Hong Kong, making it the third time the events of the same Olympics were held under the jurisdiction of two different NOCs, while sailing was contested in Qingdao and football events took place in several different cities.

10. There were 53 world records and 162 Olympic records set at the 2008 Summer Olympics.

Exercise 9. Complete the text “Swimming at the 2008 Summer Olympics” using words from the box. Use a dictionary to help you if necessary.

a) Center, b) decks, c) events, d) freestyle, e) gold medals, f) held, g) marathon, h) pool, i) qualified, j) set, k) speed, l) team, m) temperature, n) times



Swimming at the 2008 Summer Olympics was **1)** over a thirteen day period from August 9 to August 21, with the **conventional** events ending on August 17 and the new marathon 10 km events being held on August 20 and 21. All swimming events except the two marathon 10 km events took place at the Beijing National Aquatics **2)**

All the swimming, synchronized swimming and diving events of the 2008 Olympics were held at the Beijing National Aquatics

Center, better known as the "Water Cube", which was **claimed** to be built to **increase** the **3)** of the swimmers. The main **pool** is about 10 feet (3.0 m) deep, 3 feet (0.91 m) deeper than any other Olympic **4)**. The **lane** lines, **nicknamed** "wave eaters", **buffer** the waves produced by swimmers while they **stroke**. The technological **advances** of the pool were **enhanced** by several advantages **inherent** to an indoor swimming venue, namely: **5)**, **humidity** and lighting control. Even the wide **6)** were built to give the swimmers a sense of **space**.

The swimming program for 2008 was **expanded** from 2004, with the addition of the 10 km marathon open water swimming events, bringing the total number of **7)** to 34 (17 each for men and women). The following events were contested:

8): 50 m, 100 m, 200 m, 400 m, 800 m (women), 1500 m (men),

Backstroke: 100 m, 200 m

Breaststroke: 100 m, 200 m

Butterfly: 100 m, 200 m

Individual medley: 200 m, 400 m

Relay: 4×100 m free, 4×200 m free; 4×100 m medley

9): 10 km



A National Olympic Committee (NOC) may enter up to **2 10)** athletes in each individual event if both meet the A standard, or 1 athlete per event if they meet the B standard. An NOC may also enter a maximum of 1 qualified relay **11)** per event.

An NOC may enter up to 1 swimmer per sex (2 total), if they have no swimmers meeting any qualifying B standard.

At the 2008 Summer Olympics, new world swimming records were **12)** 25 times (**affecting** 21 **distinct** world records) and new Olympic swimming records were set 65 **13)** and one other was **equalled** (affecting 30 distinct Olympic records). Only *Ian Thorpe's* 3:40.59 in the 400 metres freestyle and *Inge de Bruijn's* 56.61 in the 100 metres butterfly both set in Sydney remain Olympic records. *Michael Phelps* of the United States also broke the record for the most **14)** ever won by an Olympian with a total of 14; 8 of which were won during the 2008 Summer Olympics - this is also a world record.

http://en.wikipedia.org/wiki/Swimming_at_the_2008_Summer_Olympics

Speaking

Exercise 10. Look through the table and compare the results of 15 countries at the 2008 Summer Olympic Games.

<i>NATION</i>	<i>TOTAL MEDALS</i>	<i>GOLD</i>	<i>SILVER</i>	<i>BRONZE</i>
United States	110	36	38	36
China	100	51	21	28
Russia	72	23	21	28
Great Britain	47	19	13	15
Australia	46	14	15	17
Germany	41	16	10	15
France	40	7	16	17
South Korea	31	13	10	8
Italy	28	8	10	10
Ukraine	27	7	5	15
Japan	25	9	6	10
Cuba	24	2	11	11
Belarus	19	4	5	10
Spain	18	5	10	3
Canada	18	3	9	6

Exercise 11. Analyze the table “Ukrainian medalists at the 2008 Summer Olympic Games” and speak about their results. Then, make a short presentation about some Ukrainian Olympic sportsmen.

Medal	Name	Sport	Event
Gold	Oleksandr Petriv	Shooting	Men's 25 m rapid fire pistol
Gold	Artur Ayvazyan	Shooting	Men's 50 m rifle prone
Gold	Viktor Ruban	Archery	Men's individual
Gold	Olha Zhovnir		
	Olha Kharlan		
	Halyna Pundyk		
	Olena Khomrova	Fencing	Women's team sabre
Gold	Natalya Dobrynska	Athletics	Women's heptathlon
Gold	Inna Osypenko-Radomska	Canoeing	Women's K-1 500 m
Gold	Vasyl Lomachenko	Boxing	Featherweight
Silver	Jury Sukhorukov	Shooting	Men's 50 m rifle 3 positions
Silver	Olha Korobka	Weightlifting	Women's +75 kg
Silver	Vasyl Fedoryshyn	Wrestling	Men's freestyle 60 kg
Silver	Andriy Stadnik	Wrestling	Men's freestyle 66 kg
Silver	Iryna Lishchynska	Athletics	Women's 1500 m
Bronze	Roman Hontyuk	Judo	Men's 81 kg
Bronze	Illya Kvasha		
	Oleksiy Pryhorov	Diving	Men's 3 m synchronized springboard
Bronze	Armen Vardanyan	Wrestling	Men's Greco-Roman 66 kg
Bronze	Irimi Merleni	Wrestling	Women's freestyle 48 kg
Bronze	Natalya Davydova	Weightlifting	Women's 69 kg
Bronze	Lesya Kalitovska	Cycling	Women's individual pursuit
Bronze	Olena Antonova	Athletics	Women's discus throws
Bronze	Oleksandr Vorobiov	Gymnastics	Men's rings
Bronze	Taras Danko	Wrestling	Men's freestyle 84 kg

Bronze	Victoria Tereshuk	Modern pentathlon	Women's modern pentathlon
Bronze	Yuriy Cheban	Canoeing	Men's C-1 500 m
Bronze	Denys Yurchenko	Athletics	Men's pole vault
Bronze	Vyacheslav Glazkov	Boxing	Super heavyweight
Bronze	Nataliya Tobias	Athletics	Women's 1500 m
Bronze	Anna Bessonova	Gymnastics	Women's rhythmic individual all-around

Exercise 12. Read the text “Sports and medal count at the 2008 Summer Olympic Games”. Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the text.



The program for the Beijing Games was quite **similar** to that of the 2004 Summer Olympics held in Athens. There were 28 sports and 302 events at the 2008 Games. Nine new events were held, including two from the new cycling discipline of BMX. Women competed in the 3000 metre **steeplechase** for the first time. Open water swimming events for men and women, over the distance of 10 kilometers, were added to the swimming discipline. Team events (men and women) in table tennis **replaced** the doubles events. In fencing, women's team **foil** and women's

team **saber** replaced men's team foil and women's team épée. Two sports were open only to men, baseball and boxing, while one sport and one discipline were open only to women, softball and synchronized swimming. Equestrian and mixed badminton are the only sports in which men and women compete together.

Olympians from 86 countries won medals, 54 of which won gold medals, both setting new records for Olympic Games. 118 participating countries did not win a medal. Athletes from China won 51 gold medals, the most of any nation at these Olympics, becoming the first nation other than the United States and Russia to lead in medals since Germany at the 1936 Summer Olympics. The United States team won the most medals **overall**, with 110. Afghanistan, Mauritius, Sudan, Tajikistan and Togo won their first Olympic medals. Athletes from Mongolia (which **previously** held the record for most medals without a gold) and Panama won their nation's first gold medals. An athlete from Serbia won its first medal under that name, having previously won medals as part of Yugoslavia and Serbia and Montenegro.

In the **uneven bars** final, Chinese gymnast *He Kexin* and American *Nastia Liukin* tied with final marks of 16.725 and **earned** identical A and B-panel **scores** of 7.70 and 9.025 **respectively**. The gold medal was awarded to He and the silver to Liukin **due to** rules changes in the tie-breaking system.

http://en.wikipedia.org/wiki/2008_Summer_Olympics_medal_table

Exercise 13. Use the information from the internet or sport encyclopedias and speak about:

1. The 2008 Summer Olympics, 2. Ukrainian medalists at the 2008 Summer Olympics.

Writing

Exercise 14. Write any of the following compositions using 150 -200 words:

1. The Opening and Closing Ceremonies. 2. World records. 3. Participants. 4. Symbols.

Project

Exercise 15. Make a short presentation about some famous Olympic sportsmen.

Unit 13. The 2010 Winter Olympics

Pre-reading

Exercise 1. Answer the following questions.



1. When and where did the 2010 Winter Olympic Games take place?
2. What was the emblem of the 2010 Winter Olympic Games?
3. What was the total of athletes?
4. How many sports and events were presented in these games?
5. Do you know the years of the previous Olympic Games held in Canada?

6. How many winter sports events were included in the 2010 Winter Olympics?
7. How many world records and Olympic records set at the 2010 Winter Olympics?
8. What country had the most total medals?
9. What country won the most gold medals?
10. How many medals did Ukraine win at the 2010 Winter Olympics?



Reading

Exercise 2. Read the text “The 2010 Winter Olympics” and explain the words in bold.



The 2010 Winter Olympics, **officially** known as the XXI Olympic Winter Games or the 21st Winter Olympics, were a **major** international multi-sport event held from February 12 to February 28, 2010, in Vancouver, British Columbia, Canada, with some events held in the **suburbs** of Richmond, West Vancouver and the University Endowment Lands, and in the **resort** town of Whistler. Approximately 2,600 athletes from 82 nations **participated** in 86 events in fifteen disciplines. Both the Olympic and Paralympic Games were being organized by the Vancouver

Organizing Committee (VANOC), headed by John Furlong. The 2010 Winter Olympics were the third Olympics hosted by Canada and the first by the province of British Columbia. Previously, Canada hosted the 1976 Summer Olympics in Montreal, Quebec and the 1988 Winter Olympics in Calgary, Alberta. Also, there were three **mascots** for the 2010 Olympics.

Following Olympic tradition, then-Vancouver mayor Sam Sullivan received the Olympic flag during the closing ceremony of the 2006 Winter Olympics in Turin, Italy. The flag was **raised** on February 28, 2006 in a special ceremony and was on display at Vancouver City Hall until the Olympic opening ceremony. The event was officially opened by Governor General Michelle Jean, who was accompanied by Prime Minister Stephen Harper and International Olympic Committee president Jacques Rogge.

For the first time, Canada won gold in an "official" sport at an Olympic Games hosted at home, having **failed** to do so at both the 1976 Summer Olympics in Montreal and the 1988 Winter

Olympics in Calgary (although Canada won a gold medal in the "demonstration-sport" of curling in Calgary). Canada **clinched** first overall in gold medals on the second to last day of competition and became the first host nation since Norway in 1952 to lead the gold medal count. With 14, Canada **broke** the record for the most gold medals won at a single Winter Olympics, which was 13, set by the former Soviet Union in 1976 and Norway in 2002. The United States won the most medals in total, their second time doing so at the Winter Olympics, and broke the record for the most medals won at a single Winter Olympics with 37, a record held up to then by Germany in 2002 with 36 medals. Athletes from Slovakia and Belarus won the first Winter Olympic gold medals for their nations.



Fifteen winter sports events were included in the 2010 Winter Olympics. The eight sports categorized as ice sports were: bobsled, luge, skeleton, ice hockey, figure skating, speed skating, short track speed skating and curling. The three sports **categorized** as alpine skiing and snowboarding events were: alpine, freestyle and snowboarding. The four sports categorized as Nordic events were: biathlon, cross-country skiing, ski jumping and Nordic combined.

The opening and closing ceremonies and the events categorized as ice sports (excluding bobsleigh, luge and skeleton) were held in Vancouver and Richmond. The sports categorized as "Nordic events" were held in the Callaghan **Valley** located just to the west of Whistler. All alpine skiing events were held on Whistler Mountain (Creekside) and sliding events (bobsleigh, luge and skeleton) were held on Blackcomb Mountain. Cypress Mountain (located in Cypress Provincial Park in West Vancouver) hosted the freestyle skiing (aerials, moguls and ski cross), and all snowboard events (half-pipe, parallel giant slalom, snowboard cross).

Vancouver 2010 was also the first winter Olympics in which both men's and women's hockey were played on a narrower, NHL-sized ice rink, measuring 200 ft × 85 ft (61 m × 26 m), instead of the international size of 200 ft × 98.5 ft (61 m × 30 m). The games were played at General Motors Place (now Rogers Arena), home of the NHL's Vancouver Canucks, which was **temporarily renamed** Canada Hockey Place for the **duration** of the Olympics. This change saved \$10 million in construction costs and **allowed** an additional 35,000 **spectators** to attend Olympic hockey games. However, some European countries expressed **concern** over this decision, **worried** that it might give North American players an **advantage** since they grew up playing on the smaller NHL-sized rinks.

There were a number of events that were proposed to be included in the 2010 Winter Olympics. On November 28, 2006, the IOC Executive Board at their meeting in Kuwait **voted** to include ski cross in the official program. The Vancouver Olympic Committee (VANOC) **subsequently approved** the event to officially be part of the Games program.

http://en.wikipedia.org/wiki/2010_Winter_Olympics#Sports

Exercise 3. Read the lyrics Vancouver Winter Olympics 2010 fill in the missing words and translate the song.

a) best; b) come; c) drums; d) earth; e) flames; f) high; g) land; h) mind; i) times; j) winter; k) you

Vancouver Winter Olympics 2010 Theme Song - Winter Games

Welcome to **1)**..... Games

Welcome to our **2)**..... where our hearts beat to the **3)**..... of native bands.
Mountains **4)**....., endless Sea in this glorious place well share; both **5)**..... and me.

Greetings to the best on **6)**.....! Thanks for making our dreams **7)**..... true.

Wishing you the **8)**..... of luck! Were here to cheer for you.

Though you've come from far way were hoping you'll feel at home

Wish to see you many **9)**..... under skies of our dome

Welcome to Winter Games set by Peace and beauty of Olympic **10)**.....

Give it all; your heart and **11)**..... Make this quest a glorious time in our mankind.

Language development

Exercise 4. Fill in the correct preposition and particles from the box. Then make sentences using the completed phrases.

a) at; b) by; c) for; d) from; e) in; f) of; g) on; h) over; i) since; j) to; k) up; l) up



1) "Nordic events" were held the Callaghan Valley located just the west Whistler

2) 2,600 athletes 82 nations participated 86 events fifteen disciplines

3) a number events that were proposed to be included the 2010 Winter Olympics

4) a record held to then Germany 2002

5) Canada broke the record the most gold medals won a single Winter Olympics

6) European countries expressed concern this decision

7) give North American players an advantage they grew

8) Paralympic Games were being organized the Vancouver Organizing Committee

9) some events held the suburbs Richmond

10) the flag was raised February 28, 2006 a special ceremony

11) there were three mascots the 2010 Olympics

12) this change saved \$10 million construction costs



Exercise 5. Fill in the correct word(s) from the list below. Use the words only once.

the Olympic and, alpine, Canada, Whistler, Canada broke, International, General, International Olympic, Nordic, Executive, Callaghan, Olympic, the province of, the Vancouver

1) skiing

2) Valley

3) the record

4) Hockey Place

5) Board

6) Motors Place

7) multi-sport event

8) Committee

9) events

10) opening ceremony

11) Paralympic Games

12) British Columbia

13) Organizing Committee

14) Mountain

Exercise 6. Match the list of proper names with the best definition. What do you know about these sportsmen? Make up dialogues.

a) Anastasiya Kuzmina; b) André Lange; c) Charlotte Kalla; d) Daniel Boyle; e) Evgeny Ustyugov ; f) Giuliano Razzoli; g) ; h) Nikita Kriukov; i) Patrice "Bergy" Bergeron-Cleary; j) Vincent Jay.

1) born December 18, 1984 is a World Cup alpine ski racer and Olympic gold medalist from Italy. He specializes in the slalom; he won the Slalom at the 2010 Winter Olympics in Vancouver.

He has seven World Cup podiums, all in slalom. His first World Cup victory came at Zagreb, Croatia, on January 6, 2010. His second victory came in Austria at Lenzerheide on March 19, 2011.

He became Olympic Champion at the 2010 Winter Olympics in Vancouver, winning the men's slalom. He clocked a combined total of one minute 39.32 seconds over the two runs, 0.16 seconds ahead of Croatia's Ivica Kostelic with Andre Myhrer of Sweden a further 0.28 seconds adrift. Twenty-five-year-old Razzoli, who was quickest in the first leg through fog and sleet at Whistler, became the first Italian man to win the Olympic Slalom title since Alberto Tomba, twenty-two years earlier at the 1988 Winter Olympics in Calgary

2) born 18 May, 1985 in Albertville, is a French biathlete and non-commissioned officer. During his career, he won two Olympic medals at the 2010 Winter Olympics in Vancouver - a gold in the sprint and a bronze medal in the pursuit. He was the first Frenchman to win an Olympic sprint Biathlon title. In



Kim Yuna

the World Cup, he has fourteen podiums with two individual victories in Vancouver and two victories as part of relay teams. His Olympic victory came one year after his first victory in World Cup at the same venue. He was not considered a favourite to win gold but was seen as the fourth man in the French team after Vincent Defrasne, and Simon and Martin Fourcade. He caused surprise by winning France's first gold medal at the 2010 Olympic Games. He followed this up with a bronze medal in the pursuit two days later.



Charlotte Kalla

born Slovak biathlete. She won the silver medal in 2009 Biathlon World Championships in Pyeongchang mass start and a gold medal in the 7.5 km sprint at the 2010 Winter Olympics in Vancouver, Canada. She also won a silver medal in the 10 km **pursuit** race at the same games. Her

3) born 4 June, 1985 in Krasnoyarsk is a Russian biathlete. Born to cross-country skiers, he was introduced to biathlon at the age of three. He started his career in junior tournaments in 2005, before going professional three years later in the European Championships. His best result is gold medal in the men's 15km mass start event at the 2010 Winter Olympics in Vancouver, Canada. Prior to the 2010 Olympics Games, his best World Championship finish in an individual event was 20th place.

4) born August 28, 1984 in Tyumen is a Russian-

victory makes her the second Slovak after Ondrej Nepela to win a Winter Olympic gold medal, first for independent Slovakia.

Her brother Anton Shipulin is also Russian biathlete. Her husband, Daniel Kuzmin, is an Israeli cross-country skier and her personal coach at the 2010 Olympics.

5) born 28 June, 1973 is a retired German bobsledder and the most successful bob pilot of all time who competed at senior level from 1998 to 2010. Competing in three Winter Olympics, he has won four gold medals. He was born in Ilmenau, Thuringia. At the 2002 Winter Olympics, he won the four-man event with teammates Carsten Embach, Enrico Kühn and Kevin Kuske. At the 2006 Winter Olympics, he also won gold in the four-man event with teammates Kevin Kuske, René Hoppe and Martin Putze, in addition to winning the two-man event with Kuske. He competed in the 2010 Winter Olympics, winning gold in the two-man and silver in the four-man events.

6) born May 30, 1985 in Dzerzhinsky is a Russian cross country skier who has competed since 2005. His best World Cup finish was first in a sprint event in Stockholm, Sweden in March 2010. In the 2010 Olympics, he won the sprint event.

7) born 22 July, 1987 is a Swedish cross-country skier who has been competing since 2004. She won a bronze medal in the 4 x 5 km relay at the FIS Nordic World Ski Championships 2009 in Liberec. Her best individual finish at the FIS Nordic World Ski Championships was fifth in the 10 km event at Sapporo in 2007. On 6 January, 2008, she won the second edition of Tour de Ski in her debut in the event. On 6 May 2012, she signed for Piteå Elit for the season 2012/13.



Nikita Kriukov



Evgeny Ustyugov

She won the gold medal in the women's 10 km individual for Sweden at the 2010 Winter Olympics in Vancouver, Canada, with a time of 24:58.4. She also won silver in the team sprint event with Anna Haag at those same games.

8) born September 5, 1990 is a South Korean figure skater. She is the 2010 Olympic champion in ladies' singles. She is the first South Korean figure skater to win a medal at an ISU Junior or Senior Grand Prix event, ISU Championship, and the Olympic Games. She is the first female skater to win the Olympic Games, the World Championships, the Four Continents Championships and the Grand Prix Final. She is one of the most highly recognized athletes and media figures in South Korea. She is the current record holder for ladies in the short program, the free skating and the combined total under the ISU Judging System. She is also the first female skater to surpass the 150-point free skating mark and the 200-point total mark under the ISU Judging System. She has not finished off the podium in her entire career.

9) born July 12, 1976 is a Canadian professional ice hockey defenceman and an alternate captain of the San Jose Sharks of the National Hockey League (NHL). He has previously played for the Florida Panthers and Tampa Bay Lightning, with whom he won a Stanley Cup in 2004

10) born July 24, 1985 is a Canadian professional ice hockey centre and **alternate** captain playing for the Boston Bruins of the National Hockey League (NHL). He played junior with the Acadie-Bathurst Titan of the Quebec Major Junior Hockey League (QMJHL) for one full season before being selected 45th overall by the Bruins in the 2003 NHL Entry Draft. He made the immediate jump from junior to the NHL after his draft and joined the Bruins in 2003–04. Internationally, Bergeron competes for Team Canada and has won gold medals at the 2004 World Championships, 2005 World Junior Championships and 2010 Winter Olympics in Vancouver. He is the most recent member of the Triple Gold Club after he won the Stanley Cup with Boston on June 15, 2011. He scored two goals including the Stanley Cup winning goal at 14:37 of the first period of Game 7 at Vancouver.



Speaking

Exercise 7. “Skiing Quiz”. Learn the information about skiing. Solve the quiz. Use a dictionary to help you if necessary and explain the words in bold. Then, make up an oral summary of the information.

With Canada hosting the Olympic Games this year in beautiful Vancouver, we want to know how much *you* know about the Winter Olympics. Test your knowledge with our fun quiz!



1. Which Canadian city has *not* hosted the Winter Olympics?

a) Montreal b) Calgary c) Vancouver d) All three have hosted the Winter Olympics

2. In what year did the First Winter Olympics take place?

a) 1908 b) 1916 c) 1924 d) 1936

3. In what year did Canada win its most medals at the Winter Olympics?

a) 1994 b) 1998 c) 2002 d) 2006

4. Why didn't Canada send its hockey team to compete in the 1972 and 1976 Winter Olympics?

a) Because hockey was not yet an Olympic sport c) Because it didn't have enough players
 b) Because hockey wasn't yet known as Canada's pastime in the '70s d) Because it was protesting the ban on using players from professional hockey teams

5. The 1993 film *Cool Runnings* was based on the story of the bobsled team from which country?

- a) Canada b) Switzerland c) Jamaica d) United States

6. Which winter sport is making its debut at the Vancouver 2010 Olympic Games?

- a) Ski cross b) Snowblade c) Kite skiing d) Snowman building

7. Which country holds the most Winter Olympics medals of all time?

- a) Canada b) United States c) Sweden d) Norway



8. Which country has hosted the Winter Olympics the most times?



- a) France b) United States c) Italy d) Canada

9. The official logo of the Vancouver 2010 Olympic Games is an Inunnguaq (stone landmark in the form of a person) named Ilanaaq. *Ilanaaq* is the Inuktitut word for what?

- a) Teamwork b) Peace c) Friend d) Honour

10. Fill in the blanks: At the 2002 Winter Olympics in Salt Lake City, Canadian pair skaters Jamie Salé and David Pelletier were embroiled in a controversy surrounding a _____ judge and the _____ team.

- a) American; Swiss b) Chinese; American
c) Russian; French d) French; Russian

Writing

Exercise 8. Write any of the following compositions using 150 -200 words:

1. The Opening and Closing Ceremonies. 2. World records. 3. Participants. 4. Symbols.

Project

Exercise 9. Make a short presentation about some famous Olympic sportsmen.



Unit 14. The 2014 Winter Olympics

Pre-reading

Exercise 1. Answer the following questions.

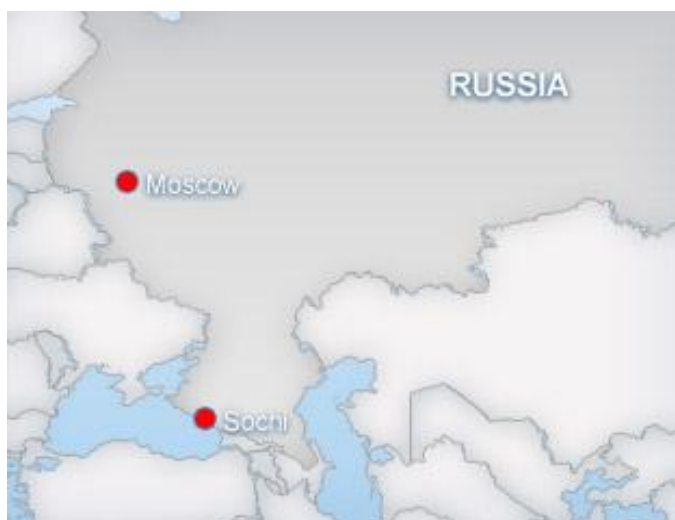
1. What will be the emblem of the 2014 Winter Olympic Games?
2. What event will fix the world's eyes in 2014?
3. Where is Sochi situated?
4. How many winter sports events will be included in the 2014 Winter Olympics?
5. How many world records and Olympic records will beset at the 2014 Winter Olympics?
6. What country will win the most total medals?
7. What country will win the most gold medals?
8. Are you expecting for the great show?
9. When will the Opening Ceremony take place?
10. What do you think, will Russia have more chances for medals in Sochi?



Reading

Exercise 2. Read the text “The 2014 Winter Olympics” and explain the words in bold.

The world will fix its eyes on Sochi, Russia, in February 2014 for the Olympic Winter Games, which will be held in two **distinctly** different, but **notably scenic** areas near the Black Sea **resort**.



Sochi is a resort city located along the Black Sea.

The Olympics return to the region for the first time since 1980, when the Soviet Union **hosted** the Summer Games in Moscow. Those Games may be best remembered because of the U.S.-led **boycott** that kept about 50 countries out of competition. The boycott, introduced by U.S. President Jimmy Carter, followed the Soviet Union's **invasion** of Afghanistan seven months before the Opening Ceremony. Since the **collapse** of the Soviet Union, Russia has **re-emerged** as a world power and the Olympics are a **chance**

for the world to see a "new Russia," the host city's **mayor** told *Time* magazine.

A city of about 343,000 people, Sochi is situated on the **eastern** side of the Black Sea and in the **southwestern** corner of Russia. It **borders** Georgia to the **southeast**. Directly south across the Black Sea is Turkey; across the sea to the west are Bulgaria and Romania. Ukraine borders the northern **portion** of the Black Sea.

Sochi organizers are calling the event "the most compact Winter Games in the history of the Olympic Movement." With two **hubs** of activity – the mountain **cluster** and the **coastal** cluster – travel time between **venues** within each cluster will be very short. A new train service will make the trip between the two clusters in less than 30 minutes.

At the coast, where indoor sports such as figure skating, hockey and curling will be contested, Sochi has a **humid subtropical** climate – the **average** high temperature in February is about 50 degrees, with a low of just under 40 degrees. The mountain **cluster** will host skiing and snowboarding as well as the Nordic and **sliding** sports, and although it's colder at the higher **elevations**, organizers will have 250,000 cubic meters of snow stored underground in case the weather doesn't **cooperate**. Competition kicks off with action in figure skating, snowboarding and freestyle skiing on Thursday, Feb. 6, ahead of the Opening Ceremony on Friday, Feb. 7. The Games end on Feb. 23 and are followed by the Paralympic Games.

For the United States, Sochi represents a chance to build on **recent** Winter Olympic success. The U.S. has shown great improvement since winning no more than 13 medals at any of the three Games in the 1990s. The Americans finished second in the medal standings at the 2002 and 2006 Games with hauls of 34 and 25 medals; in 2010, the U.S. topped the standings with a record 37. The U.S. has 253 medals in Winter Olympic history, second behind Norway's 303.



All-Time Winter Standings

Country	Gold	Silver	Bronze	Total
Norway	107	106	90	303
United States	87	95	71	253
Soviet Union/Unified Team	87	63	67	217
Germany	78	78	53	209
Austria	55	70	76	201

Continuing that success could **prove** to be difficult for the Americans in 2014 as Russia will be under intense **pressure** to climb back up the medal **chart**. Russia's Vancouver performance - 15 total medals, only three of them gold - was considered a **significant disappointment** and was widely **criticized** by Russian leaders.

There will many more chances for medals, as 12 events will debut across six sports in Sochi:

- figure skating - team event
- snowboarding- men's and women's slopestyle; men's and women's parallel special slalom
- freestyle skiing - men's and women's slopestyle; men's and women's **halfpipe**
- ski jumping - women's normal hill
- biathlon - mixed **relay**
- luge - team relay

It's too early to know for sure which athletes will compete in Sochi, but some key names to watch are Lindsey Vonn (United States, Alpine skiing), Shaun White (United States, snowboarding), Yuna Kim (South Korea, figure skating) and Yevgeny Plushenko (Russia, figure skating).

Language development

Exercise 3. Read the text and match the sentences (A-D) to the numbered spaces (1-4) in it. Then tell about your predictions for the Olympic Winners.

- A) Anderson has won four golds, a silver and two bronze in snowboard slopestyle at the X Games.**
B) He has demonstrated that snowboarders can become major stars during the Olympics.

- C) He put on a dazzling performance, winning gold in the 1,000 and 3,000 meters and silver in the 1,500 meters.
- D) She put on an incredible performance in the free skate portion to earn a silver medal overall for the competition.

Sochi 2014: Athletes Who Will Be Household Names at Next Year's Olympics

You better get used to hearing the name **Gracie Gold** because come the 2014 Olympics, she'll be dominating the American figure skating scene.

Gold was relatively unknown until her performance at the 2013 United States Figure Skating Championships. **1)**

As a result, she's immediately become the "It girl" of American figure skating.

Only 17 years old, Gold has quite a future ahead of her. That future will almost certainly involve a trip to Sochi, Russia, next year for the Olympics. If you haven't heard of her by now, don't worry, there's still plenty of time for the hype machine to get rolling.

Here are three other athletes you will be hearing much more about this time next year.



Kwak Yoon-Gy, South Korea, Speed Skating

South Korean Kwak Yoon-Gy is the reigning world champion in short track speed skating. **2)** It's part of a long period of dominance from South Korea when it comes to speed skating. The country simply churns out great skater after great skater when it comes to the short track. Its dominance has been unparalleled in the sport.

Eleven of the last 13 world champions have come from South Korea.

Kwak has been patiently waiting for his time in the spotlight, and he should get that in Sochi.

Jamie Anderson, USA, Snowboard Slopestyle

Jamie Anderson is one of the many athletes who benefited from the International Olympic Committee adding snowboard slopestyle to the winter games.

After participating in multiple Winter X Games, Anderson will get to show her skill on a much grander stage. For Anderson, it's a necessary step up.

There have been few more dominant athletes when it comes to extreme sports. **3)**

Mark McMorris, Canada, Snowboard Slopestyle

Only 19 years old, Mark McMorris already has himself quite a decorated resume. He won a gold medal at the 2010 FIS World Cup in Calgary in addition to two slopestyle golds in the Winter X Games in 2012 and 2013.

McMorris put on a great display in the 2013 Winter X Games, scoring a 98.00 to pick up the gold over fellow Canadian Mark Parrot. It was the highest score ever in snowboard slopestyle.

4) While McMorris might not be American, he could no doubt be a hit in Sochi.

<http://bleacherreport.com/articles/1518892-sochi-2014-athletes-who-will-be-household-names-at-next-years-olympics#>



Speaking

Exercise 4. Match the list of proper names with the best definition. What do you know about these sportsmen? Make up dialogues.

ATHLETE MEDALS	NOC	Game	Medals
Michael PHELPS	 USA	London 2012 Beijing 2008 Athens 2004	4, 2 8 6, 2
Larisa LATYNINA	 URS	Tokyo 1964 Rome 1960 Melbourne / Stockholm 1956	2, 2, 2 3, 2, 1 4, 1, 1
Paavo NURMI	 FIN	Amsterdam 1928 Paris 1924 Antwerp 1920	1, 2 5 3, 1
Mark SPITZ	 USA	Munich 1972 Mexico 1968	7 2, 1, 1
Carl LEWIS	 USA	Atlanta 1996 Barcelona 1992 Seoul 1988 Los Angeles 1984	1 2 2, 1 4

a) Carl Lewis; b) Larisa Latynina; c) Mark Spitz; d) Michael Phelps; e) Paavo Nurmi

1) born June 30, 1985 is a retired American swimmer and the most decorated Olympian of all time, with a total of 22 medals. He also holds the all-time records for Olympic gold medals (18, double the second highest record holders), Olympic gold medals in individual events (11), and Olympic medals in individual events for a male (13). In winning eight gold medals at the 2008 Beijing Games, he took the record for the most first-place finishes at any single Olympic Games. Five of those victories were in individual events, tying the single Games record. In the 2012 Summer Olympics in London, he won four golds and two silver medals, making him the most successful athlete of the Games for the third Olympics in a row.

He is the long course world **recordholder** in the 100-meter butterfly, 200-meter butterfly and 400-meter individual medley as well as the former long course world recordholder in the 200-meter freestyle and 200-meter individual **medley**. He has won a total of 71 medals in major international long-course competition, 57 gold, 11 silver, and three bronze **spanning** the Olympics, the World, and the Pan Pacific Championships. His international titles and record-breaking performances have earned him the World Swimmer of the Year Award seven times and American Swimmer of the Year Award nine times as well as the FINA Swimmer of the Year Award in 2012. His unprecedented Olympic success in 2008 earned him *Sports Illustrated* magazine's Sportsman of the Year award.



After the 2008 Summer Olympics, he started the Michael Phelps Foundation, which focuses on growing the sport of swimming and promoting healthier lifestyles. He expects to do further work with his foundation after the 2012 Olympics, which he has said will be his last.

2) born 27 December 1934 is a former Soviet gymnast. Between 1956 and 1964 she won 14 individual Olympic medals and four team medals. Her total of 18 Olympic medals was a record for 48 years until surpassed by American swimmer Michael Phelps on July 31, 2012. Although Phelps broke her total medal count record, her record for individual event medals (14) still stands. She is credited with helping to **establish** the Soviet Union as a dominant force in gymnastics. Born in Ukraine, she first practiced ballet, but turned to gymnastics after her **choreographer** moved out of Kherson. She graduated from high school in 1953 and moved to Kiev to attend the Lenin Polytechnic Institute and continue training, where she trained at the Burevestnik Voluntary Sports Society. At the age of 19, she debuted internationally at the 1954 Rome World Championships, winning the gold medal in the team competition. At the 1956 Summer Olympics, she competed with Ágnes Keleti of Hungary to become the most successful gymnast of the Olympics. She beat Keleti in the all-around event, and the Soviet team also won the team event. In the event finals, she won gold medals on the floor (shared with Keleti) and **vault**, a silver medal on the uneven bars, and a bronze medal in the now **discontinued** team event with **portable apparatus**. Keleti also won six medals: four golds and two silvers.



After a very successful World Championships in 1958 (winning five out of six titles despite competing whilst four months pregnant), she was the favorite for the 1960 Summer Olympics in Rome. In the all-around event she led the Soviet Union to take the first four places, thereby also securing a win in the team competition by a margin of nine points. She defended her floor title, took silver medals in the balance beam and uneven bars events, and bronze in the vault competition.

She won all-around titles at the 1962 World Championships, beating Věra Čáslavská of Czechoslovakia. Still the defending World Champion at the 1964 Summer Olympics, she was beaten by Čáslavská in the all-around competition. She added two more gold medals to her **tally**, winning the team event and the floor event both for the third time in a **row**. A silver medal and two bronzes in the other apparatus events brought her total of Olympic medals to eighteen—nine gold medals, five silver and four bronze. She won a medal in every event in which she competed, except for the 1956 balance **beam** where she came in fourth.

Her nine gold medals makes her second on the list of most Olympic gold medalists together with Mark Spitz, Carl Lewis and Paavo Nurmi, only behind Michael Phelps, who has 18. She held the distinction of having more Olympic medals (either individually or with a team) than anybody ever, from 1964 until 2012. She is the only woman to have won nine gold medals. She is also the only female athlete who at some point has held the record for most Olympic gold medals. **Additionally**, within the sport of gymnastics, she is the only woman who has won an all-around medal in more than two Olympiads, the only woman who has won an individual event (floor exercise) in more than two Olympiads, and one of only three women who have won every individual event at either the World Championship or Olympic level. She is the only female gymnast to have won team gold, All-Around gold and an event final gold at the same Olympics.

She retired after the 1966 World Championships and became a coach for the Soviet national gymnastics team, a position she held until 1977. Under her coaching the Soviet women won team gold in the 1968, 1972 and 1976 Olympics. She organized the gymnastics competition at the 1980 Olympic Games in Moscow. She is a citizen of Russia, and lives in an estate near the town of Semenovskoye.

3) 13 June 1897 – 2 October 1973 was a Finnish middle and long distance runner. He was nicknamed as the "Flying Finn" as he dominated distance running in the early 20th century. He set 22 official world records at distances between 1,500 metres and 20 kilometres, and won a total of nine gold and three silver medals in his twelve events in the Olympic Games. At his peak, he was undefeated at distances from 800 m upwards for 121 races. Throughout his 14-year career, he remained unbeaten in cross country events and the 10,000 m.

Born into a worker family, he left school at the age of 12 to provide for his family. In 1912, he was inspired by the Olympic feats of Hannes Kolehmainen and began developing a strict training program. He started to flourish during his military service, setting national records en route to his international debut at the 1920 Summer Olympics. After a silver medal in the 5,000 m, he took gold in the 10,000 m and the cross country events. In 1923, he became the first, and so far only, runner to hold the mile, the 5,000 m and the 10,000 m world records at the same time. He went on to set new world records for the 1,500 m and the 5,000 m with just an hour between the races, and take gold medals in the distances in less than two hours at the 1924 Olympics. Seemingly untouched by the Paris heat wave, he won all his races and returned home with five gold medals, but **embittered**, as Finnish officials had refused to enter him for the 10,000 m.



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Struggling with injuries and motivational issues after his exhaustive U.S. tour in 1925, he found his long-time rivals Ville Ritola and Edvin Wide ever more serious challengers. At the 1928 Summer Olympics, he **recaptured** the 10,000 m title but was beaten to the gold in the 5,000 m and the 3,000 m **steeplechase**. He then turned his attention to longer distances, breaking the world records for events such as the one hour run and the 25-mile marathon. He **intended** to end his career on a marathon gold medal, as his idol Kolehmainen had done. In a controversial case that strained Finland–Sweden relations and sparked an inter-IAAF battle, he was suspended before the 1932 Games by an IAAF council that questioned his amateur status. Two days before the opening ceremonies, the council rejected his entries. Although he was never declared a professional, his **suspension** became **definite** in 1934 and he retired from running.

He later coached Finnish runners, raised funds for Finland during the Winter War, and worked as a haberdasher, building contractor and share trader, eventually becoming one of Finland's richest people. In 1952, he was the lighter of the Olympic Flame at the Summer Olympics in Helsinki. His speed and **elusive** personality **spawned nicknames** such as the "Phantom Finn", while his achievements, training methods and running style influenced future generations of middle and long distance runners. He, who rarely ran without a **stopwatch** in his hand, has been credited for introducing the "even pace" strategy and analytic approach to running, and for making running a major international sport.



4) born February 10, 1950 is an American former swimmer, Olympic champion, and former world record-holder. He won seven gold medals at the 1972 Summer Olympics, an achievement only surpassed by Michael Phelps who won eight golds at the 2008 Olympics in Beijing. He set new world records in all seven events in which he competed, a record that still stands. Since the year 1900, no other swimmer has ever gained so great a percentage of all the medals awarded for Olympic events held in a single Games.

Between 1968 and 1972, He won nine Olympic golds plus a silver and a bronze, five Pan American golds, 31 US Amateur Athletic Union titles, and eight US National Collegiate Athletic Association titles. During those years, he set 35 world records, but 2 were in trials and unofficial. He was the most successful athlete at the 1972 Summer Olympics. He was named World Swimmer of the Year in 1969, 1971, and 1972 by *Swimming World magazine*. He was the third athlete to win nine Olympic gold medals.

5) born July 1, 1961 is an American former track and field athlete and United Nations Goodwill Ambassador, who won 10 Olympic medals including 9 gold, and 10 World Championships medals, including 8 gold. His career spanned from 1979 when he first achieved a world ranking to 1996 when he last won an Olympic title and **subsequently** retired. He became an actor and has appeared in a number of films.

He was a **dominant sprinter** and long jumper who topped the world rankings in the 100 m, 200 m and long jump events frequently from 1981 to the early 1990s, was named Athlete of the Year by *Track & Field News* in 1982, 1983, and 1984, and set world records in the 100 m, 4 × 100 m and 4 × 200 m relays. His world record in the indoor long jump has stood since 1984 and his 65 **consecutive** victories in the long jump achieved over a span of 10 years is one of the sport's longest undefeated streaks. Over the course of his athletics career, he broke ten seconds for the 100 metres 15 times and 20 seconds for the 200 metres 10 times.

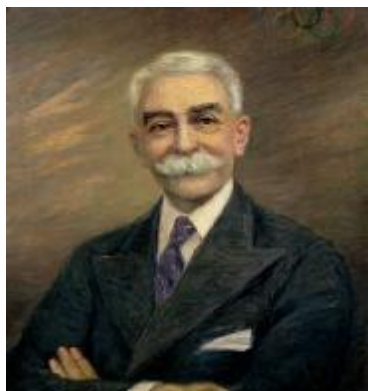
His **accomplishments** have led to numerous **accolades**, including being voted "Sportsman of the Century" by the International Olympic Committee and being named "Olympian of the Century" by the American sports magazine *Sports Illustrated*. He also helped transform track and field from its nominal **amateur** status to its current professional status, **enabling** athletes to have more **lucrative** and longer-lasting careers. In 2011 he attempted to run for a seat as a Democrat in the New Jersey Senate, but was removed from the ballot due to the state's residency requirement. He owns a marketing and **branding** company named C.L.E.G., which markets and brands products and services including his own.



Flashback to the history

Exercise 5. Learn and retell the information about Olympic Rings.

Meaning of the Olympic Rings



Pierre de Coubertin

The meaning of the Olympic Rings is a very symbolic meaning and it was designed by Frenchman who was named Baron Pierre de Coubertin in 1912, he is also regarded as the father of the modern day Olympics, and the founder of the International Olympic Committee. Baron Pierre de Coubertin wanted there to be an important meaning of the Olympic rings and he wanted to ensure that the Olympic flag would be universally accepted for all the nations involved and he wanted to make this flag a part of the new Olympic Tradition. As you can see the flag is still flown today in both the winter and the Summer Olympic events, and this is just as important to the Olympics as the traditional Olympic torch.

The original thoughts as to the meaning of the Olympic rings on the flag of the Olympic Games is the symbolism of the five different colored rings, all **interlinked** together. These five **multicolored** Olympic rings stand for the five continents or the five main regions: Africa, the Americas (North and South America are combined), Asia, Europe and Oceania. As it says in the Olympic Charter, the five-ringed symbol "**represents** the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games." The symbol of the Olympic Games is composed of five interlocking rings, colored blue, yellow, black, green, and red on a white field. The colors of the rings represent the flags of the countries that participate in the Olympics. Every flag of a country participating in the Olympics includes one of those colors. The reason for the interlocking rings on the Olympic flag is symbolic in showing that the Olympic Games are intended for all nations to be able to come and compete against one another in unity. The meaning of the Olympic rings colors is not of any important **significance**, but the five colors of the Olympic rings and the white background have at least one color of every nation's flag in them. The design of the Olympic flag was first made in 1914 but it was not flown in the Olympic Games until 1920, when the games were held in the city of Antwerp, Belgium and it has been flown in every Olympic Event since that was not cancelled due to war.



http://tripuraolympic.org/olympic_ring.html

Writing

Exercise 6. Write any of the following compositions using 150 -200 words:

1. My predictions for the 2014 Olympic Games.
2. World records.
3. Participants.
4. Symbols.

Project

Exercise 7. Make a short presentation about some famous Olympic sportsmen (The participants of Sochi Olympic Games).

PART II

SECTION I. Additional texts for individual reading and translation

1. Archery. Shooting technique and form

Archery is sport of shooting with bow and arrow, an important military and hunting skill before the introduction of gunpowder. England's Charles II fostered archery as sport, establishing in 1673 the world's oldest continuous archery tournament, the Ancient Scorton Arrow Contest. Clubs mushroomed throughout Europe from the late 17th cent. A revived interest in the United States led to the formation of the National Archery Association in 1879. Though field archery (using bows without sights), flight shooting (for distance), and crossbow are competitive sports, the primary international contests involve target shooting, the object of which is to score points with a specified number of arrows aimed at the target's center—a "pinhole" dot surrounded by nine concentric colored circles. The value of hits decreases from the pinhole to the outermost circle. Although archery competitions were occasional Olympic events until 1920, they took an official place on the program only in 1972. The Fédération Internationale de Tir à l'Arc (FITA; est. 1930) governs international competition. In recent decades, the bow and arrow has also regained popularity as a hunting weapon.

Modern form. To shoot an arrow, an archer first assumes the correct stance. The body should be at or nearly perpendicular to the target and the shooting line, with the feet placed shoulder-width apart. As an archer progresses from beginner to a more advanced level an "open stance" is often developed. Each archer will have a particular preference but mostly this term indicates that the leg furthest from the shooting line will be a half to a whole foot-length from the other foot, on the ground.

To load, the bow is pointed toward the ground; tipped slightly clockwise of vertical (for a right handed shooter) and the shaft of the arrow is placed on the arrow rest or shelf. The back of the arrow is attached to the bowstring with the nock (a small locking groove located at the proximal end of the arrow). This step is called "nocking the arrow". Typical arrows with three vanes should be oriented such that a single vane, the "cock feather", is pointing away from the bow, or, on a compound bow, that this feather is pointed upwards so as for the arrow to clear the arrow rest without any fletchings touching the arrow rest or pin at the moment of release of the arrow.

The bowstring and arrow are held with three fingers, or with a mechanical arrow release. Most commonly, for finger shooters, the index finger is placed above the arrow and the next two fingers below, although several other techniques have their adherents around the world, involving three fingers below the arrow, or an arrow pinching technique. Instinctive shooting is a technique eschewing sights and is often preferred by traditional archers (shooters of longbows and recurves). In either the split finger or three fingers under case, the string is usually placed in either the first or second joint of the fingers.

The bow is then raised and drawn, with varying alignments used for vertical versus slightly canted bow positions. This is often one fluid motion for shooters of recurves and longbows which tends to vary from archer to archer, although for a compound shooter, there is often a slightly-jerky movement occurring during the drawback of the arrow at around midpoint where the draw weight is at its maximum, before relaxing into a comfortable stable full draw position. The string hand is drawn towards the face, where it should rest lightly at the chosen fixed anchor point. This point is consistent from shot to shot and is usually at the corner of the mouth, on the chin, to the cheek, or to the ear, depending upon one's preferred shooting style. The bow arm is held outwards toward the target. The elbow of this arm should be rotated so that the inner elbow is perpendicular to the ground, though archers with hyper extendable elbows tend to angle the inner elbow toward the ground as exemplified by the Korean archer Jang Yong-Ho.

In modern form, the archer stands erect, forming a "T". The archer's lower trapezius muscles are used to pull the arrow to the anchor point. Some modern bows will be equipped with a mechanical device, called a clicker, which produces a clicking sound when the archer reaches the

correct draw length. In contrast, traditional English Longbow shooters step "into the bow", exerting force with both the bow arm and the string hand arm simultaneously, especially when using bows having draw weights from 100 lbs to over 175 lbs. Heavily-stacked traditional bows (recurves, long bows, and the like) are released immediately upon reaching full draw at maximum weight, whereas compound bows reach their maximum weight in or around mid-draw, dropping holding weight significantly at full draw. Compound bows are often held at full draw for a short time to achieve maximum accuracy.

The arrow is typically released by relaxing the fingers of the drawing hand, or triggering the mechanical release aid. Usually the release aims to keep the drawing arm rigid, the bow hand relaxed, and the arrow is moved back using the back muscles, as opposed to using just arm motions. An archer should also pay attention to the recoil or follow through of his or her body, as it may indicate problems with form (technique) that affect accuracy.

<http://www.answers.com/topic/archery>

2. Badminton

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. Each side may only strike the shuttlecock once before it passes over the net. A rally ends once the shuttlecock has struck the floor.

The shuttlecock (or shuttle) is a feathered projectile whose unique aerodynamic properties cause it to fly differently than the balls used in most racquet sports; in particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly than a ball. Shuttlecocks have a much higher top speed, when compared to other racquet sports. Because shuttlecock flight is affected by wind, competitive badminton is played indoors. Badminton is also played outdoors as a casual recreational activity, often as a garden or beach game.

Since 1992, badminton has been an Olympic sport with five events: men's and women's singles, men's and women's doubles, and mixed doubles, in which each pair consists of a man and a woman. At high levels of play, especially in singles, the sport demands excellent fitness: players require aerobic stamina, agility, explosive strength, speed and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movements.

Basics. Each game is played to 21 points, with players scoring a point whenever they win a rally regardless of whether they served (this differs from the old system where players could only win a point on their serve and each game was played to 15 points). A match is the best of three games. At the start of the rally, the server and receiver stand in diagonally opposite service courts (see court dimensions). The server hits the shuttlecock so that it would land in the receiver's service court. This is similar to tennis, except that a badminton serve must be hit below waist height and with the racquet shaft pointing downwards, the shuttlecock is not allowed to bounce and in badminton, the players stand inside their service courts unlike tennis.

When the serving side loses a rally, the serve immediately passes to their opponent(s) (this differs from the old system where sometimes the serve passes to the doubles partner for what is known as a "second serve").

In singles, the server stands in their right service court when their score is even, and in her/his left service court when her/his score is odd.

In doubles, if the serving side wins a rally, the same player continues to serve, but he/she changes service courts so that she/he serves to a different opponent each time. If the opponents win the rally and their new score is even, the player in the right service court serves; if odd, the player in the left service court serves. The players' service courts are determined by their positions at the start of the previous rally, not by where they were standing at the end of the rally. A consequence of this system is that, each time a side regains the service, the server will be the player who did not serve last time.

Details. When the server serves, the shuttlecock must pass over the short service line on the opponents' court or it will count as a fault.

If the score reaches 20-all, then the game continues until one side gains a two point lead (such as 24–22), up to a maximum of 30 points (30–29 is a winning score).

At the start of a match, the shuttlecock is cast and the side towards which the shuttlecock is pointing serves first. Alternatively, a coin may be tossed, with the winners choosing whether to serve or receive first, or choosing which end of the court to occupy, and their opponents making the leftover the remaining choice.

In subsequent games, the winners of the previous game serve first. Matches are best out of three: a player or pair must win two games (of 21 points each) to win the match. For the first rally of any doubles game, the serving pair may decide who serves and the receiving pair may decide who receives. The players change ends at the start of the second game; if the match reaches a third game, they change ends both at the start of the game and when the leading player's or pair's score reaches 11 points.

The server and receiver must remain within their service courts, without touching the boundary lines, until the server strikes the shuttlecock. The other two players may stand wherever they wish, so long as they do not block the vision of the server or receiver.

Lets. If a let is called, the rally is stopped and replayed with no change to the score. Lets may occur because of some unexpected disturbance such as a shuttlecock landing on court (having been hit there by players on an adjacent court) or in small halls the shuttle may touch an overhead rail which can be classed as a let. If the receiver is not ready when the service is delivered, a let shall be called; yet, if the receiver attempts to return the shuttlecock, he shall be judged to have been ready.

<http://en.wikipedia.org/wiki/Badminton>

3. Canoeing

Canoeing is an outdoor activity that involves a special kind of canoe. Open canoes may be 'poled' (punted), sailed, 'lined and tracked' (using ropes) or even 'gunnel-pumped'.

Some canoes are called kayaks. When exactly a canoe can be called a kayak is difficult to determine though, and often arbitrary. Internationally, the term canoeing is used as a generic term for both forms though the terms "paddle sports" or "canoe/kayak" are also used. In North America, however, 'canoeing' usually refers only to canoes, as opposed to both canoes and kayaks. Paddling a kayak is also referred to as kayaking. In modern canoe sport, canoes and kayaks are classified together, although this watercraft has different designs, and historical uses. Both canoes and kayaks may be closed-decked. Other than by the minimum competition specifications (typically length and width (beam) and seating arrangement it is difficult to differentiate most competition canoes from the equivalent competition kayaks. The most common difference is that competition kayaks are always seated and paddled with a double-bladed paddle, and competition canoes are generally kneeled and paddled with a single-bladed paddle. Exceptions include Canoe Marathon (in both European and American competitive forms) and sprint (high kneeling position). The most traditional and early canoes did not have seats; the paddlers merely knelt on the bottom of the boat. Recreational canoes and kayaks employ seats and whitewater rodeo and surf variants increasingly employ the use of 'saddles' to give greater boat control under extreme conditions.

History. The actual word we know today as "canoe" originated from the word meaning "dugout". Another story is that the word canoe comes from the word "canoa", which is said to originally come from the native people (the Arawaks) in the Caribbean via Columbus to Europe. These dugout canoes, essentially large tree trunks that were shaped and hollowed, were used by the Caribs to travel between islands.

Canoeing began to meet the simple needs of transportation across and along waterways. Canoeing was the primary mode of long-distance transportation at one time throughout much of North America, the Amazon Basin, and Polynesia, among other locations. As a method of transportation, canoes have generally been replaced by motorized boats, airplanes, railroads and

roads with increasing industrialisation, although they remain popular as recreational or sporting watercraft.

The origin of canoeing as a recreation and sport is often attributed to Scottish explorer John MacGregor (1825–1892), who was introduced to canoes on a camping trip in Canada and the USA in 1858. On his return to the United Kingdom, he constructed his own canoes and used them on waterways in various parts of Britain, Europe and the Middle East. He wrote a popular book about his experiences; "A Thousand Miles in the Rob Roy Canoe" and founded the Royal Canoe Club in 1866. The first canoeing competition, the Paddling Challenge Cup, was held by the club in 1874. In 1924, canoeing associations from Austria, Germany, Denmark and Sweden founded the Internationalen Representation for Kanusport (IRK), forerunner of the International Canoe Federation. Canoeing became an Olympic sport in Berlin in 1936.

Sport. The International Canoe Federation is the world wide canoeing organisation and creates the standard rules for the different disciplines of canoe/kayak competition. The ICF recognises several competitive and non-competitive disciplines of canoeing, of which Sprint and Slalom are the only two competing in the Olympic games. The United States Canoe Association is widely considered the American authority in sport and recreational canoeing, and recognizes many ICF classes. Other national competition rules are usually based on the rules of the ICF.

1) *Sprint* – the oldest discipline of ICF canoeing, sometimes referred to as "Flatwater Racing". It involves:

- kayak: K-1: single seat kayak, K-2: double seated kayak, K-4: four-seated kayak
- canoe: C-1: single kneeling canoe, C-2: double kneeling canoe, C-4: four-person kneeling canoe.

Sprint races are over 200m, 500m, 1000m, and "long distance racing" such as 2 km or 6 km.

2) *Slalom* – Competitors are timed in completing a descent down the rapids of a whitewater course, in the process steering their canoes or kayaks through "gates" (a pair of suspended poles about 1 m apart), including going up against the flow, across the flow, and surfing the standing waves of the rapids. Again, there are both kayak and canoe classes:

- kayak : K-1: single kayak
- canoe: C-1: solo canoe, C-2: tandem canoe

3) *Marathon* – Longer distance races over mostly flatwater courses, possibly including one or more portages. Course lengths typically vary from a few miles to the epic 125-mile (201 km) Devizes to Westminster International Canoe Marathon on the Thames, the 120-mile (190 km) overnight Au Sable River Canoe Marathon in Michigan, and the 260-mile (420 km) "World's Toughest Boat Race", the Texas Water Safari. USCA rules specify that a Marathon course may not have rapids over class II on the International Scale of River Difficulty whereas, in the United Kingdom and Ireland, courses may be of any difficulty and with any hazards including weirs, like those found in the Liffey Descent. The most extreme courses can be found in South Africa, and grade V sections are not unusual in for example, the Fish River Marathon. Australia's most famous marathon race is the Hawkesbury Canoe Classic.

4) *Canoe polo* – A fast-action competitive goal-scoring ball game on water, between two teams of 5 players.

5) *Whitewater racing* (also known as Wild Water Racing) – Competitors race specialized canoes or kayaks down a whitewater river (typically class II to IV whitewater is used).

6) *Canoe sailing* – Racing a canoe using sail power. There are a number of different classes and races for competitors around the world.

<http://en.wikipedia.org/wiki/Canoeing>

4. Cycling

Cycling, also called bicycling or biking, is the use of bicycles for transport, recreation, or for sport. Persons engaged in cycling are cyclists or bicyclists. Apart from ordinary two-wheeled bicycles, cycling also includes riding unicycles, tricycles, quadracycles, and other similar human-powered vehicles (HPVs).

Bicycles were introduced in the 19th century and now number about one billion worldwide. They are the principal means of transportation in many regions. Cycling is a very efficient and effective mode of transportation optimal for short to moderate distances. Bicycles provide numerous benefits compared to motor vehicles, including exercise, an alternative to the use of fossil fuels, no air or noise pollution, much reduced traffic congestion, easier parking, greater maneuverability, and access to both roads and paths. The advantages are at less financial cost to the user as well as society (negligible damage to roads, and less pavement required). Criticisms and disadvantages of cycling include reduced protection in crashes, particularly with motor vehicles, longer travel time (except in densely populated areas), vulnerability to weather conditions, difficulty in transporting passengers, and the skill and fitness required.

Road races may involve both team and individual competition, and are contested in various ways. They range from the one-day road race, criterium, and time trial to multi-stage events like the Tour de France and its sister events which make up cycling's Grand Tours.

The races typically take place from spring through to fall. Many riders from the northern hemisphere spend the winter in countries such as Australia, to compete or train. Professional races range from the multi-day "Grand Tour" stage races such as the Tour de France, Giro d'Italia, Tour of California and the Vuelta a España to single day "Classics" such as the Ronde van Vlaanderen and Milan – San Remo. The longest one-day road race sanctioned by USA Cycling is Lotoja which covers the 332 km from Logan, Utah to Jackson, Wyoming. Criteriums are races based on circuits typically less than a mile in length and sometimes run for a set time (60min, 90min, etc.) rather than a specific distance. Criteriums are the most popular form of road racing in North America. In Belgium, kermesses are popular, single-day events of usually 120+km. As well as road races in which all riders start simultaneously, individual time trial and team time trial events are also held on road-based course

Track cycling encompasses races that take place on banked tracks or velodromes. Events are quite diverse and can range from individual and team pursuits, two-man sprints, to various group and mass start races. Competitors use track bicycles which do not have brakes or freewheels.

Cyclo-cross originated as a sport for road racers during the off season, to vary their training during the cold months. Races typically take place in the autumn and winter (the international or World Cup season is September–January) and consist of many laps of a 2–3 km or 1–2 mile course featuring pavement, wooded trails, grass, steep hills, and obstacles requiring the rider to dismount, carry the bike and remount in one motion. Races for senior categories are generally between 30 minutes and an hour long, the distance varying depending on the conditions. The sport is strongest in traditional road cycling countries such as Belgium (Flanders in particular) and France.

Mountain bike races are held off-road and involve moderate to high degree of technical riding. There are several varieties; the main categories are cross-country and downhill but also 4X or four cross racing.

BMX (Bicycle motocross) takes place off-road. BMX races are sprints on purpose-built off-road single-lap tracks typically on single-gear bicycles. Riders navigate a dirt course of jumps and banked and flat corners.

Bike trials is a sport where riders navigate natural and man-made obstacles without putting down their foot, or "dabbing". It is similar to motorcycle trials. Points are awarded for bike handling skills.

Cycle speedway is bicycle racing on short outdoor dirt tracks, 70-90m in length.

Motor-paced racing and Keirin use motorcycles for pacing so bicyclists achieve higher speeds.

<http://en.wikipedia.org/wiki/BMX>

5. Diving

Diving is the sport of jumping or falling into water from a platform or springboard, sometimes while performing acrobatics. Diving is an internationally-recognized sport that is part of the Olympic Games. In addition, unstructured and non-competitive diving is a recreational pastime.

Diving is one of the most popular Olympic sports with spectators. Competitors possess many of the same characteristics as gymnasts and dancers, including strength, flexibility, kinaesthetic judgment and air awareness.

The success of Greg Louganis has led to American strength in diving internationally. China came to prominence several decades ago when the sport was revolutionized by national coach Liang Boxi. Other noted countries in the sport include Russia, Great Britain, Italy, Australia and Canada.

Competitive diving. Most diving competitions consist of three disciplines: 1 m and 3 m springboards, and the platform. Competitive athletes are divided by gender, and often by age group. In platform events, competitors are allowed to perform their dives on either the five, seven and a half (generally just called seven) or ten meter towers. In major diving meets, including the Olympic Games and the World Championships, platform diving is from the 10 meter height.

Divers have to perform a set number of dives according to established requirements, including somersaults and twists. Divers are judged on whether and how well they completed all aspects of the dive, the conformance of their body to the requirements of the dive, and the amount of splash created by their entry to the water. A possible score out of ten is broken down into three points for the takeoff, three for the flight, and three for the entry, with one more available to give the judges flexibility.

The raw score is multiplied by a difficulty factor, derived from the number and combination of movements attempted. The diver with the highest total score after a sequence of dives is declared the winner.

Synchronized diving. Synchronized diving was adopted as an Olympic sport in 2000. Two divers form a team and perform dives simultaneously. The dives are usually identical; however, sometimes the dives may be opposites, in what is called a pinwheel. For example, one diver may perform a forward dive and the other an inward dive in the same position; or one may do a reverse and the other a back movement. In these events, the diving is judged both on the quality of execution and the synchronicity – in timing of take-off and entry, height and forward travel.

Scoring the dive. There are rules governing the scoring of a dive. Usually a score considers three elements of the dive: the approach, the flight, and the entry. The primary factors affecting the scoring are:

- if a hand-stand is required, the length of time and quality of the hold
- the height of the diver at the apex of the dive, with extra height resulting in a higher score
- the distance of the diver from the diving apparatus throughout the dive (a diver must not be dangerously close, should not be too far away, but should ideally be within 2 feet (0.61 m) of the platform)
- the properly defined body position of the diver according to the dive being performed, including pointed toes and feet touching at all times
- the proper amounts of rotation and revolution upon completion of the dive and entry into the water
- angle of entry – a diver should enter the water straight, without any angle. Many judges award divers for the amount of splash created by the diver on entry, with less splash resulting in a higher score.

To reduce the subjectivity of scoring in major meets, panels of five or seven judges are assembled. If five judges then the highest and lowest scores are discarded and the middle three are summed and multiplied by the degree of difficulty (DD), which is determined from a combination of the moves undertaken, in which position and from what height). In major international events, there are seven judges in which case the highest and lowest scores are again discarded and the middle five are summed, then ratioed by $\frac{3}{5}$, and multiplied by the DD, so as to provide consistent comparison with 5-judge events. Accordingly, it is extremely difficult for one judge to manipulate scores.

This seven-judge procedure has been modified as of the 2012 London Olympics: rather than eliminating one high and one low award and then reducing the total by $\frac{3}{5}$ as in previous

international events, the two highest awards and the two lowest are disregarded, leaving three to be summed and multiplied by the difficulty rating.

There is a general misconception about scoring and judging. In serious meets, the absolute score is somewhat meaningless. It is the relative score, not the absolute score that wins meets. Accordingly, good judging implies consistent scoring across the dives. Specifically, if a judge consistently gives low scores for all divers, or consistently gives high scores for the same divers, the judging will yield fair relative results and will cause divers to place in the correct order. However, absolute scores have significance to the individual divers. Besides the obvious instances of setting records, absolute scores are also used for rankings and qualifications for higher level meets.

In synchronized diving events, there is a panel of seven, nine, or eleven judges; two or three to mark the execution of one diver, two or three to mark the execution of the other, and the remaining three or five to judge the synchronization. The execution judges are positioned two on each side of the pool, and they score the diver which is nearer to them. The 2012 London Olympics saw the first use of eleven judges.

The score is computed similarly to the scores from other diving events, but has been modified starting with the 2012 London Olympics for the use of the larger judging panels. Each group of judges will have the highest and lowest scores dropped, leaving the middle score for each diver's execution and the three middle scores for synchronization. The total is then weighted by 3/5 and multiplied by the DD. The result is that the emphasis is on the synchronization of the divers.

The synchronization scores are based on: time of take-off; height attained; synchronization of rotations and twists; time of entry to the water; forward travel from the board

The judges may also disqualify the diver for certain violations during the dive, including: receiving a score of 0 on all dives performed in the event; improper equipment usage (e.g., female divers not using hair ties).

<http://en.wikipedia.org/wiki/Diving>

6. Equestrian at the Summer Olympics

Equestrianism made its Summer Olympics debut at the 1900 Summer Olympics in Paris, France. It disappeared until 1912, but has appeared at every Summer Olympic Games since. The current Olympic equestrian disciplines are Dressage, Eventing, and Jumping. In each discipline, both individual and team medals are awarded. Women and men compete together on equal terms.

Equestrian disciplines and the equestrian component of Modern Pentathlon are also the only Olympic events that involve animals. The horse is considered as much an athlete as the rider.

The International Governing Body for equestrian sports is the Fédération Équestre Internationale (FEI). The 1924 Olympics were the first at which equestrian competitions were held under the authority of the FEI.

Rules. 1) Age Requirements: Riders are required by the FEI to be a minimum of 16 years old. All horses must be at least 7. There is no maximum age. 2) Number of horses and riders: Quotas of horse/rider pairs vary between Games and between each discipline. Currently, each National Federation may enter a team of 4 riders on the jumping team (one of which is a reserve), 5 on the event team (no reserves), and 3 riders on the dressage team. 3) Drug Rules: Due to a great deal of drug abuse, drug rules for horses were instituted at the 1972 Munich Olympics (although there was no testing at those Games). Currently, there are very strict rules regarding what drugs may be used on the equine athletes of equestrian competition. 4) Veterinary Inspections: All horses at the Olympics must undergo a veterinary inspection before the Games to ensure they are in good health and not carrying any disease. Veterinary inspections may also occur throughout the Games.

History.

1900 Paris Games. Equestrian events were first held at the 1900 Paris Olympic Games, although it did not include any of the disciplines seen today. There were 4 different equestrian events.

The polo competition consisted of 4 teams made up of players from Britain, France, Mexico, Spain, and the United States.

Grand Prix Jumping, which was similar to today's show jumping event, for which 45 competitors entered, though only 37 competed. The first and second place was taken by riders from Belgium (1. Aimé Haageman on Benton II, 2. Georges van der Poële riding Winsor Squire), while a French rider, Louis de Champsavin, on his mount Terpsichore, got the third place.

The High Jump competition resulted in a tie between French rider Dominique Gardere on Canela and Italian Gian Giorgio Trissino on Oreste, with both of their horses clearing 1.85 meters, and the bronze was given to Constant van Langendonck of Belgium, whose mount, Extra Dry, cleared 1.70 meters. However, Constant van Langendonck and Extra Dry were able to clinch the gold in the Long Jump competition, clearing a distance of 6.10 meters. Trissino and Oreste won the silver, clearing 5.70 meters, and M. de Bellegarde of France won the bronze with the 5.30 meter jump by his mount Tolla.

Return of Equestrian Competition. Equestrian competition was dropped from the 1904 Olympic Games, and owed its return to Count Clarence von Rosen, Master of the Horse to the King of Sweden, for bringing it back. The 1906 IOC Congress agreed to his proposal to add dressage, eventing, and show jumping to the program of the upcoming 1908 Olympic Games in London. However, due to problems with the newly-formed International Horse Show Committee, they were not introduced until the 1912 Games in Stockholm. These three disciplines would be held at every Summer Olympic Games through to the present day.

Participation of Civilians. Until the 1952 Summer Olympics, only commissioned military officers were permitted to compete in the Olympic equestrian disciplines, which also had the effect of making Olympic equestrianism a men's-only sport. In 1951, however, Olympic equestrianism was not only opened to civilian riders, but also became one of the very few Olympic sports in which men and women compete with and directly against one another. Women made their first appearance in dressage in 1952, jumping in 1956, and eventing in 1964. In team competition, teams may have any blend of male and female competitors, and are not required to have minimum numbers of either gender; countries are free to choose the best riders, irrespective of gender.

Polo and Vaulting in the Olympics. Following the 1900 Olympic Games, polo would be held an additional 4 times: at the 1908 London Games, the 1920 Antwerp Games, the 1924 Paris Games, and the 1936 Berlin Games. The 1908 Olympics had just 2 polo teams, England and Ireland, with the English winning gold. The 1920 Games included a team from Belgium, England, Spain, and the United States, with England again winning the gold medal. It was not until 1924, after Argentina sent a team to Paris, that the gold changed hands. Argentina also won gold at the 1936 Olympic Games.

Vaulting was only held once, at the 1920 Antwerp Games. Vaulting included both a team and an individual competition, with the entrants having to perform movements at the canter and at the halt, both with a saddle and bareback. Three nations sent teams: the gold medal-winning Belgium, France, and Sweden. The individual competition was again made up of competitors from only Belgium, France, and Sweden, with Belgium's M. Bouckaert winning gold medal, and the silver and bronze medals going respectively to France's M. Fields and M. Finet.

http://en.wikipedia.org/wiki/Equestrian_at_the_Summer_Olympics

7. Fencing

Fencing, which is also known as olympic fencing to distinguish it from historical fencing, is an activity using bladed weapons. It is usually practised with the help of a sword or mini-blade.

Fencing is one of five sports which have been featured at every one of the modern Olympic Games, the other four being Athletics, Cycling, Swimming, and Gymnastics. The sport of fencing is divided into three weapons:

Foil - a light thrusting weapon that targets the torso, including the back, but not the arms. Touches are scored only with the tip; hits with the side of the blade do not count, and do not halt the action. Touches that land outside of the target area (off-target) stop the action, and are not scored. Only a single hit can be scored by either fencer at one time. If both fencers hit at the same time, the referee uses the rules of "right of way" to determine which fencer gets the point.

Sabre - a light cutting and thrusting weapon that targets the entire body above the waist, excluding the hands. Hits with the edges of the blade as well as the tip are valid. As in foil, touches which land outside of the target area are not scored. However, unlike foil, these off-target touches do not stop the action, and the fencing continues. In the case of both fencers landing a scoring touch, the referee determines which fencer receives the point for the action, again through the use of "right of way".

Épée - a heavier thrusting weapon that targets the entire body. All hits must be with the tip and not the sides of the blade. Touches hit by the side of the blade do not halt the action. Unlike foil and sabre, *Épée* does not use "right of way", and allows simultaneous hits by both fencers. However, if the score is tied at the last point and a double touch is scored, nobody is awarded the point.

History. The rules of modern fencing originated in Spain, where the first known book on fencing, *Treatise on Arms*, was written by Diego de Valera between 1458 and 1471, shortly before dueling came under official ban by the Catholic Monarchs. When Spain became the leading power of Europe, the Spanish armies carried fencing abroad and particularly into the south of Italy, one of the main battlefields between both nations.

Modern fencing originated in the 18th century, in the Italian school of fencing of the Renaissance, and, under their influence, was improved by the French school of fencing. The Spanish school of fencing didn't become prominent until the 19th century. Nowadays, these three schools are the most influential around the world.

Dueling went into sharp decline after World War I. After World War II, dueling went out of use in Europe except for very rare exceptions. Training for duels, once fashionable for males of aristocratic backgrounds (although fencing masters such as Hope suggest that many people considered themselves trained from taking only one or two lessons), all but disappeared, along with the classes themselves. Fencing continued as a sport, with tournaments and championships. However, the need to actually prepare for a duel with "sharps" vanished, changing both training and technique.

Starting with *épée* in 1936, side-judges were replaced by an electrical scoring apparatus, with an audible tone and a red or green light indicating when a touch landed. Foil was automated in 1956, sabre in 1988. The scoring box reduced the bias in judging, and permitted more accurate scoring of faster actions, lighter touches, and more touches to the back and flank than before.

Protective clothing. Fencing outfits are made of tough cotton or nylon. Kevlar was added to top level uniform pieces (jacket, breeches, underarm protector, lamé, and the bib of the mask) following the Smirnov incident at the 1982 World Championships in Rome. However, kevlar breaks down in chlorine and UV light, complicating the cleaning process.

In recent years other ballistic fabrics such as Dyneema have been developed that resist puncture and which do not have kevlar's issues. FIE rules state that the tournament outfits must be made of fabric that resists a force of 800 newtons (180 lbf) and that the mask bib must resist double that amount.

The complete fencing kit includes:

Form-fitting jacket covering groin with strap (croissard) which goes between the legs. In sabre fencing, jackets that are cut along the waist and exclude the groin padding are sometimes used. A small gorget of folded fabric is sewn in around the collar to prevent an opponent's blade from slipping under the mask and along the jacket upwards towards the neck.

Plastron, an underarm protector, which goes underneath the jacket and provides double protection on the sword arm side and upper arm. The armpit cannot have a seam, which would line up with the jacket seam and provide a weak spot.

One glove for the weapon arm with a gauntlet that prevents blades from going up the sleeve and causing injury, as well as protecting the hand and providing a good grip

Breeches or knickers which are a pair of short trousers that end just below the knee. The breeches are required to have 10 cm of overlap with the jacket. Most are equipped with suspenders (braces).

Knee-length or thigh high socks which cover knee and thighs

Shoes with flat soles and reinforcement on the inside of the back foot and heel of front foot, to prevent wear from lunging

Mask, including a bib which protects the neck. The mask can usually support 12 kilograms on the metal mesh 350 newtons (79 lbf) of penetration resistance on the bib. FIE regulations dictate that masks must withstand 25 kilograms on the mesh and 1,600 newtons (360 lbf) on the bib. Some modern masks have a see-through visor in the front of the mask. These have been used at high level competitions (World Championships etc.), however, they are currently banned by the FIE, following a 2009 incident in which a visor was pierced during the European Junior Championship competition.

Plastic chest protector, mandatory for females. While male versions of the chest protector are also available, they were, until recently, primarily worn by instructors, who are hit far more often during training than their students. These are increasingly popular in foil, as the hard surface increases the likelihood that a hit fails to register, as well as with youth competitors.

Lamé is a layer of electrically conductive material worn over the fencing jacket that entirely covers the valid target area. It is worn only in foil and sabre, and serves to distinguish hits on target from those that are off-target. In epee, the entire body is target, so it is not necessary to have a lamé. In foil the lamé is sleeveless, while in sabre the lamé has sleeves and ends in a straight line across the waist. A body cord is necessary to register scoring: it attaches to the weapon and runs inside the jacket sleeve, then down the back and out to the scoring box. In sabre and foil the body cord connects to the lamé in order to create a circuit to the scoring box.

Fencing Masters often choose a heavier protective jacket, usually reinforced by plastic foam to cushion the numerous hits an instructor has to endure. Sometimes in practice, masters wear a protective sleeve or a leg leather to protect their fencing arm or leg.

Traditionally, the fencers' uniform is white (black for instructors). This may be due to the occasional pre-electric practice of covering the point of the weapon in dye, soot, or colored chalk in order to make it easier for the referee to determine the placing of the touches. As this is no longer a factor in electric, the FIE rules have been relaxed to allow colored uniforms (save black). The guidelines also limit the permitted size and positioning of sponsorship logos.

<http://en.wikipedia.org/wiki/Fencing>

8. Handball

Handball (also known as team handball, Olympic handball, European handball or Borden ball) is a team sport in which two teams of seven players each (six outfield players and a goalkeeper) pass a ball to throw it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team with the most goals scored wins.

Modern handball is usually played indoors, but outdoor variants exist in the forms of field handball and Czech handball (which were more common in the past) and beach handball (also called sand ball).

The game is quite fast and includes body contact as the defenders try to stop the attackers from approaching the goal. Contact is only allowed when the defensive player is completely in front of the offensive player; i.e., between the offensive player and the goal. This is referred to as a player sandwich. Any contact from the side or especially from behind is considered dangerous and is usually met with penalties. When a defender successfully stops an attacking player (who loses the ball over a line), the play is stopped and restarted by the attacking team from the spot of the infraction or on the nine-meter line. Unlike in basketball, where players are allowed to commit only 5 fouls in a game (6 in the NBA), handball players are allowed an unlimited number of faults, which are considered good defense and disruptive to the attacking team's rhythm. Certain elements of the game are reminiscent of rugby: for instance, the degree of force that defense may use to stop the attacker with the ball, together with the lack of protections and helmets.

Goals are scored quite frequently; usually both teams score at least 20 goals each, and it is not uncommon for both teams to score more than 30 goals. This was not true in the earliest history

of the game, when the scores were lower. But, as offensive play has improved since the late 1980s, particularly the use of counter-attacks (fast breaks) after a failed attack from the other team, goal-scoring has increased.

Origins and development. There are records of handball-like games in medieval France, and among the Inuit in Greenland, in the Middle Ages. By the 19th century, there existed similar games of håndbold from Denmark, házená in the Czech Republic, hádzaná in Slovakia, gandbol in Ukraine, torball and in Germany.

The team handball game of today was formed by the end of the 19th century in northern Europe - primarily in Denmark, Germany, Norway and Sweden. The first written set of team handball rules was published in 1906 by the Danish gym teacher, lieutenant and Olympic medalist Holger Nielsen from Ordrup grammar school north of Copenhagen. The modern set of rules was published on 29 October 1917 by Max Heiser, Karl Schelenz, and Erich Konigh from Germany. After 1919 these rules were improved by Karl Schelenz. The first international games were played under these rules, between Germany and Belgium for men in 1925 and between Germany and Austria for women in 1930. Therefore modern handball is generally seen as a game of German origins.

In 1926, the Congress of the International Amateur Athletics Federation nominated a committee to draw up international rules for field handball. The International Amateur Handball Federation was formed in 1928, and the International Handball Federation was formed in 1946.

Men's field handball was played at the 1936 Summer Olympics in Berlin. During the next several decades, indoor handball flourished and evolved in the Scandinavian countries. The sport re-emerged onto the world stage as team handball for the 1972 Summer Olympics in Munich. Women's team handball was added at the 1976 Summer Olympics. Due to its popularity in the region, the Eastern European countries that refined the event became the dominant force in the sport when it was reintroduced.

The International Handball Federation organized the men's world championship in 1938 and every 4 (sometimes 3) years from World War II to 1995. Since the 1995 world championship in Iceland, the competition has been every two years. The women's world championship has been played since 1957. The IHF also organizes women's and men's junior world championships. By July 2009, the IHF listed 166 member federations - approximately 795,000 teams and 19 million players.

Formations Players are typically referred to by the position they are playing. The positions are always denoted from the view of the respective goalkeeper, so that a defender on the right opposes an attacker on the left. However, not all of the following positions may be occupied depending on the formation or potential suspensions.

Offense.

- *Left and right wingman.* These typically are fast players who excel at ball control and wide jumps from the outside of the goal perimeter to get into a better shooting angle at the goal. Teams usually try to occupy the left position with a right-handed player and vice versa.

- *Left and right backcourt.* Goal attempts by these players are typically made by jumping high and shooting over the defenders. Thus, it is usually advantageous to have tall players with a powerful shot for these positions.

- *Center backcourt.* A player with experience is preferred on this position who acts as playmaker and the handball equivalent of a basketball point guard.

- *Pivot* (left and right, if applicable). This player tends to intermingle with the defense, setting picks and attempting to disrupt the defense formation. This position requires the least jumping skills but ball control and physical strength are an advantage.

Defense.

- Far left and far right. The opponents of the wingmen.

- Half left and half right. The opponents of the left and right backcourts.

- Back center (left and right). Opponent of the pivot.

- Front center. Opponent of the center backcourt, may also be set against another specific backcourt player.

Offensive play. Attacks are played with all field players on the side of the defenders. Depending on the speed of the attack, one distinguishes between three attack waves with a decreasing chance of success:

- *First wave.* First wave attacks are characterized by the absence of defending players around their goal perimeter. The chance of success is very high, as the throwing player is unhindered in his scoring attempt. Such attacks typically occur after an intercepted pass or a steal and if the defending team can switch fast to offense. The far left/far right will usually try to run the attack as they are not as tightly bound in the defense. On a turnover, they immediately sprint forward and receive the ball halfway to the other goal. Thus, these positions are commonly held by quick players.

- *Second wave.* If the first wave is not successful and some defending players gained their positions around the zone, the second wave comes into play: The remaining players advance with quick passes to locally outnumber the retreating defenders. If one player manages to step up to the perimeter or catches the ball at this spot he becomes unstoppable by legal defensive means. From this position the chance of success is naturally very high. Second wave attacks became much more important with the "fast throw-off" rule.

- *Third wave.* The time during which the second wave may be successful is very short, as then the defenders closed the gaps around the zone. In the third wave, the attackers use standardized attack patterns usually involving crossing and passing between the back court players who either try to pass the ball through a gap to their pivot, take a jumping shot from the backcourt at the goal, or lure the defense away from a wingman.

The third wave evolves into the normal offensive play when all defenders reach not only the zone but gain their accustomed positions. Some teams then substitute specialized offense players. However, this implies that these players must play in the defense should the opposing team be able to switch quickly to offense. The latter is another benefit for fast playing teams.

If the attacking team does not make sufficient progress (eventually releasing a shot on goal), the referees can call passive play (since about 1995, the referee gives a passive warning some time before the actual call by holding one hand up in the air, signaling that the attacking team should release a shot soon), turning control over to the other team. A shot on goal or an infringement leading to a yellow card or two-minute penalty will mark the start of a new attack, causing the hand to be taken down, but a shot blocked by the defense or a normal free throw will not. If it were not for this rule, it would be easy for an attacking team to stall the game indefinitely, as it is difficult to intercept a pass without at the same time conceding dangerous openings towards the goal.

http://en.wikipedia.org/wiki/Team_handball

9. Modern pentathlon

The modern pentathlon is a sports contest that includes five events: pistol shooting, fencing, 200 m freestyle swimming, show jumping, and a 3 km cross-country run. Since 1949 an annual World Championship has been held in non-Olympic years.

Originally the competition took place over four or five days; however in 1996 a one-day format was adopted in an effort to be more audience-friendly. Its lack of widespread popularity outside Eastern Europe has led to calls for its removal from the Olympic Games in recent years; however, following a vote by the IOC on July 8, 2005, it has remained in the Olympic program at least through 2012.

History. The modern pentathlon was invented by Baron Pierre de Coubertin, the founder of the modern Olympic Games. The name derives from the Greek 'penta'-"five" and 'athlon' - "contest". The addition of modern to the name distinguished it from the original pentathlon of the ancient Olympic Games, which consisted of the stadium foot race, wrestling, long jump, javelin, and discus. As the events of the ancient pentathlon were modeled after the skills of the ideal soldier of that time, Coubertin created the contest to simulate the experience of a 19th century cavalry soldier behind enemy lines: he must ride an unfamiliar horse, fight with pistol and sword, swim, and run.

The event was first held at the 1912 Olympic Games, and was won by Swedish athlete Gösta Lilliehöök. The modern pentathlon has been on the Olympic program continuously since 1912. A team event was added to the Olympic Games in 1952 and discontinued in 1992. An event for women was added in 2000. In non-Olympic years, a World Championship is held, beginning in 1949.

Originally the competition took place over four or five days; however in 1996 a one-day format was adopted in an effort to be more audience-friendly. In spite of the event's strong pedigree in the modern Olympics, and its status as the only event created specifically for the modern Olympic Games, its lack of widespread popularity outside Eastern Europe has led to calls for its removal from the Olympic Games in recent years; however, a vote by the IOC on July 8, 2005, keeps it in the Olympic program at least until 2012. The IOC will vote in September 2013 regarding whether to remove the modern pentathlon, replacing it with one of eight sports currently under consideration for the 2020 Summer Olympic Games.

Format. Except for the fencing competition, athletes do not directly compete against one another in the five events. Instead, a better absolute performance results in a higher points score; points for each event are combined to give the overall total scores. This is similar to the procedure for the decathlon in track and field athletics. However, an innovation was introduced to make the finale of the pentathlon more exciting. The last event is the cross-country run. Competitors are ranked according to their score from the first four disciplines and given different start times, with the leader going first, and other starts staggered by points differential such that the first person to cross the finish line will be the overall points leader and win the pentathlon. This method of finishing the competition would also eventually find use in winter events; the Gundersen method details a means by which a similar finish is achieved in the Nordic combined.

The fencing discipline uses the épée. The competition is a round-robin, meaning each competitor will face all the other competitors once. Each match lasts up to one minute; the first fencer to score a hit wins instantly. Double hits are not counted. If neither scores within one minute, they both lose the match.

The swimming discipline is a 200 m freestyle race. Until the 2000 Olympics, the distance was 300 metres. Competitors are seeded in heats according to their fastest time over the distance.

The riding discipline involves show jumping over a 350–450 m course with 12 to 15 obstacles. Competitors are paired with horses in a draw 20 minutes before the start of the event.

The shooting discipline involves using a 4.5 mm air pistol in the standing position from 10 metres distance at a stationary target. Until the 2008 rules change, the format was that of the 10 metre air pistol competition: each competitor had 20 shots, with 40 seconds allowed for each shot. Beginning with the Rancho Mirage World Cup (Feb 2011), the pistols have changed to a laser instead of an actual projectile. There is a slight delay between the trigger pull and the laser firing, simulating the time it would take for a pellet to clear the muzzle.

In November 2008, the UIPM voted to change the format from the start of 2009. The running and shooting disciplines are contested in tandem. Athletes have three bouts of shooting each followed by a 1000 m run. This is similar to the biathlon at the Winter Olympic Games, which combines cross-country skiing with rifle shooting. However, whereas biathletes carry their rifles while skiing, pentathletes will not carry their pistols while running. The change has been criticized as altering too radically the nature of the skills required. The New York Times asked whether the name ought to be changed to "tetrathlon" given that two of the five disciplines had been combined into a single event

In the new format, in each of the three rounds of firing, athletes have to successfully shoot five targets, loading the gun after each shot. They may resume running once they have five successful hits, or once the maximum shooting time of 70 seconds has expired. Misses are not penalised. The new format maintains the principle that the overall winner will be the first to cross the finish line.

http://en.wikipedia.org/wiki/Modern_pentathlon

10. Shooting

Shooting is the act or process of firing rifles, shotguns or other projectile weapons such as bows or crossbows. Even the firing of artillery, rockets and missiles can be called shooting. A person who specializes in shooting is a marksman. Shooting can take place in a shooting range or in the field in hunting, in shooting sports or in combat.

Technique and safety considerations. Shooting technique differs depending on factors like the type of firearm used (from a handgun to a sniper rifle), the distance to and nature of the target, the required precision and the available time. Breathing and position play an important role when handling a handgun or a rifle. Some shooting sports, such as IPSC shooting, make a sport of combat style shooting. The prone position, the kneeling position and the standing position offer different amounts of support for the shooter. Holding the gun sideways, as is sometimes seen in movies and on television, is poor gun handling; it makes the weapon likely to jam as any ejected case may fail to leave the weapon completely.

The utmost consideration for many shooters is gun safety. Like many activities such as mountain climbing, skiing, or sky-diving, there is an element of danger involved. And especially here, this danger demands a sober understanding and respect for firearms and the specific rules for the safe handling of them. This is compounded by the fact that the danger can easily extend beyond the participants—a stray bullet can injure or kill people other than those actually firing or handling the arms involved. At public ranges, the safety of all participants depends on the knowledge of everyone at the range.

Practical use. Shooting is used for hunting upland game birds such as grouse or pheasant, rabbits, culling, deer hunting or other wild game animals, or shooting pest animals. Sometimes "shooting" refers to the hunting activity itself.

Shooting is also used in warfare, self-defense, crime, and law enforcement. Duels were sometimes held using guns. Shooting without a target has applications such as celebratory gunfire, 21-gun salute or firing starting pistols, incapable of releasing bullets.

Entertainment shooting. Because shooting is an activity enjoyed not only by enthusiasts that do not own their own equipment or live in areas where firearms use is heavily regulated, an emerging solution is the entertainment shooting industry. For many years clay shooting with shotguns has been the primary entertainment shooting offering. Now, some shooting ranges in large cities, like The Gun Store in Las Vegas, rent machine guns to customers. Jackson Hole Shooting Experience in Wyoming is a pioneer in the luxury entertainment shooting industry offering their Multi-Gun Shooting Experience in Wyoming (shootinjh.com) in which a shooting instructor provides personal coaching as clients shoot dozens of rifles and handguns. Other luxury offerings are available in New York and Dubai. The NRA has a facility in Raton NM (Whittington Center) that offers introductory shooting opportunities.

Competitive shooting. Marksmanship has inspired competition, and in several countries rifle clubs started to form in the 19th century. Soon international shooting events evolved, including shooting at the Summer Olympics (from 1896) and World Championships (from 1897). The International Shooting Sport Federation still administers Olympic and non-Olympic rifle, pistol, shotgun and running target shooting competitions, although there is also a large number of national and international shooting sports controlled by unrelated organizations.

<http://en.wikipedia.org/wiki/Shooting>

11. Synchronized swimming

Synchronized swimming (often abbreviated to Synchron) is a hybrid form of swimming, dance and gymnastics, consisting of swimmers (either solos, duets, trios, combos, or teams) performing a synchronized routine of elaborate moves in the water, accompanied by music. Synchronized swimming demands advanced water skills, and requires great strength, endurance, flexibility, grace, artistry and precise timing, as well as exceptional breath control when upside down underwater.

Olympic and World Championship competition is not open to men, but other international and national competitions allow male competitors. Both USA Synchro and Synchro Canada allow men to compete with women. – Most European countries allow men to compete also; France even allows male only podiums, according to the number of participants. In the past decade more men are becoming involved in the sport and a global biannual competition called Men's Cup has been steadily growing.

Competitors show off their strength, flexibility, and aerobic endurance required to perform difficult routines. Swimmers perform two routines for the judges, one technical and one free, as well as age group routines and figures.

Synchronized swimming is governed internationally by FINA (Federation Internationale de Natation).

History. At the turn of the 20th century, synchronized swimming was known as water ballet. The first recorded competition was in 1891 in Berlin, Germany. Many swim clubs were formed around that time, and the sport simultaneously developed within several countries, including Australia, Canada, France, Germany, and the USA. As well as existing as a sport, it often constituted a popular addition to Music Hall evenings, in the larger variety theatres of London or Glasgow which were equipped with huge on-stage water tanks for the purpose.

In 1907, Australian Annette Kellerman popularized the sport when she performed in a glass tank as an underwater ballerina in the New York Hippodrome. After experimenting with various diving actions and stunts in the water, Katherine Curtis started one of the first water ballet clubs at the University of Chicago, where the team began executing strokes, "tricks," and floating formations. On May 27, 1939, the first U.S. synchronized swimming competition took place at Wright Junior College between Wright and the Chicago Teachers' College.

In 1924, the first competition in North America was in Montreal, with Peg Seller as the first champion.

Other important pioneers for the sport are Beulah Gundling, Käthe Jacobi, Marion Kane Elston, Dawn Bean, Billie MacKellar, Teresa Anderson, Gail Johnson, Gail Emery and Charlotte Davis. Charlotte Davis coached Tracie Ruiz and Candy Costie, who won the gold medal in duet synchronized swimming at the 1984 Olympics in Los Angeles.

Origins. In 1933–1934 Kathryn Curtis organized a show, "The Modern Mermaids," for the World Exhibition in Chicago, which the announcer introduced as "Synchronized Swimming." This was the first mentioning of the term synchronized swimming, although Curtis still used the term rhythmic swimming in her book, *Rhythmic Swimming: A Source Book of Synchronized Swimming and Water Pageantry* (Minneapolis: Burgess Publishing Co., 1936).

But it was National AAU champion swimmer, Esther Williams, who popularized synchronized swimming through (often elaborately staged) scenes in Hollywood films such as *Bathing Beauty* (1944), *Million Dollar Mermaid* (1952), and *Jupiter's Darling* (1955). In the 1970s and 80s, Ft. Lauderdale swimming champion Charkie Phillips revived water ballet on television with *The Kroffettes* in *The Brady Bunch Hour* (1976–77), NBC's *The Big Show* (1980), and then on screen with *Miss Piggy* in *The Great Muppet Caper* (1981).

Synchro as an Olympic sport. Main articles: List of Olympic medalists in synchronized swimming and Synchronized swimming at the Summer Olympics

Although first demonstrated at the 1952 Olympic Games, synchronized swimming did not become an official Olympic sport until the 1984 Summer Olympic Games. It was not until 1968 that synchronized swimming became officially recognized by FINA as the fourth water sport next to swimming, platform diving and water polo.

From 1984 through 1992, the Summer Olympic Games featured solo and duet competitions, but they both were dropped in 1996 in favor of team competition. At the 2000 Olympic Games, however, the duet competition was restored and is now featured alongside the team competition.

Basic skills.

1. Sculls. Sculls (hand movements used to propel the body) are the most essential part to synchronized swimming. Commonly used sculls include support scull, standard scull, torpedo scull,

split-arm scull, barrel scull, and paddle scull. The support scull is used most often to support the body while a swimmer is performing upside down. Support scull is performed by holding the upper arms against the sides of the body and the lower arms at 90-degree angles to the body. The lower arms are then moved back and forth while maintaining the right angle. The resulting pressure against the hands allows the swimmer to hold their legs above water while swimming.

2. *Eggbeater*. The "eggbeater kick" is another important skill of synchronized swimming. It is a form of treading water that allows for stability and height above the water while leaving the hands free to perform strokes. An average eggbeater height is usually around chest level. Using the eggbeater, swimmers can also perform "boosts", where they use their legs to momentarily propel themselves out of the water to their hips or higher. "Eggbeater" is also a common movement found in water polo as well as the "pop-up" movement. Eggbeating for a considerable period is also referred to as an "aquabob" and is used to build propulsion under water prior to a boost or pop-up.

Lifts. A lift is when swimmers use eggbeater or uses their feet and legs to propel their fellow teammates out of the water. They are quite common in routines of the older age groups.

Parts of a successful Lift. There are three separate parts to every lift in synchronized swimming: The top (or "flyer"), the base, and the pushers.

- *The Flyer*. The flyer is usually the smallest member of the team. Flyers must be agile and flexible, with a preferable gymnastics background if they are jumping off the lift.

- *The Base*. The base also tends to be relatively small. She should have good leg strength and a solid core. (when performing a platform lift, a strong core is essential)

- *The Pushers*. The pushers are usually the bigger, stronger members of the team and should be evenly spaced around the lift.

Types of Lifts.

1. *Platform Lift*: The platform lift is the oldest form of lift. In a platform, the base lays out in a back layout position underwater. The top sets in a squatting position on her torso, and stands once the lift reaches the surface. The remaining teammates use eggbeater to hold the lift out of the water.

2. *Stack Lift*: A more modern version of the platform. The base sets up in a squatting position a few feet underwater, with the pushers holding her legs and feet. The top then climbs onto her shoulders. As the lift rises, both the base and top extend their legs to achieve maximum height.

3. *Throw*: A throw lift is set up exactly like a stack lift. However, when the lift reaches its full height, the "flyer" on top of the lift will jump off of her teammate's shoulders, usually performing some sort of acrobatic movement or position. This is a very difficult lift, and should only be attempted by experienced swimmers.

Positions. There are hundreds of different regular positions that can be used to create seemingly infinite combinations. These are a few basic and commonly used ones:

- *Back Layout*: The most basic position. The body floats, completely straight and rigid, face-up on the surface while sculling at the sides.

- *Front Layout*: Much like a Back Layout, the only difference is that the swimmer is on his/her stomach.

- *Sailboat/Bent Knee*: Similar to the back layout, but one knee is bent with the toe touching the inside of the other leg, which remains parallel to the surface.

- *Ballet Leg*: Beginning in a back layout, one leg is extended and held perpendicular to the body, while the other is held parallel to the surface of the water.

- *Flamingo*: Similar to ballet leg position where bottom leg is pulled into the chest so that the shin of the bottom leg is touching the knee of the vertical leg.

- *Vertical*: Achieved by holding the body completely straight upside down and perpendicular to the surface usually with both legs entirely out of water.

- *Crane*: While holding a vertical body position, one leg remains vertical while the other is dropped parallel to the surface, making a 90-degree angle or "L" shape.

- *Bent Knee*: While holding a vertical body position, one leg remains vertical while the other leg bends so that its toe is touching the knee of the vertical leg.

- *Split position*: With the body vertical, one leg is stretched forward along the surface and the other extended back along the surface.
- *Knicht*: The body is in a surface arch position, where the legs are flat on the surface, and the body is arched so that the head is vertically in line with the hips. One leg is lifted, creating a vertical line perpendicular to the surface.
- *Side Fishtail*: Side fishtail is a position similar to a crane. One leg remains vertical, while the other is extended out to the side parallel to the water, creating a side "Y" position.
- *side "Y"*: – this is used in catilina (tier 6 and 7 figure).

http://en.wikipedia.org/wiki/Synchronized_swimming

12. Table tennis

Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight, hollow ball back and forth using table tennis rackets. The game takes place on a hard table divided by a net. Except for the initial serve, players must allow a ball played toward them only one bounce on their side of the table and must return it so that it bounces on the opposite side. Points are scored when a player fails to return the ball within the rules. Play is fast and demands quick reactions. A skilled player can impart several varieties of spin to the ball, altering its trajectory and limiting an opponent's options to great advantage.

Table tennis is governed by the worldwide organization International Table Tennis Federation (ITTF), founded in 1926. ITTF currently includes 217 member associations. The table tennis official rules are specified in the ITTF handbook. Since 1988, table tennis has been an Olympic sport, with several event categories. In particular, from 1988 until 2004, these were: men's singles, women's singles, men's doubles and women's doubles. Since 2008 a team event has been played instead of the doubles.

History. The game originated as a sport in Britain during the 1880s, where it was played among the upper-class as an after-dinner parlour game. It has been suggested that the game was first developed by British military officers in India or South Africa who brought it back with them. A row of books were stood up along the center of the table as a net, two more books served as rackets and were used to continuously hit a golf-ball from one end of the table to the other. Alternatively table tennis was played with paddles made of cigar box lids and balls made of champagne corks. The popularity of the game led game manufacturers to sell the equipment commercially. Early rackets were often pieces of parchment stretched upon a frame, and the sound generated in play gave the game its first nicknames of "wiff-waff" and "ping-pong". A number of sources indicate that the game was first brought to the attention of Hamley's of Regent Street under the name "Gossima". The name "ping-pong" was in wide use before British manufacturer J. Jaques & Son Ltd trademarked it in 1901. The name "ping-pong" then came to be used for the game played by the rather expensive Jaques's equipment, with other manufacturers calling it table tennis. A similar situation arose in the United States, where Jaques sold the rights to the "ping-pong" name to Parker Brothers.

The next major innovation was by James Gibb, a British enthusiast of table tennis, who discovered novelty celluloid balls on a trip to the US in 1901 and found them to be ideal for the game. This was followed by E.C. Goode who, in 1901, invented the modern version of the racket by fixing a sheet of pimpled, or stippled, rubber to the wooden blade. Table tennis was growing in popularity by 1901 to the extent that table tennis tournaments were being organized, books on table tennis were being written, and an unofficial world championship was held in 1902. During the early 1900s, the game was banned in Russia because the rulers at the time believed that playing the game had an adverse effect on players' eyesight.

In 1921, the Table Tennis Association was founded in Britain, and the International Table Tennis Federation followed in 1926. London hosted the first official World Championships in 1926. In 1933, the United States Table Tennis Association, now called USA Table Tennis, was formed.

In the 1950s, rackets that used a rubber sheet combined with an underlying sponge layer changed the game dramatically, introducing greater spin and speed. These were introduced to

Britain by sports goods manufacturer S.W. Hancock Ltd. The use of speed glue increased the spin and speed even further, resulting in changes to the equipment to "slow the game down". Table tennis was introduced as an Olympic sport at the Olympics in 1988.

After the 2000 Summer Olympics in Sydney, the International Table Tennis Federation instituted several rules changes aimed at making table tennis more viable as a televised spectator sport. First, the older 38 mm balls were officially replaced by 40 mm balls in 2000. This increased the ball's air resistance and effectively slowed down the game. By that time, players had begun increasing the thickness of the fast sponge layer on their rackets, which made the game excessively fast and difficult to watch on television. Second, the ITTF changed from a 21-point to an 11-point scoring system in 2001. This was intended to make games more fast-paced and exciting. The ITTF also changed the rules on service to prevent a player from hiding the ball during service, in order to increase the average length of rallies and to reduce the server's advantage.

Variants of the sport have recently emerged. "Large-ball" table tennis uses a 44 mm ball, which slows down the game significantly. This has seen some acceptance by players who have a hard time with the extreme spins and speeds of the 40 mm game.

There is a move towards reviving the table tennis game that existed prior to the introduction of sponge rubber. "Hardbat" table tennis players reject the speed and spin of reversed sponge rubber, preferring the 1940–60s play style with no sponge and short-pimpled rubber. Defense is less difficult by decreasing the speed and eliminating any meaningful magnus effect of spin. Because hardbat killer shots are almost impossible to hit against a skilled player, hardbat matches focus on the strategic side of table tennis, requiring skillful maneuvering of the opponent before an attack can become successful.

Equipment.

Ball. The international rules specify that the game is played with a light 2.7 gram, 40 mm diameter ball. The rules say that the ball shall bounce up 24–26 cm when dropped from a height of 30.5 cm on to a standard steel block thereby having a coefficient of restitution of 0.89 to 0.92. The 40 mm ball was introduced after the 2000 Olympic Games. However, this created some controversy as the Chinese National Team argued that this was merely to give non-Chinese players a better chance of winning since the new type of balls has a slower speed, while at that time most Chinese players were playing with fast attack and smashes. A 40 mm table tennis ball is slower and spins less than the original 38 mm one. The ball is made of a high-bouncing air-filled celluloid or similar plastics material, colored white or orange, with a matte finish. The choice of ball color is made according to the table color and its surroundings. For example, a white ball is easier to see on a green or blue table than it is on a gray table. Stars on the ball indicate the quality of the ball. Three stars indicate that it is of the highest quality, and is used in official competition.

Table. The table is 2.74 m long, 1.52 m wide, and 76 cm high with a Masonite (a type of hardboard) or similarly manufactured timber, layered with a smooth, low-friction coating. The table or playing surface is divided into two halves by a 15.25 cm high net. An ITTF approved table surface must be in a green or blue color. Concrete tables with a steel net are sometimes available in public parks.

Racket. Players are equipped with a laminated wooden racket covered with rubber on one or two sides depending on the grip of the player. The official ITTF term is "racket", though "bat" is common in Britain, and "paddle" in the U.S.

The wooden portion of the racket, often referred to as the "blade", commonly features anywhere between one and seven plies of wood, though cork, glass fiber, carbon fiber, aluminum fiber, and Kevlar are sometimes used. According to the ITTF regulations, at least 85% of the blade by thickness shall be of natural wood. Common wood types include Balsa, Limba, and Cypress or "Hinoki," which is popular in Japan. The average size of the blade is about 16.5 cm long and 15 cm wide. Although the official restrictions only focus on the flatness and rigidity of the blade itself, these dimensions are optimal for most play styles.

Table tennis regulations allow different surfaces on each side of the racket. Various types of surfaces provide various levels of spin or speed, and in some cases they nullify spin. For example, a

player may have a rubber that provides much spin on one side of his racket, and one that provides no spin on the other. By flipping the racket in play, different types of returns are possible. To help a player distinguish between the rubber used by his opposing player, international rules specify that one side must be red while the other side must be black. The player has the right to inspect his opponent's racket before a match to see the type of rubber used and what color it is. Despite high speed play and rapid exchanges, a player can see clearly what side of the racket was used to hit the ball. Current rules state that, unless damaged in play, the racket cannot be exchanged for another racket at any time during a match. http://en.wikipedia.org/wiki/Table_tennis

13. Tennis

Tennis is a sport usually played between two players (singles) or between two teams of two players each (doubles). Each player uses a racket that is strung to strike a hollow rubber ball covered with felt over a net into the opponent's court. The object of the game is to play the ball in such a way that the opponent is not able to play a good return. Tennis is an Olympic sport and is played at all levels of society at all ages. The sport can be played by anyone who can hold a racket, including people in wheelchairs.

The modern game of tennis originated in Birmingham, England in the late 19th century as "lawn tennis". It had close connections both to various field ("lawn") games such as croquet and bowls as well as to the older raquet sport of real tennis. During most of the 19th-century in fact, the term "tennis" referred to real tennis, not lawn tennis: for example, in Disraeli's novel *Sybil* (1845), Lord Eugene De Vere announces that he will "go down to Hampton Court and play tennis. As it is the Derby (classic horse race), nobody will be there".

The rules of tennis have not changed much since the 1890s. Two exceptions are that from 1908 to 1961 the server had to keep one foot on the ground at all times, and the adoption of the tie-break in the 1970s. A recent addition to professional tennis has been the adoption of electronic review technology coupled with a point challenge system, which allows a player to challenge the line (or chair) umpire's call of a point. Players have unlimited opportunities to challenge provided the challenges made are correct. However, once three incorrect challenges are made in a set, they cannot challenge again until the next set. If the set goes to a tie-break, players are given one additional opportunity to challenge the call. This electronic review, currently called Hawk-Eye, is available at a limited number of high-level ATP and WTA tournaments.

Tennis is enjoyed by millions of recreational players and is also a hugely popular worldwide spectator sport, especially the four Grand Slam tournaments (also referred to as the "Majors"): the Australian Open played on hard courts, the French Open played on red clay courts, Wimbledon played on grass courts, and the US Open played also on hard courts.

Manner of play.

Court. Tennis is played on a rectangular, flat surface, usually grass, clay, a hardcourt of concrete and/or asphalt and occasionally carpet (indoor). The court is 23.77 m long, and 8.23 m wide for singles matches and 10.97 m for doubles matches. Additional clear space around the court is required in order for players to reach overrun balls. A net is stretched across the full width of the court, parallel with the baselines, dividing it into two equal ends. The net is 1.07 m high at the posts and 91.4 cm high in the center.

The modern tennis court owes its design to Major Walter Clopton Wingfield who, in 1873, patented a court much the same as the current one for his stické tennis (sphaéristike). This template was modified in 1875 to the court design that exists today, with markings similar to Wingfield's version, but with the hourglass shape of his court changed to a rectangle.

Lines. The lines that delineate the width of the court are called the baseline (farthest back) and the service line (middle of the court). The short mark in the center of each baseline is referred to as either the hash mark or the center mark. The outermost lines that make up the length are called the doubles sidelines. These are the boundaries used when doubles is being played. The lines to the inside of the doubles sidelines are the singles sidelines and are used as boundaries in singles play. The area between a doubles sideline and the nearest singles sideline is called the doubles alley,

which is considered playable in doubles play. The line that runs across the center of a player's side of the court is called the service line because the serve must be delivered into the area between the service line and the net on the receiving side. Despite its name, this is not where a player legally stands when making a serve. The line dividing the service line in two is called the center line or center service line. The boxes this center line creates are called the service boxes; depending on a player's position, he or she will have to hit the ball into one of these when serving. A ball is out only if none of it has hit the line or the area inside the lines upon its first bounce. All the lines are required to be 51 mm in width. The baseline can be up to 100 mm wide.

Play of a single point. The players (or teams) start on opposite sides of the net. One player is designated the server, and the opposing player is the receiver. The choice to be server or receiver in the first game and the choice of ends is decided by a toss before the warm-up starts. Service alternates game by game between the two players (or teams.) For each point, the server starts behind the baseline, between the center mark and the sideline. The receiver may start anywhere on their side of the net. When the receiver is ready, the server will serve, although the receiver must play to the pace of the server.

In a legal service, the ball travels over the net (without touching it) and into the diagonally opposite service box. If the ball hits the net but lands in the service box, this is a let or net service, which is void, and the server retakes that serve. The player can serve any number of let services in a point and they are always treated as voids and not as faults. A fault is a serve that falls long or wide of the service box, or does not clear the net. There is also a "foot fault", which occurs when a player's foot touches the baseline or an extension of the center mark before the ball is hit. If the second service is also a fault, the server double faults, and the receiver wins the point. However, if the serve is in, it is considered a legal service.

A legal service starts a rally, in which the players alternate hitting the ball across the net. A legal return consists of the player or team hitting the ball before it has bounced twice or hit any fixtures except the net, provided that it still falls in the server's court. A player or team cannot hit the ball twice in a row. The ball must travel past the net into the other players' court. A ball that hits the net during a rally is still considered a legal return. The first player or team fails to make a legal return, he/it loses the point. The server then moves to the other side of the service line at the start of a new point.

Scoring.

Match. The outcome of a tennis match is determined through a best of three or five sets system. Recreational players may agree to play any number of sets, depending upon time availability or stamina. On the professional circuit, men play best-of-five-set matches at all four Grand Slam tournaments, Davis Cup, and the final of the Olympic Games and best-of-three-set matches at all other tournaments, while women play best-of-three-set matches at all tournaments. The first player to win two sets in a best-of-three, or three sets in a best-of-five, wins the match. A set consists of games, and games, in turn, consist of points.

Game. A game consists of a sequence of points played with the same player serving. A game is won by the first player to have won at least four points in total and at least two points more than the opponent. The running score of each game is described in a manner peculiar to tennis: scores from zero to three points are described as "love", "fifteen", "thirty", and "forty" respectively. If at least three points have been scored by each player, making the player's scores equal at forty apiece, the score is not called out as "forty-forty", but rather as "deuce". If at least three points have been scored by each side and a player has one more point than his opponent, the score of the game is "advantage" for the player in the lead. During informal games, "advantage" can also be called "ad in" or "van in" when the serving player is ahead, and "ad out" or "van out" when the receiving player is ahead.

The score of a tennis match during play is always read with the serving player's score first. In tournament play, the chair umpire calls the point count (e.g., "fifteen-love") after each point. At the end of a game, the chair umpire also announces the winner of the game and the overall score.

Game point. A game point occurs in tennis whenever the player who is in the lead in the game needs only one more point to win the game. The terminology is extended to sets (set point), matches (match point), and even championships (championship point). For example, if the player who is serving has a score of 40-love, the player has a triple game point (triple set point, etc.) as the player has three consecutive chances to win the game. Game points, set points, and match points are not part of official scoring and are not announced by the chair umpire in tournament play.

Break point. A break point occurs if the receiver, not the server, has a chance to win the game with the next point. Break points are of particular importance because serving is generally considered advantageous, with the server being expected to win games in which they are serving. A receiver who has one (score of 30-40), two (score of 15-40) or three (score of love-40) consecutive chances to win the game has break point, double break point or triple break point, respectively. If the receiver does, in fact, win their break point, the game is awarded to the receiver, and the receiver is said to have converted their break point. If the receiver fails to win their break point it is called a failure to convert. Winning break points, and thus the game, is also referred to as breaking serve, as the receiver has disrupted, or broken the natural advantage of the server. If in the following game the previous server also wins a break point, it is often referred to as breaking back.

Set. A set consists of a sequence of games played with service alternating between games, ending when the count of games won meets certain criteria. Typically, a player wins a set by winning at least six games and at least two games more than the opponent. If one player has won six games and the opponent five, an additional game is played. If the leading player wins that game, the player wins the set 7-5. If the trailing player wins the game, a tie-break is played. A tie-break, played under a separate set of rules, allows one player to win one more game and thus the set, to give a final set score of 7-6. Only in the final sets of matches at the Australian Open, the French Open, Wimbledon, the Olympic Games, Davis Cup, and Fed Cup are tie-breaks not played. In these cases, sets are played indefinitely until one player has a two-game lead. A "love" set means that the loser of the set won zero games, colloquially termed a 'bagel'. In tournament play, the chair umpire announces the winner of the set and the overall score.

In tournament play, the chair umpire announces the end of the match with the well-known phrase "Game, set, match" followed by the winning person's or team's name. The final score in sets is always read with the winning player's score first, e.g. "6-2, 4-6, 6-0, 7-5".

Rule variations:

1) *No ad.* From 'No advantage'. Scoring method created by Jimmy Van Alen. The first player or doubles team to win four points wins the game, regardless of whether the player or team is ahead by two points. When the game score reaches three points each, the receiver chooses which side of the court (advantage court or deuce court) the service is to be delivered on the seventh and game-deciding point.

2) *Pro set.* Instead of playing multiple sets, players may play one "pro set". A pro set is first to 8 (or 10) games by a margin of two games, instead of first to 6 games. A 12-point tie-break is usually played when the score is 8-8 (or 10-10). These are often played with no-ad scoring.

3) *Match tie-break.* This is sometimes played instead of a third set. A match tie-break is played like a regular tie-break, but the winner must win ten points instead of seven. Match tie-breaks are used in the Hopman Cup and the 2012 Olympic Games for mixed doubles, on the ATP and WTA tours for doubles and as a player's choice in USTA league play.

Another, however informal, tennis format is called Canadian doubles. This involves three players, with one person playing a doubles team. The single player gets to utilize the alleys normally reserved only for a doubles team. Conversely, the doubles team does not use the alleys when executing a shot. The scoring is the same as a regular game. This format is not sanctioned by any official body.

"Australian doubles", another informal and unsanctioned form of tennis, is played with similar rules to the Canadian doubles style, only in this version, players rotate court position after each game. As such, each player plays doubles and singles over the course of a match, with the singles player always serving. Scoring styles vary, but one popular method is to assign a value of 2

points to each game, with the server taking both points if he or she holds serve and the doubles team each taking one if they break serve.

Wheelchair tennis can be played by able-bodied players as well as people who require a wheelchair for mobility. An extra bounce is permitted. This rule makes it possible to have mixed wheelchair and able-bodied matches. It is possible for a doubles team to consist of a wheelchair player and an able-bodied player (referred to as "one-up, one-down"), or for a wheelchair player to play against an able-bodied player. In such cases, the extra bounce is permitted for the wheelchair users only.

Surface. There are five types of court surface used in professional play. Each surface is different in the speed and height of the bounce of the ball. The same surface plays faster indoors than outdoors.

Clay. Examples are red clay, used at the French Open, and green clay (an example of which is Har-Tru and used mainly in the U.S.). Almost all red clay courts are made not of natural clay but of crushed brick that is packed to make the court. The crushed brick is then covered with a topping of other crushed particles. This type of surface does not absorb water easily and is the most common in Europe and Latin America. Clay courts normally have a slower paced ball and a fairly true bounce with more spin.

Hard. Examples of hardcourts are acrylic (e.g. Plexicushion used at the Australian Open, DecoTurf used at the US Open), asphalt, and concrete. Hardcourts typically have a faster-paced ball with a very true bounce and it is the predominant surface type used on the professional tour.

Grass. Grass courts usually have a faster-paced ball, and a more erratic bounce. Grass is used at Wimbledon and until 1974 three of the four Grand Slams (Australian Open, Wimbledon, US Open) were played on grass. In 2001 Wimbledon changed the type of grass to make the courts more durable and thus better able to withstand the wear of the modern game. The new grass causes the ball to bounce higher and slows it down compared to the previous grass type.

Carpet. Any form of removable court covering, including carpeting and artificial turf. The bounce can be higher or lower than a hard court. Carpet surface has not been used on the ATP and WTA tour since 2009.

Wood. Popular from the 1880s through the first half of the 20th century, wooden surface provides a very low bounce and plays very fast. There are no longer any professional tournaments held on a wooden surface although some tournaments (e.g. Rotterdam Open and Open Sud de France), are played on a wood-based court with an acrylic layer on top.

<http://en.wikipedia.org/wiki/Tennis>

14. Triathlon

A triathlon is a multiple-stage competition involving the completion of three continuous and sequential endurance events. While many variations of the sport exist, triathlon, in its most popular form, involves swimming, cycling, and running in immediate succession over various distances. Triathletes compete for fastest overall course completion time, including timed "transitions" between the individual swim, bike, and run components. The word "triathlon" is of Greek origin from τρεις or trei (three) and αθλος or athlos (contest).

Triathlon races vary in distance. According to the International Triathlon Union, and USA Triathlon, the main international race distances are Sprint Distance, which has a 750 metres swim, 20 kilometres cycling, 5 kilometres run; Intermediate (or Standard) distance, commonly referred to as "Olympic distance" (1.5 kilometres swim, 40 kilometres bike, 10 kilometres run; the Long Course (1.9 km swim, 90 km ride, 13.1 21.1 km run, such as the Half Ironman), and Ultra Distance (3.9 km swim, 180 km ride, and a full marathon: 42.2 km run); the most recognized branded Ultra Distance is the Ironman triathlon.

Transition areas are positioned both between the swim and bike segments (T1), and between the bike and run segments (T2) and are where the switches from swimming to cycling and cycling to running occur. These areas are used to store bicycles, performance apparel, and any other accessories needed for preparing for the next stage of the race. The time spent in T1 and T2 is

included in the overall time of the race. Transitions areas can vary in size depending on the number of participants expected for the race. In addition, these areas provide a social headquarters before the race.

The nature of the sport focuses primarily on persistent and often periodized training in each of the three disciplines, as well as combination workouts and general strength conditioning.

Rules of triathlon. While specific rules for triathlon can vary depending on the governing body (e.g. USA Triathlon, ITU), as well as for an individual race venue, there are some basic universal rules. Traditionally, triathlon is an individual sport and each athlete is competing against the course and the clock for the best time. As such, athletes are not allowed to receive assistance from anyone else outside the race, with the exception of race-sanctioned aid volunteers who distribute food and water on the course.

Triathlons are timed in five sequential sections: 1) from the start of the swim to the beginning of the first transition (swim time); 2) from the beginning of the first transition to the end of the first transition (T1 time); 3) from the start of the cycling to the end of the cycling leg (cycling time); 4) from the beginning of the second transition to the end of the second transition (T2 time); 5) and finally from the start of the run to the end of the run, at which time the triathlon is completed. Results are usually posted on official websites and will show for each triathlete his/her swim time; cycle time (with transitions included); run time; and total time. Some races also post transition times separately.

Other rules of triathlon vary from race to race and generally involve descriptions of allowable equipment (for example, wetsuits are allowed in USAT events in the swimming stage of some races when the water temperature is below 25.6 °C, and prohibitions against interference between athletes. Additionally, the use of flippers or other swim propulsion and flotation aids are illegal in triathlon and can result in disqualification.

One important rule involving the cycle leg is that the competitor must be wearing their bike helmet before the competitor mounts the bike and must remain on until the competitor has dismounted; the competitor may remove their helmet at any time as long as they are not on the bicycle (e.g. while repairing a mechanical problem). Failure to comply with this rule will result in disqualification. Additionally, while on the bike course, all bicycles shall be propelled only by human force and human power. Other than pushing a bicycle, any propulsive action brought on by use of the hands is prohibited. Should a competitor's bike malfunction they can proceed with the race as long as they are doing so with their bicycle in tow.

Swimming. Triathletes will often use their legs less vigorously and more carefully than other swimmers, conserving their leg muscles for the cycle and run to follow. Many triathletes use altered swim strokes to compensate for turbulent, aerated water and to conserve energy for a long swim. In addition, the majority of triathlons involve open-water (outdoor) swim stages, rather than pools with lane markers. As a result, triathletes in the swim stage must jockey for position, and can gain some advantage by drafting, following a competitor closely to swim in their slipstream. Triathletes will often use "dolphin kicking" and diving to make headway against waves and body surfing to use a wave's energy for a bit of speed at the end of the swim stage. Also, open-water swims necessitate "sighting": raising the head to look for landmarks or buoys that mark the course. A modified stroke allows the triathlete to lift the head above water to sight without interrupting the swim or wasting energy.

Because open water swim areas are often cold and because wearing a wetsuit provides a competitive advantage, specialized triathlon wetsuits have been developed in a variety of styles to match the conditions of the water. For example, wetsuits that are sleeveless and cut above the knee are designed for warmer waters, while still providing buoyancy. Wetsuits are legal in sanctioned events at which the surface water temperature is 26 °C or less. In non-sanctioned events or in "age group" classes where most racers are simply participating for the enjoyment of the sport instead of vying for official triathlon placing, wetsuits can often be used at other temperatures. Race directors will sometimes discourage or ban wetsuits if the water temperature is above 84 degrees due to overheating that can occur while wearing a wetsuit. Other rules have been implemented by race

organizers regarding both wetsuit thickness as well as the use of "swim skins;" which need to be considered by those participating in future triathlons.

Cycling. Triathlon cycling can differ from most professional bicycle racing depending on whether drafting is allowed during competition. In some competitions, like those governed by USA Triathlon and the World Triathlon Corporation, drafting is not allowed, the cycling portion more closely resembles individual time trial racing. In other races, such as those in World Cup and Championship racing, drafting and the formation of pelotons are legal. This places an emphasis on running performance as several athletes will enter the bike to run transition at the same time due to drafting.

Triathlon bicycles are generally optimized for aerodynamics, having special handlebars called aero-bars or tri-bars, aerodynamic wheels, and other components. Triathlon bikes use a specialized geometry, including a steep seat-tube angle both to improve aerodynamics and to spare muscle groups needed for running (see also triathlon equipment). At the end of the bike segment, triathletes also often cycle with a higher cadence (revolutions per minute), which serves in part to keep the muscles loose and flexible for running. It is believed, though, that the primary benefit to cycling in a triathlon is that the strain of the effort is placed disproportionately on the slow-twitch muscle fibers, preventing the athlete from accumulating an oxygen debt before the run.

Running. The primary distinguishing feature of running in a triathlon is that it occurs after the athlete has already been exercising in two other disciplines for an extended period of time, so many muscles are already tired. The effect of switching from cycling to running can be profound; first-time triathletes are often astonished at their muscle weakness, maybe caused by lactate accumulation and the bizarre, sometimes painful sensation in their thighs a few hundred yards into the run, and discover that they run at a much slower pace than they are accustomed to in training. Triathletes train for this phenomenon through transition workouts known as "bricks": back-to-back workouts involving two disciplines, most commonly cycling and running.

<http://en.wikipedia.org/wiki/Triathlon>

15. David Beckham

David Robert Joseph Beckham, (born 2 May 1975) is an English footballer. He has played for Manchester United, Preston North End, Real Madrid, Milan, most recently Los Angeles Galaxy and the England national team for which he holds the appearance record for an outfield player.

Beckham's professional career began with Manchester United, making his first-team debut in 1992 aged 17. With United, Beckham won the Premier League title six times, the FA Cup twice, and the UEFA Champions League in 1999. He left Manchester United to sign for Real Madrid in 2003, where he remained for four seasons, winning the La Liga championship in his final season with the club. In January 2007, it was announced that Beckham would leave Real Madrid for the Major League Soccer club Los Angeles Galaxy, signing a five-year contract on 1 July 2007. While a Galaxy player, he spent two loan spells in Italy with AC Milan in 2009 and 2010. On 20 November 2011, he joined an elite group of players to have won three league titles in three different countries, when Los Angeles won their third MLS Cup.

In international football, Beckham made his England debut on 1 September 1996, at the age of 21. He was made captain from 15 November 2000 until the 2006 FIFA World Cup finals, during which he played 58 times. He earned his 100th cap against France on 26 March 2008, and became the all-time outfield player appearance record holder on 28 March 2009, when he surpassed Bobby Moore's total of 108 caps. With 115 career appearances to date, he has stated that he does not intend to retire from international football. Having missed the 2010 World Cup through injury, Beckham has not played for England since 14 October 2009. He remains 10 caps short of the record number of 125 caps by goalkeeper Peter Shilton, for a player of any position.

Beckham has twice been runner-up for FIFA World Player of the Year and in 2004 was the world's highest-paid footballer when taking into account salary and advertising deals. Beckham was the first British footballer to play 100 Champions League matches. He is third in the Premier League's all time assist provider chart, with 152 assists in 265 appearances. When joining the MLS

in 2007 he was given the highest player salary in the league's history, with his playing contract with the Galaxy over the next three years being worth US\$6.5m per year.

He is married to Victoria Beckham and they have four children – Brooklyn Joseph, Romeo James, Cruz David, and Harper Seven. In 2009, the couple's joint wealth was estimated at £125 million.

Fast facts:

-Signed with LA Galaxy in 2007.

-Captain of England's team in the 2006 World Cup games.

-At age 12, won a Bobby Charlton Soccer Skills award, including a trip to Nou Camp stadium, Barcelona.

-Among his many tattoos, are the names of his sons, his wife Victoria's name in Hindi, a guardian angel, cherubs and Michelangelo's image of heaven, with rays coming from a sun and clouds floating behind.

-Married to former Spice Girl Victoria Adams.

-He and his wife are students of Kabbalah; both have tattoos with the phrase from Song of Songs, "I am for my beloved and my beloved is for me..."

-Won 1997's PFA Young Player of the Year.

-Wears a new pair of football boots every game he plays at an estimated cost of \$565 a pair.

-An experiment at Manchester United showed that he ran an average 8.8 miles per game – more than any other player on the team.

-After playing with Manchester United from 1994-2003, signed three-year £25 million (\$47 million) contract with Real Madrid (2003).

-His goal for Manchester United over the head of the Wimbledon goalkeeper from the halfway line was selected Premier League Goal of the Decade in 2003.

<http://www.answers.com/topic/david-beckham>

16. Ronaldinho

Ronaldo de Assis Moreira (born 21 March 1980), commonly known as Ronaldinho is a Brazilian footballer who currently plays for Brazilian club Atlético Mineiro and for the Brazilian national team as an attacking midfielder or forward. He is a two-time winner of the FIFA World Player of the Year, awarded to the best player over the year. He won the award in both 2004 and 2005.

"Ronaldinho", the diminutive and term of endearment for "Ronaldo", is accompanied in Brazilian usage by the nickname "Gaúcho", in order to distinguish him from fellow footballer and countryman Ronaldo, who was known as "Ronaldinho" in Brazil beforehand. Ronaldo simply went by his first name upon his move to Europe, thereby allowing Ronaldinho to drop the "Gaúcho" and go by the name Ronaldinho abroad.

Prior to his move to Flamengo, he played for Paris Saint-Germain, FC Barcelona and Milan. With the Spanish club, he won his first Champions League in 2006 and the Ballon d'Or in 2005. He became a Spanish citizen in January 2007. He was also named in the FIFA 100, a list of the greatest footballers compiled by fellow countryman Pelé, and in the FIFPro World XI consecutively from 2004–2007.

Fast facts:

Father played in an amateur football (soccer) club in Brazil

Brother, Roberto, was a star of the amateur football club, but was sidelined by a knee injury

Nicknamed "Ronaldinho Gaucho"

Infamous for bad behavior, partying, drinking, late nights and tardiness when he played for France's Paris Saint-Germain team

Currently plays for FC Barcelona

Was suspended for one game after stomping on the foot of an opposing player in the Spanish Soccer League quarter-finals (February, 2006)

Named FIFA World Player of the Year (2004), FIFPro World Player of the Year (2004), European Footballer of the Year (2005). <http://www.answers.com/topic/ronaldinho>

17. Muhammad Ali

Muhammad Ali is an American former professional boxer, philanthropist and social activist. Considered a cultural icon, Ali has both been idolized and vilified. Despite the considerable achievements of such important African American athletes as Jesse Owens, Joe Louis, Wilma Rudolph, Jim Brown, and Jackie Robinson, the young brash prizefighter from Louisville, Kentucky, may very well have eclipsed their significance. He surely eclipsed their fame as, at the height of his career in the early and middle 1970s, Muhammad Ali was, without question, the most famous African American in history and among the five most recognized faces on the planet.

Born Cassius Marcellus Clay, Jr., in 1942 (named after both his father and the famous Kentucky abolitionist), the gregarious, handsome, and extraordinarily gifted boxer garnered world attention by winning a gold medal in the 1960 Olympics. He further stunned the sports world by beating the heavily favored Sonny Liston to win the heavyweight title in 1964, and shocked white America by announcing right after that fight that he had joined the militant, anti-white Nation of Islam, the Black Muslims, whose most well-known figure was the fiery orator Malcolm X. He also announced that he was changing his name to Muhammad Ali. When he opposed being drafted during the Vietnam War on religious grounds and was subsequently convicted of violating the Selective Service Act in 1967, he was denied a license to fight anywhere in the United States. He was, at this time, among white America, probably the most hated black public figure since heavyweight boxing champion Jack Johnson. After an exile of three and a half years, Ali returned triumphantly to boxing in 1970, even though he lost his title to Joe Frazier in 1971. He eventually won back his title in 1974, and after losing it once in 1978 regained it again later that year.

Ali exercised an extraordinary influence on African American culture in the 1960s, doing much to keep the Nation of Islam popular in the black community after the assassination of Malcolm X in 1965. He figured in the writings of such important 1960s black literary figures as Amiri Baraka Eldridge Cleaver, Malcolm X, and Larry Neal, not to mention numerous black journalists and poets. He came to symbolize black manhood and masculinity, unbowed and uncompromising, adversarial and combative, a virtually one-person definition of African American self-determination in the middle and late 1960s. But his boyish bragging and his poetic predictions of doom for his opponents made him an important public prefigure for the performance art of rap. Ali's autobiography, *The Greatest: My Own Story*, was coauthored with Richard Durham and published in 1975. Toni Morrison served as the book's editor.

<http://www.answers.com/topic/muhammad-ali-boxer>

18. Mike Tyson

Michael Gerard "Mike" Tyson (also known as Malik Abdul Aziz) (born June 30, 1966) is a retired American professional boxer. Tyson is a former undisputed heavyweight champion of the world and holds the record as the youngest boxer to win the WBC, WBA and IBF heavyweight titles at 20 years, 4 months, and 22 days old. Tyson won his first 19 professional bouts by knockout, 12 of them in the first round. He won the WBC title in 1986 after defeating Trevor Berbick by a TKO in the second round. In 1987, Tyson added the WBA and IBF titles after defeating James Smith and Tony Tucker. He was the first heavyweight boxer to simultaneously hold the WBA, WBC and IBF titles, and the only heavyweight to successively unify them.

In 1988, Tyson became the lineal champion when he knocked out Michael Spinks after 91 seconds. Tyson successfully defended the world heavyweight championship nine times, including victories over Larry Holmes and Frank Bruno. In 1990, he lost his titles to underdog James "Buster" Douglas, by a knockout in round 10. Attempting to regain the titles, he defeated Donovan Ruddock twice in 1991, but he pulled out of a fight with undisputed heavyweight champion Evander Holyfield due to injury. In 1992, Tyson was convicted of raping Desiree Washington and sentenced to six years in prison but was released after serving three years. After his release, he engaged in a

series of comeback fights. In 1996, he won the WBC and WBA titles after defeating Frank Bruno and Bruce Seldon by knockout. After being stripped of the WBC title, Tyson lost his WBA crown to Evander Holyfield in November 1996 by an 11th round TKO. Their 1997 rematch ended when Tyson was disqualified for biting Holyfield's ear.

In 2002, he fought for the world heavyweight title at the age of 35, losing by knockout to Lennox Lewis. He retired from professional boxing in 2006, after being knocked out in consecutive matches against Danny Williams and Kevin McBride. Tyson declared bankruptcy in 2003, despite having received over US\$30 million for several of his fights and \$300 million during his career. Tyson was well known for his ferocious and intimidating boxing style as well as his controversial behavior inside and outside the ring. Tyson is considered one of the best heavyweights of all time. He was ranked No. 16 on The Ring's list of 100 greatest punchers of all time. and No. 1 in the ESPN.com list of "The hardest hitters in heavyweight history". He has been inducted into the International Boxing Hall of Fame and the World Boxing Hall of Fame

Statistics

Real name	Michael Gerard Tyson
Nickname(s)	Kid Dynamite Iron Mike The Baddest Man on the Planet
Rated at	Heavyweight
Height	178 cm
Reach	180 cm
Nationality	American
Born	June 30, 1966 (age 46) Brooklyn, New York, U.S.
Stance	Orthodox

Boxing record

Total fights	58
Wins	50
Wins by KO	44
Losses	6
Draws	0
No contests	2

<http://www.answers.com/topic/mike-tyson>

19. Ivan Miljković

Ivan Miljković, born September 13, 1979 in Niš) is a Serbian volleyball player, whose first club was Student Niš. Starting his professional career in Partizan Belgrade in 1997, Miljković plays for Fenerbahçe Grundig in Turkey. He signed two year contract on 30 June 2010. Polish website about Ivan Miljković :

Both in the club and in the national team he wears a jersey with number 14.

Club career. After this success he changed his club and started playing for Italian Lube Banca Macerata. In 2001 the Yugoslav team won the European Volleyball Championship in Ostrava, Czech Republic. With his club, Lube Banca Macerata, he also won the Champions League (2001), twice the Italian Cup (2001, 2003) and three times the CEV Cup (2001, 2005, 2006).

On July 18, 2007, he signed a contract with the M. Roma Volley. The following year, on July 5, 2008, Olympiacos, announced that he will be continuing his career in Greece. In 2009 he won the Greek Championship and the Greek Cup and in 2010 the championship. On June 30, 2010, he signed a two-year contract for Fenerbahçe SK of Turkey.

International career. He played in the national team of FR Yugoslavia for the first time a year later (on October 4, 1998 in a game against Turkey). In 2000 in Sydney the Yugoslav national team (members of which were also Vladimir Grbić, Nikola Grbić, Andrija Gerić, Goran Vujević) won the Olympic gold medal. In the final match against Russia Ivan Miljković scored the last point

and after that fell on his knees. In March 2012, has officially retired from the Serbian National Team after 14 years and 288 played matches.

Individual awards:

2001 European Championship "Most Valuable Player"

2001 European Championship "Best Scorer"

2002 FIVB World League "Most Valuable Player"

2005 European Championship "Best Server"

2007 European Championship "Best Scorer"

2009 World League Championship "Best Scorer"

2011 European Championship "Most Valuable Player"

http://en.wikipedia.org/wiki/Ivan_Miljković

20. Olga Korbut

Olga Valentinovna Korbut (b. May 16, 1955 in Hrodna), also known as the "Sparrow from Minsk", is a Belarusian, Soviet-born gymnast who won four gold medals and two silver medals at the Summer Olympics, in which she competed in 1972 and 1976 for the USSR team.

Early life Belarusian born Korbut, who started training at age 8, entered a Belarusian sports school headed by coach Renald Knysh at age 9. There, Korbut's first trainer was Elena Volchetskaya, an Olympic gold medalist, but she was moved to Knysh's group a year later. Initially he found her "lazy and capricious" but he also saw potential in her great talent, unusually supple spine, and charisma. With him, she learned a difficult backward somersault on the balance beam. She debuted this at a competition in the USSR in 1969. In the same year, Olga completed a backflip-to-catch on the uneven bars; this was the first backward release move ever performed by a woman on bars.

She ended fifth at her first competition in the 1969 USSR championships, where she was allowed to compete as an under age 15 year old. The next year, she won a gold medal in the vault. Due to illness and injury, she was unable to compete in many of the tournaments prior to the 1972 Olympics.

Olympics. At the 1972 Olympics, her acrobatics and open high level gymnastics brought her much fame. To this day, the tuck back and Korbut Flip is still very popular (2003 world beam champion Fan Ye performed both in her routine). This excellence in technical skills overthrew the sport's traditional emphasis on artistry.

During the Olympics, Korbut was one of the favourites for the all-around after her dynamic performance in the team competition; however, she missed her mount on bars three times and the title went to her teammate Ludmilla Tourischeva. Notwithstanding, Korbut won three gold medals for the balance beam, floor exercise and team. In one of the most controversial finishes of all time, she took a silver medal in the uneven bars. Korbut's first attempt at her uneven bars routine was marred by several mistakes which all but ended her chances of winning a gold medal in the all around. The next day, Korbut repeated the same routine in the event finals, although this time successfully. After the boards displayed a score of 9.8, the audience began to whistle, jeer, stamp their feet, and shout vulgar remarks at the judges in disapproval, believing her score to be too low. This carried on for several minutes; however, the judges refused to change her score.

Korbut is most famous for her uneven bars and balance beam routines. Her Olympic achievement earned her ABC's Wide World of Sports title of Athlete of the Year. In 1973, she won the Russian and World Student (i.e., University) Games, and a silver medal in the all-around at the European Championships.

Soviet coaches and officials had designated Olga as the woman, who could beat the Romanian prodigy, Nadia Comăneci, in the 1976 Summer Olympics at Montreal, but Olga was injured and her performances in the games were sub-par. She was overshadowed not only by Comaneci, but also by her own teammate Nellie Kim. She did collect a team gold medal, and an individual silver medal for the balance beam.

Retirement and life after the Olympics. She graduated from the Grodno Pedagogical Institute in 1977, became a teacher, and retired from gymnastic competition thereafter. She married Leonid Bortkevich, who was a member of a popular Belarusian folk band, Pesniary. The couple had a son, Richard, in 1979. In 1991, she immigrated to the United States. Korbut and Bortkevich divorced in 2000. Korbut lives in Scottsdale, Arizona.

Legacy. Korbut is a highly decorated athlete with four Olympic gold medals to her credit, but it is not this feat for which she is most remembered. The media whirl which surrounded her 1972 Olympic debut caused a surge of young girls to join their local gymnastic clubs, and a sport which had seldom been noticed previously now made headlines. In addition to greatly publicizing gymnastics worldwide, she also contributed to a marked change in the tenor of the sport itself. Prior to 1972, the athletes were generally older and the focus was on elegance rather than acrobatics. In the decade after Korbut's Olympic debut, the emphasis was reversed.

In 1988 Korbut was the first gymnast to be inducted into the International Gymnastics Hall of Fame. <http://www.answers.com/topic/olga-korbut>

21. Michael Phelps

Michael Fred Phelps II (born June 30, 1985) is a retired American swimmer and the most decorated Olympian of all time, with a total of 22 medals. Phelps also holds the all-time records for Olympic gold medals (18, double the second highest record holders), Olympic gold medals in individual events (11), and Olympic medals in individual events for a male (13). In winning eight gold medals at the 2008 Beijing Games, Phelps took the record for the most first-place finishes at any single Olympic Games. Five of those victories were in individual events, tying the single Games record. In the 2012 Summer Olympics in London, Phelps won four gold and two silver medals, making him the most successful athlete of the Games for the third Olympics in a row.

Phelps is the long course world record holder in the 100-meter butterfly, 200-meter butterfly and 400-meter individual medley as well as the former long course world record holder in the 200-meter freestyle and 200-meter individual medley. He has won a total of 71 medals in major international long-course competition, 57 gold, 11 silver and three bronze spanning the Olympics, the World, and the Pan Pacific Championships. Phelps's international titles and record-breaking performances have earned him the World Swimmer of the Year Award seven times and American Swimmer of the Year Award nine times. His unprecedented Olympic success in 2008 earned Phelps Sports Illustrated magazine's Sportsman of the Year award.

After the 2008 Summer Olympics, Phelps started the Michael Phelps Foundation, which focuses on growing the sport of swimming and promoting healthier lifestyles. He expects to do further work with his foundation after the 2012 Olympics, which he has said will be his last.

<http://www.answers.com/topic/michael-phelps>

22. Ian Thorpe

Ian James Thorpe, OAM (born 13 October 1982), nicknamed the Thorpedo and Thorpey, is an Australian swimmer who specializes in freestyle, but also competes in backstroke and the individual medley. He has won five Olympic gold medals; the most won by any Australian, and with three gold and two silver medals, was the most successful athlete at the 2000 Summer Olympics. At the 2001 World Aquatics Championships, he became the first person to win six gold medals in one World Championship. In total, Thorpe has won eleven World Championship golds, the second-highest number of any swimmer. Thorpe was the first person to have been named Swimming World Swimmer of the Year four times, and was the Australian swimmer of the year from 1999 to 2003. His athletic achievements made him one of Australia's most popular athletes, and he was recognized as the Young Australian of the Year in 2000.

At the age of 14, he became the youngest male ever to represent Australia, and his victory in the 400 metre freestyle at the 1998 Perth World Championships made him the youngest ever individual male World Champion. After that victory, Thorpe dominated the 400 m freestyle, winning the event at every Olympic, World, Commonwealth and Pan Pacific Swimming

Championships until his break after the 2004 Olympics. Aside from 13 individual long-course world records, Thorpe anchored the Australian relay teams, numbering the victories in the 4 × 100 m and the 4 × 200 m freestyle relays in Sydney, among his five relay world records. His wins in the 200 m and 400 m and his bronze in the 100 m freestyle in Athens have made him the only male to have won medals in the 100–200–400 combination.

After the Athens Olympics, Thorpe took a year away from swimming, scheduling a return for the 2006 Commonwealth Games. However, he was forced to withdraw due to illness. Subsequent training camps were interrupted, and he announced his retirement in November 2006, citing waning motivation.

From early 2011, there was much speculation about Thorpe's return to swimming, fuelled by people claiming to have seen him training. These speculations were finally substantiated when Thorpe called a press conference on 2 February 2011, where he spoke of his return to swimming after four years away from the pool, with the aim of competing in the London Olympic Games. Thorpe competed at Australia's Olympic Trials in 2012, but failed to make the team. It was subsequently announced that he is targeting qualification for the 2013 World Championships in Barcelona.

<http://www.answers.com/topic/ian-thorpe>

23. Carl Lewis

Frederick Carlton "Carl" Lewis (born July 1, 1961) is an American former track and field athlete, who won 10 Olympic medals including 9 gold, and 10 World Championships medals, including 8 gold. His career spanned from 1979 when he first achieved a world ranking to 1996 when he last won an Olympic title and subsequently retired. Lewis became an actor and has appeared in a number of films.

Lewis was a dominant sprinter and long jumper who topped the world rankings in the 100 m, 200 m and long jump events frequently from 1981 to the early 1990s, was named Athlete of the Year by Track & Field News in 1982, 1983, and 1984, and set world records in the 100 m, 4 × 100 m and 4 × 200 m relays. His world record in the indoor long jump has stood since 1984 and his 65 consecutive victories in the long jump achieved over a span of 10 years is one of the sport's longest undefeated streaks. Over the course of his athletics career, Lewis broke ten seconds for the 100 metres 15 times and 20 seconds for the 200 metres 10 times.

His accomplishments have led to numerous accolades, including being voted "Sportsman of the Century" by the International Olympic Committee and being named "Olympian of the Century" by the American sports magazine Sports Illustrated. He also helped transform track and field from its nominal amateur status to its current professional status, enabling athletes to have more lucrative and longer-lasting careers. In 2011 he attempted to run for a seat as a Democrat in the New Jersey Senate, but was removed from the ballot due to the state's residency requirement.

Achievements. Lewis is the only man to defend an Olympic long jump title successfully.

The Chicago Bulls drafted Lewis in the 1984 NBA Draft as the 208th overall picks, although he had played neither high school nor college basketball. Lewis never played in the NBA. A poll on the NBA's website ranked Lewis second to Lusia Harris, the only woman to be drafted by the NBA, as the most unusual pick in the history of the NBA Draft. Ken Passon, an assistant West Coast scout for the Bulls, recommended Lewis because he was the best athlete available.

Though he did not play football in college, Lewis was drafted as a wide receiver in the 12th round of the 1984 NFL Draft by the Dallas Cowboys. He never played in the NFL.

Personal best marks:

100 m: 9.86 s (August 1991, Tokyo)

200 m: 19.75 s (June 1983, Indianapolis)

Long jump: 8.87 m (29 ft 1¼ in) 1991, w 8.91 m (29 ft 2¾ in) 1991 (both in Tokyo)

4 × 100 m relay: 37.40 s (United States – Marsh; Burrell; Mitchell; Lewis – August 1992, Barcelona)

4 × 200 m relay: 1:18.68 min (Santa Monica Track Club – Marsh; Burrell; Heard; Lewis – 1994; current world record).

<http://www.answers.com/topic/carl-lewis>

24. Olympic Games

The world's oldest sports spectacular, the first known Olympiad was held in 776 BC in Olympia, Greece. It is believed the festivals began before 1400 BC. The modern games, which until recently were held roughly every four years in different countries, were revived in 1896 by Baron Pierre de Coubertin of France. Those 1896 summer games took place in Athens, with 13 nations sending about 300 male athletes to compete in 42 events and 10 different sports. Now nearly 200 nations send thousands of male and female athletes to the Olympics, and hundreds of millions watch the events on television. Some winter sports were included in early years of the modern Olympics, but the Winter Games as a separate event didn't begin until 1924.

In ancient Greece, four national religious festivals-the Olympic Games, the Pythian Games, the Nemean Games, and the Isthmian Games-were major events; the Olympic Games, honoring Zeus, were especially famous. Records tell of Olympic Games every four years from 776 BC. to 217 AD. when, with Greece under Roman domination, the games had lost their religious purpose and the athletes vied only for money. They were abolished by the Roman emperor, Theodosius I. It is generally believed, however, that the festival consisted not only of sporting contests, but of the presentation of offerings to Zeus and other gods. At first, these were simple foot races; later the long jump, discus- and javelin-throwing, wrestling, boxing, pancratium (a ferocious combination of boxing and wrestling), and chariot racing were added. Poets and dramatists also presented works. The games opened with trumpet fanfares and closed with a banquet.

Modern Olympics comprise Summer Games, held in a large city, and Winter Games, held at a resort. Since 1994, the games are still on a four-year cycle, but two years apart: Winter Games in 2002, 2006, 2010, etc., and Summer Games in 2000, 2004, 2008, etc. There are 28 approved sports for the Summer Games. The Winter Games consist of seven approved sports.

Today, the opening ceremonies highlight a parade of the athletes led by those from Greece, in honor of the original Games, followed by the athletes from the other nations, in alphabetical order according to the spelling in the country's language; the host country enters last.

After the Games are declared open, the dramatic lighting of the Olympic flame occurs. A cross-country relay runner carries a torch first lit in Olympia, and ignites the flame that burns for the 15-16 days of the games. Thousands of runners, representing each country between Greece and the host country, take part in the four-week torch relay. This is followed by a spectacular production of fireworks, strobe lights, fly-overs, music, dance, and assorted entertainment.

The Winter Games of 1992, held in Albertville, France, were historic in their reflection of dramatic political changes. The Soviet Union had broken up in August 1991, and athletes from five former Soviet republics competed as representatives of the Commonwealth of Independent States or United Team, and the Olympic flag, not that of the U.S.S.R., was raised for the winners.

The first- and second-place medals are both made of silver but the first place has a wash of gold; the third-place medal is bronze.

The Olympics are supposed to be nonpolitical but have been marked by politics. In 1936, Adolf Hitler, who called blacks an inferior race, opened the Olympics in Berlin, Germany, as a propaganda show. It was thus a great triumph for humanity when Jesse Owens, a black man from Ohio State University, won four gold (first place) medals. He won the 100- and 200-meter dashes and the running broad jump, and was on the winning 400-meter relay team. Hitler ducked out of the stadium so he wouldn't have to congratulate Owens.

In 1972, the Games in Munich, Germany, were struck with horror when 11 Israeli athletes were killed by Arab terrorists.

The 1980 Games were opened in Moscow by Communist Party chairman Leonid I. Brezhnev, but athletes from the United States, Canada, West Germany, Japan and 50 other countries didn't participate. Their countries boycotted the event in protest of the Soviet invasion of Afghanistan. Terrorism again struck the Games in Atlanta in 1996.

Prominent Olympics participants have included:

Jim Thorpe, an American Indian and one of the greatest all-round athletes of all time, won gold medals for the decathlon and pentathlon in 1912. The following year, he was stripped of the

medals when an investigation showed he had played semiprofessional baseball. He died in 1953, and the medals were restored to his family in 1982.

Paavo Nurmi, known as the "Flying Finn," won nine gold medals in long-distance running in three Olympics-in 1920, 1924, and 1928. On an extremely hot day at the Paris Summer Games in 1924, Nurmi set Olympic records in the 1,500-meter and 5,000-meter runs. Two days later, he won the 10,000-meter cross-country race. In 1928, he set a record for the one-hour run, covering 11 miles and 1,648 yards. His 1924 wins were considered the greatest individual performance in the history of track and field.

The Norwegian skater Sonja Henie won three gold medals-in 1928, 1932, and 1936. In 1924, at the age of 11, she was the youngest Olympian contestant ever (she finished last that year). She thrilled crowds by incorporating balletic moves into what had been standard skating exercises.

Emil Zatopek, a Czech long-distance runner, won three gold medals in 1952 and set Olympic records for the 5,000- and 10,000-meter races and for the marathon.

Jean-Claude Killy, known as "Le Superman" in his native France, won three gold medals in Alpine ski events at Grenoble, France, in 1968.

Mark Spitz, a swimmer from California, became the first athlete to win seven gold medals in a single Olympics (1972). He set world records in four individual men's events, and won the remaining medals in team events. These teams also set world records. Spitz, 22 at the time, was so popular for a while that his photo was a pinup poster.

Michael Phelps turned in an even more spectacular performance. At the 2004 Olympics he won six gold medals, but that was just the warm up. In 2008, he set a new record by winning eight gold medals-in the 100- and 200-meter butterfly; the 200-meter freestyle; the 200- and 400-meter individual medley; the 4x100-meter medley relay; and the 4x100- and 4x200-meter freestyle relay. He set new world records in seven of those events, all but the 100-meter butterfly. In total, Phelps has won 14 Olympic gold medals and two bronze medals, for an awe-inspiring 16 medals in just two Olympic appearances. <http://www.answers.com/topic/olympic-games>

25. The Olympics of Ancient Greece

Although records cannot verify games earlier than 776 B.C., the contests in Homer's Iliad indicate a much earlier competitive tradition. Held in honor of Zeus in the city of Olympia for four days every fourth summer, the Olympic games were the oldest and most prestigious of four great ancient Greek athletic festivals, which also included the Pythian games at Delphi, the Isthmian at Corinth, and the Nemean at Argos (the Panathenaea at Athens was also important). The Olympics reached their height in the 5th-4th cent. B.C.; thereafter they became more and more professionalized until, in the Roman period, they provoked much censure. They were eventually discontinued by Emperor Theodosius I of Rome, who condemned them as a pagan spectacle, at the end of the 4th century A.D.

Among the Greeks, the games were nationalistic in spirit; states were said to have been prouder of Olympic victories than of battles won. Women, foreigners, slaves, and dishonored persons were forbidden to compete. Contestants were required to train faithfully for 10 months before the games, had to remain 30 days under the eyes of officials in Elis, who had charge of the games, and had to take an oath that they had fulfilled the training requirements before participating. At first, the Olympic games were confined to running, but over time new events were added: the long run (720 B.C.), when the loincloth was abandoned and athletes began competing naked; the pentathlon, which combined running, the long jump, wrestling, and discus and spear throwing (708 B.C.); boxing (688 B.C.); chariot racing (680 B.C.); the pankration (648 B.C.), involving boxing and wrestling contests for boys (632 B.C.); and the foot race with armor (580 B.C.).

Greek women, forbidden not only to participate in but also to watch the Olympic Games, held games of their own, called the Heraea. Those were also held every four years but had fewer events than the Olympics. Known to have been conducted as early as the 6th century B.C., the Heraea games were discontinued about the time the Romans conquered Greece. Winning was of prime importance in both male and female festivals. The winners of the Olympics (and of the

Heraea) were crowned with chaplets of wild olive, and in their home city-states male champions were also awarded numerous honors, valuable gifts. <http://www.answers.com/topic/olympic-games>

26. The Modern Olympics

The modern revival of the Olympic Games is due in a large measure to the efforts of Pierre, baron de Coubertin, of France. They were held, appropriately enough, in Athens in 1896, but that meeting and the ones that followed at Paris (1900) and at St. Louis (1904) were hampered by poor organization and the absence of worldwide representation. The first successful meet was held at London in 1908; since then the games have been held in cities throughout the world (see Sites of the Modern Olympic Games, table). World War I prevented the Olympic meeting of 1916 and World War II the 1940 and 1944 meetings. The numbers of entrants, competing nations and events have increased steadily.

To the traditional events of track and field athletics, which include the decathlon and heptathlon, have been added a host of games and sports—archery, badminton, baseball and softball, basketball, boxing, canoeing and kayaking, cycling, diving, equestrian contests, fencing, field hockey, gymnastics, judo and taekwondo, the modern pentathlon, rowing, sailing, shooting, soccer, swimming, table tennis, team (field) handball, tennis, trampoline, the triathlon, volleyball, water polo, weight lifting, and wrestling. Olympic events for women made their first appearance in 1912. A separate series of winter Olympic meets, inaugurated (1924) at Chamonix, France, now includes ice hockey, curling, bobsledding, luge, skeleton, and skiing, snowboarding, and skating events. Since 1994 the winter games have been held in even-numbered years in which the summer games are not contested.

As a visible focus of world energies, the Olympics have been prey to many factors that thwarted their ideals of world cooperation and athletic excellence. As in ancient Greece, nationalistic fervor has fostered intense rivalries that at times threatened the survival of the games. Although officially only individuals win Olympic medals, nations routinely assign political significance to the feats of their citizens and teams. Between 1952 and 1988 rivalry between the United States and the Soviet Union, rooted in mutual political antagonism, resulted in each boycotting games hosted by the other (Moscow, 1980; Los Angeles, 1984). Politics has influenced the Olympic Games in other ways, from the propaganda of the Nazis in Berlin (1936) to pressures leading to the exclusion of white-ruled Rhodesia from the Munich games (1972). At Munich, nine Israeli athletes were kidnapped and murdered by Palestinian terrorists. The International Olympic Committee (IOC), which sets and enforces Olympic policy, has struggled with the licensing and commercialization of the games, the need to schedule events to accommodate American television networks (whose broadcasting fees help underwrite the games), and the monitoring of athletes who seek illegal competitive advantages, often through the use of performance-enhancing drugs. The IOC itself has also been the subject of controversy. In 1998 a scandal erupted with revelations that bribery and favoritism had played a role in the awarding of the 2002 Winter Games to Salt Lake City, Utah, and in the selection of some earlier venues. As a result, the IOC instituted a number of reforms including, in 1999, initiating age and term limits for members and barring them from visiting cities bidding to be Olympic sites. <http://www.answers.com/topic/olympic-games>

27. Olympic sports

The Olympic Games program consists of 35 sports, 30 disciplines and nearly 400 events. For example, wrestling is a Summer Olympic sport, comprising two disciplines: Greco-Roman and Freestyle. It is further broken down into fourteen events for men and four events for women, each representing a different weight class. The Summer Olympics program includes 26 sports, while the Winter Olympics program features 15 sports. Athletics, swimming, fencing, and artistic gymnastics are the only summer sports that have never been absent from the Olympic program. Cross-country skiing, figure skating, ice hockey, Nordic combined, ski jumping, and speed skating have been featured at every Winter Olympics program since its inception in 1924. Current Olympic sports, like badminton, basketball, and volleyball, first appeared on the program as demonstration sports,

and were later promoted to full Olympic sports. Some sports that were featured in earlier Games were later dropped from the program.

Olympic sports are governed by international sports federations (IFs) recognized by the IOC as the global supervisors of those sports. There are 35 federations represented at the IOC. There are sports recognized by the IOC that are not included on the Olympic program. These sports are not considered Olympic sports, but they can be promoted to this status during a program revision that occurs in the first IOC session following a celebration of the Olympic Games. During such revisions, sports can be excluded or included in the program on the basis of a two-thirds majority vote of the members of the IOC. There are recognized sports that have never been on an Olympic program in any capacity, including chess and surfing.

In October and November 2004, the IOC established an Olympic Programme Commission, which was tasked with reviewing the sports on the Olympic program and all non-Olympic recognized sports. The goal was to apply a systematic approach to establishing the Olympic program for each celebration of the Games. The commission formulated seven criteria to judge whether a sport should be included on the Olympic program. These criteria are history and tradition of the sport, universality, popularity of the sport, image, athletes' health, development of the International Federation that governs the sport, and costs of holding the sport. From this study five recognized sports emerged as candidates for inclusion at the 2012 Summer Olympics: golf, karate, rugby union, roller sports and squash. These sports were reviewed by the IOC Executive Board and then referred to the General Session in Singapore in July 2005. Of the five sports recommended for inclusion only two were selected as finalists: karate and squash. Both sport attained the required two-thirds vote and consequently they were not promoted to the Olympic program. In October 2009 the IOC voted to instate golf and rugby union as Olympic sports for the 2016 and 2020 Summer Olympic Games.

The 114th IOC Session, in 2002, limited the Summer Games program to a maximum of 28 sports, 301 events, and 10,500 athletes. Three years later, at the 117th IOC Session, the first major program revision was performed, which resulted in the exclusion of baseball and softball from the official program of the 2012 London Games. Since there was no agreement in the promotion of two other sports, the 2012 program featured just 26 sports. The 2016 and 2020 Games will return to the maximum of 28 sports given the addition of rugby and golf.

http://en.wikipedia.org/wiki/Olympic_Games

28. Pierre de Coubertin

Pierre Fredy, Baron de Coubertin, was born to a wealthy family in Paris on New Year's Day of 1863. He was raised with the notion that the French people had been humiliated by the Prussians during the Franco-Prussian War. Coubertin believed this defeat came about because the French were weak, not educated to deal with current life, and untrained in physical sports. The French educational system emphasized the life of the mind exclusively, and many people believed that physical activity would take energy away from mental growth. Coubertin felt this was an unbalanced approach, and that excessive intellectualism had led to the defeat of his country.

Early Interest in Sports. As the member of a wealthy family, Coubertin did not face the pressure of having to make a living as a young man. He rode horses, rowed, boxed, fenced, and circulated in high Parisian society. Despite his easy life, (or because of it), he was haunted by the need to create some meaning, to have some greater purpose than merely chatting with other aristocrats or attending parties.

During his early teens, Coubertin had read a great deal of English "schoolboy" novels, in which the heroes were rugged, vigorous youths who excelled in sports and were admired by all. As J. A. Lucas noted in *Olympism* "Baron Pierre de Coubertin was convinced that the sports-centered English public school system of the late 19th century was the rock upon which the vast and majestic British empire rested." He was fascinated by the image of such hardy people. In 1883, against his parents' wishes, Coubertin traveled to England to visit such schools and to learn about the British

attitude toward sports and physical conditioning. It would be the first of twelve such visits, during which he would develop his lifelong philosophy on physical education.

Coubertin also traveled to the United States, studied physical education there, and wrote and spoke to American, British, and French audiences about his interests. He was a prolific writer, producing over 20 books and hundreds of articles during his lifetime. As Richard D. Mandell wrote in *The First Modern Olympics*, most of his writing was dry and repetitive, and he had to use part of his vast fortune to pay for its publication. His works on the early Olympics have survived because of their historical interest.

Coubertin's grandiose plans for wholesale reform of the French educational system never came to pass; not did his desire to revitalize all of French culture. However, he will be remembered forever as the founder and organizer of the modern Olympic Games. The Games, originally celebrated in ancient Greece as part of ancient religious beliefs, had not been held for almost 1500 years.

Sought Support for his Olympic Plan. As Mandell pointed out, Coubertin had little contact with athletes, but he was superb at convincing bureaucrats and wealthy supporters that the Olympics were a worthy cause. The fact that he was an energetic and optimistic member of the nobility made it hard for them to refuse. He organized banquets and assemblies at which he prodded them to take action. He presented his new Olympic Committee as a strong and growing organization worthy of their support. However, as Mandell noted, "His 'Comite international olympique'-confidently referred to at the front of brochures, listed at the top of letterheads, and accompanied by the five interlocking rings in the common colors representing those on all the national flags-was for many years the frailest of paper structures."

Coubertin became established as an expert on physical education. He began a campaign to convince French authorities that a program of physical education, more organized amateur athletic opportunities, and a reform of the educational system, were necessary, and that he should be placed in charge of such a program. Some bureaucrats were convinced, to the extent that they commissioned him to hold a "Congress for Physical Education in June 1889. Although he was empowered to charge admission to the congress, Coubertin distributed free tickets instead, and held exhibitions of horse riding, fencing, and track and field. He also arranged for a soccer game, rowing, tennis, and other events.

Surprisingly, Coubertin was attacked by many for holding this congress. His attackers felt that his methods were too British, and that he was turning his back on the French way. However, the criticism brought him a great deal of publicity. In the next few years, he continued to write, speak, and hold athletic events. In 1892, at a "jubilee" of the French Union of Athletic Sports Societies, according to Mandell, he made his first proposal for the institution of the modern Olympic Games: "I hope you will help us in the future as you have in the past to pursue this new project. What I mean is that, on a basis conforming to modern life, we reestablish a great and magnificent institution, the Olympic Games."

His proposal did not meet with much enthusiasm, since most of those present had no idea what he was talking about. The original Olympic Games were part of ancient Greek religious ritual, and athletes customarily competed without clothes. Was this what Coubertin meant? Coubertin himself was unsure what form these new games would take, or what countries would be involved, but he was undeterred by the lack of support. In 1894, he held an international congress of athletic associations.

International Olympic Committee. Seventy-nine delegates from 12 countries attended. Coubertin had written on the invitations, "Congress for the Reestablishment of the Olympic Games," and planned the event to be as lavish and momentous as possible, so that those attending would believe they were now a part of history. The congress divided into two committees, one of which was to discuss the issue of amateur athletes versus professionals-a debate that continued throughout the twentieth century-and the other of which was to discuss the revival of the Olympics. Before the congress was over, this second committee had agreed on the basic structure of the games. They would take place every four years, just as the ancient Olympics had. They would be

international in scope, and involve modern sports. They would be for adult athletes only. Athletes who made money from their sports would not be allowed to participate. Different nations would host the events, rather than being held in the same nation repeatedly. The committee also established the first International Olympic Committee (IOC), composed of members who would represent the Olympic Games to the leaders in their home countries. The committee agreed that the first modern Olympics would take place in Greece, the ancient home of the Games.

First Modern Olympic Games. As Jeffrey Segrave and Donald Chu pointed out in *Olympism*, "The choice of Athens for the new world Games was unfortunate. Greece was in political and military turmoil, and utterly bankrupt." Coubertin, however, visited Athens and became convinced that the Greek people truly wanted to host the Games. Crown Prince Konstantine of Greece took the helm of the Games Committee, and Greek fundraisers came up with \$100,000. A merchant, George Averoff, donated \$300,000 more. The city was renovated and decorated, and the Games began on April 5, 1896. Segrave and Chu wrote, "The 33-year-old Baron saw a life-dream fulfilled. The years ahead were filled with crisis and a halting progress. On this day, however, he was radiant with joy."

Later Olympics, in Paris and St. Louis, were not as positive, as these events were nearly eclipsed by world's fairs; the IOC and Coubertin were nearly displaced. However, the Games of 1912, held in Stockholm, hewed more closely to Coubertin's ideals. Mandell wrote that these Games "were independent of any other distracting public festival and took place in facilities especially designed and built for the occasion." In addition, after these Games, Coubertin began to achieve recognition as the founder of the modern Olympic movement.

Later Years. During World War I, Coubertin moved the headquarters of the IOC to Lausanne, Switzerland. He continued to promote his idea that the Games encourage peace and communication among nations through nonviolent competition in sports. He had volunteered to serve in the military, but instead, was assigned to oversee the physical education programs in French provincial schools. By this time, Coubertin had spent most of his formerly large fortune to promote the Games. What was left disappeared in the rampant inflation that took place during the war. Impoverished, he dismissed his servants and sold his family home. His sister-in-law was killed when the Germans bombed Paris, his two nephews were killed in combat, and his beloved son suffered severe sunstroke at the age of two, became catatonic, and never recovered. Coubertin's daughter, was mentally ill and required care. Coubertin's wife, in response to these tragedies, became compulsive and controlling, and refused to give any of her own money to support the family. Coubertin was penniless during the last years of his life, but his wife refused to give him any spending money.

After the 1924 Olympics in Paris, which were very successful, Coubertin retired from his post as president of the IOC. In his later years, he became isolated and bitter. However, the international tradition he created was now strong and full of life. He died in Geneva, Switzerland on September 2, 1937. After his death, one final Olympic ritual occurred. In his will, Coubertin left directions that his body should be buried in Lausanne, but his heart should be removed and buried in holy soil amid ruins on the site of the ancient Olympic Games. These wishes were honored.

An Encyclopedia Britannica article noted that "Coubertin's extraordinary energies, his taste for cultural symbolism, his social and personal connections, and his willingness to exhaust his fortune in pursuit of his ambitions were critical to launching the Olympic Movement."

<http://www.answers.com/topic/coubertin-baron-pierre-de>

SECTION II. GRAMMAR EXERCISES

1. Articles

There are only three articles in English: **a**, **an** and **the**. There are two *types* of articles **indefinite 'a'** and **'an'** or **definite 'the'**. You also need to know when not to use an article.

Indefinite articles - a and an (determiners) **A** and **an** are the indefinite articles. They refer to something not specifically known to the person you are communicating with. **A** and **an** are used before nouns that introduce something or someone you have not mentioned before:-

For example: "I saw **an** elephant this morning." "I ate **a** banana for lunch."

A and **an** are also used when talking about your profession:-

For example: "I am **an** English teacher." "I am **a** builder."

Note! You use **a** when the noun you are referring to begins with a consonant (b, c, d, f, g, h, j, k, l, m, n, p, q, r, s, t, v, w, x, y or z), for example, "**a** city", "**a** factory".

You use **an** when the noun begins with a vowel (a, e, i, o, u)

Pronunciation changes this rule. It's the sound that matters, not the spelling.

If the next word begins with a *consonant sound* when we say it, for example,

"university" then we use **a**. If the next word begins with a *vowel sound* when we say it, for example "hour" then we use **an**.

Definite article - the (determiners) There are two ways to pronounce "the". **Strong** pronunciation **ði**: Weak pronunciation **ðə**

You use **the** when you know that the listener knows or can work out what particular person/thing you are talking about.

For example: "**The** apple you ate was rotten." "Did you lock **the** car?"

You should also use **the** when you have already mentioned the thing you are talking about.

For example: "She's got two children; **a** girl and **a** boy. **The** girl's eight and **the** boy's fourteen."

We use **the** to talk about geographical points on the globe.

For example: **the** North Pole, **the** equator

We use **the** to talk about rivers, oceans and seas

For example: **the** Nile, **the** Pacific, **the** English channel

We also use **the** before certain nouns when we know there is only one of a particular thing.

For example: **the** rain, **the** sun, **the** wind, **the** world, **the** earth, **the** White House etc..

However if you want to describe a particular instance of these you should use a/an.

For example: "I could hear **the** wind." / "There's **a** cold wind blowing."

"What are your plans for **the** future?" / "She has **a** promising future ahead of her."

The is also used to say that a particular person or thing being mentioned is the best, most famous, etc. In this use, '**the**' is usually given strong pronunciation:

For example: "Harry's Bar is **the** place to go." "You don't mean you met **the** Tony Blair, do you?"

!Note - The doesn't mean all:-

For example: "**The** books are expensive." (Not all books are expensive, just the ones I'm talking about.) "Books are expensive." (All books are expensive.)

No article We usually use no article to talk about things in general:-

For example: **People** are worried about rising crime. (Note! People generally, so no article)

You do not use an article when talking about sports.

For example: My son plays **football**. **Tennis** is expensive.

You do not use an article before uncountable nouns when talking about them generally.

For example: **Information** is important to any organisation. **Coffee** is bad for you.

You do not use an article before the names of countries **except** where they indicate multiple areas or contain the words (state(s), kindom, republic, union). Kingdom, state, republic and union are nouns, so they need an article.

For example: No article - Italy, Mexico, Bolivia, England; Use the - **the** UK (United *Kingdom*), **the** USA (United *States* of America), **the** Irish *Republic*
Multiple areas! **the** Netherlands, **the** Philippines, **the** British Isles

Grammar Exercises. Articles

1. Fill in the article *a*, *an* or *the* where necessary. Choose *x* where no article is used.

- | | |
|---|--|
| <p>1. I like ____ blue T-shirt over there better than ____ red one.</p> <p>2. Their car does 150 miles ____ hour.</p> <p>3. Where's ____ USB drive I lent you last week?</p> <p>4. Do you still live in ____ Bristol?</p> <p>5. Is your mother working in ____ old office building?</p> | <p>6. Carol's father works as ____ electrician.</p> <p>7. The tomatoes are 99 pence ____ kilo.</p> <p>8. What do you usually have for ____ breakfast?</p> <p>9. Ben has ____ terrible headache.</p> <p>10. After this tour you have ____ whole afternoon free to explore the city.</p> |
|---|--|

2. Decide whether to use the definite article *the* or not. If you do not need the article *the*, use *x*.

- | | |
|--|--|
| <p>1. My grandmother likes ____ flowers very much.</p> <p>2. I love ____ flowers in your garden.</p> <p>3. See you on ____ Wednesday.</p> <p>4. I always listen to ____ radio in the morning.</p> <p>5. Alex goes to work by ____ bus.</p> | <p>6. Don't be late for ____ school.</p> <p>7. Listen! Dennis is playing ____ trumpet.</p> <p>8. We often see our cousins over ____ Easter.</p> <p>9. She has never been to ____ Alps before.</p> <p>10. What about going to Australia in ____ February?</p> |
|--|--|

3. Decide whether to use the definite article *the* or not. If you do not need the article *the*, use *x*.

Hi John,

I arrived in ____ USA last Monday. We left ____ Rome, flew over ____ Alps and made a quick stop in ____ London. There we went shopping in ____ Harrods, visited ____ Tower and enjoyed a sunny afternoon in ____ Hyde Park. On the following day we left for ____ New York. ____ time on board wasn't boring as there were two films to watch on ____ monitor. ____ people on ____ plane were all ____ Italian. Before we landed at ____ JFK airport, we saw ____ Statue of Liberty, ____ Ellis Island and ____ Empire State Building. ____ hotel I stayed in was on ____ corner of ____ 42nd Street and ____ 5th Avenue. I don't like ____ hotels very much, but I didn't have ____ time to rent an apartment.

Please say hello to Peter and Mandy.

Yours,

Peter

4. Use *a* or *an*. Write the correct forms of the indefinite articles into the gaps.

Example: We read ____ book.

Answer: We read **a** book.

- | | |
|---|---|
| <p>1. There is ____ new English book on the desk.</p> <p>2. She's reading ____ old comic.</p> <p>3. They've got ____ idea.</p> <p>4. He is drinking ____ cup of coffee.</p> <p>5. The girl is ____ pilot.</p> | <p>6. Leipzig has ____ airport.</p> <p>7. This is ____ expensive bike.</p> <p>8. Look! There's ____ bird flying.</p> <p>9. My father is ____ honest person.</p> <p>10. My friend likes to be ____ astronaut</p> |
|---|---|

5. Which article: 1) *a* or 2) *an* can be put before the following words or phrases? Write the words or phrases into the correct column.

comic, older sister, university, one-dollar bill, car, MP, blue pencil, new desk, bird, elephant

- 1)
- 2)

2. Nouns

Countable and Uncountable Nouns

The noun can be countable or uncountable. **Countable** nouns can be "counted", they have a singular and plural form .

For example: a book, two books, three books ...

Uncountable nouns cannot be counted, they are not separate objects. This means you cannot make them plural by adding -s, because they only have a singular form. It also means that they do not take a/an or a number in front of them.

For example: water, work, information, coffee, sand...

Making uncountable nouns countable

You can make most uncountable noun countable by putting a countable expression in front of the noun.

For example:-a **piece** of information; 2 **glasses** of water; 10 **litres** of coffee; three **grains** of sand; a **pane** of glass.

Sources of confusion with countable and uncountable nouns

The notion of countable and uncountable can be confusing.

Some nouns can be countable or uncountable depending on their meaning. Usually a noun is uncountable when used in a general, abstract meaning (when you don't think of it as a separate object) and countable when used in a particular meaning (when you can think of it as a separate object).

For example:-glass - A glass of water. (Countable);| A window made of glass.
(Uncountable)

Plural Forms (Regular Plurals)

The plural form of most nouns is created by adding the letter 's' to the end of the word .

For example:-bag – bags, dog – dogs, horse – horses, minute - minutes

But there are some exceptions:-

Nouns that end in *-ch*, *-x*, *-s*, *-sh* add *'-es'* to the end of the word.

For example:- box – boxes, boss – bosses, bush – bushes, church – churches, gas - gases

Most nouns ending in *-o* preceded by a consonant also form their plurals by adding *'-es'* .

For example:- potato – potatoes, tomato - tomatoes , volcano - volcanoes

Nouns ending in a consonant + *y*, drop the *y* and add *'-ies'*.

For example:- party – parties, lady - ladies

Most nouns ending in *'is'*, drop the *'is'* and add *'-es'*.

For example:-crisis – crises, hypothesis – hypotheses, oasis - oases

Most nouns ending in *-f* or *-fe*, drop the *f* and add *'ves'*.

For example:- calf – calves, half – halves, wolf - wolves

But this isn't a hard and fast rule:-belief - beliefs (believes is a verb form), brief – briefs, chef – chefs, proof – proofs, roof – roofs, cafe – cafes, safe - safes (saves is a verb form)

Irregular Plurals

There are also a lot of common nouns that have irregular plurals.

Most common nouns connected with human beings seem to be irregular.

For example:- child – children, person – people, man – men, woman - women

Other irregular common nouns are: foot – feet, goose – geese, mouse – mice, tooth - teeth

Some nouns have identical plural and singular forms.

For example:- aircraft – aircraft, fish – fish, sheep – sheep, species - species

Some nouns exist only in the plural form and take a plural verb (are / were...).

For example:- cattle, scissors, trousers, tweezers, congratulations, pyjamas

Have you seen my scissors? They were on my desk.

Nouns that stem from older forms of English or are of foreign origin often have odd plurals.

For example:- ox – oxen, index - indices or indexes

In compound nouns the plural ending is usually added to the main noun.

For example:- son-in-law - sons-in-law, passer-by - passers-by

Grammar Exercises. Nouns

1. Put in the correct form of the plural.

Example: school - _____

1. desk - _____
2. pencil - _____
3. bike - _____
4. cat - _____
5. invitation - _____

Answer: school - **schools**

6. watch - _____
7. game - _____
8. cage - _____
9. cake - _____
10. box - _____

2. Finish the sentences with the singular or plural form of the nouns.

Example: There is a _____ on the table.

1. The cat is sitting on my _____.
2. There are five _____ on my desk.
3. I have two _____.
4. They are riding their _____.
5. We have a _____.

Answer: There is a book on the table.

6. How many _____ do you have in your bag?
7. My mother has a new _____.
8. There are three windows in the _____.
9. Susan has four _____.
10. There is one _____ on the floor.

3. Put in the correct form of the plural.

Example: car - _____

1. ox - _____
2. roof - _____
3. potato - _____
4. party - _____
5. deer - _____

Answer: car - cars

6. photo - _____
7. series - _____
8. series - _____
9. wife - _____
10. brother-in-law - _____

4. Fill in the following words *advice, chocolate, jam, lemonade, meat, milk, oil, rice, tea, tennis* and form meaningful phrases.

Example: a cube of _____

1. a piece of _____
2. a packet of _____
3. a bar of _____
4. a glass of _____
5. a cup of _____

Answer: a cube of sugar

6. a bottle of _____
7. a slice of _____
8. a barrel of _____
9. a game of _____
10. a jar of _____

5. Complete with the words in the plural form.

1. How many (cinema) are there in London?
2. How many (fly) have you swatted?
3. How many (house) are there in your street?
4. Is your cat catching (mouse)?
5. How many (goose) do you have on your farm?
6. Where do (moose) live? How many (fish) are there in the sea?
7. How many (abbey) are there in the UK?
8. How many (pencil case) do we have in stock?
9. How many (sheep) do you have on your farm?

3. Adjectives, adverbs

Comparison of adjectives

There are three forms of comparison: **positive, comparative, superlative.**

Positive Form

Use the positive form of the adjective if the comparison contains one of the following expressions:

as ___ as (*Jane is as tall as John*) **not as ___ as / not so ___ as** (*John is not as tall as Arnie*)

Comparative Form and Superlative Form (-er/-est)

one-syllable adjectives (clean, new, cheap)

two-syllable adjectives ending in -y or -er (easy, happy, pretty, dirty, clever)

<i>positive form</i>	<i>comparative form</i>	<i>superlative form</i>
<i>clean</i>	<i>cleaner</i>	<i>(the) cleanest</i>

Comparative Form and Superlative Form (more/most)

adjectives of three or more syllables (and two-syllable adjectives not ending in -y/-er)

<i>positive form</i>	<i>comparative form</i>	<i>superlative form</i>
<i>difficult</i>	<i>more difficult</i>	<i>(the) most difficult</i>

Comparative Form and Superlative Form (irregular comparisons)

Good - better - best

late (time) - later - latest

bad / ill - worse - worst

late (order) - latter - last

little (amount) - less - least

near (place) - nearer - nearest

little (size) - smaller - smallest

near (order) - next

much / many - more - most

old (people and things) - older - oldest

far (place + time) - furthe - furthest

old (people) - elder - eldest

far (place) - farther - farthest

Form and Comparison of Adverbs

Form

In general: adjective + -ly (adjective – adverb = *slow – slowly*)

Comparison of adverbs

There are three forms: **positive, comparative, superlative.**

Comparison with -er/-est

all adverbs with one syllable

the adverb: early

<i>positive form</i>	<i>comparative form</i>	<i>superlative form</i>
<i>hard</i>	<i>harder</i>	<i>(the) hardest</i>

Comparison with more - most

adverbs ending on -ly (not: early)

<i>positive form</i>	<i>comparative form</i>	<i>superlative form</i>
<i>carefully</i>	<i>more carefully</i>	<i>(the) most carefully</i>

Irregular adverb

well - better - best

little - less - least

badly - worse - worst

late - later - last

much - more - most

far - farther/further - farthest/furthest

Adjective or Adverb

Adjectives are used to modify nouns

The dog is loud.

Adverbs are used to modify verbs, adjectives or other adverbs

The dog barks loudly.

Linking Verbs

Some verbs can only be used with adjectives, others might change their meaning when used with an adverb (*look – look good (= appearance) – look well (= healthy)*; *feel – feel good (= state of health/mind) – feel well (= have a good sense of touch)*).

Grammar Exercises. Adjectives, adverbs

1. Fill in the comparative and superlative forms of the adjectives.

Example: new - _____ - _____

1. old - _____ - _____

2. bad - _____ - _____

3. difficult - _____ - _____

4. large - _____ - _____

5. good - _____ - _____

Answer: new - newer - newest

6. big - _____ - _____

7. easy - _____ - _____

8. much - _____ - _____

9. little - _____ - _____

10. interesting - _____ - _____

2. Fill in the missing words into the gaps. Mind the first two words in each task.

1. strong - stronger; good - _____

2. coldest - colder; happiest - _____

3. nice - nicer; bad - _____

4. angry - angrier; much - _____

5. more boring - boring; sunnier - _____

6. more interesting - most interesting; worse - _____

7. hard - hardest; new - _____

8. most expensive - expensive; cleanest - _____

9. fast - fastest; old - _____

10. shortest - short; most difficult - _____

3. Put in the adjective from the first sentences into the second sentence in its correct form (comparative or superlative).

Example: I have a fast car, but my friend has a _____ car.

1. My father is heavy. My uncle is much _____ than my father.

2. The test in Geography was easy, but the test in Biology was _____.

3. Florida is sunny. Do you know the _____ place in the USA?

4. Stan is a successful sportsman, but his sister is _____ than Stan.

5. My mother has a soft voice, but my teacher's voice is _____ than my mother's.

Answer: I have a fast car, but my friend has a faster car.

6. Amy has a beautiful baby, but my daughter has the _____ baby on earth.

7. I live in a large family, but my grandfather lived in a _____ family.

8. We have only little time for this exercise, but in the examination we'll have even _____ time.

9. Lucy is clever, but Carol is _____ than Lucy.

10. Have you visited the old castle? It was the _____ castle we visited during our holidays.

4. Use either *as* _____ *as* or *not as* _____ *as* in the sentences below.

Example: Ben Nevis is _____ as Mont Blanc (not/high).

1. The blue car is _____ the red car. (**fast**)

2. Peter is _____ Fred. (**not/tall**)

3. The violin is _____ the cello. (**not/low**)

4. This copy is _____ the other one. (**bad**)

5. Oliver is _____ Peter. (**optimistic**)

6. Today it's _____ yesterday. (**not/windy**)

Answer: Ben Nevis is not as high as Mont Blanc.

7. The tomato soup was _____ the mushroom soup. (**delicious**)

8. Grapefruit juice is _____ lemonade. (**not/sweet**)

9. Nick is _____ Kevin. (**brave**)

10. Silver is _____ gold. (**not/heavy**)

5. Compare the following adverbs.

Example: newly - _____ - _____

1. fast - _____ - _____

2. well - _____ - _____

3. carefully - _____ - _____

4. often - _____ - _____

5. badly - _____ - _____

Answer: newly - more newly - most newly

6. hard - _____ - _____

7. clearly - _____ - _____

8. little - _____ - _____

9. much - _____ - _____

10. early - _____ - _____

4. Pronouns

A **pronoun** is a word that takes the place of a noun. Pronouns can be in one of three cases: Subject, Object, or Possessive.

Personal pronouns, Possessive determiners, Possessive pronouns

<i>Personal pronouns</i>		<i>Possessive determiners</i>	<i>Possessive pronouns</i>
<i>as subject (nominative)</i>	<i>as object (accusative and dative)</i>		
I	me	my	mine
You	you	your	yours
He	him	his	his
She	her	her	hers
It	it	its	its
We	us	our	ours
You	you	your	yours
They	them	their	theirs
<i>We have some books.</i>	<i>The books are for us.</i>	<i>These are our books.</i>	<i>The books are ours.</i>

Demonstrative pronouns

Demonstrative pronouns are used when we identify someone or something. There are four demonstrative pronouns: **this**, **that**, **these** and **those**. They are all similar in meaning; **'this'** and **'these'** tend to refer to items fairly close at hand, while **'that'** and **'those'** tend to be further away. Moreover, **'this'** and **'that'** refer to single items, while **'these'** and **'those'** are plural.

Examples: *This is my chair that is yours. These are John's pens, those are Mary's.*

Indefinite pronouns

The indefinite pronouns are the words used to give an idea of 'all', 'some' or 'none'. The most commonly used indefinite pronouns are: **anybody**, **somebody**, **nobody**, **everybody**, **anyone**, **someone**, **no-one**, **everyone**, **anything**, **something**, **nothing**, **everything**, **all**, **some**, **one**, **none**, **each**, **any**, **few**, **many**.

Examples: *Is somebody coming? Do you have any? I have nothing. Here are some.*

Note! Some of the indefinite pronouns can also be used as indefinite adjectives if there is a noun in the sentence as well. If I said *'Here are some biscuits'* then the word **'some'** would be an adjective.

Reflexive pronouns

A reflexive pronoun refers back to the subject of the sentence. There are eight reflexive pronouns: **myself**, **yourself**, **himself**, **herself**, **itself**, **ourselves**, **yourselves**, **themselves**.

Examples: *I like to check my email myself. The cat washed herself. They decided to look after themselves.*

Interrogative pronouns

Interrogative pronouns are the ones used to ask questions. **Who**, **whom**, **which** and **what** are interrogative pronouns. Also, **whoever**, **whomever**, **whichever** and **whatever** can also be used as interrogative pronouns.

Examples: *Who is on the phone? Which is the book you want? Whoever was that?*

Relative pronouns

Relative pronouns link two phrases or clauses. The relative pronouns are similar to the interrogative pronouns: **who**, **whom**, **which**, **that**, **whoever**, **whomever** and **whichever**. They are relative rather than interrogative when they are not used to ask a question.

Examples: *I do not like people who smoke. You can choose whichever you want.*

Grammar Exercises. Pronouns

1. Use the correct personal pronouns. Watch the words in brackets.

Example: ___ often reads books. (**Lisa**)

Answer: **She** often reads books.

1. ___ is dreaming. (**George**)
2. ___ is green. (the blackboard)
3. ___ are on the wall. (**the posters**)
4. ___ is running. (**the dog**)
5. ___ are watching TV. (**my mother and I**)
6. ___ are in the garden. (**the flowers**)
7. ___ is riding his bike. (**Tom**)
8. ___ is from Bristol. (**Victoria**)
9. ___ has got a brother. (**Diana**)
10. Have ___ got a computer, Mandy?

2. Choose the correct possessive determiners.

Example: I have got a sister. ___ name is Susan. Answer: I have got a sister. Her name is Susan.

Hi Daniel,

___ name is John. This is ___ friend Jason. He's 12. ___ sister is nine. ___ pet is a budgie. ___ name is Dickens. Jason and I go to the same school. There are 450 boys and girls in ___ school. Jason's form teacher is Mrs. Peterson. She has got a pet, too. ___ pet is a tortoise. Our form teacher is Mr. Smith. I like ___ lessons. He has two dogs. The dogs love to play in ___ garden. Now I have a question for you. What's ___ pet? Yours, John

3. Which object form of the personal pronoun can substitute the underlined phrase in the sentence?

1. The teacher always gives the students homework. (me, them, you)
2. My mother always cooks the child dinner. (him, them, you)
3. The boys are riding their bikes. (it, them, her)
4. My father is writing a letter to John. (me, her, him)
5. I don't know the answer. (she, her, it)
6. Sally is going to Anne. (her, him, me)
7. Open the window, please. (it, them, us)
8. Can you tell the people the way to the airport, please? (you, them, us)
9. The books are for Peter. (him, her, you)
10. Can you help my sister and me, please? (her, me, us)

4. Choose the correct reflexive pronouns from the dropdown menu.

myself - yourself - himself - herself - itself - ourselves - yourselves - themselves

1. Robert made this T-shirt ____.
2. Lisa did the homework ____.
3. We helped ____ to some cola at the party.
4. Emma, did you take the photo by ____?
5. I wrote this poem ____.
6. He cut ____ with the knife while he was doing the dishes.
7. The lion can defend ____.
8. My mother often talks to ____.
9. Tim and Gerry, if you want more milk, help ____.
10. Alice and Doris collected the stickers ____.

5. Choose one of the following relative pronouns *who, which* or *whose* from the dropdown menu.

1. I talked to the girl ___ car had broken down in front of the shop.
2. Mr Richards, ___ is a taxi driver, lives on the corner.
3. We often visit our aunt in Norwich ___ is in East Anglia.
4. This is the girl ___ comes from Spain.
5. That's Peter, the boy ___ has just arrived at the airport.
6. Thank you very much for your e-mail ___ was very interesting.
7. The man, ___ father is a professor, forgot his umbrella.
8. The children, ___ shouted in the street, are not from our school.
9. The car, ___ driver is a young man, is from Ireland.
10. What did you do with the money ___ your mother lent you?

5. Numerals

1. Whole Numbers also known as *Cardinal Numbers* - used for counting

Nought, one, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve, thirteen, fourteen, fifteen, sixteen, seventeen, eighteen, nineteen, twenty, twenty-one..., thirty, forty, fifty, sixty, seventy, eighty, ninety, one hundred, one hundred and one..., one thousand, one million

2. *Ordinal Numbers* - used for ranking

The first, the second, the third, the fourth, the fifth, the sixth, the seventh, the eighth, the ninth, the tenth, the eleventh, the twelfth, the thirteenth, the fourteenth, the fifteenth, the sixteenth, the seventeenth, the eighteenth, the nineteenth, the twentieth, the twenty-first..., the thirtieth, the fortieth, the fiftieth, the sixtieth, the seventieth, the eightieth, the ninetieth, the hundredth, the hundred and first..., the thousandth

3. **Fractions:** $\frac{1}{2}$ - a half, $2\frac{1}{2}$ - two and a half, $\frac{1}{4}$ - a quarter, $\frac{3}{4}$ - three quarters (three fourth), $\frac{1}{8}$ - one eighth (an eighth), $\frac{7}{8}$ - seven eighths.

4. *Decimals*

Note! in English a 'point', not a comma, is used in decimal fractions!

We read the digits after the point separately: 0.5 - oh (OR: nought) point five, 2.5 - two point five, 0.75 - oh point seven five, 15.735 - fifteen point seven three five.

5. **Saying *the numbers of years*:** 1066 - ten sixty-six; 1605 - sixteen oh five; 1776 - seventeen seventy-six; 1900 - nineteen hundred; 2000 - (the year) two thousand; 2001 - two thousand and one OR twenty oh one.

We don't say 'year' after the number, we may say 'the year 2005' but before the number.

6. *Dates*

a) We have two ways of saying the dates, e.g. *10 March (the tenth of March* - British English; *March (the) tenth* - American English).

b) In American English the month comes before the day, e.g. *5/3/94* (5th March in Britain; 3rd May in the USA).

7. Telling *the time*

a) *the informal*

6.10 - ten past six	9.49 - eleven minutes to ten	12.00 - noon/midday
7.03 - three minutes past seven	10.30 - half past ten	18.45 - a quarter to seven
8.55 - five to nine	11.15 - a quarter past eleven	20.00 - eight (o'clock) (in the afternoon)
		24.00 - midnight

b) *the formal* (e.g. for timetables) - the 24-hour clock

6.10 - six ten	10.30 - ten thirty	18.45 - eighteen forty-five
----------------	--------------------	-----------------------------

c) We never use 'o'clock' together with 'a.m.' or 'p.m.'

8. *Telephone / room etc numbers*

a) They are read separately, e.g. *Room 106 - room number one oh six.*

b) 'Oh' is used in British English, whereas 'zero' is used in American English.

c) shortenings in British English: 22 - *double two*; 999 - *triple nine etc.* (American English: 22 - *two two*)

9. *Money*

a) We put the symbols before the number, e.g. \$200, PLN 500.

b) \$46.80 is read *forty-six dollars eighty cents*; £25.16 - *twenty-five pounds sixteen pence.*

Grammar Exercises. Numerals

1. Write down in words

1. 9.02.1997 _____
2. 22.06.1941 _____
3. 5.08.1975 _____
4. $7 + 5 = 12$ _____
5. $7 + 25 = 32$ _____
6. I live in Tverskaya street 25, _____
7. flat 69 _____
8. 121600 square miles _____

2. Fill in Cardinal or Ordinal numbers

1. There are _____ months in a year.
2. January is _____ month of the year.
3. May is _____ month of the year.
4. There are _____ months in winter.
5. December is _____ month of the year and _____ month of winter.
6. There are _____ days in a week: _____ one is Monday, _____ one is Tuesday, _____ one is Wednesday, _____ one is Thursday, _____ one is Friday, _____ one is Saturday and _____ one is Sunday.
7. Sunday is _____ day of the week in England and _____ one in Russia.
8. Monday is _____ day in Russia and _____ in Great Britain.
9. There are _____ hours in a day, _____ minutes in an hour and _____ seconds in a minute.
10. September, April, June and November have _____ days. All the rest have _____ except February.
11. There are _____ days in February except the leap year. It's the time when February has _____ days.

3. Write down these figures in words:

1; 2; 6; 9; 5; 8; 15; 20; 31; 42; 68; 44; 61; 82; 75; 99; 102; 120; 130; 241; 341; 1001; 2110; 17; 22; 35; 158; 10; 322; 1234; 567; 69; 87; 95; 26; 563; 679; 723; 855; 982.

4. Translate these numerals into English and write down them in figures:

Один, два, чотири, шість, сім, дев'ять, дванадцять, вісім, тринадцять, двадцять, двадцять сім, двадцять два, тридцять п'ять, сорок три, п'ятдесят вісім, шістдесят два, сімдесят дев'ять, сто, сто сорок, сто сімдесят два, двісті тридцять, тисячу п'ятсот, чотирнадцять, вісімнадцять, вісім, дві тисячі.

5. Transform the following cardinal numerals into ordinal ones:

One, two, three, five, seven, ten, eleven, twelve, sixteen, twenty two, thirty four, eight, nine, a hundred, seventy one, one hundred twenty, thirteen, fourteen, fifteen, seventeen, thirty, forty, fifty, sixty seven, ninety eight, two hundred.

6. The Present Simple and Present Continuous Tenses

Present Simple

d) Form: to be

	<i>Affirmative</i>	<i>Negative</i>	<i>Question</i>
<i>I</i>	<i>I am.</i>	<i>I am not.</i>	<i>Am I?</i>
<i>he/she/it</i>	<i>He is.</i>	<i>He is not.</i>	<i>Is he?</i>
<i>you/we/they</i>	<i>You are.</i>	<i>You are not.</i>	<i>Are you?</i>

The present simple tense is used to discuss permanent situations and the frequency of events.

Statements +	Statements -	Questions	Short answer +	Short answer -
I work.	I don't work.	Do I work?	Yes, I do.	No, I don't.
He/ she/it works.	He doesn't work.	Does he work?	Yes, he does.	No, he doesn't.
You/ we/ they work.	You don't work.	Do you work?	Yes you do.	No, you don't.

For example:

"Where do you *live*?" "I *live* in Germany."

"Where does he *live*?" "He *lives* in Germany."

"What *do* you do?" "I'm a teacher."

"What *does* he do?" "He's a teacher."

Frequency

The simple present tense is also used to show how often something happens with adverbs of frequency - always, usually, often, sometimes, occasionally, seldom, rarely, never, etc.... And when discussing daily, weekly, monthly etc. routines.

For example: "I *always* get up at 6.00." "I *never* drink coffee before 12.00." "I *work* on my website *every day*."

The simple present tense can also be used to discuss future events.

Present Continuous

When we talk about events that are actually happening now, we use the **present continuous tense**. This is formed by using the stem of the verb and adding -ing to the end.

Statements +	Statements -	Questions	Short answer +	Short answer -
I'm working.	I'm not working.	Am I working?	Yes, I am.	No, I'm not.
He's /She's/ It's working.	He isn't working.	Is he working?	Yes, he is.	No, he isn't.
You're / We're /They're working.	You aren't working.	Are you working?	Yes you are.	No, you aren't.

For example:

"What are you *doing*?" "I'm *building* a website."

We also use the present continuous tense to talk about things that are happening around now but are temporary.

For example:

"What are you *doing* these days?" "Unfortunately I'm *working* a lot."

The present continuous tense can also be used to discuss future events:

Note!

The present continuous is usually used with doing verbs (verbs of action) not with verbs of state. The following verbs are **not** used in the continuous form:-

Conditions: *belong, cost, need, own, seem*

Feelings: *like, love, hate, want, wish*

Beliefs: *believe, feel, know, mean, remember, think, understand*

Grammar Exercises. The Present Simple and Present Continuous Tenses

1. Negate the following phrases and write the negative forms into the gaps. You can use *long forms or short/contracted forms*.

Example: we run - we _____

Answer: we run - we do not run or we don't run

1. I sit - _____
2. Peggy washes - _____
3. they go - _____
4. you watch - _____
5. he tries - _____

6. we ask - _____
7. Mel and John learn - _____
8. she starts - _____
9. I phone - _____
10. it rains - _____

2. Put in the verb in brackets into the gap and form *negative sentences*. Use the *long forms of the auxiliaries only*.

Example: Tim _____ computer games. (not/to play)

Answer: Tim is not playing computer games.

1. Anne and Ron _____ in a helicopter. (*not/to fly*)
2. Olivia _____ her eyes. (*not/to close*)
3. They _____ through the park. (*not/to jog*)
4. The girls _____ fun at Tom's party. (*not/to have*)
5. He _____ in the sea. (*not/to swim*)

6. I _____ to the cinema. (*not/to run*)
7. We _____ a bird house. (*not/to make*)
8. Look! Christine _____. (*not/to smile*)
9. She _____ the books to the library. (*not/to take*)
10. You _____ in front of the computer. (*not/to sit*)

3. Put in the verbs in the *Present Continuous* into the gaps.

Example: _____ he _____ the newspaper? (to read)

Answer: Is he reading the newspaper?

1. _____ Richard _____ in the garden? (*to work*)
2. _____ she _____ a cup of tea? (*to have*)
3. _____ the children _____ their homework? (*to do*)
4. _____ you _____ the kitchen, Tom? (*to clean*)
5. _____ the cat _____ in the basket? (*to sleep*)

6. _____ Cliff and Oliver _____ friends? (*to meet*)
7. _____ your mother _____ sandwiches? (*to make*)
8. _____ the birds _____ water? (*to drink*)
9. _____ Carmen _____ a pullover? (*to wear*)
10. _____ they _____ a pizza? (*to eat*)

4. Put in the correct verb forms into the gaps. Use *Present Simple*.

Example: _____ they _____ their friends? (to phone)

Answer: Do they phone their friends?

1. _____ you _____ mineral water? (to drink)
2. _____ Sarah and Linda _____ their pets? (to feed)
3. _____ your teacher _____ your homework? (to check)
4. _____ they _____ in the old house? (to live)
5. _____ the cat _____ on the wall in the mornings? (to sit)

6. _____ Nina _____ computer games? (to play)
7. _____ your parents _____ TV in the afternoon? (to watch)
8. _____ your grandmother _____ the phone? (to answer)
9. _____ Andy _____ the shopping? (to do)
10. _____ Garry and Ken _____ a cup of tea in the afternoon? (to have)

5. Use the verbs in brackets in the *Present Simple* or in the *Present Continuous*.

Example: _____ Chris _____ for his brother now? (*to wait*)

Answer: **Is** Chris **waiting** for his brother now?

1. Look! This lady _____ a hamburger. (*not/to eat*)
2. Our cat seldom _____ on the sofa. (*to lie*)
3. _____ they _____ text messages at the moment? (*to send*)
4. I _____ supermarkets, but my father doesn't. (*to like*)

5. We _____ the bus to school. (*not/to take*)
6. Where _____ you _____ from? (*to come*)
7. _____ your girlfriend always _____ green T-shirts? (*to wear*)
8. I _____ a cup of tea now. (*to have*)
9. _____ the boy _____ in the pool right now? (*to swim*)

7. The Future Simple Tense and Going to

Discussing the future using *going to*

We say something is going to happen when it has already been planned.

For example:-

Are you going to fly to Germany? No, we're going to drive.

We also use it to show something has already been decided.

For example:-

"We're going to buy a new car next year."

We also use going to when we can see something is about to happen.

For example:-

"Look at that cloud. I think it's going to rain."

"Watch out! He's going to crash into that tree!"

You can also use *going to* to predict the future based upon the evidence now.

For example:-

"It looks as though Manchester United is going to win the European cup.

"I think my friend Louise is going to have a baby."

Note!

Thanks to Ken Anderson for pointing out the following:-

"I'm going to Germany." isn't really the future tense. You would have to say "I'm *going to go to* Germany."

Future Simple

a) Use

- 1) Future actions happen without the speaker's intention (*The sun will shine tomorrow*);
- 2) Predictions, assumptions (*I think Sue will arrive in Paris at 6 pm*);
- 3) Spontaneous actions (*Hang on! I'll have a word with you*).

b) Signal words: *in a year, next ..., tomorrow*

c) Form:

	<i>Affirmative</i>	<i>Negative</i>	<i>Question</i>
<i>I/you/we/they/he/she/it</i>	<i>I will speak.</i>	<i>I will not speak.</i>	<i>Will I speak?</i>

d) Form of going to Future. *Going to* expresses a conclusion regarding the immediate future or an action in the near future that has already been planned or prepared.

	<i>Affirmative</i>	<i>Negative</i>	<i>Question</i>
<i>I</i>	<i>I am going to speak.</i>	<i>I am not going to speak.</i>	<i>Am I going to speak?</i>
<i>you / we / they</i>	<i>You are going to speak.</i>	<i>You are not going to speak.</i>	<i>Are you going to speak?</i>
<i>he / she / it</i>	<i>He is going to speak.</i>	<i>He is not going to speak.</i>	<i>Is he going to speak?</i>

Discussing the future using *shall/will*

When we give information about the future or predict future events that are not certain we usually use shall/will.

For example:-

Who do you think *will win* the election?" "I'm not sure but I think the current party *will win*."

We can also use shall/will to make promises for the future.

When leaving work I would say - "Goodnight, I'll (I will) see you tomorrow."

Shall/Will is often used when we just decide to do something.

For example:-

The phone is ringing - If I decide to answer the phone I would say - "I'll (I will) get it."

It can also be used in formal situations to express planned events and is preferred in formal written English.

For example: -The party will start at 10.00pm.

Grammar Exercises. The Future Simple and Going to

1. Put in the verbs in brackets into the gaps and form sentences. Use the *going to*.

Example: She _____ a present for her mother. **(to buy)**

1. He _____ his friend. **(to phone)**
2. We _____ a new computer game. **(to play)**
3. My sister _____ TV. **(to watch)**
4. You _____ a picnic next Tuesday. **(to have)**
5. Jane _____ to the office. **(to go)**
6. They _____ to the bus stop this afternoon. **(to walk)**

Answer: She **is going to buy** a present for her mother.

7. His brother _____ a letter to his uncle today. **(to write)**
8. She _____ her aunt. **(to visit)**
9. I _____ my homework after school. **(to do)**
10. Sophie and Nick _____ their friends. **(to meet)**

2. Put in the verbs in brackets into the gaps and form negative sentences with the *going to*.

Example: She _____ her bike in the afternoon. **(not/to ride)**

1. They _____ the lunch basket. **(not/to pack)**
2. I _____ somebody the way. **(not/to ask)**
3. Rita _____ Jim's book. **(not/to borrow)**
4. We _____ a T-shirt. **(not/to design)**
5. I _____ on the red button. **(not/to click)**
6. The girls _____ at the boys. **(not/to laugh)**

Answer: She **is not going to ride** her bike in the afternoon.

7. Tim _____ Sandra's hair. **(not/to pull)**
8. Andy and Fred _____ to a song. **(not/to mime)**
9. You _____ dinner. **(not/to prepare)**
10. He _____ the hamster in the garden. **(not/to keep)**

3. Put in the verbs in brackets into the gaps. Use the *future simple*.

1. They _____ back by 6:30 pm. **(to be)**
2. _____ you _____ me? **(to help)**
3. When _____ I _____ you again? **(to see)**
4. His parents _____ him for being late. **(not/to punish)**
5. _____ they _____ the contract tonight? **(to sign)**
6. It _____ us three hours to get there. **(to take)**

7. _____ this concert _____ money for our school club? **(to raise)**
8. This van _____ with 8 people in it. **(not/to break down)**
9. The meeting _____ before tomorrow morning. **(not/to close)**
10. When _____ she _____ me a copy of her essay? **(to send)**

4. Put in the verbs in brackets into the gap. Use *the future simple or going to*.

Example: I hope, that the sun _____ tomorrow. **(to shine)**

1. Philipp _____ 15 next Wednesday. **(to be)**
2. They _____ a new computer. **(to get)**
3. I think, my mother _____ this CD. **(to like)**
4. Paul's sister _____ a baby. **(to have)**
5. They _____ at about 4 in the afternoon. **(to arrive)**

Answer: I hope, that the sun **will shine** tomorrow.

6. Just a moment. I _____ you with the bags. **(to help)**
7. In 2020 people _____ more hybrid cars. **(to buy)**
8. Marvin _____ a party next week. **(to throw)**
9. We _____ to Venice in June. **(to fly)**

5. Put in the verbs in brackets into the gaps. Use the *going to*. Mind the word order in questions.

1. _____ she _____ photos? **(to take)**
2. _____ they _____ a DVD? **(to watch)**
3. _____ Patrick _____ the phone? **(to answer)**
4. _____ you _____ this tub of ice cream? **(to eat)**
5. _____ Rebecca _____ comics? **(to read)**

6. _____ he _____ a cake? **(to make)**
7. _____ Laura and Tony _____ to music? **(to listen)**
8. _____ we _____ to school? **(to walk)**
9. _____ Yvonne _____ Spanish words? **(to learn)**

8. The Present Perfect and Past Perfect Tenses

The present perfect simple tense is used to talk about a past time, which has very strong meaning for the present.

For example: Where's Jane? She *has gone out*. She should be back in an hour.

We form the present perfect simple by using the auxiliary verb have/has and the -ed form of the regular verb (the past participle) irregular verb forms have to be learned:

Statements +	Statements -	Questions	Short answer +	Short answer -
I've worked.	I haven't worked.	Have I worked?	Yes, I have.	No, I haven't.
He's / She's /It's worked.	He hasn't worked.	Has he worked?	Yes, he has.	No, he hasn't.
You've / We've /They've worked.	You haven't worked.	Have you worked?	Yes you have.	No, you haven't.

The present perfect simple is used to discuss events that have just been completed at the moment of speaking.

For example: Have you done your homework?" "Yes, I've just finished it."

It is often used to suggest that a past action still has an effect upon something happening in the present.

For example: "The pound *has fallen* against the dollar."

It is also used to discuss unfinished time.

For example: Have you done your homework today? No, I haven't done it yet.

Note! You are talking about today and today isn't finished, so you may do your homework later! Have you ever been to England?" "Yes I have."

Note! You are talking about something that has happened in your life and your life isn't finished!

This tense is often used to discuss events that have been happening over a period of time, but aren't finished yet.

For example: "How long *have you studied* English for?" "I've studied English for 2 years now."

However it is better (grammatically speaking) to use the Present Perfect Continuous to express yourself in this way.

For example: "How long *have you been studying* English for?" "I've been studying English for 2 years now."

Note! It is always **for** a length of time and **since** a point in time.

The past perfect simple tense is used to go further back in time when we are already talking about the past. It can make it clear that something had already happened at the time we are talking about.

We form the past perfect simple by using the auxiliary verb had and the -ed form of the regular verb (the past participle) irregular verb forms have to be learned:

Statements +	Statements -	Questions	Short answer +	Short answer -
I'd worked ...	I hadn't worked ...	Had I worked ...?	Yes, I had.	No, I hadn't.
He'd /She'd /It had worked ...	He hadn't worked ...	Had he worked ...?	Yes, he had.	No, he hadn't.
You'd /We'd /They'd worked ...	You hadn't worked ...	Had you worked ...?	Yes you had.	No, you hadn't.

For example: "I had already done the shopping by the time she came home."

"I was late for work, by the time I arrived the client had already left."

The past perfect simple can be used to show how often something happened in the past.

For example: I'd visited the city many times before.

Grammar Exercises. The Present Perfect and Past Perfect Tense

1. Put in the verbs in brackets into the gaps. Use *Present Perfect*.

- | | |
|---|--|
| 1. Karen _____ me an e-mail. (<i>to send</i>) | 6. We _____ the shopping for our grandmother. (<i>to do</i>) |
| 2. Dave and Pat _____ the museum. (<i>to visit</i>) | 7. I _____ just _____ my bike. (<i>to clean</i>) |
| 3. I _____ at the pet shop. (<i>to be</i>) | 8. Emily _____ her room. (<i>to paint</i>) |
| 4. They _____ already _____ their rucksacks. (<i>to pack</i>) | 9. Lisa and Colin _____ to a concert. (<i>to go</i>) |
| 5. Marcus _____ an accident. (<i>to have</i>) | 10. friends _____ smoking. (<i>to give up</i>) |

2. Put in the verbs in brackets into the gaps and form negative sentences in the *Present Perfect*.

- | | |
|--|--|
| 1. Our class _____ the test yet. (<i>not/to write</i>) | 6. We _____ out of the room. (<i>not/to go</i>) |
| 2. Tim and Joe _____ a box. (<i>not/to carry</i>) | 7. Fred _____ the money. (<i>not/to steal</i>) |
| 3. It _____ to snow. (<i>not/to start</i>) | 8. They _____ Anne about it. (<i>not/to tell</i>) |
| 4. The cat _____ onto the table. (<i>not/to jump</i>) | 9. Steven _____ through the park. (<i>not/to walk</i>) |
| 5. I _____ the castle. (<i>not/to visit</i>) | 10. The teacher _____ to the party. (<i>not/to come</i>) |

3. Put in the words in brackets into the gaps. Use the verbs in the *Past Perfect*.

- | | |
|---|--|
| 1. _____ the instructions before they switched on the mobile phone? (<i>they/to read</i>) | 6. What _____ before she ran away? (<i>she/to find</i>) |
| 2. _____ the new words before she texted her friend? (<i>the girl/to learn</i>) | 7. _____ the onions before he hurried to the window? (<i>Tim/to cut</i>) |
| 3. _____ the office before they drove away? (<i>they/to ring</i>) | 8. _____ here before? (<i>you/to surf</i>) |
| 4. What _____ before she turned on the TV? (<i>Lucy/to do</i>) | 9. _____ to Lisa before she prepared dinner? (<i>Peggy/to talk</i>) |
| 5. _____ the software before he switched off the computer? (<i>Walter/to update</i>) | 10. _____ London before you went there in 2008? (<i>you/ever/to visit</i>) |

4. Put the words in brackets into the gaps. Use the verbs in the *Past Perfect*.

1. When I arrived at the restaurant, Victoria _____ a glass of water. (<i>already/to order</i>) 2. He noticed that Peter _____ the old chair. (<i>not/to paint</i>) 3. Before Emma laid the table, she _____ a talk with her mother. (<i>to have</i>) 4. She asked me if I _____ the new words. (<i>to learn</i>) 5. There were no sausages left when I came back. The dog _____ them. (<i>to eat</i>)	6. It _____ for three weeks, so the land was dry. (<i>not/to rain</i>) 7. I did not wait for my brother because I _____ his text message. (<i>to read</i>) 8. Linda _____ to a magic show before yesterday evening. (<i>never/to be</i>) 9. She told me that Frank _____ his room. (<i>not/to tidy</i>) 10. _____ his hamster before he left his house? (<i>Jack/to feed</i>)
--	---

5. Complete the questions in the *Past Perfect Tense*.

- | | |
|--|--|
| 1) (you / finish) your homework before you went to the cinema? | 3) (you / have) breakfast before you came here? |
| 2) (why / you / clean) the bathroom before you bathed the dog? | 4) (she / find) a place to stay when she went to Boston? |
| | 5) (where / she / live) before she moved to Chicago? |

9. The Past Simple and Past Continuous Tenses

The past simple tense is used to talk about actions that happened at a specific time in the past. You state when it happened using a time adverb.

You form the past simple of a verb by adding -ed onto the end of a regular verb but, irregular verb forms have to be learned.

To be Statements +	To be Statements -	Questions ?
I was.	I wasn't.	Was I?
He /She /It was.	He wasn't.	Was he?
You /We /They were.	You weren't.	Were you?

Regular Verb (to work) Statements +	Regular Verb (to work) Statements -	Questions	Short answer +	Short answer -
I worked.	I didn't work.	Did I work?	Yes, I did.	No, I didn't.
He /She /It worked.	He didn't work.	Did he work?	Yes, he did.	No, he didn't.
You /We /They worked.	You didn't work.	Did you work?	Yes you did.	No, you didn't.

For example: "Last year I took my exams." "I got married in 1992."

It can be used to describe events that happened over a period of time in the past but not now.

For example: "I lived in South Africa for two years."

The past simple tense is also used to talk about habitual or repeated actions that took place in the past.

For example: "When I was a child we always went to the seaside on bank holidays."

We use **the past continuous tense** to describe a past action over a period of time.

For example: "What *were* they *doing* yesterday?" "They *were working* all day."

It can be used to describe what someone was doing at a particular point in time.

For example: "What were you doing at 7.30 last night?" "I was watching television."

The past continuous can also be used to show that an activity frequently took place over a period of time.

For example: "What did you do on holiday?" "I went skiing a lot."

Often the past continuous is mixed with the past simple to show what was happening when something happened. The past continuous refers to the longer event and the simple past to the event that interrupted it.

For example: "I was driving to work when I crashed my car." or "As I was driving to work, I crashed my car."

Grammar Exercises. The Past Simple and Past Continuous Tenses

1. Put in the verbs in brackets into the gaps. Watch the punctuation and form sentences or questions.

1. When _____ you in London? *(to be)*
2. We _____ in a flat when we were in Paris. *(not/to live)*
3. What _____ you _____ yesterday? *(to lose)*
4. He _____ magic tricks at the party. *(not/to do)*
5. Mandy _____ her room on Thursday. *(not/to tidy up)*
6. _____ Frank _____ a room with Henry when they _____ in Rome? *(to share) (to be)*
7. I _____ Physics at school. *(not/to like)*
8. _____ the shop assistant _____ 10 percent off the price? *(to take)*
9. She _____ the correct word in the exercise. *(to use)*
10. Why _____ the baby _____ this morning? *(to cry)*

2. Put in the correct verb forms and the nouns into the gaps. Use *Past Simple*.

1. _____ after the cat? *(the dog/to run)*
2. _____ photos when you were on holiday? *(you/to take)*
3. _____ to music yesterday evening? *(Steven/to listen)*
4. _____ a cup of tea in the café? *(the ladies/to have)*
5. _____ text messages during the lesson? *(Nancy/to send)*
6. _____ pullovers last Friday? *(Melissa and Ruth/to wear)*
7. _____ hello to people in the street? *(your brother/to say)*
8. _____ the windows in your classroom? *(the teacher/to open)*
9. _____ chess two weeks ago? *(the girls in your class/to play)*
10. _____ breakfast last morning? *(your mother/to make)*

3. Write the correct verb form into the gap. Use the *Past Progressive*.

Example: _____ she _____ a book? *(to read)*

1. _____ Ashley _____ on the computer? *(to work)*
2. _____ they _____ the bike? *(to repair)*
3. _____ Melissa _____ out a book? *(to take)*
4. _____ you _____ to music? *(to listen)*
5. _____ Nicolas _____ at a picture? *(to look)*

Answer: **Was** she **reading** a book?

6. _____ Emma and Bertha _____ their friend? *(to phone)*
7. _____ the girl _____ the window? *(to open)*
8. _____ he _____ judo? *(to do)*
9. _____ the friends _____ home from school? *(to come)*
10. _____ Tyler _____ with the cooking? *(to help)*

4. Put in the verbs in brackets in the *Past Simple* or the *Past Continuous* into the gaps.

Example: I _____ my keys while I _____ to school. *(to lose) (to walk)*

1. While I _____, the school bus _____. *(to text) (to arrive)*
2. Cindy _____ her leg while she _____. *(to break) (to snowboard)*
3. He _____ to the radio while he _____ breakfast. *(to listen) (to prepare)*
4. My father _____ at 70 km/h when a policeman _____ him. *(to drive) (to stop)*
5. The girl _____ that the boy _____ her. *(to notice) (to watch)*

Answer: I **lost** my keys while I **was walking** to school.

6. My dad _____ the ladder while he _____ the carport. *(to fall off) (to paint)*
7. While we _____, we _____ crossword puzzles. *(to wait) (to do)*
8. Nick _____ sick while he _____ in Texas. *(to become) (to travel)*
9. What _____ when you _____ about 9/11? *(to do) (to hear)*
10. She said that she _____ happy, so I _____ to her. *(not/to feel) (to talk)*

10. Questions

A question is a request for information or action. When writing a question you should always end the sentence with a question mark (?).

Closed questions demand a yes/no, true/false or right/wrong answer.

When we want to ask **yes/no** questions we can use **do/does, am/is/are** or **have/has** as question words. Yes/no questions with the verb **be** are created by moving the verb **be** to the beginning of the sentence.

Statement:	I am from England.	Question:	Am I from England?
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When forming questions in the present continuous tense use the verb **be**.

I	am	speaking English.	=	Am	I	speaking English?
He /She /It	is	speaking English.	=	Is	he	speaking English?
You /We /They	are	speaking English.	=	Are	we	speaking English?

Answering a Closed Question

For example: "Are you from England?"

You can answer closed questions with "Yes" or "No". You can also answer closed questions with a slightly longer answer "Yes, I am." or "No, I'm not." Or in the long form "Yes, I am from England." or "No, I'm not from England."

Open questions are often called Wh.. questions:-

There are eight wh-questions - **what, when, where, which, who, whom, whose** and **why** and to this list we usually add **how** as they are all used to elicit particular kinds of information.

Question word	Verb	+	Answer
What	is	your name?	My name is Lynne.
When	is	the party?	The party is on Tuesday.
Where	are	you from?	I'm from England.
Which	is	your car?	The red car is mine.
Who	are	you?	I'm Lynne.
Whose	is	this web site?	It's mine.
Why	is	this web site here?	Because it is!
How	are	you?	I'm fine thanks.

Alternative questions are questions that provide for two or more alternative answers. In other words, you're providing a choice

For example: Would you prefer chocolate or vanilla ice cream? Do you want coffee, tea, or soda?

Tag Questions

A tag question is a short question added to the end of a positive or negative statement. Normally a positive statement is followed by a negative tag, and a negative statement is followed by a positive tag.

For example: **You're** English, **aren't** you? **You're not** German, **are** you?

!The statement and the tag are always separated by a comma. The verb in the statement should be the same tense as the verb in the tag.

For example: You **are** a good singer, **aren't** you? You **didn't** go to work yesterday, **did** you?

If the verb used in the statement is an auxiliary verb, then the verb used in the tag must match it. If a modal (can, could, will, should, etc.) is used in the statement, then the same modal is used in the tag part. If the statement doesn't use an auxiliary verb, then the auxiliary *do* is used in the tag part.

For example: She **is** from England, **isn't** she? You **can** sing, **can't** you? He **eats** meat, **doesn't** he?

Grammar Exercises. Questions

1. Form questions from the given words or phrases.

Example: class / in / your / is / John _____

Answer: class / in / your / is / John

Is John in your class?

1. your this apple is _____?

6. sandwich box is blue your _____?

2. happy you are _____?

7. are they German _____?

3. Josephine your is name _____?

8. is chair red the _____?

4. comics the are old _____?

9. late I am _____?

5. in is Charlie class your _____?

10. are the kids clever _____?

2. Put in *do* or *does* into the gaps.

1. _____ Peter live with his father?

6. _____ the cats sit on the wall?

2. _____ you learn Spanish?

7. _____ we work in front of the computer?

3. _____ Andrew and Martin ride their bikes to school?

8. _____ you play the drums?

4. _____ they play in the garden?

9. _____ Steve wear pullovers?

5. _____ Sandy's hamster live in a cage?

10. _____ I clean the bathroom?

3. Find the correct questions tags to the sentences on the left.

1. He sometimes reads the newspaper, _____

6. The boy is from Turkey, _____

2. You are Indian, _____

7. Sue wasn't listening, _____

3. They had a nice weekend, _____

8. Andrew isn't sleeping, _____

4. Peggy didn't use the pencil, _____

9. Tom and Maria will arrive at Heathrow, _____

5. Mary has answered the teacher's question, _____

10. She has a brother, _____

2. Put in the correct question tags.

Example: Peter works in the shop, _____?

Answer: Peter works in the shop, **doesn't he?**

1. She is collecting stickers, _____?

6. They are going home from school, _____?

2. We often watch TV in the afternoon, _____?

7. Mary didn't do her homework last Monday, _____?

3. You have cleaned your bike, _____?

_____?

4. John and Max don't like Maths, _____?

8. He could have bought a new car, _____?

5. Peter played handball yesterday, _____?

9. Kevin will come tonight, _____?

10. I'm clever, _____?

5. Put in *What*, *Where*, *Why*, *When*, *How* into the gaps and form meaningful questions.

1. _____ is the weather like today?

6. _____ do Anne and Betty get to school every day?

2. _____ don't you like apple juice?

7. _____ does your father go to work?

3. _____ about a walk through the forest?

8. _____ is the dog's bone?

4. _____ do you play volleyball?

9. _____ are we going for a holiday by the sea again?

5. _____ is my red sweat shirt, Mum?

10. _____ do you like your coffee?

3. Choose the correct prepositions.

I'm Peter and I live _____ Germany. _____ summer I like to travel _____ Italy, because _____ the weather and the people there. Last summer I took a plane _____ Munich to Rome. _____ the airport we went to our hotel _____ bus. We stopped _____ a small restaurant for a quick meal. The driver parked the bus _____ the restaurant. Nobody could find the bus and the driver, so we waited _____ the restaurant _____ one hour. The driver was walking _____ the small park _____ the restaurant which we did not know. So we were very angry _____ him. But my holidays were great. We sat _____ campfires and went dancing _____ the early mornings.

11. Prepositions

1. Time

On – days of the week (*on Monday*);
in – months / seasons (*in August / in winter*);
time of day (*in the morning*); year (*in 2006*);
after a certain period of time (when?) (*in an hour*);
at – for night, for weekend, a certain point of time (when?) (*at night, at the weekend, at half past nine*);
since – from a certain point of time (past till now) (*since 1980*);
for – over a certain period of time (past till now) (*for 2 years*);
ago – a certain time in the past (*2 years ago*);

2. Place (Position and Direction)

In – room, building, street, town, country, book, paper etc.; car, taxi; picture, world (*in the kitchen, in London, in the book, in the car, in a taxi, in the picture, in the world*);
at – meaning next to, by an object; for table; for events; place where you are to do something typical (watch a film, study, work) (*at the door, at the station; at the table; at a concert, at the party; at the cinema, at school, at work*);
on – attached; for a place with a river; being on a surface; for a certain side (left, right); for a floor in a house; for public transport; for television, radio (*the picture on the wall; London lies on the Thames; on the table; on the left; on the first floor; on the bus, on a plane; on TV, on the radio*);
by, next to, beside – left or right of somebody or something (*Jane is standing by / next to / beside the car*);
under – on the ground, lower than (or covered by) something else (*the bag is under the table*);
below – lower than something else but above ground (*the fish are below the surface*);

3. Other important Prepositions

from – who gave it (*a present from Jane*);
of – who/what does it belong to; what does it show (*a page of the book; the picture of a palace*);
by – who made it (*a book by Mark Twain*);
on – walking or riding on horseback; entering a public transport vehicle (*on foot, on horseback; get on the bus*);
in – entering a car / taxi (*get in the car*);

before – earlier than a certain point of time (*before 2004*);
to – telling the time (*ten to six (5:50)*);
past – telling the time (ten past six (6:10));
to / till / until – marking the beginning and end of a period of time (*from Monday to/till Friday*);
till / until – in the sense of how long something is going to last (*He is on holiday until Friday*);
by – in the sense of at the latest, up to a certain time (*I will be back by 6 o'clock. By 11 o'clock, I had read five pages*).

over – covered by something else; meaning more than; getting to the other side (also across); overcoming an obstacle (*put a jacket over your shirt; over 16 years of age; walk over the bridge; climb over the wall*);
above – higher than something else, but not directly over it (*a path above the lake*);
across – getting to the other side (also over); getting to the other side (*walk across the bridge*);
through – something with limits on top, bottom and the sides (*drive through the tunnel*);
to – movement to person or building; movement to a place or country; for bed (*go to the cinema; go to London / Ireland; go to bed*);
into – enter a room / a building (*go into the kitchen / the house*);
towards – movement in the direction of something (but not directly to it) (*go 5 steps towards the house*);
onto – movement to the top of something (*jump onto the table*);
from – in the sense of where from (*a flower from the garden*).

off – leaving a public transport vehicle (*get off the train*);
out of – leaving a car / taxi (*get out of the taxi*);
by – rise or fall of something; travelling (other than walking or horseriding) (*prices have risen by 10 percent; by car, by bus*);
at – for age (*she learned Russian at 45*);
about – for topics, meaning what about (*we were talking about you*).

Grammar Exercises. Prepositions

1. Choose the correct prepositions.

I'm Peter and I live ___ Germany. ___ summer I like to travel ___ Italy, because ___ the weather and the people there. Last summer I took a plane ___ Munich to Rome. ___ the airport we went to our hotel ___ bus. We stopped ___ a small restaurant for a quick meal. The driver parked the bus ___ the restaurant. Nobody could find the bus and the driver, so we waited ___ the restaurant ___ one hour. The driver was walking ___ the small park ___ the restaurant which we did not know. So we were very angry ___ him. But my holidays were great. We sat ___ campfires and went dancing ___ the early mornings.

2. Fill the gaps with the correct prepositions of place

1. We live _____ London.
2. Would you like to go ___ the cinema tonight?
3. No, thanks. I was ___ the cinema yesterday.
4. We are going ___ holiday next week.
5. There is a bridge _____ the river.
6. The flight from Leipzig to London was _____ Frankfurt.
7. _____ my wall, there are many picture postcards.
8. Who is the person _____ this picture?
9. Come _____ the sitting room, we want to watch TV.
10. Munich lies 530 meters _____ sea level.

3. Fill in the correct prepositions of time

1. Peter is playing tennis _____ Sunday.
2. My birthday is ___ the 5th of November.
3. My birthday is _____ May.
4. We are going to see my parents ___ the weekend.
5. _____ 1666, a great fire broke out in London.
6. I don't like walking in the streets ___ night.
7. What are you doing _____ the afternoon?
8. He has been living in Canada ___ two years.
9. I have been waiting for you _____ seven o'clock.
10. I will have finished this essay _____ Friday.

4. Complete the exercise with the correct prepositions.

1. Washington was born ___ Virginia ___ 1732.
2. _____ the American Revolutionary War he was the Commander-in-Chief _____ the American forces.
3. Washington played an important role ___ the founding _____ the United States.
4. He became the first President ___ the USA.
5. He was President _____ 1789 _____ 1797.
6. George Washington died _____ the age _____ 67, _____ the 14th _____ December 1799.
7. The capital ___ the United States and one federal state are named ___ George Washington.

5. Fill in the blanks with these words: against, at, by, for, from, in, like, near, of, on, to, up, with.

1. She is doing a degree course ___ a university.
2. His trousers were washed ___ the washing machine.
3. We had to climb slowly ___ the hill.
4. His house looks ___ a temple.
5. How many ___ the members will join the trip?
6. Don't lean that ladder ___ the wall.
7. I don't usually feel tired ___ the morning.
8. Have you heard anything ___ him yet?
9. My house is quite ___ to your school.
10. Put this ___ your drawer and do not let anyone see it.
11. A university is where you study ___ a degree.
12. Which of these roads will lead ___ the church?
13. He sometimes quarrels ___ the neighbour.
14. I think there is a salesman ___ the door.
15. Her next birthday will be ___ a Sunday.
16. Even the new drug could not cure him ___ his illness.
17. He was given a ten-year prison sentence ___ armed robbery.
18. The cat likes to rub its head ___ my legs.
19. My father has a car ___ yours.

12. The Passive Voice

Fundamental Rules

- The places of subject and object in sentence are inter-changed in passive voice.
- 3rd form of verb (past participle) will be used only (as main verb) in passive voice.
- Auxiliary verbs for each tense are given below in the table.

Present Simple Tense Auxiliary verb in passive voice: am/is/are	
Active voice: He sings a song. He does not sing a song. Does he sing a song?	Passive voice: A song is sung by him. A song is not sung by him. Is a song sung by him?

Present Continuous Tense Auxiliary verb in passive voice: am being/is being/are being	
Active voice: I am writing a letter I am not writing a letter. Am I writing a letter?	Passive voice: A letter is being written by me. A letter is not being written by me. Is a letter being written by me?

Present Perfect Tense Auxiliary verb in passive voice: has been/have been	
Active voice: She has finished his work. She has not finished her work. Has she finished her work?	Passive voice: Her work has been finished by her. Her work has not been finished by her. Has her work been finished by her?

Past Simple Tense Auxiliary verb in passive voice: was/were	
Active voice: I killed a snake I did not kill a snake. Did I kill a snake?	Passive voice: A snake was killed by me. A snake was not killed by me. Was a snake killed by me?

Past Continuous Tense Auxiliary verb in passive voice: was being/were being	
Active voice: He was driving a car. He was not driving a car. Was he driving a car?	Passive voice: A car was being driven by him. A car was not being driven by him. Was a car being driven by him?

Past Perfect Tense Auxiliary verb in passive voice: had been	
Active voice: They had completed the assignment. They had not completed the assignment. Had they completed the assignment?	Passive voice: The assignment had been completed by them. The assignment had not been complete by them. Had the assignment been completed by them?

Future Simple Tense Auxiliary verb in passive voice: will be	
Active voice: She will buy a car. She will not buy a car. Will she buy a car?	Passive voice: A car will be bought by her. A car will not be bought by her. Will a car be bought by her?

Future Perfect Tense Auxiliary verb in passive voice: will have been	
Active voice: You will have started the job. You will have not started the job. Will you have started the job?	Passive voice: The job will have been started by you. The job will not have been started by you. Will the job have been started by you?

Note! The following tenses cannot be changed into passive voice. Present perfect continuous tense. Past perfect continuous tense. Future continuous tense. Future perfect continuous tense. Sentence having Intransitive verbs

Grammar Exercises. The Passive Voice

1. Write passive sentences in Simple Present.

1. the documents / print _____
2. the window / open _____
3. the shoes / buy _____
4. the car / wash _____
5. the litter / throw away _____
6. the letter / send _____
7. the book / read / not _____
8. the songs / sing / not _____
9. the food / eat / not _____
10. the shop / close / not _____

2. Write passive sentences in Simple Past.

1. the test / write _____
2. the table / set _____
3. the cat / feed _____
4. the lights / switch on _____
5. the house / build _____
6. dinner / serve _____
7. this computer / sell / not _____
8. the car / stop / not _____
9. the tables / clean / not _____
10. the children / pick up / not _____

3. Write passive sentences in Present Perfect.

1. the postcard / send _____
2. the pencils / count _____
3. the door / close _____
4. the beds / make _____
5. the mail / write _____
6. the trees / plant _____
7. the money / spend _____
8. the room / book / not _____
9. the rent / pay / not _____
10. the people / inform / not _____

4. Rewrite the sentences in passive voice.

1. He opens the door. - _____
2. We set the table. - _____
3. She pays a lot of money. - _____
4. I draw a picture. - _____
5. They wear blue shoes. - _____
6. They don't help you. - _____
7. He doesn't open the book. - _____
8. You do not write the letter. - _____
9. Does your mum pick you up? - _____
10. Does the police officer catch the thief? - _____

5. Rewrite the sentences in passive voice.

1. Jane will buy a new computer. - _____
2. Her boyfriend will install it. - _____
3. Millions of people will visit the museum. - _____
4. Our boss will sign the contract. - _____
5. You will not do it. - _____
6. They will not show the new film. - _____
7. He won't see Sue. - _____
8. They will not ask him. - _____
9. Will the company employ a new worker? - _____
10. Will the plumber repair the shower? - _____

6. Rewrite the sentences in passive voice.

- 1) I can answer the question. 2) She would carry the box. 3) You should open the window. 4) We might play cards. 5) You ought to wash the car. 6) He must fill in the form. 7) They need not buy bread. 8) He could not read the sentence. 9) Will the teacher test our English? 10) Could Jenny lock the door?

13. The Reported Speech

1. Reported commands

If you put a command into Reported speech there are some steps which are the same like in statements: (changing of the person, backshift of tenses, changing of expressions of time).

The form is mostly: **form of to tell + to + infinitive**.

Affirmative commands: Father: "**Do** your homework." – Father told me **to do** my homework.

Negative commands: Teacher. "**Don't talk** to your neighbour." – The teacher told me **not to talk** to my neighbour.

2. Reported questions

If you put a question into Reported speech there are some steps which are the same like in statements: (changing of the person, backshift of tenses, changing of expressions of time).

In Reported speech there is no question anymore, the sentence becomes a statement. That's why the word order is: **subject - verb**

Question without question words (yes/no questions): Peter: "Do you play football?" – Peter asked me whether (if) I played football. **Question with question words:** Peter: "When do you play football?" – Peter asked me when I played football.

3. Statements

1) If the sentence starts in the present, there is no backshift of tenses in Reported speech.

Example: Susan: "I work in an office." – Susan says that she works in an office.

2) If the sentence starts in the past, there is often backshift of tenses in Reported speech. Example: Susan: "I work in an office." – Susan said that she worked in an office.

Direct Speech	Indirect Speech
Present Tense (Present Simple changes into Past Simple)	
They said, "we love our country"	They said that they loved their country
Present Continuous changes into Past Continuous	
They said, "we are enjoying the weather"	They said that they were enjoying the weather.
Present Perfect changes into Past Perfect	
I said, "she have eaten the meal"	I said that she had eaten the meal.
Present Perfect Continuous changes into Past Perfect Continuous	
He said, "I have been studying since 3 O'clock"	He said that he had been studying since 3 O'clock.
Past Tense (Past Simple changes into Past Perfect)	
John said, "they went to cinema"	John said that they had gone to cinema.
She said, "I didn't buy a car"	She said that she had not bought a car.
Past Continuous changes into Past Perfect Continuous	
I said, "It was raining"	I said that it had been raining.
Past Perfect changes into Past Perfect (tense does not change)	
She said, "She had visited a doctor"	She said that she had visited a doctor.
Future Tense (Future Simple Tense WILL changes into WOULD)	
He said, "I will study the book"	He said that he would study the book.
Future Continuous Tense WILL BE changes into WOULD BE	
I said to him, " I will be waiting for him"	I said to him that I would be waiting for him.
Future Perfect Tense WILL HAVE changes into WOULD HAVE	
He said, "I will have finished the work"	He said that he would have finished the work.

If the sentence contains an expression of time, you must change it as well: **this (evening) – that (evening); today/this day – that day; these (days) – those (days); now – then; (a week) ago – (a week) before; last weekend – the weekend before / the previous weekend; here – there; next (week) – the following (week); tomorrow – the next/following day.**

Grammar Exercises. The Reported Speech

1. Imagine you want to repeat sentences that you heard two weeks ago in another place.

Rewrite the sentences in reported speech. Change pronouns and expressions of time and place where necessary.

1. They said, "This is our book." → They said _____
2. She said, "I went to the cinema yesterday." → She said _____
3. He said, "I am writing a test tomorrow." → He said _____
4. You said, "I will do this for him." → You said _____
5. She said, "I am not hungry now." → She said _____
6. They said, "We have never been here before." → They said _____
7. They said, "We were in London last week." → They said _____
8. He said, "I will have finished this paper by tomorrow." → He said _____
9. He said, "They won't sleep." → He said _____
10. She said, "It is very quiet here." → She said _____

2. Rewrite the sentences in reported speech. Change pronouns and time expressions where necessary.

1. She said, "I am reading." → She said that _____
2. They said, "We are busy." → They said that _____
3. He said, "I know a better restaurant." → He said that _____
4. She said, "I woke up early." → She said that _____
5. He said, "I will ring her." → He said that _____
6. They said, "We have just arrived." → They said that _____
7. He said, "I will clean the car." → He said that _____
8. She said, "I did not say that." → She said that _____
9. She said, "I don't know where my shoes are." → She said that _____
10. He said: "I won't tell anyone." → He said that _____

3. Complete the sentences in reported speech. Note the change of pronouns in some sentences.

1. "Stop talking, Joe," the teacher said. → The teacher told Joe _____
2. "Be patient," she said to him. → She told him _____
3. "Go to your room," her father said to her. → Her father told her _____
4. "Hurry up," she said to us. → She told us _____
5. "Give me the key," he told her. → He asked her _____
6. "Play it again, Sam," she said. → She asked Sam _____
7. "Sit down, Caron" he said. → He asked Caron _____
8. "Fill in the form, Sir," the receptionist said. → The receptionist asked the guest _____
9. "Take off your shoes," she told us. → She told us _____
10. "Mind your own business," she told him. → She told him _____

4. Complete the sentences in reported speech (no backshift). Note the change of pronouns, places and verbs.

- Tom: I'm fine.
- Sue: What does he say?
- You: He says that _____
- Tom: The weather here is great.
- Sue: What does he say?
- You: He says that _____
- Tom: We have a national park here.
- Sue: What does he say?
- You: He says that _____
- Tom: We went there yesterday.
- Sue: What does he say?
- You: He says that _____

14. The Modal Verbs

Can

Ability to do sth. in the present (substitute form: to be able to). *For example:* I **can** speak English.
Permission to do sth. in the present (substitute form: to be allowed to). *For example:* **Can** I go to the cinema? Request, offer, suggestion, possibility. *For example:* **Can** you **wait** a moment, please?

Could

Ability to do sth. in the past (substitute form: to be able to). *For example:* I **could** speak English.
Permission to do sth. in the past (substitute form: to be allowed to). *For example:* I **could** go to the cinema. Polite question, polite request, polite offer, polite suggestion, possibility. *For example:* **Could** you **wait** a moment, please?

May

Possibility. *For example:* It **may** rain today. Permission to do sth. in the present (substitute form: to be allowed to). *For example:* **May** I go to the cinema? Polite suggestion. *For example:* **May** I help you?

Might

Possibility (less possible than may). *For example:* It **might** rain today. Hesitant offer. *For example:* **Might** I help you?

Must

Force, necessity. *For example:* I **must** go to the supermarket today. Possibility. *For example:* You **must** be tired. Advice, recommendation. *For example:* You **must** see the new film with Brad Pitt.

Must not/may not

Prohibition. *For example:* You **mustn't** work on dad's computer. You **may not** work on dad's computer.

Need/need not

Necessity, not necessary. *For example:* We **needn't** go to the supermarket, we're going to the restaurant tonight.

Ought to

Advice. *For example:* You **ought to** drive carefully in bad weather. Obligation. *For example:* You **ought to** switch off the light when you leave the room.

Shall (instead of will in the 1st person)

Suggestion. *For example:* **Shall** I carry your bag?

Should

Advice. *For example:* You **should** drive carefully in bad weather. Obligation. *For example:* You **should** switch off the light when you leave the room.

Will

Wish, request, demand, order (less polite than would) *For example:* **Will** you please **shut** the door?
Prediction, assumption. *For example:* I think it **will** rain on Friday. Promise. *For example:* I **will** stop smoking. Spontaneous decision, habits. *For example:* Can somebody drive me to the station? - I **will**.

Would

Wish, request (more polite than will). *For example:* **Would** you **shut** the door, please? Habits in the past. *For example:* Sometimes he **would** bring me some flowers.

Grammar Exercises. The Modal Verbs

1. Form questions from the given words or phrases.

- Example: play / they / computer games / can Answer: play / they / computer games / can **Can they play computer games?**
1. she can play the trumpet _____?
 2. can e-mails they write _____?
 3. can I TV watch _____?
 4. the cat climb can the tree _____?
 5. can pictures brother your draw _____?
 6. the talk parrot can _____?
 7. you when come can _____?
 8. do we what can _____?
 9. have where can our friends lunch _____?
 10. can sister sing how your _____?

2. Write the phrases in brackets in their correct forms into the gaps.

- Example: Yesterday I _____ a film, today I can't. (**can/to watch**) Answer: Yesterday I **could watch** a film, today I can't.
1. Last week we _____ swimming, this week we can't. (**can/to go**)
 2. Maybe the Smiths _____ a new house next year. (**can/to build**)
 3. If you try hard, you _____ your examinations. (**can/to pass**)
 4. When I was five, I _____. (**not/can/to swim**)
 5. Dennis _____ the trumpet after four months. (**can/to play**)
 6. Luke has passed his driving test, now he _____ a car. (**can/to drive**)
 7. For three weeks I _____ to him on the phone. (**not/can/to speak**)
 8. Alex _____ his homework when his desk is in such a mess. (**not/can/to do**)
 9. They were so busy, they _____ me a text message. (**not/can/to write**)
 10. Lisa _____ her dress. She can wear it again. (**can/to clean**)

3. Complete the following sentences with one of the following words: *can, could, may, might, should, ought to, shall, will*.

1. The article stated that he _____ read at the age of three.
2. You _____ take a sweater in case it gets cold.
3. It's going to rain all afternoon. _____ we go to the cinema?
4. Scott _____ be 21 at the end of the month.
5. Julie said they traffic was heavy, so she _____ be late for the meeting.
6. You look a bit confused. _____ I help you?
7. You stole a CD from a friend? You _____ be ashamed of yourself!
8. I don't know the meaning of this word. _____ I borrow your dictionary?

4. Write the phrases in brackets in their correct forms into the gaps.

1. Last week we _____ swimming, this week we can't. (**can/to go**)
2. Maybe the Smiths _____ a new house next year. (**can/to build**)
3. If you try hard, you _____ your examinations. (**can/to pass**)
4. When I was five, I _____. (**not/can/to swim**)
5. Dennis _____ the trumpet after four months. (**can/to play**)
6. Luke has passed his driving test, now he _____ a car. (**can/to drive**)
7. For three weeks I _____ to him on the phone. (**not/can/to speak**)
8. Alex _____ his homework when his desk is in such a mess. (**not/can/to do**)
9. They were so busy, they _____ me a text message. (**not/can/to write**)
10. Lisa _____ her dress. She can wear it again. (**can/to clean**)

SECTION III. WORDLIST

<u>Unit 1</u>			<u>Unit 2</u>
abrasion	gauze	point	acceptance
admittance	goal	punish	accompany
amazing	goal neighboring	rapidly	according to
ancient	goalkeeper	rectangular	accurately
apart	goalpost	reduce	acknowledge
appeal	goalscorer	referee	admit
approve	goggles	regard	adopt
attract	grassy area	release	adversary
award	groin protectors	remove	allow
ban	gum	representative	amass
battle	halfback	require	amateur
beat	handling	retire	amusement
bid	helmet	score	arch
blow a whistle	hit	set up	arm drag
break	hook	sharpen	attempt
cause	host team	shin guards	bantamweight
cautionable offence	impact	shoot	bare-knuckle
championship	impose on	slip	bear hug
chest	inaugural	soccer	belt
circle	inaugurate	soccer cleats	belt-and-jacket style
circumference	include	spike	bent
collegiate	inconsistent	split	bite
competition	indentation	station	blow
competitor	infraction	stick	bodylock
conduct	injury	strictly	bout
contest	introduce	striker	break-stance
core	kick	striking surface	brief
cork	kickers	stroke	butt
coveted trophy	lead	supervise	call for
crew	leather	surfaces	career
currently	leg guard	surround	catch-hold style
dangerous	level field	suspension	chin
date back	lift	take place	choreographed
defeat	males	tall socks	citizenship
drag flick	misconduct	team	clockwise
dribble	mouth guard	thereafter	combat
embrace	neck guard	timeout	compose
essentially	net	touch lines	connect
extend	object	trace	considerable
extensive	obscure	transfer	convenient
face-off	offensive	transfer to	criterion (criteria)
female	origin	turfed field	cross
flatten	origin	twine	cruiserweight
foot (feet)	outcome	umpire	current
forth	outfield player	vague	damage
forward	padded gloves	warning	deem
foul	particularly	warrior	defeat
fullback	pass	wet	define
game	pitch	winger	deliver
	plunge		

demand	junior bantamweight	shift	borrow from
descent	junior featherweight	shoulder	bow
differ in	junior flyweight	solid	bracket
disallowed second	junior lightweight	southpaw	branch
division	junior middleweight	sportive	bring in
draw back	junior welterweight	stage	brotherhood
drop	knee	strawweight	cave
dual	latter	strike	chair
elbow	lead hand	struggle	civilian
eliminate	light heavyweight	submission	collar
emphasis	lightweight	substantially	compete
entertainment	loose style	super middleweight	create
establish	mat	supine	deduction
evidence	metal-studded	suplex	depend on
evolve	middleweight	supply	derive from
exist	mixed martial arts	survival	devote to
fair hold	move	target	doctrinal
featherweight	native	terminate	drop
fell	notable	thong	earn
fighter	occasion	throw	elimination
fists	opponent	thrust	employ
fixture	opportune	tight	enable
flyweight	owing to	toppling	encourage
forbid (forbade)	permit	torso	entwine
force	pick up	touch-fall	envoy
forearm	pile up	towel	equirement
former	pinfall	trip	exclusive
free count	pin-fall	tuck	execute
fulfillment	pool	undispute	feature breaking
full crouch	premier	uppercut	finger
gouge	primary	upright	grade
grappling	prior to	upright stance	grasp
grip	prominence	upward	headquarters
guard	punch	venue	host
gut-wrench stance	rear foot	violation	in turn
headlock	recognize	waist	incorporate
heavyweight	recover	weaponless	indicate
heel	relinquish	welterweight	indicate
hip	repertoire	worthy	initially
hold	require	<u>Unit 3</u>	joint lock
hook	resign	adult	marauder
immobilize	restriction	affair	martial art
impact	reverse	alternate	military
implementation	ribcage	amendment	modify
incapable	ring	ankle	monk
infringement	rising arc	annual	mutually
initial	roped-off square	association	nevertheless
inter-collegiate	rotation	ban	numerous
involve	scorecard	biannual	overcome
jab	self defense	block	participate
jaw	semi-circular	boost	patch
judge	semi-crouch		pattern

pin point prescribe pressure proficiency profile prohibit promote recognize refer to register reign relate to resist sanction set of rules signify similar to skill sleeve source sparring speed stripe subdivide into submission success sufficient superior sweep swordsmanship take-down tip toe training aid unmodified variety vary versus via vitality warrior weak <p style="text-align: center;"><u>Unit 4</u></p> accomplishment achieve advance appearance appropriate arguably assemble assess	attach backboard bottomless bounce boundary cager cap coach combine commit compose conceive condition consecutive consecutively consistent contestant court despite differ dimension domestic double hit dribble elevated elsewhere emergence enclose exceed exhibition extensive fault female fiberglass field goal ground hardwood hitting hoop hugely illegal in addition to indoors inflated ball inspire jump kill league leather level area list merger	opposing team original outclass pace parity passing possess possession preeminent prevent previously proceed push quadrennial 'rally' rapidly receive receiving court releasing remarkable rival root rubber serving set up setting spiking suspend tossing trophy twice unable undergo unique valuable wire mesh <p style="text-align: center;"><u>Unit 5</u></p> adjacent adjunct adjustable apparatus appear associate with at least average back balance beam band banner bone calorie restriction care	challenge cinder comprise consider crossbar cross-country running curvature cushioned area decathlon dedication deem determine diet pills discus throw disorder diuretic due to emulate ensure erase excessive exercise expectation fasting feat flexibility frequently gain hammer throw heptathlon high jump hop horizontal bar hurdling implement indentation institute intertwine javelin throw joint disease keep down landing landing mat lane laxative lead up leanness leap length loaf-shaped long jump marathon measure
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<p>metal-tipped spear modify motionless mount movable multi-purpose narrow occur optional overuse parallel bar pentathlon plasticine pole vault pommel horse precise prescribed exercises prestigious propel properly rarely recreational level reduce reinvent relay race revive rings routine running track sandpit self-confidence severe share shot put single victor speed walking split into stamina steeplechase strip suppleness susceptible swinging maneuver take off board tartan toe board trial triple jump turf uneven parallel bars variety vaulting</p>	<p>venue violate virtually vomiting width wrist</p> <p style="text-align: center;"><u>Unit 6</u></p> <p>accomplish allotted time alternate aquatics assign attaché attain back off backstroke better bottom breaststroke butterfly compatriot concrete contribute controversially crawl-stroke designate dive division dog paddle dolphin kick drown eggbeater kick ejection foul endurance entail equal essential excavation exhaust exit facility fatigue favor fellow fill with firm float flutter kick fouler freestyle relay frog kick full-body suit</p>	<p>give up goalie gravity identity ignore illness improvement inception increase jerky lung medley race merge motion no matter overarm stroke partner perfect prone propulsion publicize quarter rapid rectangular regain regulation play remarkable reset resistance restart scissors kick shallow shape sidestroke simultaneous smack smooth speed splashing springboard standardize subsequently substitute supine surface surpass sustain swimming pool swimsuit teammate torch treading water</p>	<p>treasure trudgen stroke unison vote waive windmill-like</p> <p style="text-align: center;"><u>Unit 7</u></p> <p>ability accident advantageous aft aid aircraft wing allowance amongst arduous assault attraction attributable aware blueprint boat bone density bow bumping race burst canvas capsize catamaran charge circumnavigate coastal sailing combustion engine commonly conditioning training consumption continuously conveyance coxswain craft crew cruising culminate cycling deck dedicate deed desire despite diesel engine dissimilar downwind sailing</p>
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duck	originate	stable	figure skating
elapsed time record	outer space	stretch	flip
eligible	output	subsequent	fluid
enhance	overwork	support	footwork
enjoyment	owner	supreme	frame
entrant	oxygen	surrounding	free selection
espionage	particularly	survival technique	friction
eventually	passenger	take into account	half flip
evidence	predate	thoracic spine	half loop
fall into	predominate	torso	hop
ferry	propel	trip	hull
fiberglass	provide	vast	ice dancing
flexible	pull	vehicle	ice skating
foil	purpose	vessel	ice-covered
gain	rating class	viable	impress
globe	reduce	victorious	in pair
guild	regain	wager race	indoor
handicap	remote area	waterman	inside axel
hull	resemble	weight training	international
improve	rigging	workout	intricate
inaugural winner	rigid wing sail	yachting	introduced
initiate	roil	yawl	judging system
intend for	rower		jump
intersperse	rudder	<u>Unit 8</u>	knowledge
introduce	rudderpost	advantage	launch
irregularly	sabotage	air resistance	lift
jarring	sailboat	allowing	local
join	sailcloth	amusement	long
joint	sailor	attract	loop
keel	satellite-generated	axels	lutz
keen	weather report	basic	movement
ketch	schooner	blade	national
land-based training	scratch boat	bobsledding	one-foot axel
lawsuit	scull	bottom	pattern
lighthouse	seem	brake	permanently
link to	shell	brakeman	pirouette
livery	shin splint	camel spin	previously
manage	sight	circular	push-bar
mast	similarly	competition	racing
mastery	skier	controversial	require
measure	slab	cowling	rigid
mizzen	sliding seat	crash	runner
modest means	sloop	death spiral	scoring
narrow	sophisticated	debuted	seat
nautical mile	communication device	degree	seeking
notably	sore knee	direction	short lift
notice	sparse	dominate	shoulder
oar	speed	driver	single
octogenarian	spine	edge	sit spin
offer	spinnaker	exhilarating	skating
offshore	spread	exist	slide
		fasten	

<p>solo spin spiral split jump steel bladed steering system steering wheel step sequence stiff strap subjective success synchronization take up throw jump toe loop toe pick turns twisting incline unison upright vanguard vehicle walley jump waltz jump weight wheel winner</p> <p style="text-align: center;"><u>Unit 9</u></p> <p>ability acceleration accomplish artificial assist bare-bones bend blade length blocker bobsledding body checks braking mechanism catch glove change composite stick co-owner curvature curve defenseman direction distinguish dragging elbow pad</p>	<p>evolve fast-paced frozen gear goalies goaltender head-first helmet hockey ice hockey ice rink immense invent join luge mouth guard neck protector occurrence optimize participation pedestrian permanently popularity protective protective gloves rake rapid start resemble rigid rubber puck shifting shin pads shoulder pads skeleton sled sliding spin-off steel-frame steering stop stride sufficiently thickness torque tough trend turn uncommon wooden</p> <p style="text-align: center;"><u>Unit 10</u></p> <p>abilities activity</p>	<p>Additionally alpine skiing Alpine skiing ammunition ankle tendons arguably atoned for attached to available avoided awkward fall banned biathlete Biathlon bolt brisk broad circular climb combine consecutive contestant convenience country skiing cross-country skiing downhill downhill skiers drug embarking equal exorbitant extra extra cartridge feedback female flip gravity immediately prior impact forces in addition increasingly involving jogging joint knee ligaments loop low-impact magazine male nicknamed overall participate</p>	<p>permitt physically demanding prone position propel propulsive phase pursuit reach reduce relay rifle shooting self-indicating shared by shooting Ski- jumping slalom spectators instant split times sprint stamina stressful stretching succumb target technique thighs tough victory</p> <p style="text-align: center;"><u>Unit 11</u></p> <p>absence acclaim accompany achieve alloy amateur announce appearance approval archery armour arrow award ban bid biodiversity bite-bit-bitten bow bribe brightness broadcaster cauldron chariot racing cheating</p>
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circle	inspire	safety	aquatics
claim	involve	scenario	at least
comeback	ivory	screen	authenticity
Commonwealth	javelin	scull	available
competitor	judoka	shield	backstroke
consecutive	juggler	shooting	break the record
considerable	knock	significance	breaststroke
coveted medal	leaf	single	buffer
crown	leather	site	character
currently	light-lit-lighted	skin	choice
damage	mayor	soldier	claim
dangerous	mean	spectator	combine
defeat	meanwhile	sprint kayaker	contain
discus	messenger	sprint relay	contest
dissipate	motto	stage	contestant
division	mountain biker	standing	conventional
dominion	nasty	stare	countdown
drop	nobleman	statue	device
duke	nominate	successful	distinct
eligible	notable	successive	distinctive
encounter	observer	sustainability	domestic
engage in	overcrowd	tally	due to
entertainer	ox -oxen	tent	earn
épée fencer	paddle	theme	encourage
excellence	participate	throw	enhance
feast	particularly	torch	ensemble
featherweight boxer	peerage	total	enterprise
female	pentathlon	tough	entry
fencing	perforate	trader	equal
flag bearer	petal	trampoline	equestrian
flame	pistol shooting	triangular	expand
flashback	pitch	twice	facility
footstep	poke	valley	feature
former	pole vaulter	value	foil
giant	praise	various	giant
glove	previously	venue	humidity
govern	propel	view	imprint
governor-general	punish	viewer	incorporate
gradually	quadruple	volunteer	increase
grip	quality	warmth	individual medley
handle	rank	wear-wore-worn	inherent
handover	realize	weightlifting	invest
heat	recapture	widespread	issue
heptathlete	reigning champion	wonder	join
hereditary	respect	wreath	jurisdiction
heritage	respective	wrestling	lane
hit	responsible for	<u>Unit 12</u>	lead
host	retired	accompany	logo
huge	rifle hooter	advance	lyrics
in addition to	roast	affect	mainland
in honour of	rough	aim	mascot
include	sacred truce	approximately	nest

<p> nickname outlet overall passion perform pool previously profit promote purchase recognizable refer relay release replace respectively saber sale schedule score seal secure share similar slogan space stand for steeplechase strike (stroke) stylized submit surpass swallow uneven bars unprecedented vote <u>Unit 13</u> advantage allow alternate approve break categorize clinch concern duration fail major mascot officially participate pursuit </p>	<p> raise rename resort spectator subsequently suburb temporarily valley vote worry <u>Unit 14</u> additionally apparatus average beam borders boycott chance chart choreographer cluster cluster coastal collapse cooperate disappointment discontinued distinctly eastern elevations establish halfpipe host hub humid invasion mayor medley notably portable portion pressure prove recent recordholder re-emerged relay row scenic significant sliding southeast </p>	<p> southwestern spanning subtropical tally vault venues </p>	
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SECTION IV. ANSWERS

Unit 1. Football, Field hockey

Ex. 1. 1-g, 2-i, 3-l, 4-f, 5-b, 6-a, 7-j, 8-c, 9-k, 10-d, 11-e, 12-k.

Ex. 2. 5. In 1888, the Football League was founded in England, becoming the first of many professional football competitions.

6. International Federation of Association Football, commonly known by the acronym FIFA is the international governing body of association football, futsal and beach soccer. Its membership comprises 209 national associations (the United Nations has 193 member states). Its headquarters are in Zurich, Switzerland, and its president is Sepp Blatter. FIFA is responsible for the organisation of football's major international tournaments, notably the World Cup.

7. There are currently six awards:

- the Golden Ball (currently commercially termed "adidas Golden Ball") for best player;
- the Golden Boot (also known as the Golden Shoe, commercially termed "adidas Golden Shoe" from 1982, although now referred to again as the Golden Boot) was first awarded in 1930 for top goal scorer;
- the Golden Glove Award for best goalkeeper (first awarded in 1994);
- the Best Young Player (currently commercially termed as "Hyundai Best Young Player") award for best player under 21 years of age at the start of the calendar year, first awarded in 2006.
- the FIFA Fair Play Trophy for the team with the best record of fair play (first awarded in 1970);
- the Most Entertaining Team award for the team that has entertained the public the most, during the World Cup final tournament, as determined by a poll of the general public, first awarded in 1994.

8. Hockey has several regular international tournaments for both men and women. These include the Olympic Games, the Commonwealth Games, the quadrennial Hockey World Cups, the annual Champions Trophies and World Cups for juniors.

9. The International Hockey Federation is the global governing body of field hockey and indoor field hockey. Its headquarters are located in Lausanne, Switzerland. The FIH was founded on January 7, 1924 in Paris by Paul Léautey, who became the first president, in response to field hockey's omission from the programme of the 1924 Summer Olympics. First members complete to join the seven founding members were Austria, Belgium, Czechoslovakia, France, Hungary, Spain and Switzerland.

10. Field hockey ball, field hockey stick, mouthguard, shinpads.

Ex. 4. 1-C, 2-A, 3-B.

Ex. 9. a-10, b-2, c-7, d-3, e-6, f-9, g-1, h-4, i-5, j-8.

Unit 2. Boxing, Wrestling

Ex. 1. 1-f, 2-b, 3-g, 4-e, 5-a, 6-h, 7-d, 8-c.

Ex. 2. 2. The first boxing rules, called the Broughton's rules, were introduced by champion Jack Broughton in 1743 to protect fighters in the ring where deaths sometimes occurred. Under these rules, if a man went down and could not continue after a count of 30 seconds, the fight was over. Hitting a downed fighter and grasping below the waist were prohibited. Broughton also invented and encouraged the use of "mufflers", a form of padded gloves, which were used in training and exhibitions.

3. The Marquess of Queensberry rules have been the general rules governing modern boxing since their publication in 1867.

4. **Amateur boxing.** Amateur boxing may be found at the collegiate level, at the Olympic Games and Commonwealth Games, and in many other venues sanctioned by amateur boxing associations. Amateur boxing has a point scoring system that measures the number of clean blows landed rather

than physical damage. Bouts consist of three rounds of three minutes in the Olympic and Commonwealth Games, and three rounds of three minutes in a national ABA (Amateur Boxing Association) bout, each with a one-minute interval between rounds.

Competitors wear protective headgear and gloves with a white strip across the knuckle. A punch is considered a scoring punch only when the boxers connect with the white portion of the gloves. Each punch that lands cleanly on the head or torso with sufficient force is awarded a point. A referee monitors the fight to ensure that competitors use only legal blows. A belt worn over the torso represents the lower limit of punches – any boxer repeatedly landing low blows (below the belt) is disqualified. Referees also ensure that the boxers don't use holding tactics to prevent the opponent from swinging. If this occurs, the referee separates the opponents and orders them to continue boxing. Repeated holding can result in a boxer being penalized or ultimately disqualified. Referees will stop the bout if a boxer is seriously injured, if one boxer is significantly dominating the other or if the score is severely imbalanced. Amateur bouts which end this way may be noted as "RSC" (referee stopped contest) with notations for an outclassed opponent (RSCO), outscored opponent (RSCOS), injury (RSCI) or head injury (RSCH).

Professional boxing. Professional bouts are usually much longer than amateur bouts, typically ranging from ten to twelve rounds, though four round fights are common for less experienced fighters or club fighters. There are also some two-and three-round professional bouts, especially in Australia. Through the early twentieth century, it was common for fights to have unlimited rounds, ending only when one fighter quit, benefiting high-energy fighters like Jack Dempsey. Fifteen rounds remained the internationally recognized limit for championship fights for most of the twentieth century until the early 1980s, when the death of boxer Duk Koo Kim reduced the limit to twelve.

Headgear is not permitted in professional bouts, and boxers are generally allowed to take much more damage before a fight is halted. At any time, however, the referee may stop the contest if he believes that one participant cannot defend himself due to injury. In that case, the other participant is awarded a technical knockout win. A technical knockout would also be awarded if a fighter lands a punch that opens a cut on the opponent, and the opponent is later deemed not fit to continue by a doctor because of the cut. For this reason, fighters often employ cutmen, whose job is to treat cuts between rounds so that the boxer is able to continue despite the cut. If a boxer simply quits fighting, or if his corner stops the fight, then the winning boxer is also awarded a technical knockout victory.

5. "Style" is often defined as the strategic approach a fighter takes during a bout. No two fighters' styles are alike, as it is determined by that individual's physical and mental attributes.

Boxer/out-fighter, Boxer-puncher, Brawler/sluggish, Swarmers/in-fighter, Counter puncher.

6. Wrestling disciplines defined by FILA, are broken down into two categories; International wrestling disciplines and folk wrestling disciplines. According to the International Federation of Associated Wrestling Styles, there are five current International wrestling disciplines acknowledged throughout the world. They are Greco-Roman Wrestling, Freestyle Wrestling, Grappling, Beach wrestling and MMA (Mixed martial arts).

7. Mixed martial arts (MMA) is a full contact combat sport that allows the use of both striking and grappling techniques, both standing and on the ground, including boxing, wrestling, Brazilian jiu-jitsu, muay Thai, kickboxing, taekwondo, karate, judo, kung fu and other styles.

9. The International Federation of Associated Wrestling Styles, also known in French as Fédération Internationale des Luttes Associées (FILA), is an international wrestling federation that holds events around the world. It is the governing body of international amateur wrestling.

10-11. The Men's Greco-Roman Wrestling tournament began in 1904, and the Men's Freestyle Wrestling tournament began in 1951. The Women's Freestyle championships were first staged in 1987.

Ex. 9. 1-j, 2-i, 3-h, 4-d, 5-c, 6-b, 7-g, 8-e, 9-a, 10-f.

Unit 3. Taekwondo. Judo

Ex. 1. 2. Korean martial arts are hapkido, kuk sool won, and taekwondo.

3. 1) Stances (Sogi): Attention Stance, Closed Stance, Walking Stance, Back L-Stance, Parallel Stance, Rear Foot Stance, Sitting Stance, Fighting Stance; 2) Hand attacks; 3) Kicks (Chagi); 4) Blocks (Makgi); 5) Patterns, Poomsae, Hyung, Tul; 6) Self defense; 7) Breaking.

4. Although each taekwondo club or school will be different, a student typically takes part in most or all of the following:

- Learning the techniques and curriculum of taekwondo
- Both anaerobic and aerobic workout, including stretching
- Self-defense techniques
- Patterns
- Sparring which may include 7-, 3-, 2- and 1-step sparring, free-style sparring, arranged sparring, point sparring, and other types
- Relaxation and meditation exercises; breathing control
- Throwing and/or falling techniques
- A focus on mental and ethical discipline, etiquette, justice, respect, and self-confidence
- Breaking using techniques to break boards for testing, training and martial arts demonstrations. Demonstrations often also incorporate bricks, tiles, and blocks of ice or other materials. Can be separated into three types:

- Power breaking – using straightforward techniques to break as many boards as possible
- Speed breaking – boards are held loosely by one edge, putting special focus on the speed required to perform the break
- Special techniques – breaking fewer boards but using jumping or flying techniques to attain greater heights, distances, or to clear obstacles

Exams to progress to the next rank.

5. Two of the most popular systems of taekwondo are named solely after their respective organizations: the *World Taekwondo Federation* (WTF) and the *International Taekwon-Do Federation* (ITF).

6. Taekwondo ranks are typically separated into "junior" and "senior," or "student" and "instructor," sections.

7. Judo was first included in the Summer Olympic Games at the 1964 Games in Tokyo, Japan. After not being included in 1968, judo has been an Olympic sport in each Olympiad since then.

8. There have been between 4 and 8 Olympic weight classes over the years (currently 7), and the definition of each class has changed several times.

9. The early history of judo is inseparable from its founder, Japanese polymath and educator *Jigoro Kano* (1860–1938), born Shinnosuke Kano.

Ex. 3. 1-C, 2-A, 3-B.

Ex. 9. 1-b, 2-d, 3-k, 4-a, 5-j, 6-e, 7-c, 8-p, 9-g, 10-m, 11-h, 12-l, 13-f, 14-o, 15-n, 16-p.

Unit 4. Basketball. Volleyball.

Ex. 1. 1-d, 2-h, 3-b, 4-f, 5-a, 6-c, 7-g, 8-k, 9-e, 10-i, 11-l, 12-j.

Ex. 2. 1-e, 2-b, 3-g, 4-h, 5-h, 6-c, 7-f, 8-a.

Ex. 3. 1. The International Basketball Federation, more commonly known as **FIBA**, from its French name *Fédération Internationale de Basketball*, is an association of national organizations which governs international competition in basketball.

2. FIBA recognizes 213 national teams divided into 5 zones, each roughly corresponding to a continent (North America and South America are grouped under the Americas.)

3. 1950.

4. James Naismith (November 6, 1861 – November 28, 1939) was a Canadian sports coach and innovator. He invented the sport of basketball in 1891 and is often credited with introducing the first football helmet. He wrote the original basketball rulebook, founded the University of Kansas basketball program, and lived to see basketball adopted as an Olympic demonstration sport in 1904 and as an official event at the 1936 Summer Olympics in Berlin, as well as the birth of both the National Invitation Tournament (1938) and the NCAA Men's Division I Basketball Championship (1939).

5. FIBA has organized a World Championship for men since 1950 and a World Championship for Women since 1953. Both events are now held every four years, alternating with the Olympics.

6. The Fédération Internationale de Volleyball (International Federation of Volleyball), commonly known by the acronym FIVB, is the international governing body for the sport of indoor, beach and grass volleyball. Its headquarters are located in Lausanne, Switzerland.

7. Olympic Games, Volleyball World Championship, Volleyball World Cup, Volleyball World Grand Champions Cup, Volleyball World League (Men), Volleyball World Grand Prix (Women), Volleyball Club World Championship, Beach Volleyball SWATCH World Tour, Beach Volleyball SWATCH World Championship; and the following international youth volleyball tournaments: Men's Junior World Championship (U21), Women's Junior World Championship (U20), Boys' Youth World Championship (U19), Girls' Youth World Championship (U18).

8. On February 9, 1895, in Holyoke, Massachusetts (USA), *William G. Morgan*, a YMCA physical education director, created a new game called Mintonette as a pastime to be played preferably indoors and by any number of players. The game took some of its characteristics from tennis and handball.

9. There are 5 positions filled on every volleyball team at the elite level. Setter, Outside Hitter/Left Side Hitter, Middle Hitter, Opposite Hitter/Right Side Hitter and Libero/Defensive Specialist. Each of these positions plays a specific, key role in winning a volleyball match.

10. There are many variations on the basic rules of volleyball. By far the most popular of these is beach volleyball, which is played on sand with two people per team, and rivals the main sport in popularity. Some games related to volleyball include: a) *Footvolley*: A sport from Brazil in which the hands and arms are not used but most else is like beach volleyball; b) *Hooverball*: Popularized by President Herbert Hoover, it is played with a volleyball net and a medicine ball; it is scored like tennis, but the ball is caught and then thrown back. The weight of the medicine ball can make the sport to be quite physically demanding; annual championship tournaments are held annually in West Branch, Iowa; c) *Newcomb ball* (sometimes spelled "Nuke 'Em"): In this game, the ball is caught and thrown instead of hit; it rivaled volleyball in popularity until the 1920s; d) *Prisoner Ball*: Also played with volleyball court and a volleyball, the object of the game is to get your opponents "out"; e) *Throwball* became popular with women players at the YMCA College of Physical Education in Chennai (India) in the 1940s; f) *Buka ball*: This is a rather similar game played only with the feet; g) *Beachball* volleyball: A game of indoor volleyball played with a beach ball instead of a volleyball.

Ex. 4. 1-A, 2-C, 3-B.

Ex. 9.

1. The complete rules are extensive.
2. Basketball did not become an official part of the games until 1936
3. The first two touches are used to set up for an attack.
4. Each made foul shot is worth one point.
5. Teams try to advance the ball and shoot it through one basket.
6. International and collegiate basketball games have two 20-min halves.
7. A number of consistent techniques have evolved in volleyball.
8. A team commits a fault and loses the rally.

Unit 5. Gymnastics. Track and Field

Ex. 1. 1-f, 2-d, 3-b, 4-h, 5-e, 6-c, 7-g, 8-a.

Ex. 2. 1. Competitive Artistic gymnastics is the best known of the gymnastic sports. It typically involves the women's events of uneven bars, balance beam, floor exercise, and vault.

2. Men's events are floor exercise, pommel horse, still rings, vault, parallel bars, and high bar.

3. Other gymnastic sports include rhythmic gymnastics, the various trampolining sports, aerobic and acrobatic gymnastics.

4. Competitive trampolining routines consist of combinations of 10 contacts with the trampoline bed combining varying rotations, twists and shapes with take-off and landing in one of four positions: Feet, Seat, Front, Back.

5. The events that acrobats perform in are: women's pairs (two females); men's pairs (two males); mixed pairs (a male base and a female top); women's groups (three females); men's groups/quad (four males).

6. Rhythmic gymnastics is a sport in which individuals or teams of competitors (2 or more people) manipulate one or two pieces of apparatus: rope, clubs, hoop, ball, ribbon and Free.

7. Track and field is a sport comprising various competitive athletic contests based around the activities of running, jumping and throwing.

8. The running events are categorized as sprints, middle and long-distance events, relays, and hurdling.

9. Regular jumping events include long jump, triple jump, high jump and pole vault, while the most common throwing events are shot put, javelin, discus and hammer.

10. 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 5000 metres, 10,000 metres, Marathon, 110 metres hurdles, 400 metres hurdles, 3000 metres steeplechase, 4 × 100 metres relay, 4 × 400 metres relay, 20 km walk, 50 km walk, High jump, Pole vault, Long jump, Triple jump, Shot put, Discus throw, Hammer throw, Javelin throw, Decathlon.

Ex. 8.

1. The sport became part of the revived Olympics in 1896.

2. Women's gymnastics was instituted in 1936.

3. Gymnastics is classified as a non-contact sport.

4. In 1972, the average female Olympian was 18 years old.

5. Events are held indoors and outdoors and records are kept separately.

6. Track and field is a sport comprising various competitive athletic contests.

7. The name of the sport derives from the venue for the competitions.

8. The racing events are won by the athlete with the fastest time.

Ex. 9. 1-c, 2-g, 3-e, 4-h, 5-f, 6-d, 7-i, 8-a, 9-j, 10-b

Ex. 10. 1-c, 2-a, 3-b, 4-h, 5-d, 6-f, 7-g, 8-e.

Ex. 11. 1-b, 2-i, 3-k, 4-l, 5-f, 6-n, 7-e, 8-m, 9-d, 10-j, 11-h, 12-a, 13g, 14-c.

Unit 6. Swimming

Ex. 1. 1. There are seven players in the water from each team at one time. There are six players that play out and one goalkeeper.

2. The offensive positions include: one center (a.k.a. two-meter offense, 2-meters, hole set, set, hole man, bucket, pit player or pit-man), two wings (located on or near the 2-meter), two drivers (also called "flats," located on or near the 5-meter), and one "point" (usually just behind the 5 meter), positioned farthest from the goal. The wings, drivers and point are often called the perimeter players.

3. Fouls: major fouls (exclusion fouls), drawing the ejection, brutality fouls, a misconduct foul, a penalty shot.
4. Passing: there are two basic passes in water polo: the "dry" pass and the "wet" pass.
5. Water polo equipment: a ball, a cap, a mouthguard, swimwear.
6. Water Polo World Championship, FINA World Aquatics Championships, FINA Water Polo World Cup, FINA Water Polo World League, European Water Polo Championship.
7. The four main strokes in swimming are: Freestyle, Breaststroke, Backstroke, Butterfly.
8. Referee, Starter, Clerk of course, Timekeepers, Inspectors of turns, Judges of Stroke, Finish judges.
9. Female Swimsuits: Racerback, Kneeskin, Bodyskin, LZR Racer; Male Swimsuits: Competition briefs or Speedos, Jammers, Square leg suits, Legskin, Kneeskin, Bodyskin, LZR Racer, Drag Suit.
10. Swimsuit, Swim cap, Goggles, Drag suit.
12. FINA currently recognises world records in the following events for both men and women: Freestyle: 50 m, 100 m, 200 m, 400 m, 800 m, 1500 m; Backstroke: 50 m, 100 m, 200 m; Breaststroke: 50 m, 100 m, 200 m; Butterfly: 50 m, 100 m, 200 m; Individual medley: 100 m (short course only), 200 m, 400 m; Relays: 4×100 m freestyle, 4×200 m freestyle, 4×100 m medley.

Ex. 7.

- | | |
|---|--|
| 1. Water polo is a team water sport. | 5. Swimming is a popular competitive sport. |
| 2. The breaststroke can also be a restful stroke. | 6. The average quarter lasts around 12 minutes. |
| 3. The game clock is stopped when the ball is not 'in play' | 7. Home team field players wear usually blue caps. |
| 4. The butterfly is mastered by only the best swimmers. | 8. In freestyle swimming any stroke may be used. |

Unit 7. Sailing. Rowing

Ex. 2. 1-B, 2-D, 3-C, 4-A.

Ex. 7.

- | | |
|--|--|
| 1. Rowing is a sport which can be enjoyed at many levels. | 5. Sailing as a means of transportation predates history. |
| 2. The United States regained the Cup in 1987. | 6. Harvard and Yale universities first raced in 1851. |
| 3. The world's first such club was founded in Cork, Ireland. | 7. Today fiberglass hulls and synthetic fabrics predominate. |
| 4. Rowing is a propulsion of a boat by means of oars. | 8. Elite rowers require supreme levels of fitness. |

Ex. 9. 1-m, 2-d, 3-b, 4-k, 5-f, 6-a, 7-j, 8-c, 9-n, 10-g, 11-l, 12-h, 13-i, 14-e.

Unit 8. Figure Skating, Bobsledding

Ex. 1. 1-h, 2-d, 3-a, 4-c, 5-k, 6-e, 7-j, 8-i, 9-l, 10-b, 11-f, 12-g.

Ex. 2.

2. Solo and in pairs figure skating.
3. As an Olympic sport, figure skating (considered an indoor sport) debuted in the 1908 Olympic Summer Games in London, with competitions held for men, women, and pairs.
4. The American ballet dancer and vanguard figure skater Jackson Haines, who also introduced the elements of dance and music into the previously rigid form of figure skating and in the 1860s, bringing balletic movements to ice, and creating new ones.
7. Bobsledding originated in Switzerland in the 1890s.
8. A two-person sled consists of a driver and the brakeman.

9. Bobsledding was included in the first Olympic Winter Games in 1924.

Ex. 9. 1-b, 2-d, 3-c, 4-e, 5-g, 6-f, 7-a, 8-h.

Ex. 10. 1-g, 2-h, 3-f, 4-j, 5-c, 6-i, 7-a, 8-e, 9-b, 10-d.

Unit 9. Ice Hockey, Skeleton

Ex. 1. 1-k, 2-d, 3-i, 4-e, 5-h, 6-l, 7-c, 8-b, 9-g, 10-j, 11-a, 12-f.

Ex. 2.

3. The game is played between two teams with six players on the ice. A team usually consists of four lines of three forwards, three pairs of defencemen and two goalies.

4. The first organized game was played on March 3, 1875 in Montreal, Canada.

7. Skeleton was invented in St. Moritz, Switzerland, in the late 19th century.

8. The two sports are different: while skeleton is run on the same track used by bobsleds and luge, Cresta is run on Cresta-specific sledding tracks only.

9. In 1923, the Federation Internationale de Bobsleigh et de Tobogganing (FIBT) was established as the governing body of the sport.

Ex. 4. 1-B, 2-A, 3-C.

Ex. 9. 1-g, 2-f, 3-h, 4-c, 5-d, 6-e, 7-b, 8-a.

Unit 10. Skiing, Biathlon

Ex. 1.

1. Sport and mode of transportation involving moving over snow on a pair of long flat runners (skis) attached to shoes or boots.

2. The earliest skis were often short and broad.

3. Skiing was born in northern Europe.

4. Competitive cross-country skiing began in Norway in the 1840s and had reached California by the 1860s.

5. Alpine skiing has been contested at every Winter Olympics since 1936, when a combined event was held in Garmisch-Partenkirchen, Germany.

6. Biathlon is any sporting event made up of two disciplines.

7. A biathlon competition consists of a race in which contestants ski around a cross-country trial system, and where the total distance is broken up by either two or four shooting rounds, half in prone position, the other half standing

8. No equipment other than skis and ski poles may be used to move along the track.

9. All cross-country skiing techniques are permitted in biathlon

Ex. 5.

1) St. Moritz, Switzerland was the host city for these first sanctioned games.

2) Nordic skiing comprised the only skiing events.

3) Alpine skiing first appeared on the program with a combined event for both men and women.

4) Because of World War II, the winter Olympics were not held again until 1948.

5) Austrian alpine skier Toni Sailer was the hero of the games.

6) In 1968 at Chamonix, France, French hero Jean-Claude Killy accomplished the alpine sweep.

7) Racers have tended to become more specialized, concentrating on certain events.

8) The 1928 Olympics are considered the first official Winter Olympic Games.

9) Skiing competition was included and more events have been added to the Olympic schedule over the years.

10) The first celebration of the Winter Olympics was held in Chamonix, France in 1924.

Ex. 7. 1-f, 2-j, 3-a, 4-b, 5-k, 6-c, 7-g, 8-d, 9-e, 10-h, 11-i.

Ex. 8. 1-a, 2-d, 3-c, 4-b, 5-a, 6-b, 7-b, 8-d, 9-a, 10-c, 11-b, 12-b.

Unit 11. The 2012 Summer Olympics

Ex. 1.

1. The 2012 Summer Olympics took place in London, United Kingdom, from 27 July to 12 August. 2012.

2. Around 10,500 athletes from 204 National Olympic Committees (NOCs) took part in it.

3. The 2012 Summer Olympic programme featured 26 sports and a total of 39 disciplines:

1. Aquatics: Diving (8), Swimming (34), Synchronized swimming (2), Water polo (2); 2. Archery (4); 3. Athletics (47); 4. Badminton (5); 5. Basketball (2); 6. Boxing (13); 7. Canoeing: Sprint (12), Slalom (4); 8. Cycling: BMX (2), Mountain biking (2), Road (4), Track (10); 9. Equestrian : Dressage (2), Eventing (2), Jumping (2); 10. Fencing (10); 11. Field hockey (2); 12. Football (2); 13. Gymnastics: Artistic (14), Rhythmic (2), Trampoline (2); 14. Handball (2); 15. Judo (14); 16. Modern pentathlon (2); 17. Rowing (14); 18. Sailing (10); 19. Shooting (15); 20. Table tennis (4); 21. Taekwondo (8); 22. Tennis (5); 23. Triathlon (2); 24. Volleyball: Volleyball (2), Beach volleyball (2); 25. Weightlifting (15); 26. Wrestling: Freestyle (11), Greco-Roman (7).

4. For the first time, women's boxing was included in the programme.

5. London's bid featured 28 sports, in line with other recent Summer Olympics, but the IOC voted to drop *baseball* and *softball* from the 2012 Games two days after it selected London as the host city.

6. The Olympic Games featured 32 world records in 8 sports.

7. The largest number of records was set in swimming (8).

8. China, Great Britain and United States.

Rank	NOC	Gold	Silver	Bronze	Total
1.	United States (USA)	46	29	29	104
2.	China (CHN)	38	27	23	88
3.	Great Britain (GBR)	29	17	19	65
4.	Russia (RUS)	24	26	32	82
5.	South Korea (KOR)	13	8	7	28
6.	Germany (GER)	11	19	14	44
7.	France (FRA)	11	11	12	34
8.	Italy (ITA)	8	9	11	28
9.	Hungary (HUN)	8	4	5	17
10.	Australia (AUS)	7	16	12	35

9. Ukraine: rank - 14 gold – 6; silver -5; bronze -9; total -20.

10. 238 Ukrainian competitors in 21 sports.

11. Medalists

Medal	Name	Sport	Event	Date
Gold	Yana Shemyakina	Fencing	Women's épée	30 July
Gold	Yana Dementieva	Rowing	Quadruple sculls	1 August
Gold	Nataliya Dovhodko	Rowing	Quadruple sculls	1 August
Gold	Anastasiya Kozhenkova	Rowing	Quadruple sculls	1 August
Gold	Kateryna Tarasenko	Rowing	Quadruple sculls	1 August
Gold	Oleksiy Torokhtiy	Weightlifting	Men's 105 kg	6 August
Gold	Yuriy Cheban	Canoeing	Men's C-1 200 metres	11 August
Gold	Oleksandr Usyk	Boxing	Heavyweight	11 August
Gold	Vasyl Lomachenko	Boxing	Lightweight	12 August
Silver	Inna Osypenko	Canoeing	Women's K-1 500 metres	9 August
Silver	Inna Osypenko	Canoeing	Women's K-1 200 metres	11 August

Silver	Oleksandr Pyatnytsya	Athletics	Men's javelin throw	11 August
Silver	Denys Berinchyk	Boxing	Light welterweight	12 August
Silver	Valerii Andriitsev	Wrestling	Men's 96 kg	12 August
Bronze	Olena Kostevych	Shooting	Women's 10 metre air pistol	29 July
Bronze	Olena Kostevych	Shooting	Women's 25 metre pistol	1 August
Bronze	Yuliya Kalina	Weightlifting	Women's 58 kg	30 July
Bronze	Olha Kharlan	Fencing	Women's sabre	1 August
Bronze	Olha Saladukha	Athletics	Women's triple jump	5 August
Bronze	Ihor Radivilov	Gymnastics	Men's vault	6 August
Bronze	Olesya Povh	Athletics	Women's 4x100m	10 August
	Hrystyna Stuy	Athletics	Women's 4x100m	10 August
	Mariya Ryemyen	Athletics	Women's 4x100m	10 August
	Yelizaveta Bryzhina	Athletics	Women's 4x100m	10 August
Bronze	Taras Shelestyuk	Boxing	Welterweight	10 August
Bronze	Oleksandr Hvozdyk	Boxing	Light heavyweight	10 August

12. On 13 August 2012, the IOC stripped Belarusian athlete Nadzeya Ostapchuk of her gold medal in the women's shot put after she tested positive for the anabolic steroid metenolone. As a result, New Zealand silver medalist Valerie Adams was awarded gold, Russian bronze medalist Yevgeniya Kolodko was awarded silver, and the fourth-placed Gong Lijiao from China was awarded bronze.

Ex. 8. 1-h, 2c-, 3-b, 4-j, 5-a, 6-i, 7-e, 8-f, 9-g, 10-d.

Ex. 9. 1-F, 2-T, 3-F, 4-F, 5-T, 6-F, 7-F, 8-T, 9-T, 10-T.

Ex. 10. 1-e, 2-b, 3-i, 4-l, 5-k, 6-f, 7-c, 8-g, 9-a, 10-n, 11-h, 12-d, 13-j, 14-m.

Unit 12. The 2008 Summer Olympics

Ex. 1.

1. Beijing, China, from August 8 to 24, 2008.
2. The "Dancing Beijing" emblem, depicting a Chinese seal inscribed with the character "Jīng", from the name of the host city, in the form of a dancing figure.
3. A total of 11,028 athletes from 204 National Olympic Committees (NOCs).
4. 28 sports and 302 events
5. It was the third time that the Summer Olympic Games were held in Asia, after Tokyo, Japan, in 1964 and Seoul, South Korea, in 1988.
6. A total of 37 venues were used to host the events, including 12 constructed specifically for use at the Games.
7. There were 43 world records and 132 Olympic records set at the 2008 Summer Olympics.
8. the USA, 110 medals.
9. China, 100 gold medals.
10. Ukraine, total – 27, gold-7, silver-5, bronze-15.
11. *Olympic Sports for the 2008 Summer Olympics*: Archery, Track & Field, Baseball, Badminton, Basketball, Boxing, Canoeing, Cycling, Diving, Equestrian, Fencing, Gymnastics, Handball, Field Hockey, Judo, Modern Pentathlon, Rowing, Shooting, Soccer, Softball, Swimming, Synchronized Swimming, Table Tennis, Tennis, Taekwondo, Triathlon, Volleyball, Weightlifting, Water Polo, Wrestling, Sailing
12. American swimmer Michael Phelps set a record for number of gold medals at the Olympics.

Ex. 3. 1-C, 2-E, 3-D, 4-F, 5-A, 6-B.

Ex. 9. 1-f, 2-a, 3-k, 4-h, 5-m, 6-b, 7-c, 8-d, 9-g, 10-i, 11-l, 12-j, 13-n, 14-e.

Unit 13. The 2010 Winter Olympics

Ex. 1.

1. This multi-sport event held from February 12 to February 28, 2010, in Vancouver, British Columbia, Canada, with some events held in the suburbs of Richmond, West Vancouver and the University Endowment Lands, and in the resort town of Whistler.

3-4. Approximately 2,600 athletes from 82 nations participated in 86 events in fifteen disciplines.

5. Previously, Canada hosted the 1976 Summer Olympics in Montreal, Quebec and the 1988 Winter Olympics in Calgary, Alberta.

6. Fifteen winter sports events were included in the 2010 Winter Olympics.

Ex. 3. 1) j; 2) g; 3) c; 4) f, 5) k; 6) d; 7) b; 8) a; 9) i; 10) e; 11) h

Ex. 6. 1) f; 2) j; 3) e; 4) a, 5) b; 6) h; 7) c; 8) g; 9) d; 10) i;

Ex. 7. 1) a; 2) c; 3) d; 4) d, 5) c; 6) a; 7) d; 8) b; 9) c; 10) d;

Unit 14. The 2014 Winter Olympics

Ex. 1.

2. The world will fix its eyes on Sochi, Russia, in February 2014 for the Olympic Winter Games.

3. Sochi is situated on the eastern side of the Black Sea and in the southwestern corner of Russia.

9. the Opening Ceremony will take place on Friday, Feb. 7.

10. Russia will have much more chances for medals, as 12 events will debut across six sports in Sochi.

Ex. 3. 1) D; 2) C; 3) A; 4) B

Ex. 4. 1) d; 2) b; 3) e; 4) c, 5) a.

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Некрутенко О. Б., Рудіна М. В., Сергєєва В. Є. Олімпійські види спорту: Навчальний посібник для вивчення курсу «Англійська мова за професійною спрямованістю» для студентів першого та другого курсів спеціальностей «Фізичне виховання», «Спорт», «Здоров'я людини».

Навчальний посібник розроблено для вивчення курсу «Англійська мова за професійною спрямованістю» для студентів першого та другого курсів спеціальностей «Фізичне виховання», «Спорт», «Здоров'я людини». Навчальний посібник складається з 14 уроків для ознайомлення з основними особливостями олімпійських видів спорту, список слів призначено для розширення професійного лексичного запасу студентів, розділ граматики для використання граматичних конструкцій в мовленні. Кожний урок включає в себе різноманітні тексти на спортивну тематику, які застосовуються для читання в аудиторії і для самостійної роботи студентів. Різна складність автентичних текстів дозволяє використовувати їх із розумінням перекладу, обговорення та анутовання. Різноманітні вправи допоможуть підготувати студентів для спілкування за професійною тематикою, навчать порівнювати правдиву інформацію про олімпійські події, вдосконалювати комунікативну та соціокультурну компетентності, розвивати творчі навички студентів, а також позитивно впливати на формування мотивації студентів до вивчення іноземної мови.

Ключові слова: спорт, Олімпійські ігри, спортсмени, групові види спорту, індивідуальні види спорту.

Некрутенко Е. Б., Рудина М. В., Сергеева В. Е., Олимпийские виды спорта: Учебное пособие для изучения курса «Английский язык за профессиональной направленностью» для студентов первого и второго курсов специальностей «Физическое воспитание», «Спорт», «Здоровье человека».

Учебное пособие разработано для изучения курса «Английский язык за профессиональной направленностью» для студентов первого и второго курсов специальностей «Физическое воспитание», «Спорт», «Здоровье человека». Учебное пособие состоит из 14 уроков для ознакомления с основными особенностями олимпийских видов спорта, список слов предназначен для расширения профессионального лексического запаса студентов, раздел грамматики для использования грамматических конструкций в речи. Каждый урок включает в себя различные тексты на спортивную тематику, которые предназначены для чтения в аудитории и для самостоятельной работы студентов. Разная сложность аутентичных текстов позволяет использовать их с пониманием перевода, обсуждения и аннотирования. Различные упражнения помогут подготовить студентов для общения на профессиональную тематику, научат сопоставлять подлинную информацию об олимпийских событиях, совершенствовать коммуникативную и социокультурную компетентности, развивать творческие навыки студентов, а также положительно повлияют на формирование мотивации студентов к изучению иностранного языка.

Ключевые слова: спорт, Олимпийские игры, спортсмены, групповые виды спорта, индивидуальные виды спорта.

Nekrutenko O. B., Rudina M.V., Sergeeva V. Y. Olympic Sports: Manual for Studying Course “English for Specific Purposes” for the first and second-year students of the specialities “Physical Training”, “Sport” and “Human’s Health”.

The manual is designed for studying the course “English for Specific Purposes” for the first and second-year students of the specialities “Physical Training”, “Sport” and “Human’s Health”. The manual consists of 14 units for learning the main peculiarities of Olympic sports, wordlist for expansion students’ professional vocabulary, grammar section for learning grammar constructions in use. Each unit includes a number of texts on sport topics, which are intended for reading in a class and for independent students’ work. Different complication of authentic texts allows using them for reading with understanding, translation, discussion and annotating. Various exercises will help to prepare students for speaking on professional topics, to compare truthful information about different Olympic events, improve their communicative and social competence, develop creativity and positively influence on forming of students’ motivation to study English.

Key words: sports, Olympic Games, sportsmen, team sports, individual sports.

Навчальне видання

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Olympic Sports

*Навчальний посібник для вивчення курсу
«Англійська мова за професійною спрямованістю»
для студентів першого та другого курсів спеціальностей
«Фізичне виховання»,
«Спорт», «Здоров'я людини»*

Англійською мовою

Навчальний посібник розроблено для вивчення курсу «Англійська мова за професійною спрямованістю» для студентів першого та другого курсів спеціальностей «Фізичне виховання», «Спорт», «Здоров'я людини».

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Різнманітні вправи допоможуть підготувати студентів для спілкування за професійною тематикою, навчать порівнювати правдиву інформацію про олімпійські події, вдосконалювати комунікативну та соціокультурну компетентності, розвивати творчі навички студентів, а також позитивно впливати на формування мотивації студентів до вивчення іноземної мови.

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