Министерство спорта и туризма Республики Беларусь

Учреждение образования
«Белорусский государственный университет физической культуры»

Г. В. Жулкевская

АНГЛИЙСКИЙ ЯЗЫК

для студентов II курса БГУФК

Учебно-методическое пособие

Рекомендовано УМО по образованию в области физической культуры в качестве учебно-методического пособия для студентов учреждений высшего образования

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Учебно-методическое пособие может быть использовано для изучения английского языка в УВО физкультурного профиля, для самостоятельной работы над иностранным языком тренеров и спортсменов по легкой атлетике, гимнастике, плаванию, лыжному спорту и всех интересующихся этими видами спорта.

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ВВЕДЕНИЕ

Настоящее учебно-методическое пособие является лингво-методическим комплексом для студентов Белорусского государственного университета физической культуры, продолжающих изучать английский язык на II курсе.

Его цель – содействовать профессионально-ориентированному обучению студентов иностранному языку, раскрыть потенциал иностранного языка как средства расширения языковой, лингвострановедческой и социокультурной компетенции и подготовить студентов к его использованию в их будущей профессиональной деятельности.

Учебно-методическое пособие составлено в соответствии с требованиями программы по иностранному языку для студентов БГУФК. Оно даст возможность обучаемым изучить основную терминологическую лексику по легкой атлетике, гимнастике, плаванию, лыжному спорту, отсутствующую в общих словарях и имеющую существенные неточности в специальных.

При отборе лексики автор руководствовался принципом тематичности, сочетаемости, частотности ее употребления в современном английском языке.

При отборе текстовых материалов в качестве основного критерия служила их информативная ценность и их соответствие интересам студентов. Тексты взяты из оригинальных источников по физической культуре и спорту.

Основной структурной единицей пособия является лингво-методический цикл – тематически завершенный Unit. Их четыре: «Легкая атлетика», «Гимнастика», «Плавание», «Лыжный спорт».

Каждый цикл включает подробное разъяснение грамматических явлений и структур: их образование и употребление, и практические упражнения на закрепление и активизацию усвоенного материала, а также фактические материалы по одному из вышеуказанных видов спорта, которые характеризуют изучаемый вид спорта, входящие в него дисциплины, знакомят с проведением соревнований (судейством и т. п.), историей и достижениями белорусских спортсменов в изучаемом виде спорта.

Каждому тексту предшествует список современных спортивных терминов. Послетекстовые упражнения включают упражнения на закрепление и активизацию специальной терминологии: некоторые снабжены иллюстрациями, помогающими усвоению материала. Большинство упражнений имеют коммуникативную направленность, стимулирующую устные высказывания.

Учебное пособие не претендует на полноту охвата всех реалий в области одного из изучаемых видов спорта, однако оно должно расширить словарный запас обучающихся; помочь усвоить и активизировать спортивную терминологию; приумножить знания, умения и навыки, полученные на первом курсе изучения английского языка, за счет их тренировки в различных видах речевой деятельности.

Учебно-методическое пособие может быть использовано для изучения английского языка в УВО физкультурного профиля, для самостоятельной работы над иностранным языком тренеров и спортсменов по легкой атлетике, гимнастике, плаванию, лыжному спорту, и всех интересующихся этими видами спорта.

Unit 1. Athletics

Grammar targets:	The Infinitive (Инфинитив). Objective with the Infinitive (Оборот «Объектный падеж с инфинитивом»), или конструкция "The Complex Object" («Сложное дополнение»). The Nominative with the Infinitive (Оборот «Именительный падеж с инфинитивом»), или конструкция "The Complex Subject" («Сложное подлежащее»). The Infinitive with for (Инфинитивный оборот с предлогом for).
Texts for reading:	1. Athletics. 2. Athletics (Track). 3. Athletics (Field). 4. Athletic Clothing. 5. History. 6. Paavo Nurmi. 7. The Olympic Medals of the Belarusian Athletes.

Focus on the language

Look how the sentences with infinitives are translated.

To swim is very beneficial	Плавать очень полезно.
The coach's duty is to instruct the athlete	Обязанность тренера – обучать спортсмена
I'd like Petrov to coach young sportsmen	Я хочу, чтобы Петров тренировал молодых спортсменов
I want the entry form to be filled in today	Я хочу, чтобы заявочную форму оформили сегодня
I saw him swim 100 m race	Я видел, как он проплыл 100 м дистанцию
He is thought to coach his athletes well	Думаю, что он хорошо готовит своих спортсменов
They seem to win the game	Кажется, они выиграют игру
They are unlikely to lose the game	Маловероятно, что они проиграют игру
The coach showed the exercise for the second time for us to understand it better	Тренер показал упражнение еще раз, чтобы мы лучше его поняли

Grammar Notes

Инфинитив (The Infinitive)

Инфинитив, или неопределенная форма глагола, относится к неличным формам глагола – не имеющим категорий лица, числа и времени, и отвечает на вопросы «что делать?» или «что сделать?»: *to practise* – тренировать, *to run* – бегать, *to jump* – прыгать.

Он соответствует неопределенной форме глагола в русском языке. Формальным признаком инфинитива в английском языке является частица **to,** которая ставится перед глаголом: *to practise* – тренироваться, *to swim* – плавать.

В английском языке переходные глаголы имеют четыре формы инфинитива в действительном залоге, соответствующие четырем группам времен, и две формы – в страдательном залоге.

Infinitive	**Active**	**Passive**
Indefinite	to write	to be written
Continuous	to be writing	–
Perfect	to have written	to have been written
Perfect Continuous	to have been writing	–

Перевод форм инфинитива изолированно, т. е. вне предложения, кроме Infinitive Indefinite Active (*to write* – писать) и Infinitive Indefinite Passive (*to be written* – быть написанным), затруднителен. Только в контексте выявляются их настоящие значения и, следовательно, правильный перевод.

Формы Infinitive Indefinite и Infinitive Continuous употребляются для обозначения действия, происходящего одновременно с действием, выраженным сказуемым, или для обозначения безотносительно ко времени его совершения:

I am pleased to meet you.	Рад с вами познакомиться.
To swim is very beneficial.	Плавать очень полезно.

Форма Infinitive Perfect употребляется для обозначения действия, предшествующего действию, выраженному глаголом в личной форме:

I am glad to have met him.	Я рад, что повстречался с ним.

Частица *to* перед инфинитивом в ряде случаев опускается:

1) после модальных глаголов:

I can perform this exercise.	Я могу выполнить это упражнение.

2) после глаголов **to make** (в значении «заставлять») и **to let** (в значении «разрешать»):

The coach made him perform the exercise once more.	Тренер заставил его выполнить упражнение еще раз.

Примечание: в страдательном залоге частица **to** сохраняется.

3) в инфинитивном обороте The Complex Object:

He watched the sportsmen perform the exercises.	Он наблюдал, как спортсмены выполняют упражнения.

Если два инфинитива соединяются союзом **and**, то перед вторым из них частица **to** обычно опускается:

Are you going to phone Mike and invite him to the stadium?	Собираешься ли ты позвонить Михаилу и пригласить его на стадион?

Инфинитив произошел от отглагольного существительного и сохранил свойства этой части речи, он может, как и существительное, служить в предложении:

а) подлежащим:

To swim is useful.	Плавать полезно.

б) именной частью сказуемого:

The coach's duty is to instruct the athlete.	Обязанность тренера – обучать спортсмена.

в) дополнением:

He teaches her to play tennis.	Он учит ее играть в теннис.

г) обстоятельством:

He was too tired to go to the swimming pool.	Он так устал, что не мог идти в бассейн.

В английском языке инфинитив более распространен, чем в русском, из-за существующих и присущих только ему инфинитивных оборотов.

Оборот «Объектный падеж с инфинитивом» (Objective with the Infinitive) или конструкция «Сложное дополнение» (the Complex Object).

В английском языке после некоторых глаголов в действительном залоге вместо придаточного дополнительного предложения употребляется оборот «Объектный падеж с инфинитивом», который представляет собой сочетание местоимения в объектном падеже (me, you, him, her, it, us, them) или существительного в общем падеже с инфинитивом (в форме Indefinite Infinitive Active или Passive):

I want	him / my friend	}	to help me.
Я хочу, чтобы	он / мой друг	}	помог мне.
I want	it / the letter	}	to be sent today.
Я хочу, чтобы	оно / письмо	}	было отослано сегодня.

В этом обороте существительное или местоимение обозначает лицо (предмет), которое совершает действие, выраженное инфинитивом (**Active Infinitive**) – *him to help (my friend to help)*, или подвергается этому действию (**Passive Infinitive**) – *it to be sent (the letter to be sent).* Так как в русском языке нет соответствующего инфинитивного оборота, оборот «Объектный падеж с инфинитивом» переводится дополнительным придаточным предложением, вводимым союзами «что», «чтобы», «как».

Этот оборот употребляется после глаголов:

1. to assume	считать, полагать
to believe	полагать

to consider	считать
to choose	считать, условно считать
to expect	ожидать, полагать
to find	находить
to hold	считать
to know	знать
to maintain	утверждать
to suppose	предполагать
to think	думать, полагать
to show	показывать
to prove	доказывать
2. to desire	хотеть, желать
to require	требовать
to wish	хотеть, желать
to want	хотеть
would like	хотеть
3. to feel	чувствовать
to hear	слышать
to see	видеть
to watch to observe	} наблюдать

После глаголов 3 группы, выражающих чувственное восприятие, частица **to** перед инфинитивом опускается:

I saw him cross the street. Я видел, как он переходил улицу.

Оборот «Именительный падеж с инфинитивом» (The Nominative with the Infinitive), или конструкция «Сложное подлежащее» (The Complex Subject)

Оборот «Именительный падеж с инфинитивом» состоит из грамматического подлежащего, выраженного существительным или местоимением в общем падеже, и инфинитива.

В данном обороте сказуемое может быть выражено:

1) глаголом в страдательном залоге:

He	is	reported known	to play	tennis very well.
The students	are	expected considered said		

а) сообщается,
известно,
ожидается,
считается,
говорят,
} что он (студенты) очень хорошо играет(ют) в теннис

б) Он (студенты), как сообщается, очень хорошо играет(ют) в теннис.

2) глаголами: *to seem, to appear, to happen, to prove, to turn out.*

She	seems turns out appears	to win	the race.

Кажется,
Оказывается,
По-видимому,
} она выигрывает забег.

3) выражениями: *(most) likely, unlikely, sure.*

He	is most likely is unlikely is sure	to lose	the game.
Он,	скорее всего, вряд ли, несомненно,	проиграет	игру.

Этот оборот переводится двумя способами:

1. Сложноподчиненным предложением с союзом «что», «чтобы». При этом сказуемое переводится неопределенно-личным предложением.

2. Простым предложением, где сказуемое становится вводным членом предложения с союзом «как».

The Infinitive with for
Инфинитивный оборот с предлогом for

В английском предложении очень часто инфинитив стоит за существительным или местоимением с предлогом *for*, образуя с ним одну синтаксическую группу, которая в предложении может выполнять любую функцию (подлежащего, именной части сказуемого, дополнения, обстоятельства, определения), этот оборот переводится на русский язык неопределенной формой глагола или придаточным предложением, в котором существительное и местоимение из оборота становится подлежащим, а инфинитив – глаголом-сказуемым. Вид придаточного предложения при переводе зависит от функции этой группы в английском предложении.

The coach showed the exercise for the second time for us to understand it better (обстоятельство цели).	Тренер показал упражнение еще раз, чтобы мы лучше его поняли.
For him to become a good coach will take much time (подлежащее).	Чтобы стать хорошим тренером, ему потребуется много времени.

Grammar Practice

Ex. 1. Read and translate these sentences. Define the function of the Infinitives. Pay attention to the use of the Infinitives.

1. To be the Olympic champion is to win a gold medal at the Olympic Games. 2. To produce outstanding performance in throwing events is impossible without sufficient strength. 3. This athlete is happy to have taken part in the Olympic Games. 4. She heard them invite their friends to the match. 5. They watched the team play football. 6. Many young athletes would like them to participate in the competition. 7. He is said to have established a new record. 8. Pete turned out to be a very good football player. 9. They are unlikely to get to the stadium in time. 10. It won't be too difficult for you to perform this exercise.

Ex. 2. Make up sentences using the given tables:

He heard	him	say something to the coach
	the coach	call the sportsmen into the hall
	them	speak to judges
	us	invite his friends to the match
		come into the room
I'd like	you	buy tickets for the match
	the coach	show the exercise once more
	them	explain the instruction
	us	find an interesting story
	Ivanov	make the programme
		for the competition
Did you see	the coach	come back
	our students	play football
	him	cross the street
	her	show the performance
	them	buy tickets for the match

Ex. 3. Complete these sentences using the Complex Object:

1. They did not notice us … . 2. Have you ever seen them … ? 3. I saw him … . 4. I heard him … . 5. She felt the coach … . 6. They watched the players … . 7. Have you ever heard her … ?

Ex. 4. Complete these sentences using the Complex Subject.

1. She is said … 2. He is expected … 3. He is known … 4. I happen … 5. They are unlikely … 6. Their plans are likely … 7. The young sportsman turned out … .

Ex. 5. Translate these sentences into English:

Вы слышали,	как они обсуждали программу соревнований? как она позвала вас? как он согласился со счетом? как он говорил с тренером? как она выполнила упражнение?
Я никогда не видел,	как вы играете в футбол. как они тренируются. как они плавают. как она катается на коньках. как дети выполняют эти упражнения.

Ex. 6. Translate these sentences into Russian.

1. We should like the competition to be held as soon as possible. 2. The sportsmen expected the new instruction to be given to their coach. 3. We should like the entry form to be sent today. 4. They want the tickets to be bought long before the match. 5. He did not want the results of the match to be discussed today. 6. They would like the instructions to be written in Russian. 7. The coach expected the game to be won by us. 8. My friend thinks the game to be interesting.

Ex. 7. Open the brackets using the verb in the correct voice form:

1. I'd like you (to send) the fax.
2. I'd like the fax (to send) today.
3. They expected the coach (to explain) the rule.
4. They expected the rule (to explain) by the coach.
5. The captain of the team wanted us (to play) hockey at a high speed.
6. The captain of the team wanted the hockey (to play) at a high speed.
7. Do you want them (to send) the entry form for us?
8. Do you want the entry form for us (to send)?
9. Would you like him (to show) the sports facilities today?
10. Would you like the sports facilities (to show) today?
11. We expect them (to hold) the competition in June.
12. We expect the competition (to hold) in June.

ATHLETICS

Task 1. Discuss with your group-mates before you read the text:
What do you know about athletics?

Say in Russian:
• what you know about athletics as one of the most popular sport in the world;
• where the athletics meetings can be held;
• what international governing organization is for athletics;
• what you know about a typical athletics meeting;
• what you know about the athletics history.

Study the vocabulary to the text "Athletics":

1. run *v* — бегать, бежать

e.g. *Millions of people run because they enjoy the activity or want to be physically fit.*

2. go for a run — пробежаться
3. running *n* — бег, гладкий бег
4. mile run — бег на милю
5. at a run — бегом
6. runner *n* — бегун

runner up — призер (серебряный)

e.g. *Runner up is a person or team taking the second place in a competition.*

7. jump *v, n* — прыгать, прыжок

long	jump	прыжок	в длину
high			в высоту
running			с разбега
standing			с места

8. triple jump — тройной прыжок
9. pole vault — прыжок с шестом
10. jumping *n* — прыжок
11. jumper *n* — прыгун

e.g. *Jumper is a person who jumps.*

12. throw *v, n* — метать, бросать; бросок, метание, дальность броска
13. throwing events — метания (дисциплина легкой атлетики)
14. indoors *adv* — в помещении
15. outdoors *adv* — на открытом воздухе

e.g. *Athletics meeting can be held indoors or outdoors.*

16. evolve *v* — развиваться
17. exemplify *v* — отражать
18. The International Assosiation of Athletics Federations (IAAF) — Международная ассоциация легкоатлетических федераций
19. body *n* — орган
20. governing body — руководящий орган

e.g. *The International Association of Athletics Federations is the governing body of athletics.*

21. accept *v* принимать, признавать

e.g. *IAAF accepts world records.*

22. random draw *n* жеребьевка (произвольная)
23. make up *v* компенсировать
24. interference *n* спорный момент
25. valid reason уважительная причина
26. a turn over повторная попытка

Task 2. Read the text and find the answers to the questions:

- What is athletics?
- How do men and women compete in athletics meetings?
- What international organization is the governing body of athletics?

Athletics

Known in Great Britain as athletics or more fully in the USA as track and field, athletics is a sport in which athletes compete in running, walking, jumping and throwing events.

Track and field – why such a name? It is because the main part of the events is contested either on the track or on the field of the stadium. The sport is called the queen of sports. Track events consist of running and walking races of various distances. Field events are contests in jumping and throwing.

A primitive form was practised in Egypt more than 4,000 years ago, and the Cretans became the first to engage in it systematically, around 500 BC followed by the Archaean Greeks. The word "athlete" comes from the Greek word "athlos", which means "competition" and the "stadium" comes from the "stadia", an ancient Greek measure of length equivalent to about 180 m. Modern athletics began in England where it evolved around the 17th century and the beginning of the 18th century, mostly in the form of running and walking races. The early 19th century saw the first professional meets. Oxford and Cambridge Universities entered the scene around in 1860, and the first official British Championships were held in 1866. The sport then spread to the United States and continental Europe. The first Modern Olympic Games, in 1896, consisted mainly of track and field events.

No sport better exemplifies the Olympic motto of "Citius, Altius, Fortius" ("Faster, Higher, Stronger") than Athletics, and no sport has a longer Olympic history. Winners in running events from the Ancient Olympic Games have been recorded as far back as 776 BC.

Athletics is one of the most popular sports in the world. More than 190 nations belong to the International Association of Athletics Federations (IAAF), the governing body of athletics. The IAAF recognizes world records in men's and women's events. The organization accepts world records in metric distances only exept for the mile run. Athletics meetings can be held indoors or outdoors. Men and women compete separately in a meeting.

General rules for a meet are the following. The order of competition is determined by random draw. Athletes who miss their turn in an event are not allowed to make it up. An athlete who is late without a valid reason may be disqualified from the contest. Athletes who are late a second time are disqualified from further turns and only their performance prior to the disqualification counts. Judges may let an athlete take a turn over in the event of interference.

Vocabulary, Grammar and Speech Exercises

Ex. 1. Find Russian equivalents for the following English words and word combinations:

running	ходьба
throwing	вид спорта
walking	метания
event	прыжки
indoors	бег
jumping	на открытом воздухе
outdoors	в помещениях

Ex. 2. Find English equivalents for the following Russian words:

орган	record
рекорд	body
миля	mile
прыжки	walking
ходьба	jumping
бег	throwing
метания	running

Ex. 3. Give the nouns corresponding to these verbs: *to run, to jump, to throw, to contest, to meet, to walk.*

Ex. 4. Put all possible questions to the following sentences:

1. Track events consist of running and walking races of various distances. 2. Field events are contests in jumping or throwing. 3. Men and women compete separately in a meeting. 4. IAAF accepts world records in metric distances only, except for the mile run.

Ex. 5. Complete the following statements. Choose one of the alternatives:

1. Athletics is a sport in which athletes compete in	running and jumping events running and throwing events running, jumping and throwing events
2. Track events consist of	running races of various distances walking races of various distances running and walking races of various distances

3. Field events are	jumping and walking races jumping and throwing throwing and running races
4. Track and field meeting can be held	indoors and outdoors indoors or outdoors outdoors
5. The governing body of athletics is	UEFA IAAF IOC
6. The organization that recognizes world records in athletics is	IOC NOC IAAF

Ex. 6. Give extensive answers to the following questions:

1. How do we call the sport in which athletes compete in running, walking, jumping and throwing?
2. What races do track events consist of?
3. What are field events?
4. Where can track and field meetings be held?
5. What body is the international governing athletic organization?
6. How many nations belong to IAAF?
7. What organization recognizes world records in athletics?
8. What are general rules for a meet?

Ex. 7. Describe athletics as a sport. Say what you know about:

• the division of athletics;
• the origin of the words “athlos” and “stadium”;
• athletics meetings;
• the International Association of Athletics Federations.

ATHLETICS (TRACK)

Focus on the terminology “Athletics (Track)” and reading

Task 3 Study the vocabulary to the texts below:

1. sprint *n* — бег на короткие дистанции (спринт)

e.g. *Short races, called sprints, stress maximum speed.*

2. hurdle *n* — барьер
3. hurdle race (hurdling) — бег с барьерами
4. obstacle *n* — препятствие

e.g. *Hurdle races are events in which the competitors run over obstacles called hurdles.*

5. steeplechase *n* — бег с препятствиями (стипль – чез)

e.g. *The steeplechase is a race of 3,000 metres over two kinds of obstacles, hurdles and water jumps.*

6. marathon *n* марафонский бег

e.g. *Marathon is a footrace of 42.195 metres.*

7. crouching position *n* низкий старт
8. assume *v* принимать
9. upright *n* стойка

e.g. *The sprinter assumes an upright.*

10. stride *n* шаг

e.g. *The length of the stride.*

11. attain *v* достигнуть, добиться
12. arm action *n* работа рук
13. endurance *n* выносливость
14. trail *v* проносить (ногу)
15. comply *v* соответствовать
16. knock *v* сбивать
17. penalty *n* штраф

e.g. *Penalty is punishment for wrong-doing.*

18. feature *v* входить (в программу)
19. water jump *v* преодоление ямы с водой (водного препятствия)
20. to clear a hurdle преодолеть барьер

e.g. *Runners must clear hurdles.*

21. a water-filled pit яма, заполненная водой (водное препятствие)
22. leap *v (syn.* jump) преодолевать (водное препятствие), перепрыгивать

e.g. *The steeplechaser steps onto the hurdle and leaps across the water.*

23. the foot of the hurdle основание барьера
24. slope up *n* уклон вверх

e.g. *The pit is 70 centimetres deep at the foot of the hurdle and slopes up to the track level.*

25. shallow *adj* мелкий
26. soften *v* смягчать
27. landing *n* приземление

e.g. *Most steeplechasers come down at the shallow end of the pit to soften their landing.*

28. advancing leg *n* опорная нога (вынесенная вперед нога)
29. unbent *adj* выпрямленный

e.g. *The advancing leg must be unbent at the knee from the moment of the first contact with the ground.*

30. medley relay *n* комбинированная эстафета

e.g. *Relays are run by teams of four runners.*

31. baton *n* эстафетная палочка
32. lap *n* этап
33. occur *v* происходить, случаться
34. disqualify *v* дисквалифицировать

e.g. *As he was professional, he was disqualified from taking part in the Olympic Games.*

35. equal *adj* равный, одинаковый

e.g. *All four members of a team run an equal distance in a relay race.*

36. recover *v* поднять

37. grip of the baton захват эстафетной палочки

TRACK EVENTS

Task 4. Track events include a variety of races. Read about them and find the answers to the questions:

- Which running races do not take place on a track?
- How do medley relays differ from other relays?

TRACK EVENTS

Track events include a variety of races. Short races, called sprints, stress maximum speed. The most famous **s**print distance is 100 metres. Sprint figures in the programme of all major athletics championships including the Olympic Games. Starting is normally carried out from a crouching position, the sprinter gradually assuming an upright as the length of his stride increases. The maximum speed is attained by efficient channeling of muscular power into a full range of leg movement coordinating with a correspondingly powerful arm action.

Distance races require more endurance. Middle-distance events in the programme of major athletic championships are the 800 metres, 1,500 metres and 3,000 metres steeplechase for men, and the 800 metres for women. Long-distance running is represented by 5,000 and 10,000 metres, but long-distance events in the programme of all major championships are the 10,000 metres and the marathon. Marathon and long-distance are those events for which the stadium track is too small. Special routs are marked for them. Marathon is a foot race of 42.195 m.

HURDLE RACES

Hurdle races are events in which competitors run over obstacles. The standard distances are for men 110 m, 400 m and 100 m and 400 m for women.

The width of the hurdles shall be from 1.18 m to 1.20 m. The top bar should be painted with white and black stripes.

All races should be run in lanes and each athlete shall keep to his own lane throughout.

The athlete shall be disqualified, if he:

– does not jump any hurdle,

– trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance,

– jumps any hurdle not in his own lane, or in the opinion of the referee deliberately knocks down any hurdle.

Knocking down of hurdles shall not result in disqualification, nor prevent a record being made, but contact with a hurdle normally slows down the runner. For a World record all hurdles must comply with the specifications of the Rule.

STEEPLECHASE

The steeplechase is a test of running, endurance and hurdling skill. The standard distances shall be 2,000 m and 3,000 m. It is a race over two kinds of obstacles, hurdles and water jumps. There shall be 28 hurdle jumps and 7 water jumps included in the 3,000 m event, and 18 hurdle jumps and 5 water jumps in the 2,000 m. The hurdles shall be 91.4 cm high for men's events and 76.2 cm for women's events.

Each athlete shall go over or through the water. A water jump consists of a hurdle and a waterfilled pit 3.66 metres square. The steeplechaser steps onto the hurdle and leaps across the water. The pit is 70 centimetres deep at the foot of the hurdle and slopes up to the track level. Most steeplechasers come down the water at the shallow end of the pit to soften their landing. An athlete shall be disqualified, if he: does not jump any hurdle, steps to the one side or other of the water jump, or trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance.

RACE WALKING

Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eyes) loss of contact occurs. The front foot must touch the ground before the rear foot leaves the ground. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of the first contact with the ground until the vertical upright position.

The standard walking events in major championships are the 10 and 20 km road walks.

The races shall be started by the firing of a gun.

For road races, there should normally be a minimum of six to a maximum of nine judges including the Chief judge. The appointed judges of the Race walking shall elect a Chief judge. The Chief judge disqualifies a competitor who is not walking within the definition. The athlete shall be cautioned by showing him a yellow paddle with the symbol of the offence on each side. Having cautioned an athlete, the Judge shall send a Red card to the Chief judge and inform him of his action after the competition.

When three Red cards from three different Judges have been sent to the Chief judge the athlete is disqualified and he shall be notified of this disqualification by the Chief judge or the Chief judge's assistant by showing the athlete a red paddle.

Water and other suitable refreshments shall be available at the start and finish of all races.

For all events up to and including 10 km, drinking / sponging stations shall be provided at suitable intervals if weather conditions warrant such provision.

For all events longer than 10 km, refreshment stations shall be provided every lap. In addition, drinking / sponging stations for water only shall be placed approximately midway between refreshment stations or more frequently if weather conditions warrant such provision.

Refreshment, which may be provided by either the organizing Committee or the athlete, shall be placed at the stations so that they are easily accessible to or may be put by authorized persons into the hands of the athletes.

An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.

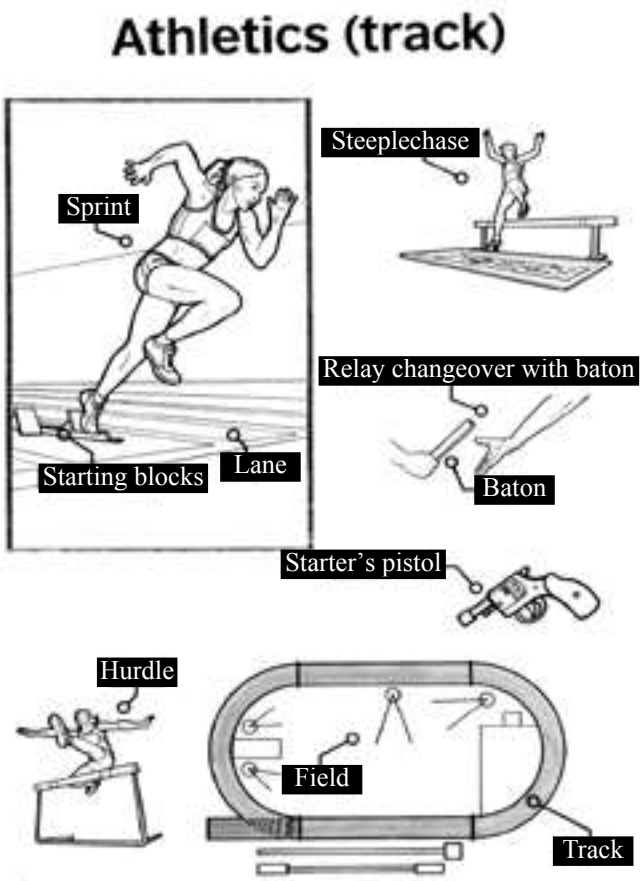
RELAYS

Relays are run by teams of four runners. The first runner carries a baton about 30 centimetres long. After running a certain distance, called the lep, the athlete hands the baton to the next team member. The exchange must occur within a zone 20 metres long. If the runner did not exchange the baton within this zone, their team is disqualified.

The most common relays are 4×100 m, 4×200 m and 4×400 m. In these relays, all four members of a team run an equal distance. Medley relays consist of four stages of increasing or alternating length. The baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place substances on their hands in order to obtain a better grip of the baton. If dropped, it shall be recovered by the athlete who dropped it.

Vocabulary and Speech Exercises

Ex. 1. Study the picture



Ex. 2. Match the words in the table to their definitions below:

baton	**false start**	**hurdle**	**lane**
set position	**sprint**	**starter's pistol**	**starting blocks**
steeplechase	**track**		

1. An obstacle for jumping over in a 100 m, 110 m or 400 m race.
2. A long race in which athletes have to jump over obstacles on a track.
3. A sport and very fast race.
4. A special strip of sports track that is used to keep athletes separate during a race.
5. A stick that is passed from one runner to another in a relay race.
6. The instrument that is used to signal the start of a race.
7. The instrument on which a runner places his feet at the start of a race.
8. The position of a runner, close to the ground and leaning forward, in the moment while he waits for the starter's gun.
9. The ring-shaped area which has been specially designed and built for athletics races.
10. When one competitor in a race starts too early, before the official signal to begin.

Ex. 3. Wordsearch.

Find these words in the grid: lane, sprint, track, athlete, hurdle, baton, relay, starter, pistol.

N	**F**	**K**	**N**	**B**	**A**	**T**	**O**	**N**	**V**
P	**F**	**S**	**P**	**R**	**I**	**N**	**T**	**M**	**B**
X	**N**	**S**	**P**	**E**	**A**	**R**	**H**	**B**	**V**
L	**N**	**T**	**N**	**C**	**T**	**C**	**N**	**Q**	**P**
P	**R**	**A**	**H**	**W**	**H**	**R**	**V**	**Z**	**Y**
I	**L**	**R**	**U**	**G**	**L**	**M**	**A**	**Y**	**R**
S	**M**	**T**	**R**	**C**	**E**	**N**	**A**	**C**	**M**
T	**Z**	**E**	**D**	**Y**	**T**	**L**	**J**	**P**	**K**
O	**L**	**R**	**L**	**T**	**E**	**C**	**J**	**T**	**F**
L	**D**	**Z**	**E**	**R**	**Y**	**L**	**C**	**N**	**B**

Ex. 4. Say from what verbs these nouns are:

starting, hurdling, running, leaping, landing, walking, touching, feeding, commencing.

Ex. 5. Say from what adjectives these adverbs are:

gradually, correspondingly, equally, normaly, eventually, cautiously.

Ex. 6. What are the English equivalents for (see the text):

1. Спринт представлен в программах всех ответственных соревнований по легкой атлетике. 2. Максимальная скорость достигается при … 3. Работа ног и рук. 4. Бег на длинные дистанции требует большей выносливости. 5. Спортсмен преодолевает препятствия. 6. Спортсмены должны преодолеть яму с водой семь раз. 7. Многие спортсмены приземляются в мелкой части ямы. 8. Вынесенная вперед маховая нога должна коснуться земли раньше, чем толчковая оторвется от земли. 9. Нога, касаясь земли, должна быть выпрямлена в коленном суставе в момент прохождения вертикали. 10. На дистанции более 20 км спортсмену на пунктах питания предлагают питье и освежение.

Ex. 7. Continue the lists:

Track events: sprint, …
Short races: sprint, …
Middle-distance races: the 800 metres, …
Long-distance races: the 5,000 metres, …

Ex. 8. Insert prepositions:

1. Middle-distance events are … the programme of major athletics championships. 2. Hurdle races are events in which the competitors run … obstacles called hurdles. 3. Most of the races have 10 hurdles spaced … equal intervals. 4. The steeplechase is a race … 3,000 metres, … two kinds … obstacles. 5. A water jump consist … a hurdle and a waterfilled pit. 6. The standard walking events … the Olympic Games and … other major championships are the 20 and 50 km road walks. 7. Relays are run … teams … four runners. 8. If the runners do not exchange the baton … the indicated zone, their team is disqualified.

Ex. 9. Explain the terms used in track-and-field:

• field;
• sprint;
• steeplechase;
• hurdle;
• walking;
• relay;
• baton;
• team.

Ex. 10. Say:

• what races track events include;
• what short races you know;
• what distance races require;
• what hurdle races you know;
• what the steeplechase is;
• what walking races demand;
• how the baton is handed in relays;
• how the exchange must occur in relays.

Ex. 11. Retell the text:
a) as it is;
b) without details.

FIELD EVENTS

Task 5. Before you read the text:

a) Say:

• what field events consist of;
• what jumping events you know;
• what throwing events you know.

b) Learn the following words and word combinations:

1.	triple jump *n*	тройной прыжок
2.	pole *n*	шест
3.	vault *v*	прыгать (опираясь на что-либо)
4.	pit *n*	прыжковая яма
5.	landing area *n*	зона приземления
6.	pole vault *n*	прыжок с шестом
7.	break *n*	след (на песке)
8.	throw (threw, thrown) *v, n*	бросать, метать; метание, бросок
9.	discus *n*	диск
10.	discus throwing *n*	метание диска
11.	hammer *n*	молот
12.	hammer throwing *n*	метание молота
13.	javelin *n*	копье
14.	javelin throwing *n*	метание копья
15.	sand *n*	песок
16.	runway *n*	дорожка для разбега
17.	take off *v*	отталкиваться
18.	take off board *n*	брусок для отталкивания
19.	overbalancing *n*	потеря равновесия
20.	upright *n*	стойка
21.	scissors *n*	ножницы (способ прыжка)
22.	eastern cut-off *n*	перекидной (способ прыжка)
23.	western roll *n*	перекат (способ прыжка)
24.	“straddle” *n*	перешагивание (способ прыжка)
25.	cross-bar *n*	планка
26.	dovetailing *n*	согласованность
27.	cushion *n*	мат
28.	foam rubber *n*	поролон
29.	consecutive *adj*	последовательный
30.	eliminate *v*	отстранять, исключать
31.	tie *n*	ничья
32.	fosbury flop *n*	“фосбюри-флоп” (способ прыжка)
33.	fibreglass *n*	стекловолокно
34.	ram *v*	вонзить, поместить
35.	embed *v*	вставлять
36.	bend *v*	сгибать
37.	straighten *v*	выпрямлять
38.	thrust v	выбрасывать (с силой), толкать
39.	release v	выпускать
40.	propel *v*	метать
41.	refinement *n*	усовершенствование
42.	peg *n*	кронштейн

43. clear the bar	преодолеть планку
44. enclosure *n*	ограждение
45. cage *n*	заградительная сетка для метания
46. object *n*	снаряд
47. wild throw *n*	бросок за пределы
48. foul line *n*	линия броска
49. saucer-shaped *adj*	блюдцеобразный
50. metal rim *n*	металлическое кольцо по краю
51. wire *n*	проволока
52. handle *n*	рукоятка
53. grip *n*	хват
54. spin *n*	поворот
55. spear *n*	копье
56. a cord grip *n*	обмотка
57. shove *n*	толчок, толкание
58. tip *n*	наконечник
59. whiplash *n*	хлестообразное движение
60. project *v*	выпускать
61. non-orthodox style *n*	нетрадиционные способы метания
62. throwing arc *n*	дуга метания
63. contravence *v*	нарушать
64. cannon ball *n*	пушечное ядро
65. circumference n	окружность
66. stance *n*	стойка
67. cup *v* y	держание ядра обхватывающим положением кисти
68. palm *n*	ладонь
69. hollow *n*	углубление
70. rotation *n*	вращение

Task 6. Read the text about field events, pay attention to jumping events.

FIELD EVENTS

Field events take place in specially prepared areas. Typical field competition consists of four jumping events and four throwing events.

The jumps are the long jump, triple jump, high jump, and pole vault. The throwing events are the discus, hammer, javelin, and shot-put.

JUMPING EVENTS

Long Jump

In the long jump and triple jump, athletes jump as far forward as they can. In the high jump and pole vault, competitors leap over a bar as high as possible.

The long jump is competed in a single jump into a pit filled with sand. To begin the long jump, the competitor sprints down a long runway and leaps from a take off board. If the athlete steps past the board before jumping, the jump is a foul. A jump's length is measured from the front edge of the take-off board to the nearest mark the athlete makes in the sand. An athlete fails if:

a) he while taking off, touches the ground beyond the take-off line with any part of his body, whether winning up without jumping or in the act of jumping; or

b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or

c) he touches the ground between the take-off line and the landing area; or

d) he employs any form of somersaulting whilst running up or in the act of jumping; or

e) in the course of landing he touches the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or

f) when leaving the landing area, his first contact with the ground outside the landing area is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the landing area but closer to the take-off line than the initial break made on landing.

High Jump

High jumping was probably an activity of ancient Greek Olympic athletes several hundred years BC though the event did not feature in competition.

High jumpers try to propel themselves over a long thin crossbar held up by two posts called uprights. The athlete may use any style of jumping (the scissors, the eastern cut-off, the western roll, the "straddle" etc.), but he or she must take off from one foot. In the straddle style of jumping, the athlete takes off from the foot nearest to the bar, and swings his other foot up and over the bar, crossing the bar stomach downwards in a droped position. In the most popular style, called the "Fosbury flop", jumpers go over with the back to the bar and their head clearing first. The style was named after American high jumper Dick Fosbury, who introduced it in the late 1960 s. The athletes land on a cushion of foam rubber. If a jumper knocks the crossbar off the uprights, the jump counts as a miss. Three consecutive misses eliminate the jumper. The winner is the one who clears the greatest height. In case of a tie, the winner is the one with the fewest misses of that height. If still a tie, the winner is the one with the fewest overall misses.

Before the competition begins, the chief judge shall announce to the athletes the starting height and the subsequent heights to which the bar will be raised at the end of each round, until there is only one athlete remaining having won the competition, or there is a tie for the first place.

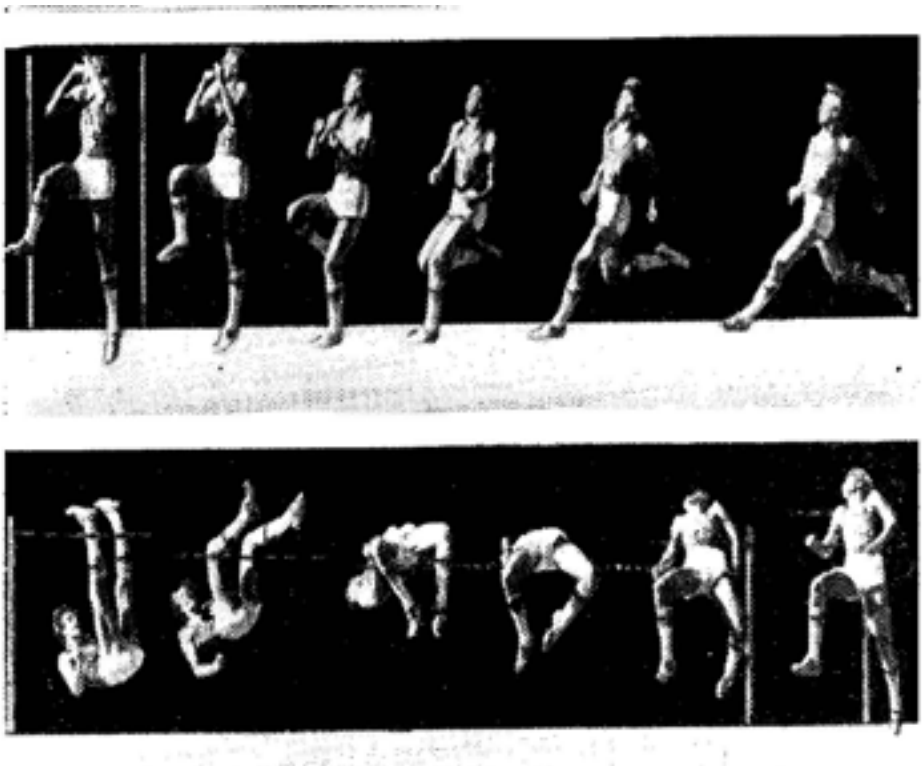
An athlete fails if after the jump, the bar does not remain on the support because of the action of the athlete whiles jumping or he touches the ground including the landing area beyond the vertical jump plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar. However, if when he jumps, an athlete touches the landing area with his foot and in the opinion of the judge, no advantage is gained, the jump for that reason should not be considered a failure.



Прыжок в высоту способом “перекат” / *the western roll*



Прыжок в высоту способом “ножницы” / *the “scisors”*



Прыжок в высоту способом ‘‘фосбюри-флоп’’ (Д. Стоунз) / *fosbury flop*

Triple Jump

The triple jump, originally called the hop, step and jump, consists of three continuous jumps, the first two completed on the runway. On the first jump, the athlete takes off one foot and lands on the same foot. On the second jump, the athlete lands on the other foot and springs from the same foot for his final jump. At the end of the third jump, the athlete lands on both feet in a pit of sand. The distance jumped is measured from the rearmost final landing mark to the foremost edge of the take-off board. The technique of the first and third phases of the triple jump corresponds to that of the long jump, the best distances being achieved only by effective dovetailing of the three jumps into a continuous sequence.

Pole Vault

High-jumpers and pole-vaulters try to propel themselves over a long thin crossbar held up by two posts called uprights.

A pole vaulter uses a long pole usually made of fiberglass. He begins his vault by sprinting down a runway, carrying the pole with both hands. As he nears the vaulting pit, he rams the far end of the pole into a wood or metal box embedded in the ground. The pole bends while he hangs with his back to the ground and his feet up. As the pole straightens, helping to thrust him into the air, he pulls himself higher and turns his body to face the ground. Before he releases the pole, he gives a final push with his arms to add to his height. The athletes land on a cushion of foam rubber. Vaulters failing to clear each height within three attempts are eliminated and the winner is the athlete who clears the greatest height. The pole vault is probably a refinement of pole jumping , a practice employed for many centuries in the fen district to assist a man to overleap marshy patches of ground.[1]

200 years ago Johan Christoph Friedrich Guts-Muths, a German teacher introduced his students to a curious, at the time, exercise[2] – high jumping using a pole. His students were delighted with the new exercise. The pole vault rooted in Hellenic times when shepherds in Ancient Greece jumped over deep and wide ditches using a pole. Indeed, they used to do the long jump rather than high one, but the term “ovcharsky skok” (shepherd’s jump) has been preserved in the Bulgarian language to this day, as if consolidating the origin of this athletic event.

The evolution of the pole in sport is quite interesting. The first world record was established in 1912, when the American W. Wright vaulted 4.02 m. The first poles were wooden, then bamboo, metal and now – fiberglass.

The Americans were unbeaten for a long time in this event. It was Vladimir Bulatov, a Russian athlete, who shattered the myth of their invincibility.[3]

A competitor is allowed three trials at each height.

An athlete fails if:

a) after the vault, the bar does not remain on the pegs because of the action of an athlete whilst vaulting; or

b) he touches the ground, including the landing area beyond the vertical plane through the back end of the box with any part of his body or with the pole, without first clearing the bar; or

c) after leaving the ground he places his lower hand above the upper one or moves the upper hand higher on the pole.

d) during the vault an athlete steadies or replaces the bar with his hand(s).

Note: It is not a failure if an athlete runs outside the white lines marking the runway at any point.

Athletes may, during the competition, place a substance on their hands or on the pole, in order to obtain a better grip.

Athletes shall not use tape on the hands or fingers except in the case of the need top cover an open wound.

After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the Referee is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be recorded as a failure.

If, in making an attempt, an athlete's pole is broken, it shall not be counted as a failure and the vaulter shall be awarded a new trial.

Notes:

1. **to assist a man to overleap marshy patches of ground** – помочь человеку перепрыгнуть через заболоченные места.
2. **introduced his students to a curious, at the time, exercise** – познакомил своих учеников с любопытным для того времени упражнением.
3. **who shattered the myth of their invincibility** – кто развеял миф об их непобедимости.



Прыжок с шестом / *the pole vault*

Vocabulary and Speech Exercises

Ex. 1. Study the pictures.



Ex. 2. Match the words in the table to their definition below.

pole vault	**discus throw**	**triple jump**	**hammer throw**
high jump	**javelin throw**	**long jump**	**podium**
bar	**shot put**		

1. The event in which athletes try to jump over a high bar using a long stick to push them off the ground.
2. A raised area on which the best three athletes in each event stand to receive medals.
3. A straight stick made of metal, which high jumpers and polevaulters try to jump over.
4. The event in which a heavy metal ball is thrown from the shoulder as far as possible.
5. The event in which a heavy metal ball joined by a wire to a handle is thrown as far as possible.
6. The event in which a heavy plate-shaped object is thrown as far as possible.

7. The event in which a long stick with a pointed end is thrown as far as possible.
8. The event in which athletes try to jump as far forward as they can in three jumps.
9. The event in which athletes try to jump as far forward as they can in one jump.
10. The event in which athletes try to jump over a bar supported on two poles.

Ex. 3. Find these words in the grid: bar, discus, hammer, high jump, javelin, long jump, podium, pole vault, shot put, triple jump.

T	**R**	**I**	**P**	**L**	**E**	**J**	**U**	**M**	**P**
L	**T**	**M**	**R**	**F**	**R**	**V**	**D**	**T**	**P**
H	**C**	**A**	**L**	**H**	**B**	**K**	**L**	**L**	**O**
I	**B**	**B**	**F**	**N**	**A**	**U**	**K**	**Q**	**D**
G	**R**	**D**	**M**	**C**	**A**	**M**	**N**	**G**	**I**
H	**M**	**N**	**K**	**V**	**N**	**M**	**M**	**R**	**U**
J	**A**	**V**	**E**	**L**	**I**	**N**	**F**	**E**	**M**
U	**T**	**L**	**D**	**I**	**S**	**C**	**U**	**S**	**R**
M	**O**	**S**	**H**	**O**	**T**	**P**	**U**	**T**	**Q**
P	**C**	**L**	**O**	**N**	**G**	**J**	**U**	**M**	**P**

Ex. 4. Continue the list:

Field events: jumping events, …
Jumping events: long jump, …
Throwing events: shot put, …
Styles of jumping: the scissors, …

Ex. 5. Find Russian equivalents for the following English words and word combinations:

leap	песок
pit	разбег
sand	прыжок
runway	яма
take-off board	отметка
mark	брусок для отталкивания
landing area	планка
bar	зона приземления
phase	шест
pole	фаза
push	попытка
trial	толчок

Ex. 6. Try to match these words with their meanings:

foul	the jump consisting of three continuous jumps
winner	something contrary to the rules
style	place at which the feet leave the ground in jumping

take off	manner of jumping
the triple jump *t*	he man who wins a competition
distance	joint together with something
dovetailing	measure of space
attempt	attainment
refinement	make a start at doing something
record	delicate development of something

Ex. 7. Explain the terms used in athletics:

high jump
a high jumper
triple jump
a triple jumper
pole vault
a polevaulter
a style of jumping
the straddle
"Fosbury flop"
to clear the height

Ex. 8. Say:

• how a jump length is measured in the long jump;
• what you know about the styles of high jumping;
• how the triple jump was originally called;
• what you know about the triple jump;
• what exercise was introduced by the German teacher to his students;
• what you know about the term "ovcharsky skok";
• what you know about the evolution of the pole;
• when a polevaulter fails.

Ex. 9. Speak on the topic: "Jumping Events".

THROWING EVENTS

Task 7. Read the text about throwing events. Pay attention to the ways of propelling the objects in throwing.

Throwing Events

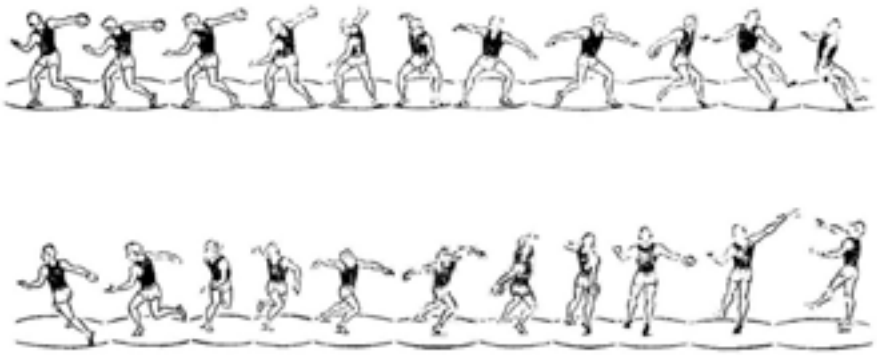
Throwing events require athletes to propel an object as far as they can. Competitors in the discus, hammer, and shot put all throw from inside a circle. In the discus and hammer events, athletes throw from an enclosure, called a "cage", to protect spectators from wild throws. In the javelin event, the athlete runs down a runway marked on the field and throws the javelin before reaching a foul line. In each event, the thrown object must land within a marked area. If two competitors throw the same distance, the tie is decided by the next-best throw.

Discus

Throwing the discus is mentioned in the writings of Homer, and was first contested in the ancient Greek Olympic Games in about 708 BC.

A discus is a saucer-shaped object usually made of wood with a metal rim. The men's discus measures about 22 centimetres in diameter and weighs at least 2 kilograms. The women's discus is about 18 centimetres in diameter and weighs at least 1 kilogram.

The athlete grips the discus with one hand, spins around about 1 and 1/2 times, and releases it with a sidearm motion to make it sail through the air.



Метание диска / *the discus throwing*

Hammer

A hammer consists of a steel wire with a metal ball attached to one end and a handle fastened to the other end. The entire hammer weighs 7.26 kilograms and measures about 120 centimetres long. Using both hands, the thrower grasps the handle and spins around three or four times before releasing it.

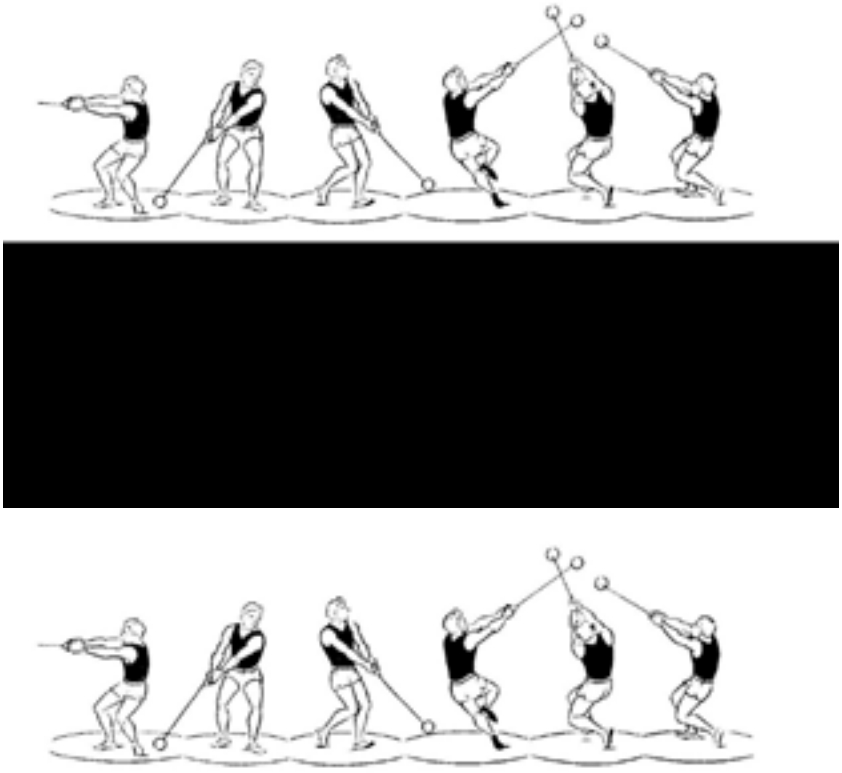
A competitor is allowed three trials and the distance thrown is measured from the landing point to the circumference of the circle. The thrower stands at the rear of the circle with his back in the direction of throwing. He grips the handle with both hands, a glove being worn on the hand closest to the grip. Two preliminary swings are made with the hammer rotating around the stationary thrower's body. The high point of each swing is behind the thrower and low point in front. He then describes three full twins while swinging the hammer and moving across the circle.

The delivery is a sweeping movement starting from the high point of the final turn, through the final low point, the hammer being released over the thrower's shoulder.

An athlete, in his starting position prior to the preliminary swings or turns, is allowed to put the head of the hammer on the ground inside or outside the circle.

It shall not be considered a failure if the head of the hammer touches the ground inside or outside the circle, or the top of the iron band. The athlete may stop and begin the throw again, provided no other rule has been breached.

If the hammer breaks during a throw or while in the air, it shall not count as a failure, provided the attempt was otherwise made in accordance with the Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of the Rule. In both cases the athlete shall be awarded a new trial.



Метание молота / *the hammer throwing*

Javelin

Javelin throwing is a standard field event for men and women on the programme of all major athletics championships. The javelin is one of the events in the decathlon. Throwing the javelin is a sport of martial origin, the spear having been a weapon from the earliest times. The modern competition javelin is a spare made of metal or wood and weighs 800 g for men and 600 g for women; it has a metal head and a cord grip which must be held when throwing. The javelin is thrown with one hand, over the shoulder, from a runway about 36 m long. The thrower holds the javelin by a cord grip near the centre, runs with it, and then releases it with an overhand throw while running. The tip of the metal head must touch the ground first and the distance thrown is measured from that point to the arc of a circle, which forms the throwing line. Each competitor is allowed three trials. The thrower makes his approach run carrying the javelin horizontally above his head. A few strides from the end of his run the javelin is withdrawn and lowered to a position behind the thrower from which the throwing arm comes through with a whiplash movement to project the javelin very much.

The competition.

The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted. A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin.

Until the javelin has been thrown, an athlete shall not at any time turn completely around, so that his back is towards the throwing arc. If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the attempt was otherwise made

in accordance with the Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of the Rule. In both cases the athlete shall be awarded a new trial.



Метание копья / the javelin

Shot Put

Shot put is a standard field event for men and women on the programme of all major athletics championships. It is also one of the events in the decathlon.

Shot-putting is a sport of martial origin, soldiers having used cannon balls for throwing contests for hundreds of years.

The shot is a metal ball weighing 7.26 kg for men and 4 kg for women. The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders. The thrower must stay within the limits of a circle 2.134 m in diameter. Competitors are each allowed three trials and the distance thrown is measured from the landing point to the circumference of the circle. The shot-putter takes up his stance at the rear of the circle with his back to the direction of throw. The shot is cupped at the base of his fingers, not in his palm, and held in the hollow of his neck. He shifts backwards across the circle on one foot and delivers the shot following a full 180-degree rotation which blends with the extension of his throwing arm, thrusting the shot away from in front of his shoulder. The athlete begins with a strong shove from one leg and finishes with a powerful push of the arm.



Толкание ядра / *shot put*

Vocabulary and Speech Exercises

Ex. 1. Find Russian equivalents for the following English words and word combinations:

object	поворот
hammer	наконечник
javelin	предмет, снаряд
spin	молот
tip	копье
circumference	вращение
rotation	окружность
weapon	разбег
runway	оружие
shot	направление
direction	ядро

Ex. 2. Try to match these words with their meanings:

1.	propel	1.	an object with a metal ball attached to one end and a handle fastened to the other end.
2.	hammer	2.	a saucer-shaped object with a metal rim.
3.	javelin	3.	drive forward
4.	discus	4.	moving
5.	motion	5.	an object with a metal head and a cord grip which must be held when throwing
6.	trial	6.	walk with long steps.
7.	stride	7.	trying
8.	shot	8.	complete turning
9.	throw	9.	metal ball
10.	rotation	10.	the course to go through the air, usually with force by a movement of the arm or by mechanical means

Ex. 3. Explain the terms used in athletics:

javelin throwing
throwing line

approach run
throwing arm
shot put
landing point
enclosure
marked area
hammer throwing
preliminary swings

Ex. 4. Name:

the parts of a javelin;
the parts of a hammer.

Ex. 5. Say the weight of:

• shots for men and women;
• a discus;
• javelins for men and women;
• a hammer.

Ex. 6. Describe:

a discus;
a hammer;
a javelin;
a shot.

Ex. 7. Say:

• why in the discus and hammer events athletes throw from an enclosure;
• where the thrown object must land;
• how tie is decided if two competitors throw the same distance;
• where discus throwing is mentioned for the first time;
• where discus throwing was first contested;
• how the distance thrown is measured in hammer throwing;
• where the high point of each swing is in hammer throwing;
• how the thrower makes his approach run in javelin throwing;
• how shot is cupped.

Ex. 8. Say what you know about:

• discus throwing;
• javelin throwing;
• shot-putting;
• hammer throwing.

ATHLETIC CLOTHING

Task 8. Read the text about the basic items of clothing for a competitor in athletics. Find the answers to the questions:

- What is the most important item of an athlete's clothing?
- What competitors do not call for spiked shoes?

Athletic Clothing

The basic items of clothing required by all competitors in athletics are a track suit, singlet, short pants and shoes. The tracksuit is a two-piece overall garment close fitting at the wrists and ankles. It should have zips at the ankles and preferably a zip-through jacket. The tracksuit is worn over the shorts and singlet during preliminary warming-up exercises before training or competition. It often carries the athlete's national or club colours, and emblem. The singlet is sleeveless and is usually of cotton, and carries the competitor's number, front and back; it is often part of a team uniform, as are the running shorts. These are cut as brief as possible. The shorts are usually worn over a pair of briefs or an athletic support. Shoes are the most important item of an athlete's clothing. A pair of flat-soled rubber shoes for warming up and a pair of spiked shoes are the minimum requirement for competitors in all track and field events except the shot and discus which, being thrown from a concrete circle, do not call for spiked shoes. Walkers use specially designed leather shoes.

Notes

tracksuit *n*	спортивный костюм
singlet *n*	майка
short pants	трусы
garment *n*	одежда
zip *n*	молния
sleeveless *adj*	без рукавов
briefs *n*	плавки
flat-sole	плоская подошва
spiked shoes	шиповки

Vocabulary and Speech Exercises

Ex. 1. Put these words in the correct box:

hammer, singlet, javelin, short pants, discus, shot, shoes, track suit, spare, competitor's number, team uniform, running shorts, briefs, spiked shoes.

objects	clothing

Ex. 2. Name:

• the basic items of clothing required by all competitors in athletics;
• the shoes required by competitors in track and field events.

Ex. 3. Describe:

• a tracksuit;
• a singlet;
• a team uniform;
• shoes in all track and field events.

Ex. 4. Retell the text. Use the following plan:

• athlete's clothing;
• athlete's shoes.

Task 9. Read the text about the athletic competitions. Find out how the officials conduct athletic events.

Competition

The IAAF governs international athletics. It conducts the athletics World Championships and cooperates with the International Olympic Committee in staging the track and field events of the Olympic Games. Other organizations conduct international meetings, national championships, and restricted championships, such as university, college, regional, club, and school meetings.

The most important international meetings are the Olympic Games, which started in 1896, and the World Championships, which began in 1983. The Olympics are held every four years. The World Championships are also held every four years. Other major international meetings include the African Championships, the Commonwealth Games, the European Championships, the Pan American Games, and the World Cup. Many nations compete against each other in annual dual meetings (competitions between two teams).

A typical track meeting has several events taking place at the same time. Officials conduct each event according to its particular rules. A race requires a starter, several judges at the finish line, and sometimes as many as a dozen timers. Electronic equipment is normally used in place of some judges and timers in major meetings. In field events, judges measure jumps and throws, and watch for fouls. In some events, judges also check to see that athletes are following the Rules.

Many meetings take place in a single day, but the Olympics and the World Championships schedule events over more than a week. Large championships include so many athletes that they cannot all compete at once in these meetings, the athletes must qualify for the finals in preliminaries. Eight competitors normally qualify for the finals of track events run in lanes. Most field-event preliminaries reduce the number of finalists to 12.

Speech Exercises

Ex. 1. Say:

- what body governs international athletics;
- what the IAAF functions are;
- what the most important international meetings you know;
- what you know about the World Championships;
- what officials conduct each event in athletics;
- what judges do in field events.

Ex. 2. Say what you know about:

- athletics organizations;
- types of athletics competitions;
- athletics meetings.

Task 10. Read the text without the help of a dictionary.

The Decathlon, Heptathlon, and Pentathlon

The decathlon, heptathlon and pentathlon are combined competitions, in which an athlete competes in several different events over a period of one or two days. The athletes receive a score for their performance in each event, based on IAAF scoring tables. The winner is the athlete who receives the highest total score. Thus the competition champion is the best all-round athlete, not necessarily the best competitor in any single event.

The decathlon is a ten event competition for men. It takes place over two days. On the first day, the participants compete in the 100-metre run, long jump, shot-put, high jump and 400-metre run. On the second day, they compete in the 110 m hurdles, discus, pole vault, javelin, and 1,500-metre run.

The heptathlon is a seven-event competition for women. On the first day, they begin with the 110 m hurdles, followed by the high jump, shot-put, and 200-metre run. On the second day, they compete in the long jump, javelin throw, and the 800-metre run.

The pentathlon, a one-day competition of five events, is rarely held today. The heptathlon replaced the pentathlon for women in 1981. The men's pentathlon events are the long jump, javelin throw, 200-metre run, discus throw, and 1,500-metre run.

Ex. 1. Find in the text how the winner of a combined competition is determined.

Ex. 2. Read aloud the passage concerning the decathlon.

Ex. 3. Find in the text and put down key words that can be used to speak about a combined competition.

Task 11. Read the text without the help of a dictionary.

HISTORY

1. The first foot race probably took place thousands of years ago. A foot race is described in the Greek epic poem the Illiad, which was probably

composed in the 700s BC. A foot race was the only event in the first Olympic Games, held in Greece in 776 BC. Athletics was introduced in England in the 1100s but did not become popular until the 1800s.

2. Foot races along the roads became common in England during the 1500s, but races on measured tracks did not begin until the 1800s. Modern athletics began in the schools of England. Eton held an interclass match in 1837. In 1864, Cambridge University competed against Oxford University in the first intervarsity athletics event. The annual English championships began in London in 1866.

3. Several other nations held championships before 1900. In 1895, the New York Athletic Club met the London Athletic Club in the first notable international meeting. In 1896, Athens, Greece, hosted the first modern Olympic Games. Although the athletic performances at Athens were not outstanding, the Olympics stimulated great interest in the sport. Women's competitions, which were not part of the first Olympic Games, also began during the late 1800s.

4. In 1912, 16 countries agreed to form the IAAF to govern men's athletics. An international organization for women's competitions was formed in 1917. Separate international women's championships were held until 1928, when women were admitted to Olympic competition.

5. During the 1920s, long-distance runner Paavo Nurmi of Finland raised athletics to international popularity. He broke world records 35 times and won 9 Olympic gold medals and 3 silver medals. Babe Didrikson of the United States popularized women's athletics. Didrikson won two gold medals and a silver medial in the 1932 Olympic Games. In the 1936 Olympics, Jesse Owens of the United States won four gold medals and retired with world records in seven events. Early in the 1940s, Cornelius "Dutch" Warmerdam of the United States captured the imagination of the track and field world by pole-vaulting higher than 15 feet a total of 43 times.

6. During the 1950s, athletes broke all previous world records except Owens' 1935 long-jump mark. Oerter won the Olympic discus throw four times.

7. The sport has changed really since the mid-1900s. Performances once thought to be impossible are common today. In 1954, the British runner Roger Bannister became the first person to run the mile in less than four minutes. Within the next 20 years, more than 200 men had run the mile in under four minutes. In the late 1980s, the 50 all-time best performances in each event included only a few from before 1980.

8. There are a number of reasons for this remarkable progress in athletics. They include increased competition, especially in Europe, as well as improved training methods, equipment, and techniques. Traditionally, athletics has been an amateur sport. However, the rules have been broadened to allow athletes to receive large sums of money for endorsing athletic shoes or other products and for appearing in invitation events. The opportunity to earn money has increased the level of competition.

9. Improved training methods help today's athletes perform well. Training with weights gives athletes greater strength for throwing, jumping, and even running. New equipment has raised performance levels. Synthetic tracks, which have more spring, cut a runner's time by as much as one second per lap. The use of fibreglass vaulting poles

instead of wooden ones has reduced Warmerdam's once amazing heights to secondary-school performance levels. New techniques also help. In the high jump, for example, the use of the Fosbury flop adds about 15 centimetres to most jumps.

10. Current athletics champions reflect the international popularity of the sport. The biggest names in men's athletics in the 1990s included hurdler Edwin Moses and sprinter Carl Lewis of the United States, distance runners Said Aouita of Morocco and Sebastian Coe of Great Britain, pole vaulter Sergey Bubka of the Soviet Union, and decathlon athlete Daley Thompson of Great Britain. In women's events, sprinter Marita Koch and sprinter and long jumper Heike Drechster of East Germany were major figures in the 1980 s. Also important were sprinter Florence Griffith Joyner and long jumper and heptathlon competitor Jackie Joyner-Kersee of the United States.

Assignments

1. Answer the following questions. If necessary, look through the text again:

1. When did the first foot race take place? 2. Where is a foot race described? 3. When was athletics introduced in England? 4. When did foot races along the roads become common in England? 5. When was the IAAF formed? 6. Who raised athletics to international popularity? 7. Who popularized women's athletics? 8. Who was among the best athletes in 1900s? 9. What helps athletes perform well? 10. What reflects the international popularity of athletics?

2. Reread paragraph 3 and say what it is about. Entitle the paragraph. From the list below choose the heading which suits its theme best:

1. The first notable international meeting.
2. The first modern Olympic Games.
3. Women's competitions.

3. Which is the most important sentence expressing the main idea of paragraph 6? It may be called "the key sentence" (summarizing information contained in the whole paragraph). Find the key sentence of the paragraph.

4. Reread paragraphs 8 and 9. Which is the most important sentence expressing the main idea of paragraph 8? Name some reasons of the progress in athletics since the mid-1900s.

5. Reread paragraph 10. It is about current athletic champions. Find who of them is the best.

6. Give some information: a) about the beginning of athletics; b) its revival in the 1800 s; c) athletics in the early and mid 1900s; d) the reasons of remarkable progress in athletics; e) athletics today.

Task 12. Read the text without the help of a dictionary.

PAAVO NURMI

Paavo Nurmi (1897–1973) was a Finnish runner who won nine Olympic gold medals and set 29 world records over distances from 1,500 metres to 2,000 metres. Born in Turku, the son of a carpenter, he adopted a methodical, scientific approach to running while still a boy. At the age of ten, he ran 1,500 metres in 5 mins, 03.0 secs. He is the greatest runner of all time. And his achievements have never been equalled. In 1920 at Antwerp, Nurmi became Olympic 10,000 m champion, a title he regained in 1928 in Amsterdam. The height of his career was the Games in Paris in 1924 where he took no less than 5 gold medals – 1,500 metres, 5,000 metres, cross country 3,000 metres, cross country 10,000 metres, both individual and team medals. The most remarkable feat this man made was winning the gold medal over 1,500 metres and, within one hour, winning another over 5,000 metres. He had proved to himself that this was possible before the Games began. In Helsinki he tested this by setting world records over both distances within an hour – 3:52.6 and 14:31.2 respectively. Another gold medal was won by Nurmi in Amsterdam in 1928 over 10,000 metres, a distance which his team leaders had forbidden him to run in the Paris Games. Over 5,000 metres and 3,000 metres steeplechase he won with silver medals. Before the Games in Los Angeles in 1932, Nurmi planned to crown his career by winning the marathon. He showed up in Los Angeles but was not allowed to start as he had broken the rules of amateurism.

Paavo Nurmi was the name on everybody's lips during the twenties – the athlete who would be remembered forever.

Nurmi was disqualified for professionalism in 1932 when he was favourite for the Olympic marathon and made his last Olympic appearance as the torchbearer at the 1952 Games in Helsinki.

However, there were other names that have gone down in history. The sprinter Charles Paddock, USA, who set 13 world records and won the gold over 100 metres and the relay in Antwerp. Also, William DeHart Hubbard, USA, who won the long jump with 7.44 metres at the Games in Paris 1924. He was the first black Olympic gold medallist. Mikio Oda from Japan would be remembered when, in 1928 in Amsterdam, he became the first Gold medallist from Asia, winning the triple jump with 15.21 metres.

Among these remarkable men we should also mention David Cecil Brownlow, Lord Burghley. He won the gold medal over 400 metres hurdles in Amsterdam in 1928. He also took part in the Games in Los Angeles in 1932 where he took two silver medals in 110 metres hurdles and 4×400 metres relay. The next year he was elected to the IOC and in 1946 became President of the IAAF.

Assignments

1. Divide the text into fragments in accordance with their contents. Entitle each fragment.

2. Using the material of the paragraphs and your own knowledge about Paavo Nurmi, answer the following questions:

1. Where was Nurmi born? 2. What was he? 3. What was his achievement in sport? 4. What was the height of his career? 5. What was the most remarkable feat made by Nurmi? 6. Why was Nurmi disqualified? 7. When did he make his last Olympic appearance?

3. Give some information about Paavo Nurmi.

4. Write an annotation of the text.

Task 13. a) Skim the text to understand what it is about. Time your reading. It's good if you can read this text for 80 words per minute.

THE OLYMPIC MEDALS OF THE BELARUSIAN ATHLETES

The first try-out in the Olympic Games was attempted by the republic's envoys in 1952 as members of the USSR delegation to Helsinki. There were athletes Anatoly Yulin, Mikhail Saltykov, Timofei Lunev and Mikhail Krivonosov among them. A.Yulin alone scored the first winning points by becoming a strong finisher in the 400 m hurdle race.

Mikhail Krivonosov was the first among Belarusian sportsmen to win an Olympic medal (silver). It happened in 1956 in Melbourn, Australia. His hammer was a mere 16 centimetres short of the distance thrown by the American Harold Connoly.

In 1960, in Rome, athlete Vladimir Goryaev placed second in the triple jump contest. Romuald Klim, at the Tokyo Olympics, sent his hammer into the sky and it touched the ground beyond the mark denoting the Olympic record. There was a new Olympic record. There was the gold medal! At the Olympic Games in Mexico Romuald did not take "gold" losing 8 centimeters to the Hungarian. He was a silver medallist.

Vladimir Lovetsky was a silver medallist in the relay at the Munich Olympics. Peter Pochenchuk won a silver medal in walking at 20 km at the Moscow Olympic Games. Yevgeny Gavrilenko got a bronze medal in 400 m hurdles in Montreal 1976. Yevgeny Ivchenko was the third in walking at 50 km in Moscow in 1980 and Nikolai Kirov in 800 m run.

Tatyana Ledovskaya won a silver medal in 400 m hurdles and the gold medal in the relay at the Olympics in Seoul. Another participant in track and field events in Seoul was Igor Lapshin. He was placed second with 17 m 52 cm in triple jump. Lapshin was followed by another Belarusian tripler Alexander Kovalenko (17 m 42 cm). In 1992 Natalya Shikolenko (javelin) and Igor Astapkovich (hammer) were silver medallists. Vladimir Dubrovshchik won a silver medal and Vasily Koptyuh a bronze medal in discus in Atlanta. Natalia Sasanovich (heptathlon) won a silver medal in Atlanta and bronze medal in Sydney.

Yanina Korolchik won the gold medal in shot-put in Sydney, Australia, in 2000. Elena Zvereva won the gold medal in discus throwing at the same Olympic.

A real hero of the Olympic Games in Athens became Yulia Nesterenko at the distance of 100 m. She won the gold medal. Irina Yatchenko won a bronze medal in discus and Ivan Tikhon – a silver one in hammer throwing at the same Olympic Games.

In Rio de Janeiro in 2016 Ivan Tikhon won his second silver medal in hammer throwing.

Task 13. b) Answer the following questions. If necessary, look through the text again:

1. Who of the Belarusian athletes participated in the Olymipic Games for the first time?
2. Who of the Belarusian athletes scored the first winning points?
3. Who of the Belarusian athletes was the first to win the Olympic medal?
4. Who established a new record in hammer throwing?
5. What was Tatyana Ledovskaya's sports event?
6. How many medals were won by Belarusian athletes in track and field events at the Olympics in Seoul?
7. What was the favourite Yanina Korolchik's event in track and field?
8. What medal did Yanina Korolchik win at the Olympics, when and where was it?
9. Who was a real hero of the Olympic Games in Athens?

Task 14. Read the text without the help of a dictionary.

THE CHAMPION'S CAP

Many years ago a group of Olympic athletes from Germany arrived in Tanzania to do some altitude training[1]. They were middle-distance and long-distance runners. They trained together with young Tanzanian athletes, passing on their experience. This was a great help to the Tanzanians because at that time sport in the newly independent republic was just beginning to get on its feet[2]. The training camp lay in the highlands around Mount Kilimanjaro[3]. When they passed through the village everyone came out and stared at them. They had never seen anything like it before: young men and women running along, together, dressed only in a T-shirts and shorts. It wasn't easy for the women athletes.

The village children didn't find all this as strange as older people did. The children joined in, at least the boys did, running alongside the famous athletes from Europe, from one end of the village to the other.

One day Dieter…, the world-class middle-distance runner, was out doing some long-distance training. He was alone. He came to a village, and small boys joined him as usual. The different thing this time was that one of these boys, a lad of about thirteen, didn't stop with the others. At the end of the village, he kept going, step for step with the European champion, kilometre for kilometre. After a time Dieter looked sideways at the boy, and quickened his pace. The boy went with him. Dieter tried out his few words of Swahili on him[4], but the lad ran on in silence.

They reach the next village, about eight kilometres distant. Here the boy slows down. Dieter turns back, take off his famous cap with the long skip[5], and puts it on the boy's head. The youngster smiles and disappears among the huts. Dieter goes on.

When he got back to the training camp he told his friends about the incident. The Tanzanian trainer listened thoughtfully.

He asked Dieter to explain to him exactly where he had met the boy, and where he had left him. Dieter did his best to tell him. Then the trainer asked him to describe the boy, but Dieter hadn't been long in Africa and all the boys still looked much the same

to him[6]. The cap was the thing! Find he cap and they would find the boy. The Tanzanian trainer gave his orders quickly to his team "Find that lad with the cap and bring him here to me". They searched the villages high and low[7], but, by the time the German athletes had to leave the country, the boy with the cap had still not been found.

It was six years later. Dieter had almost forgotten about the incident. He was coming to the end of his career as a runner. There was a big international athletics meeting in Berlin. Dieter was running 1,500 metre race. The competition, especially from the developing countries, was getting stronger. Maybe he wouldn't win, but he could certainly earn some valuable points for his team.

When they entered the last lap Dieter was the third. This was good. He always liked to come from behind. Three hundred metres from the line he started his sprint. He passed the two runners in front of him. At first he thought no one was coming with him. Then he noticed a black runner at his right shoulder. It was a young man he didn't know about, a newcomer to the European athletics scene. Dieter tried to sprint again, but there was nothing left. Four metres from the line the black runner passed him. Ah, well, second place was a good result at his age.

The medal ceremony. The three first placed march out, wearing tracksuits and caps. The sun is low in the sky. They are standing on the three steps, the black athlete on the highest one. Dieter looks up at him and grins. He grins back. Dieter stretches out his hand. The winner shakes his hand and then takes Dieter's cap off. Next he takes off his own cap - a much older one than Dieter's and puts it on Dieter's head. It fits him perfectly[8]. The African just has time to push Dieter's cap down on his own head when the music of the Tanzanian national anthem starts to come through the loudspeakers. The athletes on the three steps take off the caps and stand at attention[9].

Walking towards the changing room after the medal ceremony was finished, Dieter looked inside the cap he was holding in his hand. Clearly written on the sweatband was his own name.

Notes:

1. …**altitude training** – … тренирповки в условиях высокогорья.

2. … **sport in the newly independent republic was just beginning to get on its feet** – … спорт в республике, получившей независимость, только начал развиваться.

3. …**Mount Kilimanjaro** – гора Килиманджаро.

4. **Dieter tried out his few words of Swahili on him**… – Дитер попытался обратиться к нему с известными ему словами на языке суахили…

5. … **cap with the long skip**… – бейсболка.

6. … **all the boys still looked much the same to him** – …все ребята для него всё еще были на одно лицо.

7. **They searched the villages high and low**… – Они тщательно обыскали деревни…

8. **It fits him perfectly** – Она ему впору.

9. **to stand at attention** – стоять смирно.

Assignments

1. Look quickly at the text.

What is it about?

- advertising sports
- athletes' altitude training
- the history of the sports of the republic of Tanzania

2. Divide the text into five parts according to the following headings:

- altitude training
- thirteen-year-old runner
- find the cap and you would find the boy
- valuable points for the team
- the cap with Dieter's name

3. Here is part of an interview with the world-class middle-distance runner from Germany Dieter. His answers are below the questions. Write the number of the right answer beside each question:

1. You lived in Tanzania, didn't you? –
2. What did you do in Tanzania? –
3. When did you meet the champion from Tanzania for the first time? –
4. What did the boy do when you had presented him your cap? –
5. Did you try to find the boy? –
6. What distance did the black runner pass you? –
7. Was the second place a good result for you? –
8. Did the boy recognize you? –
9. When did you recollect the boy from Tanzania? –

1. I lived there six years ago.
2. Of course, he did. He gave me my old cap.
3. The youngster smiled and disappeared.
4. The Tanzanian trainer gave the order to find the boy, but he was not found.
5. I arrived there to do some altitude training.
6. When I was out doing some long-distance training.
7. Walking towards the changing room after that medal ceremony.
8. It was a good result for my age.
9. Four metres from the line.

Key: 1-1, 2-5, 3-6, 4-3, 5-4, 6-9, 7-8, 8-2, 9-7.

Unit 2. Gymnastics

Grammar targets:

The Participle (Причастие)
Функции Participle I (причастия настоящего времени) в предложении
Функции Participle II (причастия прошедшего времени) в предложении
The Nominative Absolute Construction (Абсолютная номинативная конструкция)

Texts for reading:

1. Gymnastics.
2. Artistic Gymnastics. Men's Events.
3. Women's Events.
4. How a Meet is Organized.
5. The Origin of the Sport.
6. Belarusian Gymnasts at the Olympic Games.
7. Olympic Hero.
8. Rhythmic Gymnastics.
9. Trampoline Gymnastics.

Focus on the language

Look how the sentences with participles are translated.

1. We looked at the practising sportsmen	1. Мы смотрели на тренирующихся спортсменов
2. Looking through the newspaper I saw the photo of our Olympic champions	2. Просматривая газету, я увидел фотографию наших Олимпийских чемпионов
3. I saw a group of sportsmen approaching the finish line	3. Я видел как группа спортсменов приближалась к финишной прямой
4. The team played on the field is in good condition	4. Команда, игравшая на поле, в хорошей форме
5. Having performed the exercise the gymnast bowed	5. Выполнив упражнение, гимнаст поклонился
6. This year's contest drawing to a close, we shall soon go back to our analysis of its results	6. Так как соревнования в этом году приближаются к концу, мы скоро вернемся к анализу их результатов

Grammar Notes

Причастие (The Participle)

Причастие – неличная форма глагола, которая имеет свойства глагола и прилагательного.

Как глагол, причастие имеет время и залог. Как прилагательное, отвечает на вопрос «какой?».

Формы причастия

Voice / Tense	Active	Passive
Present Participle (Participle I)	writing	being written
Past Participle (Participle II)	–	written
Perfect Participle	having written	having been written

Present Participle Active и Passive обозначает действие, одновременное с действием, выраженным глаголом-сказуемым предложения:

We looked at the practising gymnasts. Мы смотрели на тренирующихся гимнастов.

Perfect Participle обозначает действие, предшествующее действию глагола-сказуемого:

Having taken the instruction, the coach went to the gym. Взяв правила, тренер пошел в зал.

В зависимости от занимаемого места в предложении, причастие выполняет соответствующую функцию и согласно ей переводится на русский язык.

Функции Participle I в предложении.

	Место Participle I в предложении	**Функция**	**Перевод на русский язык**
1.	The running athlete is our student. (Перед определяемым словом)	Определение	Бегущий спортсмен – наш студент
2.	The athlete running along the road is our student. (После определяемого слова)	Определительный причастный оборот.	Спортсмен, бегущий по дороге, – наш студент

3.	Looking through the book I saw the description of a new method of training. (В начале или в конце предложения)	Обстоятельственный причастный оборот	Просматривая книгу, я увидел описание нового метода тренировки
4.	Our football players are practising now. (После глагола to be)	Входит в состав всех времен группы Continuous	Наши футболисты сейчас тренируются
5.	I saw the boat/swimmer (it/him) approaching the shore. (После существительного в общем падеже или местоимения в объект-ном падеже)	Входит в состав сложного дополнения	Я видел, как лодка/ пловец (она/он) приближалась(ся) к берегу

Функции Participle II в предложении

	Место Participle II в предложении	**Функция**	**Перевод на русский язык**
1.	The selected team is very promising. (Перед определяемым словом)	Определение	Отобранная команда – очень перспективная
2.	The team selected by our coach is very promising. (После определяемого слова)	Определительный причастный оборот	Команда, отобранная нашим тренером, – очень перспективная
3.	When selected the team will be the youngest of all existing. (В начале или в конце предложения)	Обстоятельственный причастный оборот	Когда команду отберут, она будет самой молодой из действующих
4.	The team was selected two years ago. (После глагола to be)	Входит в состав всех форм глагола пассивного залога	Команду отобрали два года назад
5.	The coach has selected the team. (После глагола to have)	Входит в состав всех времен группы Perfect	Тренер отобрал команду

Абсолютная номинативная конструкция (The Nominative Absolute Construction)

Оборот, в котором причастие имеет свое собственное подлежащее, выраженное существительным в общем падеже или местоимениями **this, it** и **there** (от оборота *there is*), называется абсолютной номинативной конструкцией.

The weather being fine, they practised at the stadium.	Так как погода была хорошая, они тренировались на стадионе.
It being very late, they returned home.	Так как было очень поздно, они вернулись домой.

Абсолютная номинативная конструкция всегда обособляется запятой. В зависимости от контекста данная конструкция может переводиться на русский язык:

а) обстоятельственными придаточными предложениями с подчинительными союзами «так как», «поскольку», «ввиду того, что», «после того как», «если», «когда».

This being so, we shall have to postpone the competition.	Поскольку дело обстоит таким образом, нам придется отложить соревнование.

б) самостоятельным предложением с сочинительными союзами «причем», «в то время как», «а».

The sportsman tried to get up, the coach helping him.	Спортсмен пытался встать, а тренер помогал ему.

Grammar Practice

Ex. 1. Read and translate these sentences. Pay attention to the use of participles. Say in what functions the participles are used.

a) 1. The Olympic movement is a public movement uniting in its ranks organizations and individuals irrespective of their social status, political and religious views, race, sex or age.

2. The athletes taking part in the competition are in good condition.

3. The girls practicing in the gym are our students.

4. We were watching with admiration the girls performing the exercises on the mat.

5. When playing football children did not hear the bell ringing for classes.

6. She is said to be one of the most promising gymnast participating in the competition.

7. Entering the gym he saw his coach standing among the sportsmen.

8. Not knowing the language it is sometimes rather difficult to guess what the judge means.

b) 1. Organizational, moral and aesthetical principles defined in the Olympic Charter determine the content of the Olympic movement.

2. In her compulsory routine she demonstrated some frequently used elements.
3. This gymnast was heard to retire from competition.
4. The performed exercise was particularly difficult.
5. She has performed the routine with highest points.
6. Judges watch each gymnast's performance called a routine and decide what score he or she has earned.

c) 1. Having demonstrated high performing skills this athlete qualified for the finals.

2. Having been disqualified the sportsmen left the gym.
3. Having graduated from the Belarusian state University of Physical Culture with honours he could become a highly qualified coach.
4. Having shown the best result he was qualified for the Master of Sports category.
5. Having been explained how to perform the exercise the student managed to do it.

Ex. 2. Change the following sentences using:

a) Participle I:

1. The new stadium that houses fourty five thousand people is a wonderful building.
2. They looked at the car which was disappearing round the bend.
3. He was a good swimmer and once saved the child who was drowing.
4. Many famous gymnasts who participated in the European Championship won medals.
5. Do you know the name of the man who is talking to your coach?
6. The street, which runs east, is called Pobediteley Avenue.
7. As he had no sence of humour he couldn't enjoy the joke.

b) Participle II:

1. The teacher asked the students to read the sentences that were written on the blackboard.
2. The gymnasts stopped before the gym that was closed.
3. The new job, which has been offered to him, seems more interesting.
4. The entry form which was received yesterday, must be filled in immediately.
5. The lecture, which was followed by an experiment was interesting.
6. The player caught the ball which was thrown by his team-mate.
7. The things, which are left behind by sportsmen are taken to the Lost property office.

Ex. 3. Read and translate these sentences. Pay attention to the use of the Nominative Absolute Construction.

1. The rain over, the football players went out for the game.
2. His name being called, the sportsman went to the apparatus.
3. The conditions being favourable, we managed to win the race.
4. The competition being over, the participants went home.
5. There being little time left, the goalkeeper had to be more attentive.
6. Time permitting, the gymnast will introduce new elements in the routine.
7. The coach stood aside, with his hands in his pockets.

Ex. 4. Read the text. Find participles and translate them.

It was a dark night. A man was riding a bicycle without a lamp. He came to a crossroads and did not know which way to turn. He noticed a pole with something white looking like a sign. Climbing to the pole he lit a match and read: "Wet Paint".

GYMNASTICS

Focus on terminology and reading

1. Discuss with your group-mates before you read the text:

What sport is the most graceful and artistic?

2. Say in Russian what you know about:

- gymnastics disciplines;
- artistic gymnastics;
- rhythmic gymnastics;
- trampoline;
- how many events a women's gymnastics competition has;
- what gymnastic equipment must be in the gymnasium;
- what gymnastics equipment is used for men's training (for women's training).

Task 1. Study the vocabulary to the text "Gymnastics" and translate the word combinations and sentences:

1. be regarded as ... — считаться

e.g. *Gymnastics is regarded as one of the best means of physical education.*

2. compulsory *adj* — обязательный

w.comb.

compulsory	element
	exercise
	programme
	education

3. handicapped *n* — инвалид
4. vaulting *n* — опорный прыжок
5. twisting *n* — вращение
6. precision *n* — точность, четкость
7. artistic gymnastics — спортивная гимнастика

syn. competitive gymnastics

8. rhythmic gymnastics — художественная гимнастика
9. trampoline *n* — батут
10. perform *v* — выполнять, исполнять

e.g. *Each contestant performs compulsory elements.*

11. bounce *v* — подпрыгивать
12. performance *n* — исполнение, результат
13. axis *n* — ось

14. naked *adj* обнаженный, голый

e.g. *The word "gymnasium" comes from a Greek word meaning to exercise naked.*

15. judge *n* судья

e.g. *Judges watch each performance.*

16. equipment *n* 1) снаряд; 2) предмет; 3) оборудование

syn. apparatus

17. gymnastic equipment гимнастический снаряд

syn. apparatus

18. routine программа (спортивная)

e.g. *Gymnast's performance is called a routine.*

w.comb.

compulsory optional	routine

19. earn *v* заработать, получить

w.comb.

earn	money score

20. balance *n* равновесие

21. endurance *n* выносливость, стойкость

22. flexibility *n* гибкость

e.g. *Gymnastics helps develop balance, endurance, flexibility, and strength.*

23. television coverage *n* трансляция по телевидению

24. remarkably *adv* значительно

Task 2. Read the text and find the answers to the questions:

1. What is gymnastics like?
2. Where does gymnastic competition take place?
3. Is gymnastics included in the programme of the Olympic Games?

Gymnastics

Gymnastics is one of the most graceful and artistic sports and very popular all over the world.

It is also regarded as one of the best means of physical training. Its exercises develop human body harmoniously and all-sided and are a compulsory element of the training in many sports.

It is also used as a means of rehabilitation for handicapped.

Gymnastics combines the excitement of acrobatics – vaulting, jumping, and twisting – with the grace and precision of dance movements.

There are three modern gymnastic disciplines: Artistic gymnastics, Rhythmic gymnastics and Trampoline gymnastics. Artistic gymnastics is the best known. Artistic gymnastics it is a kind of sport in which men and women compete in team and individual

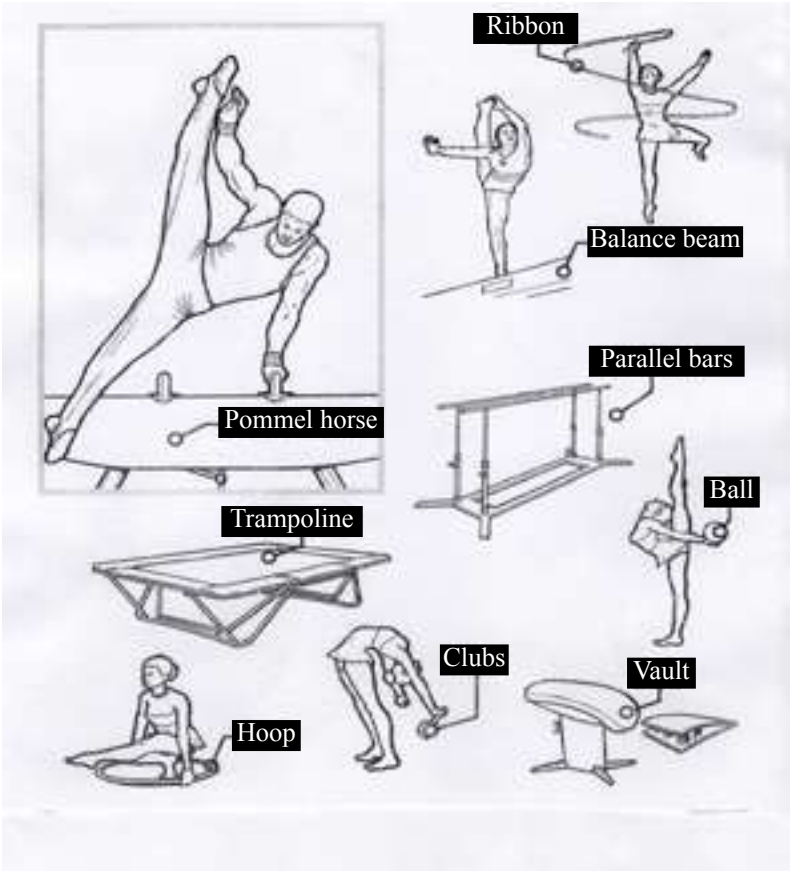
events. It has special programmes for men and women. Rhythmic gymnastics first appeared during the 19th century. Trampoline gymnastics appeared in the 1930s. It is a kind of sport that supposes the performance of different bounces and twists around horizontal and vertical axes on the trampoline.

Gymnasts compete in a competition, which takes place in a gymnasium. Gymnasium is a special room or building for instruction and practice in physical training. The word "gymnasium" comes from a Greek word meaning "to exercise naked". In ancient Greece, the word was used to mean public places set aside for athletic sports. Greek boys and young men wore no clothes when taking part in games, in order to have freedom of bodily movement. Men's and women's team have separate competitions. Judges watch each gymnast's performance called a routine and decide what score he or she has earned. Gymnastics helps to develop balance, endurance, flexibility, and strength.

Gymnastics has been a part of the Olympic Games since the modern Olympics began in 1896. During the 1970s, worldwide television coverage of the Olympics helped gymnastics grow remarkably as a spectator sport. The International Gymnastics Federation is the governing body of gymnastics.

Vocabulary, Grammar and Speech Exercises

Ex. 1. Study the pictures



Ex. 2. Match the words in the table with their definitions

A. apparatus	B. artistic gymnastics
C. rhythmic gymnastics	D. trampoline
1. A piece of sports equipment which you jump on. Also the name of the gymnastics discipline using this. 2. A gymnastics discipline for women, who perform acrobatic and dance moves on a floor area, accompanied by music, and with a hoop, ball, clubs or ribbon.	3. An Olympic sport, in which athletes compete against each other on different apparatus. 4. Equipment which is used as part of a gymnastics event.

Ex. 3. Find these words in the grid:

ribbon, vault, clubs, parallel bars, gymnast, artistic, rhythmic, hoop

Q	**C**	**A**	**R**	**T**	**I**	**S**	**T**	**I**	**C**
L	**R**	**H**	**Y**	**T**	**H**	**M**	**I**	**C**	**B**
L	**R**	**I**	**B**	**B**	**O**	**N**	**R**	**S**	**P**
A	**V**	**B**	**K**	**A**	**A**	**F**	**J**	**I**	**A**
H	**C**	**A**	**P**	**R**	**R**	**G**	**T**	**G**	**R**
C	**O**	**Q**	**U**	**S**	**B**	**H**	**F**	**K**	**A**
L	**U**	**O**	**M**	**L**	**L**	**C**	**M**	**W**	**L**
U	**G**	**X**	**P**	**T**	**T**	**I**	**W**	**B**	**L**
B	**J**	**H**	**L**	**T**	**Q**	**E**	**Y**	**F**	**E**
S	**G**	**Y**	**M**	**N**	**A**	**S**	**T**	**U**	**L**

Ex. 4. Find Russian equivalents for the following English words and word combinations:

artistic gymnastics	обязательный
rhythmic gymnastics	гибкость
performance	спортивный снаряд
judge	трансляция по телевидению
gymnastics equipment	исполнение
routine	зарабатывать очки
television coverage	художественная гимнастика
flexibility	спортивная программа
earn score	судья
compulsory	спортивная гимнастика

Ex. 5. Replace the following Russian words and word combinations by their English equivalents from the text:

1. Одно из самых лучших средств тренировки. 2. Всесторонне и гармонично. 3. Обязательный элемент. 4. Выполнять акробатические упражнения. 5. В гимнастическом зале. 6. Программа гимнаста. 7. Зарабатывать очки. 8. Равновесие, гибкость, выносливость. 9. Зрелищный спорт. 10. Обнаженный.

Ex. 6. Give extensive answers to the following questions:

1. Why is gymnastics regarded as one of the best means of physical training?
2. What disciplines are gymnastic ones?
3. When did rhythmic gymnastics and trampoline gymnastics appear?
4. What is rhythmic gymnastics like?
5. What kind of sport is trampoline gymnastics?
6. Where do gymnasts compete?
7. What word does the word gymnasium come from?
8. How is each gymnast's performance called?
9. What qualities does gymnastics help to develop?
10. Since when has gymnastics been a part of the Olympic Games?
11. What is the governing body of gymnastics?

Ex. 7. Some statements are not true to the fact. Correct them:

1. Gymnastic exercises develop human body harmoniously and all-sided, but they are not compulsory elements of the training in many sports.
2. Gymnastics is one of the most graceful and artistic sports, but it is not popular all over the world.
3. Coaches watch each gymnast's performance and decide what score he or she has earned.
4. Gymnastics helps to develop balance, speed, flexibility, and strength.
5. The word gymnasium comes from a Latin word meaning to exercise naked.
6. The International Olympics Committee is the governing body of gymnastics.

Ex. 8. Make up ten questions to the text using its vocabulary.

Ex. 9. Describe gymnastics as a sport. Say what you know about:

• gymnastic disciplines;
• how gymnastics develops human body;
• the place for practising gymnastics;
• the International Gymnastics Federation.

Task 3. Study the vocabulary to the text "Artistic Gymnastics. Men's Events":

1. consist *v* — состоять

e.g. *A men's gymnastics competition consists of six events.*

2. set *n* — серия, цикл, система
adj — последовательный, определенный

e.g. *In a set order.*

3. floor exercises *n* — вольные упражнения

e.g. *The floor exercises give competitors a chance to warm up.*

4. pommel horse *n* — конь-махи (снаряд);

e.g. *The pommel horse is the equipment that is used for men's training.*

5. rings *n* — кольца

e.g. *The gymnast must be very strong to perform on the rings.*

6. horse vault *n* опорный прыжок для мужчин
7. parallel bars *n* параллельные брусья

e.g. *The parallel bars are used only by men.*

8. horizontal bar *n* перекладина

syn. high bar

e.g. *The horizontal or high bar produces the most exciting moments in gymnastics.*

9. specialist *n* спортсмен, выступающий в одном или двух видах программы
10. measure *v* иметь размеры

e.g. *The mat measures 12 metres square.*

11. require *v* требовать

e.g. *The gymnast performs a continuous series of movements that require balance, flexibility, and strength in the floor exercises.*

12. handspring n переворот, прогнувшись через прямые руки (назад, вперед, боком)

e.g. *Each gymnast must perform handsprings.*

13. leap *n* прыжок

e.g. *Gymnast's movements include leaps in the floor exercise.*

14. somersault *n* сальто

e.g. *Somersault in the air.*

15. tumbling *n* акробатика

syn. acrobatics

e.g. *Series of movements include tumbling in the floor exercises.*

16. pad *v* набивать ватой или волосом

e.g. *The padded piece of equipment.*

17. support *n, v* поддержка, опора, упор, поддерживать

e.g. *The gymnast uses the pommels to support the weight.*

18. swing *n*, *v* взмах, мах, раскачивание махать, перемахивать, делать оборот

e.g. *He swings his legs.*

19. the scissors *n* ножницы (скрестный мах ногами (на коне)

e.g. *The gymnast performs a movement called the scissors.*

20. switch *v* переключать, менять

e.g. *The gymnast switches the position of the legs, as he swings them from side to side.*

21. frequently *adv* часто

e.g. *The gymnast must frequently support himself with only one hand.*

22. suspend *v* висеть, подвешивать
23. cable *n* канат, трос

e.g. *The event is performed on two wooden rings suspended from cables.*

24. grasp *n* хват, сжатие,
    v хватать, сжимать, выполнять хват

e.g. *The gymnast leaps up and grasps the rings.*

25. cross *n* крест

e.g. *Azaryan's cross.*

26. extend *v* — вытягивать, протягивать

e.g. *The sportsmen extended his arms sideways.*

27. upright *a* — вертикальный, прямой

e.g. *He supports himself in an upright position with his arms extended sideways.*

28. remain *v* — оставаться

e.g. *The sportsman remained in the upright position.*

29. motionless *a* — неподвижный

e.g. *The gymnast remained motionless.*

30. resemble *v* — быть похожим

e.g. *The stand resembles the one on the pommel horse.*

31. vault *n, v* — опорный прыжок, выполнять опорный прыжок

vaulting table — стол для опорного прыжка

syn. vaulting horse

e.g. *Men vault across the length of the vaulting table.*

32. approach *v* — подходить, приближаться

e.g. *He approached the parallel bars.*

33. springboard *n* — гимнастический мостик

e.g. *After a running start, the gymnast jumps from a springboard.*

34. twist *n* — поворот на 360 градусов, вращение, винт;

v — поворачиваться, вращаться

e.g. *The competitor may twist or turn before landing.*

35. average *n* — среднее число (величина)

e.g. *The gymnast's final score comes from an average of his two vaults.*

36. apart *adv* — врозь, широко, в отдельности

e.g. *The parallel bars are two long wooden bars about 16.5 centimetres high and slightly more than shoulder width apart.*

37. handstand *n* — стойка на руках

e.g. *The gymnast supports himself on the bars with his hands while performing handstands.*

38. support swing — размахивание в упоре

swing to handstand — стойка на руках из упора махом назад

39. hold *n* — хват, захват, выдержка (статический элемент)

v — хватать, держать, выдерживать, фиксировать

e.g. *The gymnast may perform several holding positions on the parallel bars.*

40. reverse *n* — обратный (хват, мах)

v — выполнять в другую сторону, плечом назад

e.g. *The competitor must reverse his position on the bar.*

41. stagger *v* — шататься

42. grip *n* — хват (на параллельных брусьях)

43. regain *v* — возвратить, получать обратно

e.g. *On the bar the competitor releases his grip and regains while in the air.*

44. dismount *n* соскок,
v выполнять соскок

e.g. *Many gymnasts finish their performance with a spectacular dismount from the bar.*

45. all-around competition *n* соревнование по многоборью

e.g. *All-around competition for men consists of six events.*

46. all-around gymnastics champion *n* чемпион в гимнастическом многоборье, абсолютный чемпион по гимнастике

47. socol-style pants (брюки) гимнастическое трико

48. sleeveless leotard трико без рукавов

49. leotard *n* купальник (жен.)



Task 4. The men's gymnastics competition consists of six events. Read the text and draw up the programme of a men's gymnastics competition.

ARTISTIC GYMNASTICS. MEN'S EVENTS

Artistic gymnastics was first used as a term in the 19th century to distinguish free-flowing styles from techniques used in military training. Gymnastics competitions soon began to flourish in schools and athletics clubs across Europe, and were included in the 1896 Games. Between its appearance at Athens and the 1920s, the sport evolved into what we recognize as Modern Gymnastics. The grace, strength and skill of Olympic gymnasts have been an amazing dance since the Games in Ancient Greece. Women made their debut at the Games of the IX Olympiad in Amsterdam (1928). 14 sets of medals: 8 sets among men and 6 sets among women are competed for at the Olympic Games.

Men's Events

Artistic gymnastics is gymnastics without apparatus and gymnastics on apparatus.

A men's gymnastics competition consists of six events that are held in a set order. These events, in order of performance, are the (1) floor exercise, (2) pommel horse, (3) rings, (4) vault, (5) parallel bars, and (6) horizontal bar. Men who compete in all six events are called all-around gymnasts. Those who enter only one or two events are called specialists.

The Floor Exercise

The floor exercise is performed on a mat that measures 12 metres square. The gymnast performs a continuous series of movements that require balance, flexibility, and strength. These movements include handsprings, leaps, somersaults in the air, and tumbling. The floor exercise must be completed in not less than 50 seconds and not more than 70 seconds. In competition all parts of the floor area and all directions should be used. Strength movements should be performed slowly and static positions must be held for at least two seconds. Somersaults should be done at shoulder height.

The Pommel Horse

The pommel horse, or side horse, is named after the padded piece of equipment on which this event is held. The horse measures about 165 centimetres long and about 35 centimetres wide. It has two wooden handles on top called pommels which are about 125 centimetres from the floor. The gymnast uses the pommels to support his weight entirely with his hands. He swings his legs in circles around the sides and top of the horse without stopping. He also performs a movement called the scissors, beginning with one leg on each side of the horse. He switches the positions of his legs as he swings them from side to side. He must frequently support himself with only one hand while raising the other hand to swing his legs past.

The Rings

This event is performed on two wooden rings suspended from cables about 250 centimetres above the floor. The gymnast leaps up and grasps the rings and then tries to keep them motionless while performing various movements. These include handstands and complete circular swings. The athlete supports his body in various strength positions, which require exceptional power. In a movement called the cross, for example, he supports himself in an upright position with his arms extended sideways. The event also includes holding positions, which require him to remain motionless for two seconds. The gymnast performs his routine, concluding by landing on the floor with both legs together.

The Vault

The vault is performed on a vaulting table. In this event, the gymnast vaults across the length of the vaulting table. He approaches the table at a run and jumps up and forward from a low springboard. He places one or both hands on the vaulting table for support as he goes over. He may twist around in the air, do a somersault, or perform any one of several movements. Competitors must not stagger on landing. In some competitions, the gymnast vaults twice and his final score comes from an average of his two vaults. In international competition, the gymnast vaults once.

The Parallel Bars

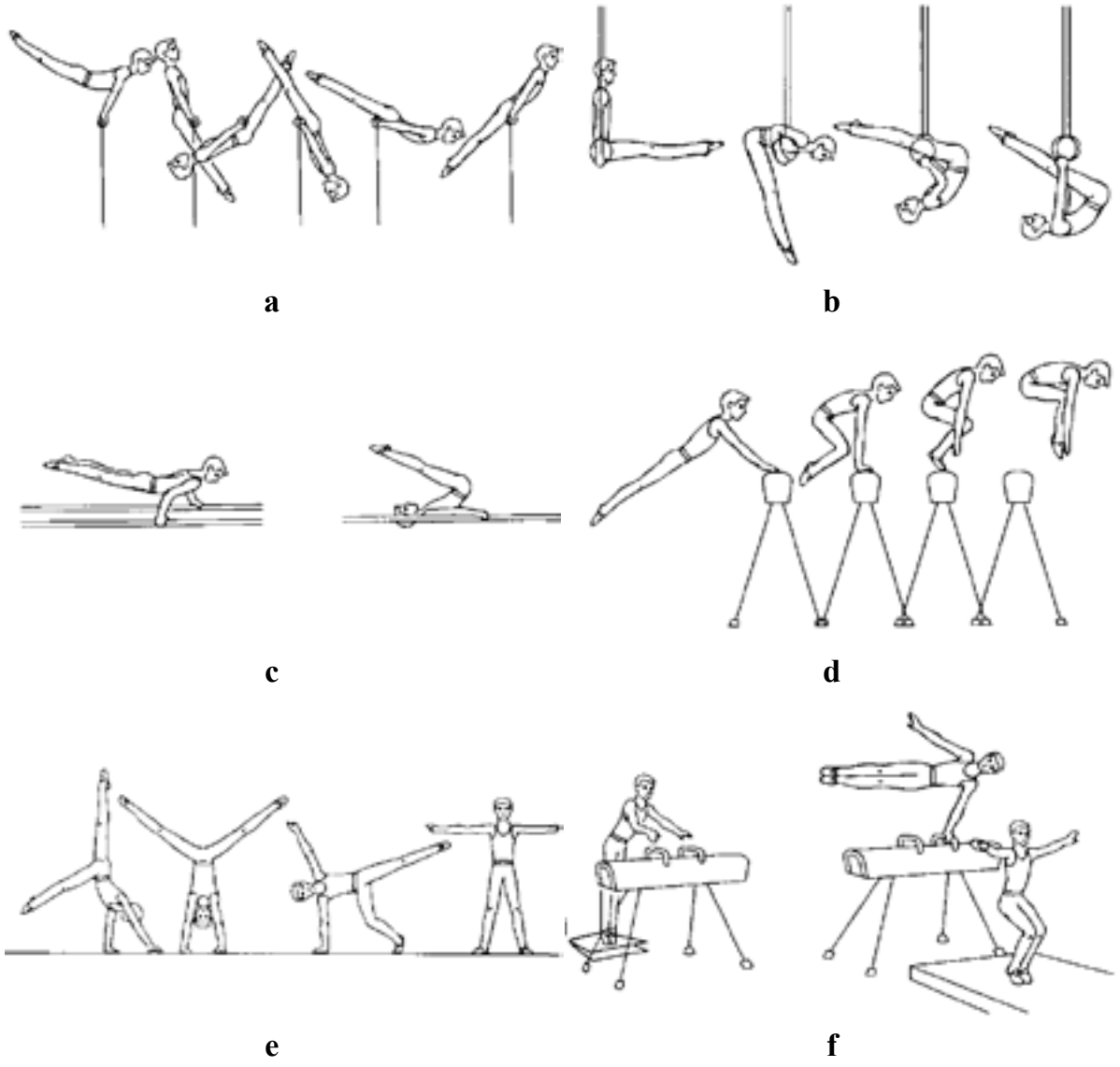
In this event, the gymnast performs on two long wooden bars about 170 centimetres high and slightly more than shoulder width apart. He supports himself on the bars with his hands while performing handstands, swings, twists, and other acrobatic movements. The gymnast may perform several holding positions on the parallel bars. In each one, he must remain motionless for one or two seconds. In addition, he performs various strength movements that require great arm power and must be done slowly.

The High Bar

The high bar event takes place on a somewhat flexible steel bar fastened about 240 centimetres above the floor between two supports. The gymnast holds the bar with one or both hands and swings around it repeatedly. He performs several acrobatic movements without coming to a full stop. During this routine, he must reverse his position, which involves a change of grip on the bar. He also must perform manoeuvres that require him to release his grip and regain it again while in the air. Many gymnasts finish this event with a spectacular dismount from the bar. They swing rapidly around the bar, let go, and twist or somersault in the air before landing on their feet.

Vocabulary and Speech Exercises

Ex. 1. Look at the pictures and name the events a men's gymnastic competition consists of. Put the pictures in the events performing order.



a **b**

c **d**

e **f**

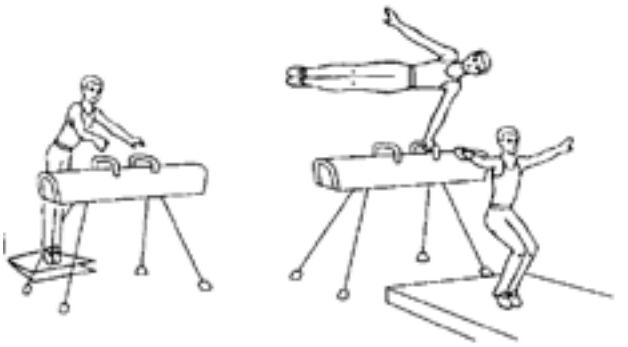
Ex. 2. Say which English sentence contains Russian equivalent term:

кольца	1. The parallel bars is the apparatus that is used for men's training. 2. He is a champion in the floor exercises. 3. A gymnast must be very strong to perform on the rings.
стол для опорного прыжка	1. The vault is shared by both men and women. 2. The vault is performed on a vaulting table. 3. The rings is an event held on two wooden rings suspended from cables.

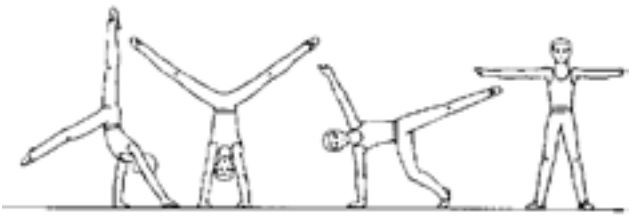
перекладина	1. The parallel bars are used only by men. 2. The high bar produces probably the most exciting moments in gymnastics. 3. The pommel horse event is performed on a piece of equipment called a horse.

Ex. 3. Complete the sentences, using the pictures as prompts:

1. The most difficult apparatus for me is the ...



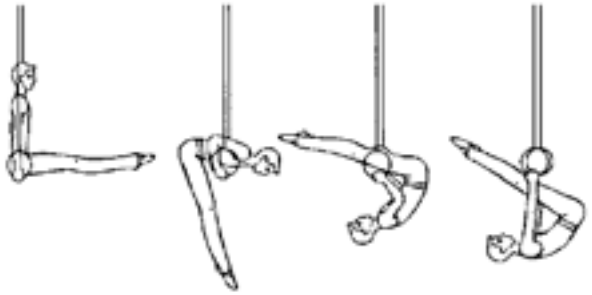
2. Our national team was the best team in the ...



3. He was the best on the ...



4. His favourite apparatus was the ...



Ex. 4. Read the text. Insert the missing terms from the list:

floor exercises, rings, vault, pommel horse, high bar, parallel bars

Many young men and women go in for gymnastics in our republic. They have necessary facilities, equipment and coaching in gymnastics. The gymnasts take part in competitions. Each gymnast may perform exercise on apparatus and the ... . There are some kinds of apparatus for men and women and the ... and the ... for both of them.

It is necessary to distinguish the pieces of apparatus for supporting position and hanging position.

Among pieces of apparatus for supporting position the following are considered: the ... and ..., and among apparatus for hanging position: the ... and ... .

Ex. 5. Explain the terms used in gymnastics:

• all-around gymnast
• specialist
• apparatus
• compulsory routine
• optional routine
• all-around competition
• all-around champion
• motionless
• springboard
• grasp

Ex. 6. Name:

• the types of gymnastics competitions;
• the events of which a men's gymnastics competition consists of;
• the floor exercises;
• the exercises on the pommel horse;
• the exercises on the rings;
• the exercises on the parallel bars;
• the exercises on the high bar.

Ex. 7. Say what you know about:

• the order of performing the events in a men's gymnastics competition;
• the floor exercise;
• the pommel horse;
• the rings;
• the vault;
• the parallel bars;
• the high bar;
• all-around competition for men.

Ex. 8. Speak on the topic:

• the apparatus for men's gymnastic competitions;
• the programme of men's gymnastic competitions;
• gymnast's performance on the high bar (rings, pommel horse, vault, parallel bars).

Task 5. Study the vocabulary to the text "Women's Events" and translate the sentences:

1. vault *n* — опорный прыжок (для женщин)

e.g. *The vault is performed on the same equipment used in men's vaulting.*

2. uneven parallel bars — разновысокие брусья
   syn. asymmetrical bars

e.g. *In the uneven parallel bars the athlete switches rapidly back and forth from one bar to the other.*

3. balance beam — бревно (гимнастическое)

e.g. *The balance beam is used only by women in competitions.*

4. count *v* засчитывать
e.g. *Only higher of the two scores counts.*
5. agility *n* ловкость, быстрота
e.g. *The athlete swings require great agility.*
6. cartwheel *n* «колесо»
7. back handspring переворот назад, фляк
8. accompaniment *n* сопровождение, аккомпанемент

Task 6. Read the text and draw up the programme of the women's gymnastics competition.

WOMEN'S EVENTS

A women's gymnastics competition has four events. In order of performance, they are (1) vault, (2) uneven parallel bars, (3) balance beam, and (4) floor exercise. Most women gymnasts enter all these events.

The Vault

The vault is performed on the same equipment used in men's vaulting. Gymnasts take off from a run and jump off a springboard. Judges look at flight, form and landing.

The Uneven Parallel Bars

In the uneven parallel bars gymnasts compete on two parallel wooden bars, one about 230 centimetres above the floor and the other about 150 centimetres high. The athlete swings around one bar at a time, performing manoeuvres that require great flexibility and agility. She switches rapidly back and forth from one bar to the other, trying to keep in constant motion.

The Balance Beam

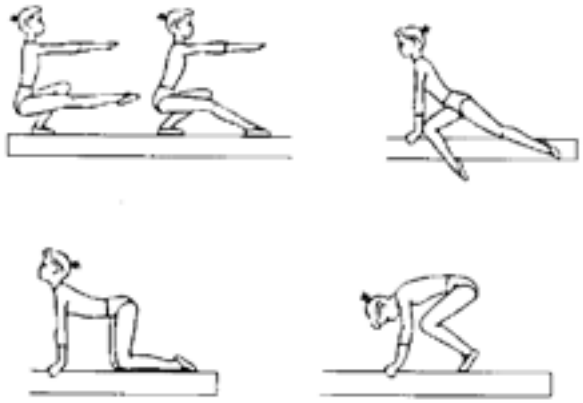
The balance beam involves a long wooden beam about 10 centimetres wide. Competitors perform jumps, leaps, running steps, and turn on it and try to use the beam's full length. The best performers also do cartwheels, back handsprings, and somersaults. The routine must last at least 1 minute 10 seconds but not more than 1 minute 30 seconds.

The Floor Exercise

The floor exercise is performed on a mat that resembles the one used in the men's floor exercise. Women gymnasts perform this event with a musical accompaniment. Each contestant designs her routine to match the tempo and mood of the music she has selected. She must take at least 1 minute 10 seconds and not more than 1 minute 30 seconds to demonstrate her skill in acrobatics, dancing, and tumbling.

Vocabulary and Speech Exercises

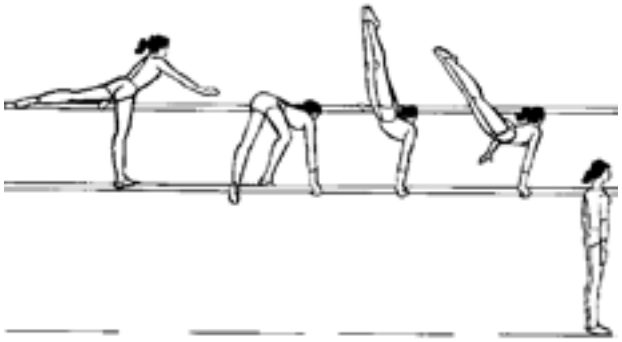
Ex. 1. Look at the pictures and name the events a women's gymnastic competition consists of. Put the pictures in the events performing order.



a



b



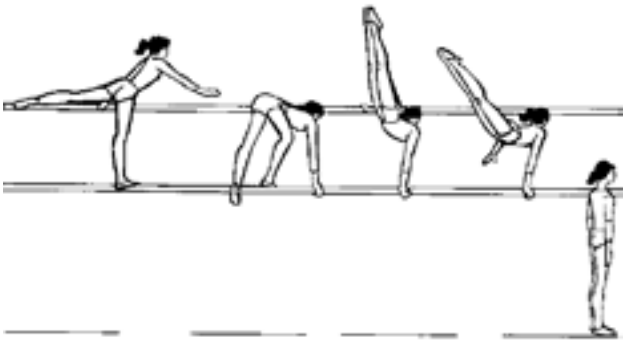
c



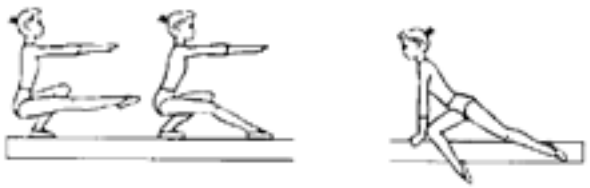
d

Ex. 2. Complete the sentences using the pictures as prompts:

1. For the majority of gymnasts and spectators, the most exciting event in women's competition is the …



2. The only apparatus which is essentially feminine and has no counterpart in the men's competition is the …



3. The exercise performed on the same equipment used in men's vaulting is the …



4. The exercise performed with a musical accompaniment is the …



Ex. 3. Find out which English sentence contains a Russian equivalent term:

бревно	1. The uneven bars is the only event for women – the only event in which the hands are almost constantly in use, gripping the rails. 2. Vaulting uniquely involves the element of flight of the four events in women's gymnastics. 3. A beginner must spend many hours learning to move around on the beam in comfort – walking, running, skipping, leaping.
разновысокие брусья	1. The vaulting runway is sixty to eighty feet long. 2. The intricate movements prescribed for uneven bars comprise a number of fear – producing elements, as do routines in all the events. 3. The balance beam adventure begins with the working surface of the beam itself.
вольные упражнения	1. In gymnastic vaulting there are two pieces of equipment: the vaulting table and take off board. 2. The floor exercise is commonly regarded as the most beautiful event in gymnastics. 3. The uneven bars is a relatively new event in women's gymnastics having been performed for the first time at the 1952 Olympics.
«колесо»	1. Somersault is a leap or fall in which one turns heels over head before landing on one's feet. 2. To skip is to jump lightly and quickly. 3. The best gymnasts perform cartwheels, back handsprings, and somersaults on the beam.

Ex. 4. Read the text. Insert the missing terms from the list.

beam, six, four, leaps, somersault, floor exercises, balance, spins, vaulting table, balances, uneven bars, gymnastics

Success in the ... exercises for men and ... for women at the Olympic Games requires that the gymnast develops a strong physique and all-round ability.

The ... ... are usually the first of the events since they give competitors a chance to warm up with movements not requiring tremendous strength. The sportswoman aims to impress the judges with a sequence of ..., ..., and together with the elements of acrobatics. Strength movements should be performed slowly and static position must be held for at least two seconds – ... should be done at shoulder height.

The ... ... is the simplest of all the events. Men vault over the vaulting table lengthways, passing first over the "croup" and then the "neck". Women vault sideways, putting their hands on the middle of the vaulting table which is not as high as for men.

Women use the ... . Emphasis is on the suspension and momentary bracing positions and the female gymnast must change bars by turning or executing elegant movements.

The ... is used only by women in competitions. It was originally envisaged as a method for women to demonstrate ... but in recent years many of the skills of the floor exercises have been introduced. Many female competitors use ballet, which is very close to many of the ... movements.

Ex. 5. Explain the terms used in gymnastics:

- the vault
- the uneven parallel bars
- the balance beam
- cartwheel
- back handspring
- somersault
- running steps
- skips

Ex. 6. Name:

- women's gymnastics competition events;
- exercises on the uneven parallel bars;
- exercises on the beam;
- floor exercises for women.

Ex. 7. Say what you know about:

- the order of performing the events in a women's gymnastics competition;
- the exercises on apparatus for women;
- an all-around competition for women.

Ex. 8. Speak on the topic:

- the apparatus for women's gymnastics competitions;
- the programme for the women's gymnastic competitions;
- gymnast's performance on the balance beam (uneven bars, vaulting table).

Task 7. Read the text about the gymnastics competitions. Find out how the winner is determined.

HOW A MEET IS ORGANIZED

Olympic gymnasts compete in three different categories. They are team competition, individual all-around finals, and individual event finals.

In the team competition, five athletes perform on each apparatus. In the past, compulsory and optional routines were required of all competitors level. The compulsory exercises were eliminated after the 1996 Games in Atlanta, USA. For the optional routines, each athlete composes his or her programme individually. Judges look for the degree of difficulty of the moves, as well as their execution. The 36 best athletes from the team competition compete in the individual all-around finals. In the individual event finals, the six best gymnasts on each apparatus compete in team competition optionals. Men and women usually compete simultaneously. The apparatus and floor mat are installed on a raised surface known as "the podium" to avoid distracting a competing gymnast. Other athletes, coaches, and officials stay off the podium.

The perfect score for any gymnastics event is 10.00, but competitors begin their routines with less than that. Women start with 9.4, and men begin with 9.0. Judges then add bonus points when a gymnast performs especially difficult elements. Each movement is classified according to its degree of difficulty. Judges also subtract points for any errors in the routine or for missing required moves. The highest and lowest scores are dropped, and the final tally is the average of the remaining scores. A gymnast's all-around score is compiled by adding together his or her scores in each event.

At the Moscow Games in 1980, Aleksandr Dityatin executed a perfect vault and became the first male gymnast to receive a perfect score of 10 from Olympic judges. Dityatin was also the first male gymnast to win medals in eight different events: Gold-Individual Combined, Team, Rings; Silver-Parallel Bars, Vault, High Bar, Pommel Horse; Bronze-Floor Exercise.

In men's competition, five judges, including one called a head or superior judge, score the performance of each gymnast. In most cases, the score of the head judge is not used. Instead, the head judge takes the scores of the other judges and eliminates the highest and lowest ones. The head judge computes an athlete's final score by averaging the two middle scores. If the difference between the two middle scores exceeds a certain range, the head of judge's own score is used as a guide in adjusting the final score. At an international competition, each team's top five individual all-around scores are added together for the team score.

In women's competition, there are seven judges, including a head judge. The highest and lowest scores of the six other judges are dropped and the remaining four are averaged to produce the final score.

On the apparatus, men wear sokol-style pants and footstraps and socks. For the vault and floor exercise, they may wear shorts and perform barefoot.

Female gymnasts wear leotards. Gymnasts are free to decide whether or not to wear shoes in performing their routines.

Speech Exercises

Ex. 1. Answer the following questions:

1. How do gymnasts compete at the Olympic Games?
2. How does each athlete compose his or her programme?
3. Where are the apparatus and floor mat installed?
4. Which is a perfect score for any gymnastics event?
5. What do the judges subtract points or tenths of a point for?
6. What actions do the judges award bonus points for?
7. How many judges are there in the men's gymnastics competitions?
8. What are the head judge's duties?
9. How does a gymnast get an average mark (score)?
10. When is the head judge's own score used?
11. How is the team score determined at the international competition?
12. How many judges are there in the women's competition?
13. How is the final score in the women's gymnastics competition produced?
14. What do the gymnasts wear?

Ex. 2. Say what instruction you would give to a would-be judge.

Ex. 3. Say what you know about:

• judges in gymnastics competitions;
• the evaluation of routines;
• possibility for former gymnasts to become judges.

Task 8. Read the text without the help of a dictionary.

THE ORIGIN OF THE SPORT

The origin of gymnastics can be traced back to the ancient civilisations of China, Persia, India and Greece.

Most of the current competitive exercises may be attributed to the German, Jahn, but the ancient civilisations practised the sport. The Chinese had mass displays of free exercises, as they do at present, and both the Persians and the Indians followed a strict code of physical exercise. But it was the Greeks who really started to modernise the sport.

The distinguished physician, Galen, provided some of the earliest literature on the sport and showed how knowledgeable the Greeks were about its fundamentals. Activities like rope-climbing were included in the ancient Olympic Games and, with the rise of the Roman Empire, the Greek method of physical culture spread.

Among the events the Romans introduced was the wooden horse on which they practised mounting and dismounting. Most of the exercises were used for military preparation, but when the ancient Olympic Games were abolished the sport fell into decline for nearly 1,500 years.

It was revived initially by men like Muth, Salzman, and Ling. Muth's book, "Gymnastics for Youth", is the first major work on the subject, and Ling, a Swede, regulated a series of free exercises which a number of countries adopted. But the man

who made the major contribution to the sport was Jahn. His invention of events like the parallel bars and the rings and his routines for the high bar helped greatly with the modernization of gymnastics. There was a clash of views between Ling and Jahn, since the Swede felt that gymnastics was an educational system while Jahn viewed it as a club activity. Ling's movements were more rhythmic and fluent while Jahn gave more emphasis to strength movements.

Modern gymnastics is a mixture of both schools – the beauty of the floor exercise routines being balanced by the rugged power needed for the rings and parallel bars. But it is fair to say that Jahn was the more influential of the pair, for his Turnplatz, opened in Berlin in 1811, was an open-air gymnasium which started the spread of the sport throughout Europe. Clubs were founded in Britain and a number of schools included physical training in their curriculum. A major event in British gymnastics occurred in 1860 when the army selected 12 NCOs (National Committee Officials) and formed them into the Army Gymnastic Staff, later the Army Physical Training Corps. The Army, realising after the Crimean War that soldiers needed to be fit, were in the forefront of the expansion of the sport in Britain. The leading clubs joined in 1890 to form the Amateur Gymnastic Association and the first championship was in 1896 – the year of the first modern Olympic Games.

In the Olympics

Gymnastics has been an Olympic event for men since the modern Olympic Games began in 1896. Early men's events included rope climbing and club swinging, which were discontinued after the 1932 Games. Before World War II, Europeans dominated the competition. Finland, Switzerland, and Italy each won team medals four times.

The former Soviet Union entered the Olympic competition in 1952. That, and the rise of Japan as a gymnastics power-house, dramatically changed gymnastics competitions. In the dozen or so Olympiads since then, Japan and the former Soviet-bloc countries have dominated men's Olympic gymnastics. Japan won five straight team gold medals from 1960 to 1976. The Soviet Union (and later the Unitized Team) won team gold medals in 1952, 1956, 1980, 1988, 1992, and 1996. The United States won the team gold in 1904 and 1984 (the year the Soviet Union did not participate in the Games).

The men's individual all-around competition has been part of every Olympiad since 1900. Italy's Alberto Braglia was the first all-around champion to win at back-to-back Olympics, in 1908 and 1912. Soviet gymnasts swept the medals in the all-around competition at the 1988 Olympics in Seoul, South Korea. In 1992, Vitaly Scherbo of Belarus became the all-around champion and, two days later, won four straight apparatus finals in addition to the team title to become the first gymnast in history to earn six gold medals at a single Olympiad. Scherbo added four bronze medals in 1996.

The first Olympic competition in women's gymnastics occurred at the 1928 Games in Amsterdam, Holland. The only event was the team competition, which was won by the Netherlands. In 1952, individual events for women on each apparatus were added. The Soviet Union dominated the sport for many years, earning ten team gold medals, including eight consecutive team titles between 1952 and 1980.

14 sets of medals: 8 sets among men and 6 sets among women are competed for at the Olympic Games.

Assignments

1. Which of these topics does the text deal with?

a) the Greek method of training;
b) gymnastics in ancient civilisations;
c) gymnastics decline and revival;
d) Muth, Salzman and Ling;
e) Turnplatz;
f) men's gymnastics;
g) major event in British gymnastics;
h) development of gymnastics in Great Britain and the USA;
i) rhythmic gymnastics.

2. Write down the themes found in the text in the order corresponding to the context of the text. You will get the outline of the text.

3. Divide the whole text into fragments corresponding to the items of the outline. Mind that a fragment may be equal to a paragraph or sometimes embrace several paragraphs.

4. Reread paragraphs 1–3 and find the gymnastics event that was included in the ancient Olympics.

5. Find sentences proving that modern gymnastics is a mixture of schools.

6. Reread paragraph 2 (In the Olympics). Find sentences proving that the influence of the gymnasts from the Soviet Union on the International gymnastics was considerable.

7. Reproduce the contents of the text using answers to the following questions. If necessary, look through the text again:

1. Did ancient civilisations practise gymnastics? 2. Who started to modernise the sport? 3. Who showed how knowledgeable the Greeks were about gymnastics fundamentals? 4. What events were introduced into gymnastics by the Romans? 5. When did gymnastics fall into decline? 6. Who revived gymnastics? 7. What is the first major work on gymnastics? 8. Who made the major contribution to gymnastics? 9. What events were invented by Jahn? 10. How did Turnplatz look like? 11. When were gymnastic clubs founded in Berlin? 12. When did gymnastics grow phenomenally in Great Britain? 13. What has its growth been due to? 14. What countries dominated in gymnastics before World War II? 15. When did the picture radically change in gymnastics? 16. Since when have modern gymnastics World championships been held? 17. When did the first Olympic competition in women's gymnastics occur?

Task 9. Look through the text and say what kind of information it contains. What achievements of Belarusian gymnasts does the author pay special attention to? Indicate the corresponding paragraphs.

BELARUSIAN GYMNASTS

Belarusian gymnasts were traditionally very successful at the Olympic Games. Nikolai Miligulo from Minsk was the first Belarusian to represent the state in this Olympic event. He won a silver team medal at the XVII Olympics in Rome. Helen Volchetskaya was the first of the female gymnasts to open the Olympics. She won a gold medal in women's team competition in Tokyo. Larisa Petric made an excellent showing at the Mexico Olympics. She returned home with three prizes for the first places in a team contests and the floor exercise and the third prize for winning the beam.

A really fantastic at the XX Olympic Games in Munich was the performance of Olga Korbut. She did some particularly complicated elements on the beam and uneven bars which have now become specific terms bearing her name – "Korbut somersault", "Korbut back flip", etc. One of her vaults has remained unique because no other gymnast has ever done it. In Montreal she won a gold medal in women's team competition and a silver medal at the uneven bars.

Concerning the Belarusian school of gymnastics, one should note that it is constantly in advance. Some athletes quit the podium, others step into their shoes. There are too many of them to be named. But one just cannot imagine Belarusian gymnastics without Antonina Koshel who became a gold medallist at the 20th Olympics for team victory or Tamara Lazakovich who at the same Games took four medals, one of them being gold. These girls largely contributed to the enhancing of the glory of Soviet sport.

After that came Nelly Kim. Her superb skill was marked with five Olympic titles. Besides she became the all-around world champion.

When on the podium, she never looked down in the mouth. She knew how to smile even when she was sick at heart and felt like crying. It is not without reason that journalists nicknamed her a "girl of iron".

A certain episode comes to mind. As Nelly was doing her optional programme (the floor exercises) at the Moscow Olympics the music suddenly began to "wow". And it happened shortly after starting. The sound gradually died away. The hall became unusually quiet.

With a charming smile (as if nothing were really happening) Nelly stopped and waited for the music to recommence. Starting her combination all over again, she did it with superb mastery and was deservedly given a high rating – 9.95 points.

At the XXIV Olympic Games in Seoul the USSR national team included two trainees of Belarusian coaches – Svetlana Boginskaya and Svetlana Bayitova.

The good traditions were kept up by a new generation of Belarusian female gymnasts. Despite their youth they had already managed to achieve quite a lot. Here are a few facts from their sporting biographies: Svetlana Boginskaya was born in 1973, Master of Sports International Class, pupil of a sports boarding school, all-around junior champion (FRG, 1986), the team event silver medallist at the World championship and

bronze medallist in the vault (Netherlands, 1987), many-time winner and title-holder at international contests, a silver medallist in the beam competition for the National Cup (1988).

Svetlana Bayitova was born in 1972. Master of Sports International Class, all-around national champion, 1986, silver medallist at the USSR National Championship, 1987, many-time winner and prize-holder at National Championships in separate team events, won silver in the team events at the 1987 World championship.

Olga Bicherova, the 1981 all-around world champion describes Bayitova in this way: "She shows virtuosity and has a unique programme on the bars".

A. Neverovich, director of the gymnastics school which S. Boginskaya attended: "Boginskaya is very hardworking and diligent, she possesses great untapped reserves that can yet be used for further development. At the same time, the girl has an uneven temper, so one should handle her with care".

Upon winning the gold medal in the team event Svetlana Boginskaya continued to contend for more prizes. In the all-around world championship contest she picked up bronze, being second only to her team-mate Yelena Shushunova and Romanian Daniel Silivash. On the closing day of the gymnastics performance, she added another gold medal to her collection. She gained it in the finals at the apparatus, superbly executing a vault. Her floor exercise brought her silver.

How was her success assessed by the experts? Here is the opinion of Leonid Arkayev, the gymnastics department chief of the USSR Sports Committee: "Svetlana has lived up to our expectations, we never suspected she could challenge the leaders – Shushunova and Silivash. I believe that this young woman from Minsk is our happy Olympic find".

The Olympic champion Victor Klimenko: "In this tough struggle Svetlana never lost her presence of mind, she displayed her best qualities – will-power, plasticity and grace of movements. Her programme is no less complicated than that shown by the leaders. At the XXV Olympic Games Svetlana Boginskaya won a gold medal again. But a real hero of the Olympic Game was Vitaly Shcherbo who won 6 gold medals".

Assignments

1. Reread paragraph 1 and state its main theme. Which sentence gives very briefly the most important information and thus can be called the key sentence of the paragraph?

2. Reread paragraph 2–4. What theme connects them?

3. Find the sentence explaining why the journalists nicknamed Nelly Kim a "girl of iron".

4. Read the facts from Svetlana Boginskaya and Svetlana Bayitova's sporting biographies.

5. Divide the text into fragments and entitle them.

6. Write an annotation of the text. Make use of such expressions as "to deal with, to emphasise, to be devoted to". The first sentence can reflect the general character of the text. Take into consideration the title. The other 3 or 4 sentences should reflect the main themes of the fragments.

Task 10. Read the text without the help of a dictionary.

OLYMPIC HERO

Vitaly Scherbo is a Belarusian and former Soviet artistic gymnast. He was born on the 13th of January 1972 in Minsk. He is considered the greatest and most successful male gymnast of all time. He is the only male gymnast ever to have won a world title on all 8 events. From 1991 to 1995 Vitaly Scherbo won Individual All-Around, Team Event, Horizontal Bar, Pommel Horse, Rings, two world titles in each event of the Parallel Bars and Vault, and three titles on the Floor Exercise. In 1992 in Barcelona he won more golds at a single Olympics than any other gymnast in the Olympic history.

Scherbo was introduced to gymnastics[1] at the age of seven by his mother in an attempt to channel the energy[2] of her highly intelligent but uncontrollable young son. The coaches as his local club fared no better[3] but, recognizing his talent, arranged for him to be sent to a state boarding school[4] for young athletes. There he continued to delight and infuriate his tutors in equal measure[5], making huge progress as a gymnast but refusing to submit to any discipline.

Scherbo's first international performances were in 1990–1991, when he competed for the USSR team at the World Championship and the World Cup. He was the 1991 World All-Around silver medallist; scored a perfect 10.0 on the vault at the European Championships in 1990; and starred at the Goodwill Games in Seattle. But because of his inconsistency[6], before the 1992 Barcelona Olympics, the Unitized Team coaches regarded him as less of a medal prospect[7] than his more experienced and reliable teammates.

However, as he had done so many times throughout his career, he proved his coaches and audiences wrong.[8] In one of the most dominant performances in history, Scherbo won six out of the possible eight gold medals at the 1992 Summer Olympics in Barcelona. His golds came in the team event, the all-around, pommel horse, rings, vault, and parallel bars.

Vitaly Scherbo now lives and works in Las Vegas where he owns and runs his own gymnasium.

Notes:

1. **…was introduced to gymnastics** – *зд.* познакомиться с гимнастикой
2. **… an attempt to channel the energy** – направить энергию в нужное русло
3. **The coaches at his local club fared no better** – Тренеры в его клубе преуспели не намного больше
4. **… state boarding school** – школа-интернат
5. **… he continued to delight and infuriate his tutors in equal measure** – он продолжал в равной степени радовать и сводить с ума своих наставников
6. **inconsistency** – непостоянство, нестабильность
7. **Coaches regarded him as less of a medal prospect** – Тренеры считали его менее перспективным
8. **He proved his coaches and audiences wrong** – Он доказал, что и его тренеры, и зрители ошибались на его счет

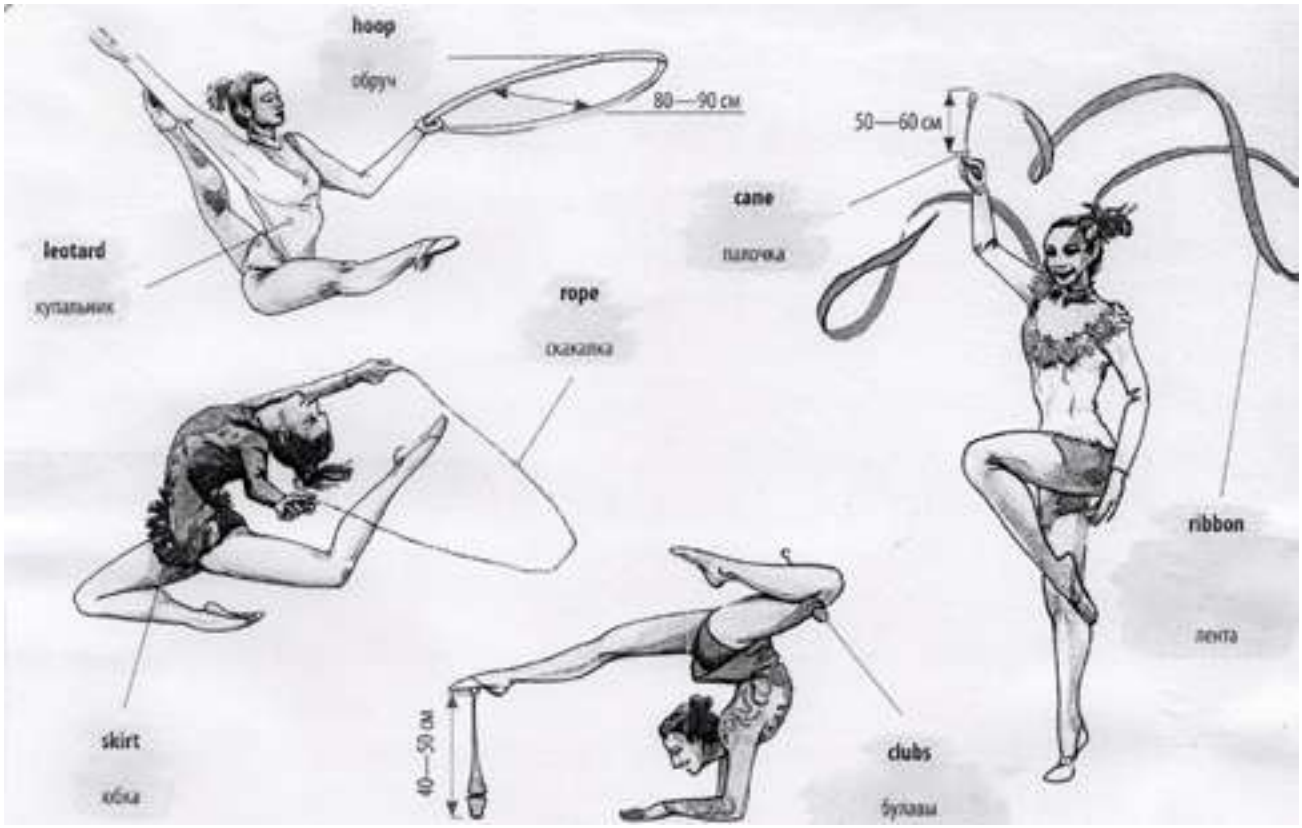
Assignments

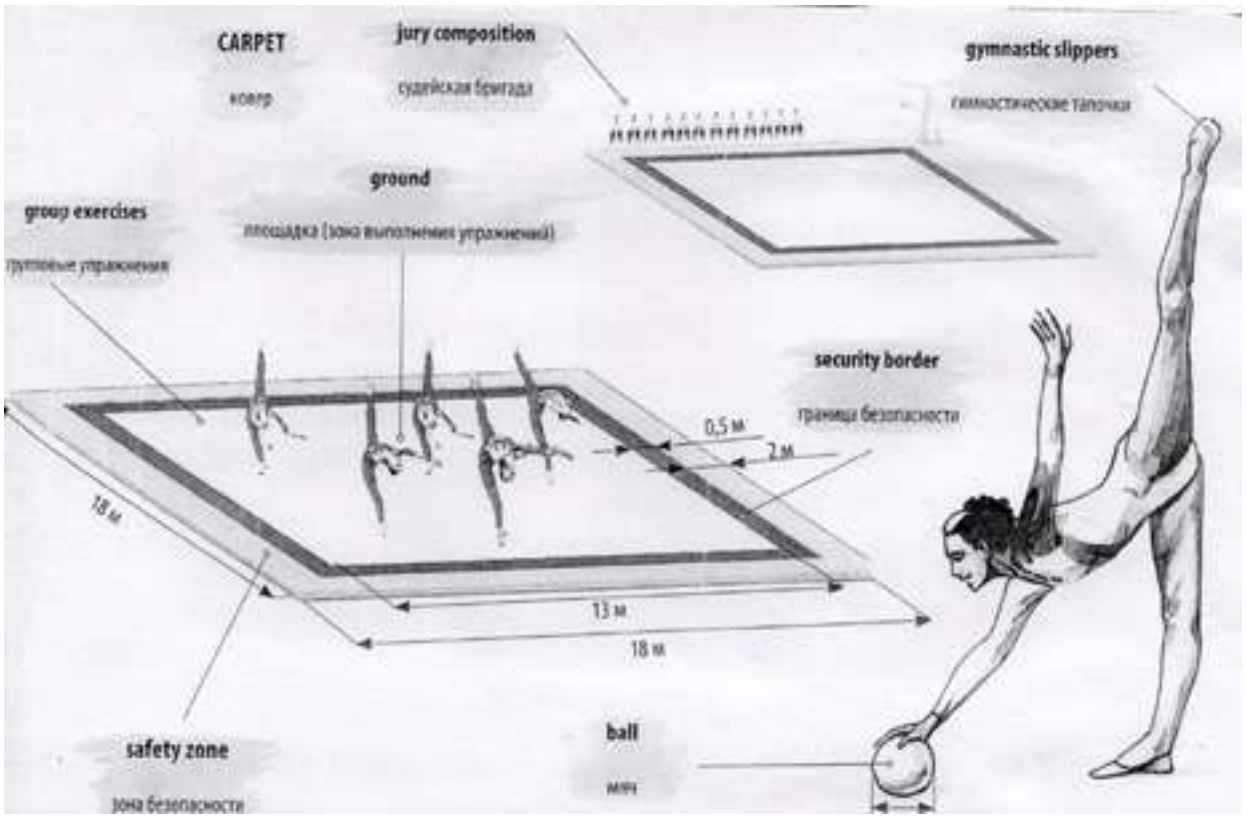
1. Decide whether the following statements are true or false.

1. Vitaly Scherbo is a Belarusian and former Soviet artistic gymnast.
2. He was born on the 13th of January, 1992 in Minsk.
3. He is the only male gymnast ever to have won a world title in all 8 events.
4. In 1992 in Barcelona he won more golds at a single Olympics than any other gymnast in Olympic history.
5. Scherbo was introduced to gymnastics at the age of twelve by his mother.
6. He was a highly intelligent but uncontrollable child.
7. He continued to delight and infuriate his tutors in equal measure and he didn't make huge progress as a gymnast.
8. Because of his inconsistency before the 1992 Barcelona Olympics, the Unitized Team coaches regarded him as less of a medal prospect than his more experienced and reliable teammates.
9. Scherbo's first international performances were in 2000–2004.
10. He was the 1991 World All-Around silver medalist.
11. Scherbo won four out of the possible eight gold medals at the 1992 Summer Olympics in Barcelona.
12. His golds came in the team event, the all-around, pommel horse, rings, vault, and parallel bars.
13. Vitaly Scherbo now lives and works in Minsk where he owns and runs his own gymnasium.

2. Speak about Vitaly Scherbo using the following dates:

- 1972
- 1979
- 1990
- 1991
- 1992


hoop
обруч
80—90 см
leotard
купальник
rope
скакалка
cane
палочка
50—60 см
ribbon
лента
skirt
юбка
40—50 см
clubs
булавы


CARPET
ковер
jury composition
судейская бригада
gymnastic slippers
гимнастические тапочки
ground
площадка (зона выполнения упражнений)
group exercises
групповые упражнения
security border
граница безопасности
0,5 м
2 м
18 м
13 м
18 м
safety zone
зона безопасности
ball
мяч

Task 11. Study the words and word combinations to the texts "Rhythmic Gymnasticzs"

1. apparatus *n*	предмет
2. rope *n*	скакалка
3. hoop *n*	обруч
4. ribbon	лента
5. club *n*	булава
6. cane *n*	палочка
7. gymnastics slippers	гимнастические тапочки
8. ground *n*	площадка (зона выполнения упражнений)
9. security border	граница безопасности
10. safety zone	зона безопасности
11. spin *n*	вращение
12. individual combined events	личное первенство в многоборье
13. greenhorn *n*	новичок
14. acclaim *v*	бурно приветствовать

Task 12. Read the text to get information about Rhythmic gymnastics.

RHYTHMIC GYMNASTICS

Rhythmic gymnastics, a combination of gymnastics and dance, is a female sport in which individuals or team of competitors perform without any apparatus or manipulate the apparatus: ball, clubs, rope, hoop, and ribbon. The development of rhythmic gymnastics is vested by the International Gymnastics Federation (FIG) since 1963.

Rhythmic gymnastics first appeared in primitive form during the 19th century. And eventually evolved to incorporate elements from classical ballet, German muscle-building techniques and Swedish exercise systems. The international Gymnastics Federation recognized Rhythmic Gymnastics as an official discipline in 1963, 21 years before the discipline made its Olympic debut at the Los Angeles 1984 Games.

Although the first competition took place in the USSR in 1948, the sport remained in the shadow of artistic gymnastics until 1956. Its artistic aspect made it very popular throughout Eastern Europe. The first World championship took place in Budapest in 1963. But it was not until 1970 that the FIG published first points code for modern gymnastics. Dubbed "sports rhythmic gymnastics" in 1975, it has now returned to its original name: rhythmic gymnastics. Two sets of medals in individual combined events and group exercises are competed for at the Olympic Games.

The Competition

Rhythmic gymnastics is performed with 5 apparatuses – rope, ball, hoop, ribbon, and clubs – but international competitions use only 4, chosen every 2 years by the FIG.

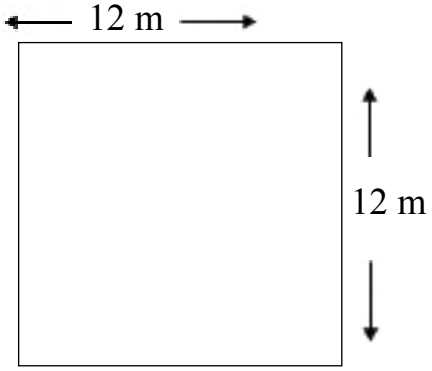
In individual and team competitions, gymnasts perform before the judges in turn; in group competitions, 5 gymnasts perform together. In team competition, the winning team's athletes have accumulated the best marks. Only the 30 best gymnasts take part in the individual competition, where the athlete with the most points wins. The 8 best gymnasts on each apparatus qualify for the apparatus finals, which rewards the most

accomplished athletes. In the group competition, group performs with 5 identical apparatus and then with 2 different apparatus. The winner of the general competition is the group with the best overall score, while the finals competition involves the 8 best groups on each exercise.

The gymnast's performance lasts between 75 and 90 seconds; she uses her choice of instrumental music. During the programme, the apparatus must be kept in constant motion, used by both hands, and involve movements specific to that apparatus; the programme must use entire area of the platform.

Platform

Safety zone:



The ceiling must be at least 8 m high so that the apparatus can be thrown to their full height

Figures

With all apparatus, choreography must include basic body movements:



The first Belarusian Olympic champion in rhythmic gymnastics became Marina Lobach in Seoul.

Marina was not a greenhorn when she went in Seoul. Her sporting biography was highly presentable: many-time winner of the national cup, 1988 all-around champion of the country, 1988 World and Europe Champion in individual rhythmic gymnastics events and what she did on the mat in Seoul was nothing short of a miracle. Each of the performances was acclaimed with a storm of applause and the judges gave Marina's virtuosity the 10.0 point rating. Lubov Cherkhashina became the bronze medallist at the Olympic Games in London and our team was a silver medallist at the same Olympics.

Assignments

1. Divide the text into fragments in accordance with their contents. Entitle each fragment.

2. Using the material of the paragraphs and your own knowledge of rhythmic gymnastics answer the following questions:

- What does rhythmic gymnastics look like?
- What do gymnasts do in this sport?
- How are the routines performed in rhythmic gymnastics?
- How are contestants judged in rhythmic gymnastics?
- When did rhythmic gymnastics become an event at the Summer Olympic Games?
- When did the sport begin?
- Where was rhythmic gymnastics as an independent form of sports born?
- Why did rhythmic gymnastics attain great popularity?
- Who is the first Belarusian Olympic Champion in rhythmic gymnastics?

3. Give the main points of the history of rhythmic gymnastics.

4. Write an annotation of the text.

Task 13. Study the words and word combinations to the texts "Trampoline Gymnastics"

1. trampoline *n*	батут
2. bounce *v*	прыгать, подпрыгивать
3. axis *n*	ось
4. vest *v*	руководить
5. jumping zone *n*	зона для прыжков
6. safety pad	мат безопасности
7. red cross	красный крест
8. bed *n*	сетка
9. frame *n*	рама
10. spring *n*	пружина
11. rebound *n*	отскок
12. skill *n*	элемент
13. tumbling *n*	акробатика

Task 14. Read the text "Trampoline Gymnastics" to get to know the sport.

TRAMPOLINE GYMNASTICS

Trampoline Gymnastics has its origins in the 1930, when the first modern trampoline was built by George Nissen and Larry Griswold at the University of Iowa, USA. The trampoline was initially used as a training tool for tumblers, astronauts and athletes. But eventually became a competitive sport in its own right and went on to make its Olympic debut at the Sydney 2000 Games.

Trampoline is a kind of sport that supposes the performance of different bounces and twists around horizontal and vertical axes on the trampoline. The development of trampoline is vested by the International Gymnastics Federation (FIG), International Trampolining Federation became its member since 1998. Trampoline was included into the Olympic programme at the Games of the XXVII Olympiad in 2000. Two sets of medals: 1 among men and women respectively are competed for at the Olympic Games.

The competition

Athletes execute aerial routines while maintaining complete control of their rebounds. In both individual and synchronized trampoline, the competitors perform 3 routines of 10 skills. In the synchronized competition, 2 gymnasts execute the same skills at the same time, attempting unison. It is forbidden to execute the same skills twice in a routine. The 8 best competitors go on to the finals. In all disciplines (trampoline, tumbling, double mini-trampoline), 7 judges and a chair of judges panel mark the athletes out of 10 points, according to quality of execution and level of difficulty. Athletes often specialize in a single discipline.

Recently, new techniques have caused major changes in performances. Video and biomechanical researches have improved the understanding of how the body moves in space. Neurology has determined that visual reference points and reflexes come into play during a bounce. Thanks to such advances, gymnasts are presenting more difficult skills in competition.

History

The trampoline is named after two Italian trapeze artists, the Due Trampoline, who bounced on the safety net after their performance. In the early 1930s, George Nissen made the first modern trampoline in his garage. He formed a company to build trampolines for sale. He used the trampoline to entertain audiences and also let them participate in his demonstrations as part of his marketing strategy.

In the USA trampolining was quickly introduced into school physical education programmes and was also used in private entertainment centers. The sport was strongly adopted in Europe and the former Soviet Union. Trampoline became an Olympic sport in 2000 and many countries started developing its programmes.

The first individual trampolining competitions were held in colleges and schools in the USA and then in Europe. The first World Championships were organized by Ted Blake of Nissen, and held in London in 1964. The first World Champions were both American, Dan Millman and Judy Wills. Kurt Baechler of Switzerland and Ted Blake of England were the European pioneers and the first ever televised National Championships were held in England in 1958.

In 1969, the first European Championship was held in Paris and Paul Luxon from London was the winner at the age of 18. The ladies' winner was Ute Czech from Germany. Now the World Championships are held annually.

At first the Americans were successful at World Championship level, but soon European competitors began to dominate the sport and for a number of years, athletes from countries that made up the former Soviet Union have often dominated the sport. Germany and France have been the other strong nations in trampolining and first four ranking places in World Trampolining used to go to the USSR, France, Britain and Germany. Since trampolining became an Olympic sport, China has developed world-class trampolinists. The first Olympic champion in trampoline gymnastics from Belarus became Vladislav Goncharov in Rio de Janeiro in 2016.

Assignments

1. Find in the text the names of the originators of the trampoline gymnastics.

2. Find in the text information about how the trampoline became a competitive sport.

3. Explain the terms used in trampolining:
- trampoline;
- bounce;
- twist;
- skills;
- synchronized competition;
- chair of judges panel.

4. Find in the text information about the first World and European Championships in trampoline gymnastics.

5. Say what you know about:
- trampoline as a training tool;
- trampoline as a kind of sport;
- competitions;
- history of the sport.

Unit 3. Swimming

Grammar targets:	The Gerund (Герундий) Функции герундия в предложении Перевод герундия на русский язык
Texts for reading:	Swimming Swimming Kicks and Strokes Swimming as a Sport Water Safety Nutrition Silver Fish History Synchronized Swimming

Focus on the Language

Look how the sentences with gerunds are translated

1. Swimming is useful for health.	1. Плавание полезно для здоровья.
2. I am afraid of being late for practicing.	2. Я боюсь опоздать на тренировку.
3. They started the practice without waiting for the coach.	3. Они начали игру, не ожидая тренера.
4. I do not remember seeing this sportsman before.	4. Я не помню, чтобы видел этого спортсмена раньше.
5. This competition is worth discussing.	5. Это соревнование стоит обсудить.

Grammar Notes
Герундий (The Gerund)

Герундий, как причастие и инфинитив, является неличной формой глагола. В русском языке нет соответствующей ему формы. Герундий обладает свойствами глагола и существительного.

1. Свойства глагола:

а) как глагол, герундий имеет формы времени и залога (эти формы совпадают с формами причастия настоящего времени и перфектного причастия).

	Active	**Passive**
Indefinite Gerund	writing	being written
Perfect Gerund	having written	having been written

Indefinite Gerund выражает процесс в наиболее общем виде:

I like practising.	Мне нравится тренироваться.

Perfect Gerund выражает действие, которое обычно предшествует действию, выраженному глаголом в личной форме:

You should congratulate them on having won the medals.	Вам следует поздравить их с завоеванными медалями.

б) как глагол, герундий может принимать прямое дополнение:

I am sorry for having missed your practice.	Извините, что я не был на вашей тренировке.

в) герундий, как и глагол, может определяться наречием:

I do not like your being late.	Мне не нравится, что вы опаздываете.

2. Свойства существительного:

а) герундий может определяться притяжательным местоимением или существительным в притяжательном падеже:

Excuse my being late.	Извините, что я опоздал.
I insist on his (Petrov's) taking part in the competition.	Я настаиваю на том, чтобы он (Петров) принял участие в соревновании.

б) герундий употребляется с предлогом:

On arriving at the station they found no team.	Прибыв на вокзал, они не обнаружили команды.

На русский язык герундий может переводиться:

а) отглагольным существительным:

Swimming is very useful.	Плавание очень полезно.

б) инфинитивом:

Increasing motor skills is of importance.	Развивать двигательные навыки – важно.

в) деепричастием:

I felt better for knowing that my team is with me.	Я чувствовал себя лучше, зная, что моя команда со мной.

г) глаголом в личной форме (в роли сказуемого) в составе придаточного предложения:

I know the way of doing it.	Я знаю, как это делать.

Функции герундия в предложении.

В предложении герундий выполняет следующие синтаксические функции:

1) подлежащего:

Swimming is like other work,	Плавание – это как любая другая работа: с приобретением опыта
it comes more easily with practice.	плавать становится легче.

Герундий употребляется в функции подлежащего после оборота **there is** и после формального **it** (**it is no use** …).

There is no knowing how to get the necessary exercisers.	Неизвестно, как достать необходимые тренажеры.
It is no use calling him.	Бесполезно ему звонить.

2) именной части сказуемого или части составного глагольного сказуемого:

Swimming is the act of moving through water by using the arms and legs.	Плавать – это значит передвигаться при помощи рук и ног в воде.

3) дополнения:

I dislike explaining rules in haste.	Я не люблю объяснять правила впопыхах.

4) определения:

His idea of establishing a new record was approved by his coach.	Его мысль о том, чтобы установить новый рекорд, была одобрена тренером.

5) обстоятельства:

а) времени (после предлогов *after, before, on, upon, in, at*):

After studying all instructions, the coach wrote his own.	Изучив все инструкции, тренер написал свою.

б) образа действия (после предлогов *by, in*):

The day was spent in practising.	День прошел в тренировке.

в) сопутствующих обстоятельств (*without* и др.):

He left the hall without saying anything.	Он вышел из зала, ничего не сказав.

г) цели:

The exerciser is used for strengthening the muscles.	Тренажер используется для укрепления мышц.

д) условия:

We can't take part in the competition without being invited.	Мы не можем принять участие в соревнованиях без приглашения.

е) причины (*for, owing* to и др.):

Do you know the reason for his being late?	Знаете ли вы причину его опоздания?

ж) уступок (*in spite of*):

In spite of being tired, he continued the practice.	Несмотря на то, что он устал, он продолжал тренировку.

Формы герундия и причастия совпадают. Но они отличаются по функции в предложении и употреблению. Как и существительное, герундий бывает в предложении подлежащим, частью составного сказуемого, прямым и предложным дополнением, может иметь определение, выраженное притяжательным местоимением или существительным в притяжательном или общем падеже.

Как и причастие, герундий может быть в предложении определением и различными обстоятельствами, но в этих функциях он употребляется с предлогом.

Необходимо помнить, что в английском языке есть глаголы, после которых употребляется только герундий.

Перечень глаголов, после которых употребляется герундий

1. admit	допускать	17. mind	возражать
2. advise	советовать	18. miss	скучать
3. anticipate	ожидать	19. postpone	откладывать
4. appreciate	ценить	20. practise	тренировать
5. avoid	избегать	21. quit	прекращать
6. complete	заканчивать	22. recall	вспоминать
7. consider	решать	23. recollect	припоминать
8. delay	откладывать	24. recommend	рекомендовать
9. deny	отказываться	25. regret	сожалеть
10. discuss	обсуждать	26. remember	помнить
11. dislike	не любить	27. resent	возмущаться
12. enjoy	наслаждаться	28. resist	сопротивляться
13. finish	заканчивать	29. risk	рисковать
14. forget	забывать	30. stop	прекращать
15. keep	продолжать	31. suggest	предлагать
16. mention	упоминать	32. tolerate	терпеть
		33. understand	понимать

Grammar Practice

Ex. 1. Read and translate these sentences. Define the functions of the gerunds.

1. Participating in the Olympic games is the greatest honour for a sportsman. 2. This player's being included into our team helped us to win the match. 3. My favourite sport is swimming. 4. He is proud of having won the heat. 5. She prefers using this method of practising. 6. I saw his performing at the competition. 7. After graduating from the University he worked as a coach. 8. Reading helps requiring knowledge. 9. I object to your translating this easy text with a dictionary. 10. He acquired excellent knowledge in English by practising it every day. 11. The important thing in the Olympic Games is not winning, but taking part.

Ex. 2. Transform these sentences according to the model.

a) Don't talk.
Stop talking.

1. Don't do it. 2. Don't look at your watch all the time. 3. Don't jump. 4. Don't run. 5. Don't interrupt me. 7. Don't swim across the river. 8. Don't listen to the music. 9. Don't watch this film. 10. Don't play computer games.

b) She left the gym and didn't close the door.
She left the gym without closing the door.

1. She translated the text and didn't use the dictionary. 2. He went away and didn't have dinner. 3. He ran for 20 minutes and didn't stop. 4. He looked at the letter and didn't open it. 5. She went away and didn't say good bye. 6. The player left the field and didn't look at the referee. 7. He left the shop and didn't buy the things he desired.

c) Before he won a gold medal he practised hard.
Before winning a gold medal he practised hard.

1. Before we cross the street we look to the left and to the right. 2. Before she chose gymnastics she was fond of dancing. 3. Before I go home I must finish my practice. 4. Before he went to bed he usually read a book for an hour. 5. After he finished his practice he went to take a shower. 6. After he arrived in Moscow he called to the hotel. 7. After they passed their examination they had a good rest.

d) What did he say about her performance? (to see)
He said it was worth seeing.

1. What did he say about the article? (to read)
2. What did he say about the lecture? (to attend)
3. What did they say about a new film? (to watch)
4. What did he say about the competition? (to take part)
5. What did he say about English? (to study)
6. What did the coach say about the instruction? (to take into account)
7. What did he say about the football match? (to watch)
8. What did you say about this matter? (to discuss)

Focus on terminology and reading

1. Discuss with your group-mates before you read the text:

What do you know about swimming?

2. Say in Russian:

- what you know about swimming as a popular form of recreation;
- what you know about swimming as an important international sport;
- what other water sports you know;
- what you know about swimming kicks and strokes;
- what you know about swimming competitions;
- what you know about water safety.

3. Learn the words and translate the word combinations and sentences:

1. swimming *n* — плавание

e.g. *Swimming is a healthy exercise.*

2. pool *n* — плавательный бассейн
3. indoor pool *n* — крытый бассейн
4. outdoor pool *n* — открытый бассейн

e.g. *Many recreation centres have an indoor or outdoor pool.*

5. highlight *n* — кульминационный момент
6. English Channel — пролив Ла-Манш
7. Cook Strait — пролив Кука
8. diving *n* — прыжки в воду
9. springboard diving *n* — прыжки с трамплина
10. platform diving *n* — прыжки с вышки

11. surfing *n* серфинг
12. water skiing *n* воднолыжный спорт
13. board sailing *n* плавание на доске
14. water polo *n* водное поло
15. skuba diving *n* подводное плавание
16. synchronized swimming *n* синхронное плавание
17. emergency *n* опасность
18. improve *v* улучшать
19. heart action *n* работа сердца
20. blood circulation *n* кровообращение
21. gala *n* праздник

Task 1. Read the text about swimming as the act of moving through water by using the arms and legs.

SWIMMING

Swimming is the act of moving through water by using the arms and legs. Swimming is a popular form of recreation, an important international sport, and healthy exercise.

People of all ages – from the very young to the elderly – swim for fun. Throughout the world, millions of people enjoy swimming in lakes, oceans, and rivers. Others swim in indoor or outdoor pools. Many schools, recreation centres, hotels, and private clubs have an indoor or outdoor pool. Thousands of communities provide pools for local residents. Many families even have a pool in their garden or backyard.

During the l900s, swimming has become a major competitive sport. Thousands of swimmers compete in swimming galas held by schools, colleges, and swimming clubs. The best international swimmers take part in annual competitions in many parts of the world. Swimming races have always been a highlight of the Summer Olympic Games. Many long-distance swimmers attempt such feats as swimming across the English Channel or across the Cook Strait, between the North Island and the South Island of New Zealand.

Good swimmers can also enjoy various other water sports. Such sports include springboard and platform diving, surfing, water skiing, board sailing, water polo, scuba diving, and synchronized swimming. The ability to swim well makes such sports as fishing and boating safer and more fun. Above all, the ability to swim may save a person's life if there is an emergency in the water.

Swimming is one of the best exercises for keeping physically fit. Swimming improves heart action, aids blood circulation, and helps develop firm muscles.

Vocabulary and Grammar Exercises

Ex. 1. Give the gerunds corresponding to these verbs:

swim, dive, surf, ski, sail, fish, boat.

Ex. 2. Continue the lists:

Pools: indoor pool, ...
Water sports: diving, ...

Ex. 3. Replace the following Russian words and word combinations by their English equivalents from the text:

получать удовольствие, открытый бассейн, крытый бассейн, оздоровительный центр, местные жители, праздники, ежегодные соревнования, заплыв, прыжки в воду, подводное плавание, водное поло, синхронное плавание, работа сердца, артериальное давление, мышцы.

Ex. 4. Read the text once more and analyze the use of gerunds.

Ex. 5. Insert prepositions (see the text).

1. Swimmers move _____ water _____ using the arms and legs. 2. People _____the very young _____ the elderly swim _____ fun. 3. People swim _____ lakes, oceans, and rivers. 4. Thousands _____ swimmers compete _____ swimming galas held _____ schools, colleges and swimming clubs. 5. Many long-distance swimmers attempt such feats as swimming _____ the English Channel or _____ the Cook Strait. 6. There is an emergancy _____ the water. 7. Swimming is one of the best exercises _____keeping physically fit.

Ex. 6. Look at the pictures attentively and try to remember terminology in swimming.



Ex. 7. Match the words in the table with their definitions.

A. starting block	B. medley	C. relay	D. lane line
E. tumble turn	F. touch pad	G. lap card	H. lane

1. Swimmers use four different strokes in this event.
2. This is a team swimming event.
3. Backstroke and freestyle swimmers use this turn.
4. Swimmers must swim only in this part of the pool.
5. An electronic device which records a swimmer's time when he or she touches it.
6. Swimmers dive off these at the start of the race.
7. This card shows the swimmers how many laps they have to swim before they finish.
8. This floating line divides the lanes inthe pool.

Ex. 8. Wordsearch.

Find these words in the grid: lane, lane line, lap card, medley, relay, touch pad, tumble turn

R	L	R	E	L	A	Y	M	L	T
N	Y	A	D	C	W	K	G	A	U
X	T	R	N	N	D	Y	N	P	M
D	N	W	E	E	E	V	P	C	B
L	C	N	Z	L	L	Y	W	A	L
Q	A	L	D	Y	P	I	X	R	E
L	H	E	K	V	H	Z	N	D	T
K	M	C	N	J	Z	G	R	E	U
T	O	U	C	H	H	A	D	T	R
J	T	Z	L	W	K	M	F	B	N

Speech Exercises

Ex. 1. Explain the terms used in swimming:

- swimming;
- indoor pool;
- outdoor pool;
- local residents;
- swimming galas;
- swimming races;
- long-distance swimmer.

Ex. 2. Find proof in the text to support the following statements:

1. Swimming is one of the best exercises for keeping physically fit.
2. People of all ages swim for fun.
3. Swimming has become a major competitive sport.
4. Good swimmers enjoy various water sports.

Ex. 3. What do you think about:

- the effect of swimming on people;
- the construction of swimming pools;
- water sports;
- the ability to swim.

Ex. 4. Give extensive answers to these questions:

1. What is swimming? 2. What do people swim for? 3. Where do people swim? 4. When did swimming become a major competitive sport? 5. What competitions do the best swimmers take part in? 6. What other water sports do you know? 7. May the ability to swim save a person's life?

Ex. 5. Speak on the topics.

1. Swimming as the exercise for keeping people physically fit.
2. Swimming as a popular form of recreation.
3. Swimming as an important international sport.

THE BASIC KICKS AND STROKES

Task 2. Learn the words and translate the word combinations and sentences:

1. propel *v* — передвигаться, перемещаться
2. propulsion *n* — передвижение
3. kick *n* — удар (ногой),
   v — ударять (ногой)
4. flutter kick *n* — удар ногами в кроле
5. breaststroke kick *n* — толчок (отталкивание) ногами в брассе
6. dolphin kick *n* — удар ногами в дельфине
7. scissors kick *n* — ножницы

e.g. *Kicks are the movements of the legs and feet.*

8. stroke *n* — стиль, способ (плавания)

e.g. *Stroke is the movement of legs and feet combined with movements of the arms and hands.*

9. alternately *adv* — попеременно

e.g. *The legs are alternately moved up.*

10. bend *n* — сгиб,
    v — сгибать

e.g. *Bend the legs at the knees!*

11. peanut *n* — арахис
12. extend *v* — вытягивать, протягивать

e.g. *The breaststroke kick begins with your legs fully extended.*

13. rear *adv* — назад

e.g. *The breaststroke kick begins with the toes pointed to the rear.*

14. outwards *adv* — наружу

e.g. *Extend the feet outwards!*

15. squeeze *v* — сжимать

e.g. *Squeeze your legs together!*

16. resemble *v* — напоминать

e.g. *The dolphin kick resembles the flutter kick.*

17. blade *n* — режущая поверхность ножниц

e.g. *The open blades of scissors.*

18. snap *v* — сводить

e.g. *Snap both legs together!*

19. the front crawl *n* — кроль на груди (способ плавания)

e.g. *The front crawl is one of the basic strokes.*

20. the backstroke (back crawl) *n* — кроль на спине (способ плавания)

e.g. *The backstroke, or back crawl, is performed as you lie on your back.*

21. the breaststroke *n* брасс (способ плавания)

e.g. *The breaststroke is one of the restful strokes.*

22. the butterfly *n* баттерфляй

e.g. *The butterfly is a difficult stroke to learn.*

23. sidestroke *n* плавание способом на боку

e.g. *The sidestroke is done on your side.*

24. steady *adj* равномерный, ровный, непрерывный

25. circular *adj* кругообразный

26. motion *n* движение

e.g. *In the front crawl each arm alternately moves in a steady, circular motion.*

27. recover *v* выносить (руку из воды)

e.g. *In the front crawl one hand recovers forward above the water while the other pulls beneath the water.*

28. breathe *v* дышать, *n* вдох

e.g. *You lift your head above the water for a breath.*

29. to take a breath *v* вдохнуть, начать дыхание

30. inhale *v* вдыхать

e.g. *You inhale through the mouth or nose.*

31. exhale *v* выдыхать

e.g. *You exhale through the nose or mouth.*

32. exsequence *n* прежняя последовательность

33. glide *v* скользить, плыть

e.g. *My arms extend for the glide.*

34. dog paddle *n* кроль на груди без выноса рук (плавание по-собачьи)

e.g. *To perform the dog paddle, cup your hands and rotate them in a circular motion underwater, with one hand forward when the other one is back.*

Task 3. Read the text for full comprehension.

SWIMMING KICKS AND STROKES

Swimmers move their legs, feet, arms, and hands in certain ways to propel themselves through the water easily and quickly. The movements of the legs and feet are called kicks. These movements combined with movements of the arms and hands are called strokes.

Swimmers use four types of kicks: (1) the flutter kick, (2) the breaststroke kick, (3) the dolphin kick, and (4) the scissors kick. Each of these kicks is used in doing one or more of the strokes.

The flutter kick is the most popular kick and the easiest for swimmers to learn. The power to do the kick should come from the upper leg. The legs are alternately moved up and down with a slightly relaxed bend at the knees. The propulsion comes from the feet as if kicking peanut butter off the toes.

The breaststroke kick begins with your legs fully extended and the toes pointed to the rear. You then bring your heels toward the hips just under the surface of the water. As your feet are near the hips, bend your knees and extend them outward. Turn your ankles so the toes also point outward. Then, without pause, push your feet backward and squeeze your legs together until the toes again point to the rear.

The dolphin kick resembles the flutter kick. But in the dolphin kick, you move both of your legs up and down at the same time.

The scissors kick begins with your body turned to either side. Your legs are together and the toes pointed back. Draw your knees up and then spread your legs wide apart like the open blades of a scissors, moving your top leg forward from the hip. Then snap both legs together to their original position in a scissorslike action.

The basic strokes are (1) the front crawl, (2) the backstroke, (3) the breaststroke, (4) the butterfly, and (5) the sidestroke.

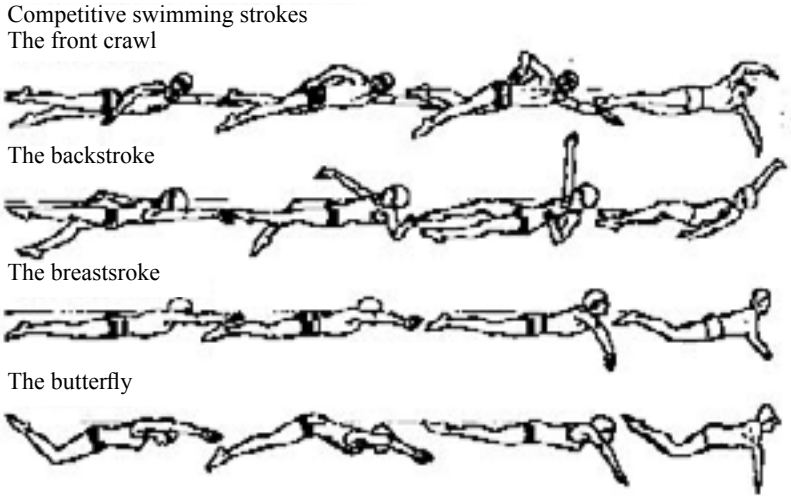
The front crawl is the fastest and most popular stroke. You move your arms in a steady, circular motion in combination with the flutter kick. One hand recovers forward above the water while the other pulls beneath the water. You breathe by turning your head to one side just as the hand on that side passes your leg. You inhale through the mouth. You exhale through the mouth or nose while keeping your face in the water.

The backstroke, or back crawl, is performed as you lie on your back. It is a restful stroke because your face is always out of the water and breathing is easy. As in the front crawl, each arm alternately moves in a steady, circular motion in and out of the water while your legs do the flutter kick.

The breaststroke is another restful stroke. It is done in combination with the breaststroke kick. You begin with your face in the water, arms and legs fully extended, and the palms facing outward. You then sweep out your arms as your hands push downward and outward. The hands continue to circle and come together under the chin. As the hands begin to push down, you lift your head for a breath. Finally, you again extend your arms and legs and glide forward. You then repeat the sequence. You make a breaststroke kick at the end of the stroke as your arms extend for the glide.

The butterfly is a difficult stroke to learn, but it is smooth and graceful if performed correctly. In this stroke, you swing both arms forward above the water and then pull them down and back to your legs. As your arms start to move toward your legs, you lift your head forward and take a breath. Then you dip your head into the water and exhale as your arms move forward again. You make two dolphin kicks during each complete stroke, one as your hands enter the water and the other as your arms pass under your body.

The sidestroke is done on your side, whichever side is more comfortable. Your head rests on your lower arm, which is extended ahead with the palm turned downward. The top arm is at your side. The palm of the lower hand presses down in the water until it is beneath the shoulder. At the same time, the top hand slides up to meet the lower hand. The legs do a scissors kick while the lower arm returns to an extended position and the palm of the upper hand pushes toward the feet. You then glide forward before repeating the sequence.



Swimmers use a number of other strokes besides the basic five. The most important include the dog paddle and the elementary backstroke. To perform the dog paddle, cup your hands and rotate them in a circular motion underwater, with one hand forward when the other one is back. You do a flutter kick with the dog paddle. Your head remains out of the water throughout the stroke. The elementary backstroke, like the regular backstroke, is performed on your back. You bring your hands up along the sides of your body to your shoulders. Next you turn out the hands and stretch the fingers outward. Then you push your hands down and glide. Swimmers do the breaststroke kick with this stroke.

There is evidence in literature and other forms of art handed down from centuries before the Christian era proving that strokes resembling our present swimming techniques were used in antiquity. The oldest descriptions of swimming on record and some pictures from antiquity suggest that strokes similar to those used today were used for propelling the body through the water. In Homer's "Odyssey" the author describes how "Odyssey spreads his arms in water" in order to propel himself. This suggests that he used a technique resembling the breaststroke. The crawl in use today is also described in records handed down to us from the past. It can be assumed that the backstroke was also used in antiquity, but no records or drawings describing how the stroke was executed have been found to date.

Vocabulary and Speech Exercises

Ex. 1. Put these words in the correct box:

Dog paddle, the flutter kick, the butterfly, elementary breaststroke, the breaststroke kick, the front crawl, the dolfin kick, the backcrawl, the scissors kick, the sidestroke.

Stroke	Types of kicks

Ex. 2. Find in the right hand column English equivalents for the Russian words and word combinations given in the left hand column:

1. удар ногами	a) band
2. сгибать	b) squeeze
3. вытягивать	c) kick
4. сжимать	d) extend
5. выносить	e) breathe
6. дышать	f) inhale
7. выдыхать	g) recover
8. вдыхать	h) exhale

Ex. 3. Name:

a) the basic strokes;
b) the leg and feet movements (the basic kicks).

Ex. 4. Say what you know about:

- the movements of the legs and feet in swimming;
- the basic kicks;
- the flutter kick;
- the breaststroke kick;
- the dolphin kick;
- the scissors kick;
- the front crawl;
- the backstroke;
- the breaststroke;
- the butterfly.

Ex. 5. Say what instruction would you give to a would-be sportsman practising:

a) the flutter kick.

Model: 1. Bend the legs at the knees.
2. Slightly relax them at the bend.
3. Move the legs alternately.
4. Move the legs as if kicking peanut butter of the toes.

b) the breaststroke kick;
c) the dolphin kick;
d) the scissors kick;
e) the front crawl;
f) the backstroke;
g) the butterfly;
h) the sidestroke;
i) the dog paddle.

Ex. 6. Retell the text. Use the following plan:

1. Movements in swimming.
2. The basic kicks.
3. The basic strokes.
4. The dog paddle and the elementary backstroke.

SWIMMING AS A SPORT

Task 4. Learn the following words and word combinations:

1. long-course pool	большая вода
2. short-course pool	короткая вода
3. lane *n*	дорожка
4. recognize *v*	признавать
5. boundary *n*	граница
6. float *n*	поплавок,
v	держаться на поверхности воды, всплывать
7. medley *n*	комплексное плавание
8. medley relay *n*	комбинированная эстафета
9. team relay *n*	командная эстафета
10. regulation *n*	инструкция
11. centre lane	центральная дорожка
12. outside lane	боковая дорожка
13. starter *n*	стартовый пистолет
14. lane judge	судья на дорожке
15. spot *v*	определять
16. record *v*	регистрировать, протоколировать, записывать
17. electronic timing	электронный хронометр
18. turn *n*	поворот
19. lap *n*	этап
20. hit *n*	толчок
21. starting block	стартовая тумбочка
22. forcibly *adv*	мощно
23. wind-up start *n*	классический старт
24. grab start *n*	греб (старт с захватом)
25. flip turn *n*	поворот с переворотом назад
26. somersault turn *n*	поворот оборотом вперед согнувшись
27. reverse *n*	обратный ход
28. open turn	открытый поворот

Task 5. Read the text about swimming as a sport.

Swimming as a Sport

Swimming is aquatic sport, where athletes overcome competitive distance in the shortest time using different styles. The development of sport is vested by the

International Swimming Federation (FINA) which was established in 1908. Swimming was included into the Olympic programme since the Games of the 1st Olympiad in Athens (1896). Women made their debut at the Games of the Olympiad in Stokholm (1912). 34 sets of medals: 17 sets among men and women respectively are competed for at the Olympic Games.

Swimming competitions first emerged untold centuries ago. At the first few modern Olympic Games, swimming events were held in open water. The rules were formalized in 1908 when the London Games staged the first Olympic Swimming Competition to be held in a pool. However, open- water swimming has recently returned to the Olympic programme in the form of Marathon Swimming, which made its Olympic debut in Beijing.

Swimming competitions are held in both long-course pools, which measure 50 metres long, and short-course pools, which measure 25 metres long. Long-course pools are divided into 6, 8, or 10 lanes. Short-course pools have 4, 6, or 8 lanes. Each lane measures between 2 and 2.5 metres wide. In most national championship competitions, 8 lanes must be used in both long-and short-course pools. The FINA recognizes world records set only in long-course pools.

Water in a regulation swimming pool must be at least 0.9 metres deep and have a temperature of about 26 °C. Floats called *lane ropes* run the length of the pool. They mark lane boundaries and help keep the surface of the water calm.

In the competition women wear swim full-knee women's suits and swimming caps and men swimshorts and swimming caps.

Kinds of Races

Swimmers participate in five kinds of races-freestyle, breaststroke, backstroke, butterfly, and individual medley. In a freestyle race, a swimmer may choose any stroke. But swimmers always use the front crawl because it is the fastest stroke. In the individual medley, athletes swim an equal distance of each of the four strokes.

In national and international competitions, individual freestyle races are held at distances of 100, 200, 400, 800, and 1,500 metres. Breaststroke, backstroke, and butterfly events are 100 and 200 metres long. The individual medley covers 200 and 400 metres.

Team relays are among the most exciting swimming races. A team consists of four swimmers, each of whom swims an equal distance. Men's and women's teams participate in a 400-metre freestyle relay, a 400-metre medley relay, and an 800-metre freestyle relay. In the medley relay, each member of the team swims a different stroke for 100 metres.

Swimming Competitions

Swimming competitions are held at various levels, from local to international. So many swimmers participate in competitive swimming that qualifying times are established for large competitions. Swimmer must at least equal the qualifying times for the races that they hope to enter in order to be allowed to take part in those events. Large competitions have several officials. The chief official is the referee. The referee

supervises the other officials and makes sure that the swimmers follow regulations. Each swimmer in a race is assigned a lane. The swimmers with the fastest qualifying times get the centre lanes, and the slowest swimmers receive the outside lanes. The race begins at the sound of the starter's gun. During the race, lane judges watch each swimmer's strokes and the turns at the end of the pool. If a judge spots an illegal stroke or turn, the swimmer is disqualified. In many competitions, an electronic timing and judging-system determines the order of finish and each swimmer's time to 1/1,000 of a second. The system begins automatically at the starter's signal. It records the time for each swimmer as the swimmer's hand touches a plate attached to the end of the pool.

Starts and Turns

A swimmer's performance in a race partly depends on the skill used in starting the race and in turning at the end of each lap. At the start of a freestyle, breaststroke, or butterfly race, a swimmer gains time by diving as far as possible through the air before hitting the water. In these races, swimmers dive off a raised starting platform. In backstroke events, they begin in the water with their back to the lane. They hold onto a starting block attached to the end of the pool. At the starting signal, with their back slightly arched, the swimmers use both feet to push off from the pool's end as forcibly as possible. Most swimmers today use the "grab starts". It has all but replaced the older "wind-up start".

The Grab Start

1. The Ready Position: The swimmer stands at the back of the top of the starting platform. When there is no platform, the swimmer stands at the ready one step back from the edge of the pool.

2. "Take Your Marks": On this command, the swimmer steps forward without delay and places his or her feet about hip-width apart at the front edge, toes curled over the edge. Once the feet are planted firmly, the swimmer bends forward and places her/his hands either inboard or outboard of the feet and grasps the front edge. Note that this requires the upper body to come down close to the thighs. The head should be tucked even lower, near, or between, the knees. The legs remain relatively straight, and the hips remain high (the swimmer does NOT crouch – a common mistake by beginners).

3. The Take Off: On hearing the gun the swimmer tips his or her whole body briskly forward (not lower, NOT into a crouch) with the help a sudden tug of her/his hands and arms (hence "grab start"). Note that the head is driven lower, between the knees. At this point the "jack-knife" is complete and the swimmer is ready to explode into the lunge of the dive. It is the grab and the tipping of the body that makes the start faster from the gun than the wind-up start.

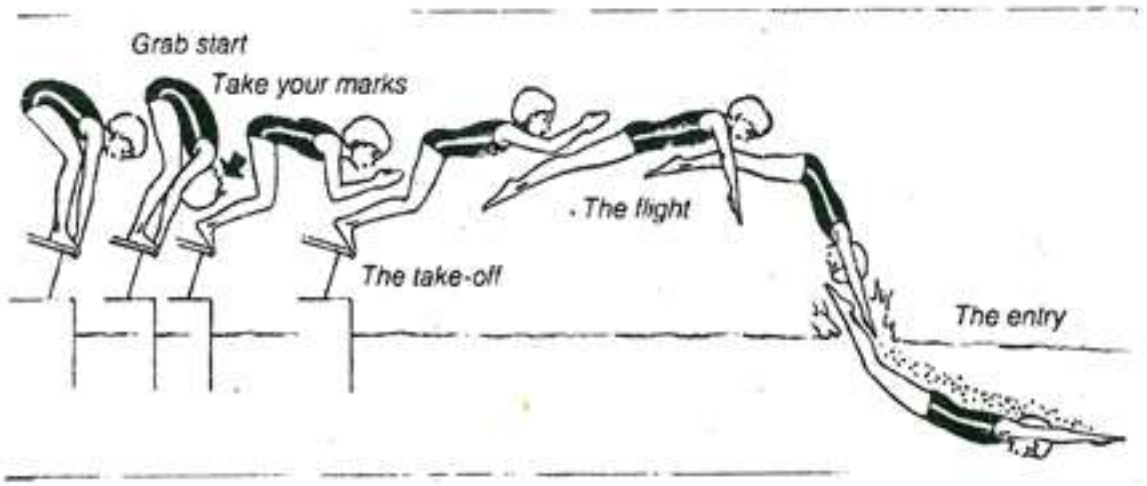
4. The Flight: Once committed, the knees bend through a few more degrees as the hands release their grip on the starting edge. The swimmer launches himself or herself out over the water into a somewhat upward flight path. The swimmer unwinds, as it were, like a bunched-up leopard springing. The arms simply let go and move forward

as illustrated. The whole action is one of diving out and over an imaginary fence a yard or two in front of, and a foot or two higher than, the starting edge.

At the "top" of the dive the thrust of the arms is stopped abruptly. They shape for the entry and point downward and slightly forward, aiming at the spot where the entry will be made. A still photograph taken at this stage of the flight would show the arms at nearly a right angle to the general line of the body. Then, as the swimmer begins to drop toward the water, the body pikes; the torso lines up behind the arms. A photograph would now reveal a grotesque body configuration – certainly not a streamlined shape. The angle that was at the shoulders is now at the hips. But all is not lost. The swimmer "saves" the dive by lifting his or her legs as he/she drops. The legs line up behind the torso and arms in time for the entry.

5. The Entry and Follow Through: The objective here is to penetrate the water as cleanly as possible, with the least amount of splash, then to slide cleanly below the surface in the direction of the race. To do this the swimmer shapes, angles and curves her whole body to slip through the same "hole" in the surface. Then, by reversing the slight curve of her/his body the swimmer directs her/his momentum forward. The curved down-and-up path of this underwater path varies, depending on which stroke is called for. Freestyle swimmers and butterfly swimmers don't want to do as deep, or go as far forward below, as breaststroke swimmers. And even in the same stroke category this depth and distance will vary with the individual; heavily built swimmers may use their greater inertia to advantage and stay below longer than their smaller, lighter competitors.

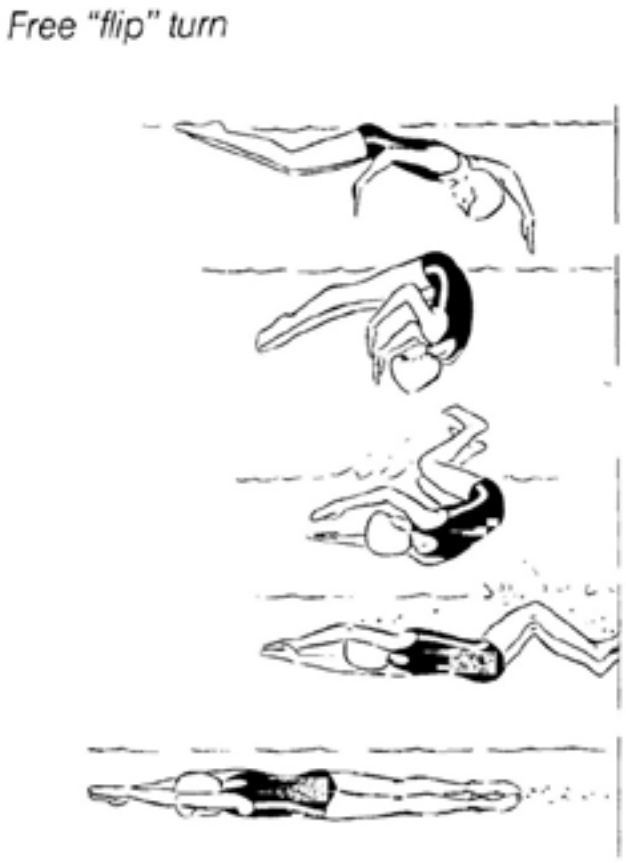
Fast turns also save a swimmer time. Freestyle and backstroke swimmers use the flip, or somersault, turn. In this turn, they make an underwater somersault to reverse their direction after touching the end of the pool. Breaststroke and butterfly swimmers use somersault an open turn, in which they keep their head above the water while reversing their direction.



Remember English Metric Conversions

You must know that:

in (”)	–	inch	–	дюйм
yd	–	yard	–	ярд
ft (’)	–	foot	–	фут
mile	–	mile	–	миля



1 in = 2.54 cm
12 in = 1 ft = 30.48 cm
3 ft = 1 yd = 0.914 m
1.760 yd = 1 mile = 1.609 km

Vocabulary and Speech Exercises

Ex. 1. Match the English word with its Russian equivalent:

1. pool	а) инструкция
2. lane	б) бассейн
3. regulation	в) поплавок
4. float	г) дорожка
5. medley relay	д) комплексное плавание
6. medley	е) этап
7. lap	ж) поворот переворотом назад

8. flip turn з) комбинированная эстафета
9. somersault turn и) обратный ход
10. reverse к) поворот оборотом вперед согнувшись

Ex. 2. Find English equivalents for the following Russian words and word combinations:

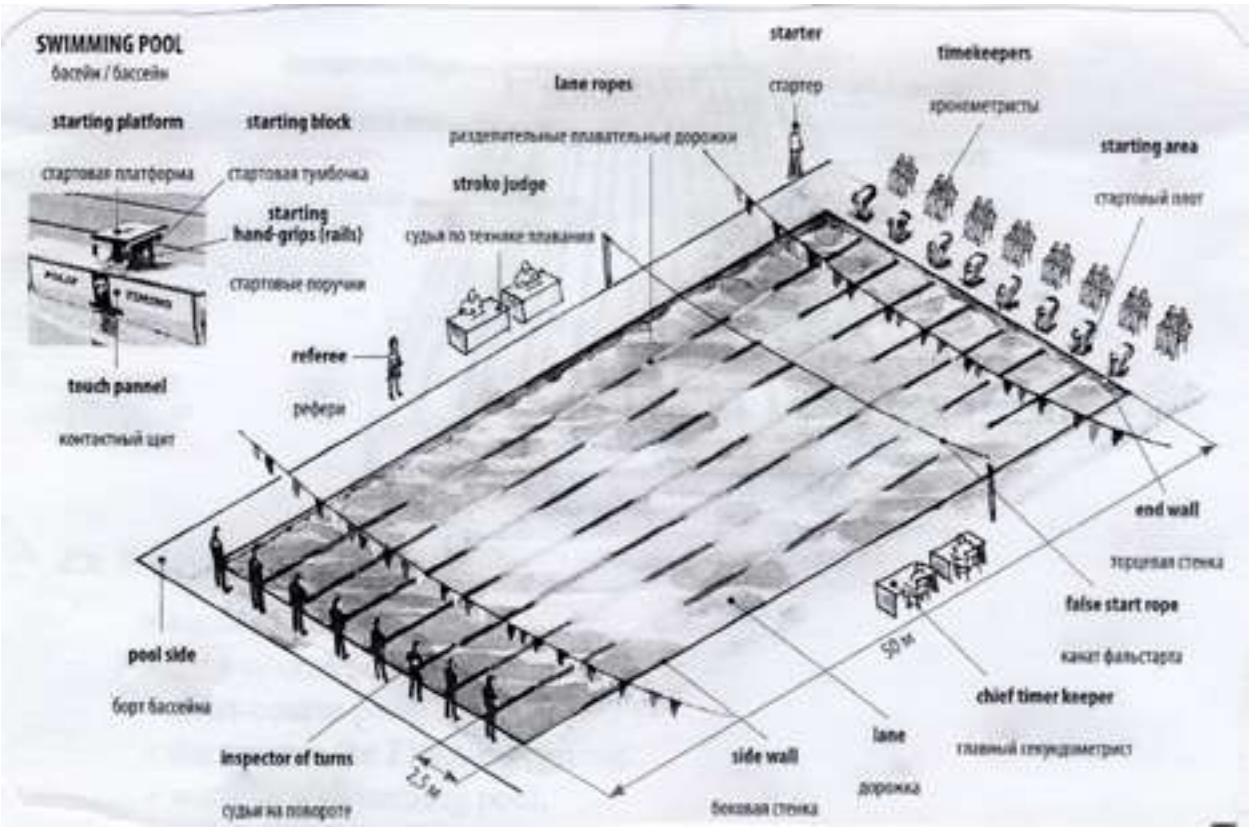
1. поворот a) lane
2. дорожка b) hit
3. толчок c) turn
4. поплавок d) regulation
5. инструкция e) float
6. обратный ход f) somersault turn
7. оборот вперед согнувшись g) reverse
8. поворот переворотом назад h) pool
9. бассейн i) lane judge
10. судья на линии j) flip turn

Ex. 3. Read and translate into Russian the following word combinations:

the FINA, long-course pool, short-course pool, lane, line, front crawl, individual medley, equal distance, individual freestyle races, butterfly event, freestyle relay, medley relay, different strokes, qualifying times, chief official, outside lane, starter's gun, electronic timing and judging system, starting block, starting signal, flip turn, somersault turn, underwater somersault, open turn.

Ex. 4. Look at the picture and read the inscriptions:

Swimming pools are divided into lanes for races, one lane for each swimmer. Wall targets, lane ropes, and lane markers guide each swimmer. Near each end of the pool, a flag line is hung over the water to warn swimmers in backstroke races that they are approaching the end of the lane.



Ex. 5. Say what you know about:

- kinds of pools;
- a long-course pool;
- a short-course pool;
- the records the FINA recognize;
- the water in a swimming pool;
- swimming competitions;
- starts;
- turns.

Ex. 6. Speak on the topic:

- the FINA;
- the pool at the Olympic Games;
- kinds of races;
- swimmers' participation in the competitive swimming;
- the officials at swimming competitions;
- the starts in the race;
- the turns in the race.

WATER SAFETY

Task 6. Learn the following words and word combinations:

1. lack *v* — испытывать недостаток, нуждаться
2. drown *v* — тонуть

3. occur *v* случаться
4. basic water safety rules *n* основные правила поведения на воде
5. life guards *n* спасатели
6. emergency *n* экстренный случай
7. unprotected *adv* незащищенный
8. bottom *n* дно
9. steer *v* простирать
10. bobbing *n* ныряние
11. limply *adv* мягко
12. flop *v* погружаться в воду
13. rescue *v* спасать
14. life belt *n* спасательный пояс
15. life jacket *n* спасательный жилет

Task 7. Swimmers must follow the water safety rules. Read about them.

Water Safety

Swimming, boating, fishing, and other water sports are among the most popular forms of recreation. Yet many people lack knowledge of water safety rules or take dangerous chances. Every year, many thousands of people die by drowning. Most of these drownings would not occur if everyone knew how to swim and observed basic water safety rules. The following discussion deals with basic rules and techniques that could save your life or help you save another person's life in an emergency.

First of all, know how to swim. Many schools and recreation centres provide swimming lessons.

Never swim alone. Always swim with a companion and know where that person is at all times. Swim only in areas protected by lifeguards. A swimming area should be free of obstacles and the water should be clean and clear. It is dangerous to swim in an unprotected ocean, river, or lake.

Water used for diving must be deep and clear enough to see the bottom. Look for swimmers before you dive. Plan your dive and following your entry into the water, avoid hitting the bottom by steering up with your hands out in front.

Whether you are a beginner or an experienced swimmer, knowledge of survival bobbing can help you survive an accident or other difficulty in the water. Survival bobbing enables you to float a long time on your front while using very little energy. You fill your lungs with air and relax your body. Your arms and legs hang down limply, and your chin flops down to the chest. The air in your lungs holds your back above the water's surface. When you need a breath, you quickly exhale through the nose, lift your face out of the water, and inhale through your mouth. You then return to the restful, floating position. You can raise your mouth higher out of the water for a breath by pressing your hands down or squeezing your legs gently together.

Only a trained lifequard should attempt a swimming rescue. But even if you are a nonswimmer, you can help a swimmer who is in trouble. If the person is nearby, you can extend a board, pole, shirt, towel, or similar object and pull the swimmer to safety. But be sure to lie down or keep your body low to avoid being pulled into the water. If the swimmer is too far away to reach an object, you can throw a life belt or a life jacket, a board, or any other object that will float and support the swimmer.

Vocabulary and Speech Exercises

Ex. 1. Match the English word with its Russian equivalent:

1. bottom	а) спасательный жилет
2. life jacket	б) тонуть
3. life belt	в) препятствие
4. obstacle	г) дно
5. drown	д) спасательный пояс
6. occur	е) спасать
7. rescue	ж) выдох
8. life guard	з) вдох
9. inhale	и) спасатель
10. exhale	к) случаться

Ex. 2. Read and insert the missing words from the list:

alone, obstacles, swim, companion, swimmers, clean, dangerous, clear, deep, survival bobbing, lifeguards

1. First of all, know how to _____. 2. Never swim _____. 3. Always swim with a _____. 4. A swimming area should be free of _____. 5. The water should be _____ and _____. 6. It is _____ to swim in an unprotected ocean, river, or lake. 7. Water used for diving must be _____ and clear. 8. Look for _____ before you dive. 9. Knowledge of _____ can help you survive in an accident or other difficulty in the water. 10. Only a trained _____ should attempt a swimming rescue.

Ex. 3. Name the most popular forms of recreation:

1. Games _____
2. _____
3. _____

Ex. 4. Name basic water safety rules:

1. First of all, know how to swim _____
2. _____
3. _____

Ex. 5. Say what you know about survival bobbing.

Ex. 6. Say how you can help a swimmer who is in trouble if you are a nonswimmer.

Ex. 7. Say:

- what basic water safety rules should every swimmer know;
- what water safety techniques should a beginner or an experienced swimmer know.

Ex. 8. Say what advice would you give to your swimmers in the pool before training.

NUTRITION

Task 8. A well balanced nutritional diet is very important in preparation of a sportsman. Learn the words and word combinations and read the text:

1. nutrition *n*	питание
2. nutritious *adj*	питательный
3. protein *n*	белок, протеин
4. carbohydrate *n*	углевод
5. fat *n*	жир
6. vitamin *n*	витамин
7. mineral *n*	минеральная соль (вода)
8. tissue *n*	ткань
9. tendon *n*	сухожилие
10. ligament *n*	связка
11. due *prep*	из-за
12. undergo *v*	испытывать, подвергаться
13. enzyme *n*	фермент
14. coenzyme *n*	кофермент
15. intake *v*	поглощать, потреблять
16. hydrate *v*	снабжать водой
17. serving *n*	порция, кусок
18. sedentary *adj*	сидящий
19. consume *v*	потреблять
20. fluid *n*	жидкость
21. coliflower *n*	цветная капуста
22. vigilant *adj*	бдительный
23. constipation *n*	*мед.* запор

Nutrition

Swimming involves a wide range of skills and movements that require speed, strength, power, endurance, coordination, and flexibility. In order to progress and achieve your maximum potential a swimmer takes not only intense and focused practice sessions, but also a well balanced, nutritional diet. This means athletes should make sure they are getting the proper amounts of protein, carbohydrates, dietary fats, vitamins, minerals, and plenty of water.

Protein is primarily used to build and repair muscle tissue, tendons, and ligaments, as well as other body tissue. Athletes need to make sure they consume larger amounts of protein than normal due to the stress their body undergoes during training and competition.

Carbohydrates are a major source of energy and are especially important for athletes to be able to function at their highest level.

Fat is also a major energy reserve. Fats are essential to hormone production which serves many purposes including assisting in the repair and growth of muscle.

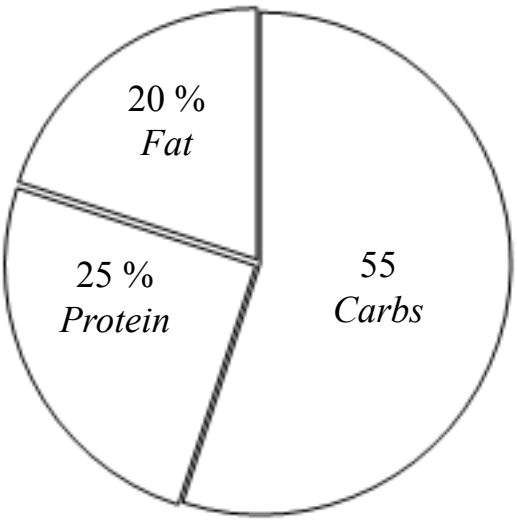
Minerals enable enzymes to function, producing hormones that assist in regulating body functions.

Vitamins regulate the chemical reactions of enzymes and act as coenzymes to regulate body functions.

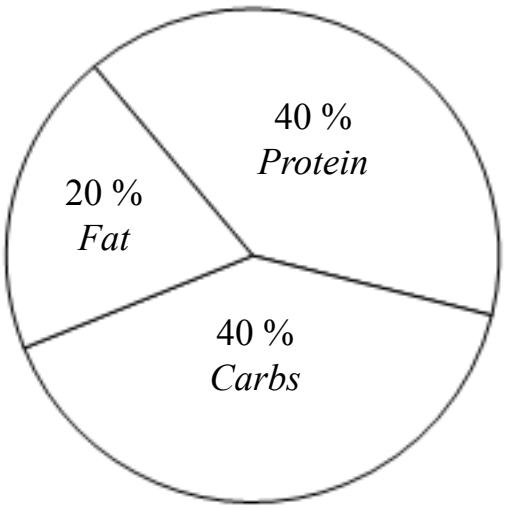
Water is especially vital to the health of athletes. It enables chemical reactions to occur, ensuring that energy sources are fully utilized, muscles can grow and repair, and the numerous body processes can occur efficiently.

Swimmers should be sure they are consuming an above average amount of both protein and carbohydrates to ensure proper energy levels, muscle growth, and muscle repair. Nutrients intake prior to practice or a meet should be around 55 % carbohydrates, 25 % protein, and 20 % fat. The large amount of carbohydrates will provide enough energy for intense physical exertion. After a practice or a meet a meal should consist of 40 % carbohydrates, 40 % protein, and 20 % fat. The increased protein intake will provide muscles with the material for recovery, muscle growth and repair.

Calorie intake before a meet/practice:



Calorie intake after a meet/practice



Recommended fluid replacement for athletes

- Drink 1 to 2 cups of fluid at least one hour before beginning of a practice or a meet.
- Drink 4 to 8 ounces of fluid for every 15 minutes during a practice or a meet.
- Drink 1 to 2 cups of fluid after a meet or practice.
- Drink water consistently throughout the day to make sure your body is adequately hydrated at all times.

Swimmers should also eat 2 to 3 servings of fruits and vegetables throughout the day as well as a multivitamin to maintain proper levels of vitamins and minerals that are quickly used up during intense physical exercise.

The basic swimmer's diet or the minimum a swimmer should eat each day

Food group	Representative foods	Minimum for each day
Milk and dairy products	milk, (skim, yogurt, cottage cheese, cheese, ice cream)	5 servings or glasses
Meat and meat substitutes	beef, pork, chicken, pork liver, eggs (1 each day), nuts	2 servings – 2 eggs equals one serving
Bread and cereals	bread (whole grain), cereals (dry or cooked), rice, pasta	5 servings (1 slice of bread equals 1 serving)
Vegetables	broccoli, spinach, brussel sprouts, lima beans, peas, carrots, cauliflower, corn, potatoes, tomatoes, cabbage, (some of these should be raw)	3 servings
Fruits	bananas, oranges, apples, grapes, strawberries (whole fruit or juices – the synthetic substitutes are not as good)	2 servings or glasses

Most sedentary people have average three meals a day. Swimmers that have been studied eat four to five meals a day. Ideally, six meals a day would be best for most swimmers for the following reasons:

1) a hard training swimmer needs 5,000 or more calories per day. Obtaining this quantity in three meals is difficult without being stuffed and feeling heavy and lethargic;
2) six meals a day maintains a continued, balanced mixture of aminoacids in the blood for protein synthesis;
3) this method prevents hunger;
4) it does not interfere with training because huge meals are not eaten, yet all essential nutrients are obtained;

5) small meals are faster to eat.

A six meal per day plan tied in with two daily work-outs and school attendance is shown in the table. The quantities of food may be more than a small female swimmer needs, but would certainly not be too much for a 175 pound male. It is important to eat before the first work-out, although some athletes do not like this. For them, small but increasing quantities should be eaten over several weeks until about 350–400 calories can be tolerated shortly before training. The second meal (breakfast to the rest of society) should contain carbohydrate to replace much of that used up. Good protein is also necessary. Optimal protein synthesis by cells requires the presence of a balanced blood aminoacid pattern. Small frequent meals enhance this.

Six meals per day plan for elite swimmers

Time	Meal	Food eaten	Other activity
5:20 a.m	One	milk (8 oz), instant breakfast, wholewheat toast (1), orange	
6:00–8:00			Training session # 1 – 5,700 m plus flexibility
8:20	Two	cheerios, hard-boiled egg, two pieces of toast and peanut butter, tomato juice (6 oz), milk (10 oz)	
9:00–12:00			School
12:10 p.m.	Three	2 tuna sandwiches on wholewheat bread, raw vegetables, yoghurt cup, milk (10 oz)	
12:30–3:00			School
3:20	Four	2 homemade muffins piece of cheese, banana	
4:15–6:30			Training session #2 – weights and 4300 m swimming
7:00	Five	beef (4 oz), 2 potatoes, broccoli, peas, spinach salad, milk (10 oz), orange juice (8 oz)	
9:30	Six	ice cream with strawberries	

Nutrition during Competition

During swimming competitions, swimmers require less food because their activity is less. However, they should be even more vigilant to ensure that only quality foods are eaten. The competitive events in swimming, even the 1500 m, are swum at such a fast pace that only carbohydrate is used as a fuel. Hence, swimmers should ensure that they eat a diet that contains about 50 % of the calories as carbohydrate. This means that fresh fruit, vegetables and grains are selected each day. This practice will guarantee adequate carbohydrate stores and will help avoid digestive problems such as constipation.

During an actual race, the fuel used (carbohydrate) is already stored in the muscles. Some blood glucose will also be used, particularly during longer races. This means that the pre-race meal will not be a factor in the race, unless of course the wrong type of meal is eaten. The pre-race meal should:

1) be small;
2) be eaten three hours or more before the race;
3) contain simple foods only;
4) not contain fried foods;
5) be low in fat;
6) not contain "new" foods – foods to which the athlete is not accustomed;
7) not contain foods, such as raw vegetables, that are high in roughage.

Although world records by many athletes have followed pre-race meals of a bewildering variety, the following illustrates some examples that are specific to swimming:

1) mashed potatoes, a small piece of fish, peas, milk can be eaten up to three hours before a race;
2) pablum, milk, brown sugar can be eaten up to two hours before a race;
3) a milk chocolate bar and glass of orange juice can be eaten up to one hour before a race.

Some swimmers are said to gulp vitamin pills before a race. Others are known to take glucose in liquid or tablet form. Neither practice has any influence on the ability of the swimmer to perform well. Whatever the psychological benefit neither confers any physiological advantage.

Vocabulary and Speech Exercises

Ex. 1. Find Russian equivalents for the following English words:

1. protein	а) жир
2. fat	б) ткань
3. carbohydrate	в) связка
4. tissue	г) белок
5. ligament	д) углевод
6. tendon	е) фермент
7. enzyme	ж) сухожилие

8. serving — з) выносливость
9. nutrition — и) порция
10. endurance — к) питание

Ex. 2. Translate the following words:

strength, nutrition, protein, carbohydrate, fat, vitamin, mineral, tissue, tendon, ligament, enzyme, coenzyme, serving

Ex. 3. Complete the following sentences:

1. In order to progress and achieve your maximum potential a swimmer takes not only intense and focused practice sessions, but also _____.
2. Swimmer should get the proper amount of protein, carbohydrates, _____.
3. Protein is used _____.
4. Carbohydrates are a major source of _____.
5. Fats are essentional to _____.
6. Vitamins regulate _____.
7. Water enables _____.
8. Nutrients intake prior to training should be _____.
9. The larger amount of carbohydrates will provide _____.
10. After a practice or a meet a meal should consist of _____.

Ex. 4. Look at the graph and explain the difference in colorie intake before and after a meet or practice.

Ex. 5. Say:

- why a swimmer takes a well balanced nutritional diet;
- what components a well balanced nutritional diet consists of.

Speak about the role of:

- protein in nutrition of a swimmer;
- carbohydrates in nutrition of a swimmer;
- fat in nutrition of a swimmer;
- minerals and vitamins in nutrition of a swimmer.

Ex. 6. Explain why water is especially vital to the health of athletes.

Ex. 7. Recollect recommended fluid replacement for athletes.

Ex. 8. Speak on:

- nutrition of a swimmer;
- calorie intake before and after a meeting/practice;
- recommended fluid replacement for athletes.

HISTORY

Task 9. Read and learn the following words and word combinations:

1. decline *n* — упадок

2. fear *v* — бояться
3. bubonic *adj* — бубонный
4. plague *n* — чума
5. regain *v* — приобрести вновь
6. come about — неожиданный поворот событий
7. hon.sec. — почетный секретарь
8. mutual *a* — обоюдный
9. set up *v* — учредить
10. responsible *a* — ответственный

Task 10. Read the text "History" as fluently as you can.

History

Ancient people may have learned to swim by imitating the way dogs and other animals moved through water. The dog paddle was the first stroke they used. Swimming became a popular form of exercise and recreation in many ancient lands, including Assyria, Egypt, Greece, and Rome. Its popularity declined during the Middle Ages, from the A.D. 400 s to the 1500s. Many people feared swimming because they thought bubonic plague and certain other diseases were spread by water. Swimming regained popularity in the early 1800s. But it was not until the British of the early 19th century popularized swimming that the sport began its full growing. Captain Mathew Webb became the first person to swim the 20-mile course across the English Channel, on August 24–25, 1875.

Organized swimming competitions became common during the mid-1800s. At that time, many swimmers used the breaststroke. A faster stroke, the Australian crawl, was developed in the late 1800s. Johnny Weissmuller, an American swimmer of the early 1900s, changed this stroke slightly. His version, now called the front crawl, is the fastest, most widely used stroke.

The Federation Internationale de Natation Amateur (FINA) was created in 1908, at the time of the first London Olympics. The founding of this important body came about by accident rather than design. The initiative came from Hearn, a former hon.sec. of the Amateur Swimming Association and, in 1908, its president. Realizing that so many representatives of various countries were in London for the Olympics, Hearn called a meeting to discuss mutual problems. This was held at the Manchester Hotel on July 14, 1908. By its end, a world federation had been founded.

The first aims of FINA were to draw up rules for the conduct of swimming, diving, and water polo events, to set up an official list of world swimming records, and to take responsibility for the organization of the Olympic Games swimming events.

Men's international competition began in 1896 in the first modern Olympic Games. Women's competition was added in the 1912 Olympics. That year, Fanny Durack, an Australian, became the first woman to win an Olympic gold medal in swimming. Weissmuller won a total of five gold medals in the 1924 and 1928 Olympic Games. During his career, he set more than 65 United States and world records. Dawn Fraser and Murray

Rose, two Australian swimmers, starred in the Olympics in the 1950s and 1960s. Fraser won the women's 100-metre freestyle race in 1956, 1960, and 1964. Rose won the men's 400-metre event in 1956 and I960, and the 1,500-metre race in 1956. In 1972, Mark Spitz of the United States won seven gold medals, more than any other athlete had ever won in a single Olympics.

Belarusian swimmers won medals at the Olympic Games, too. Sergei Koplyakov won two gold and two silver medals at the Olympic Games in Montreal and Moscow. Elvira Vasilkova was a silver medallist at the distance 100-metre breaststroke and got the bronze medal with Olga Klevakina in medley relay in Moscow-80. Yelena Rudkovskaya won the gold medal in 100-metre breaststroke and the bronze medal in medley relay in 1992 in Barselona. Alexandra Gerasimenya won 2 silver Olympic medals in London in 2012 and one bronze medal in the women's 50 metre freestyle race in 2016 in Rio de Janeiro.

Assignments

1. Reread paragraph 1 and say what it is about. Entitle the paragraph. From the list below choose the heading which suits its theme best.

1. Swimming popularity.
2. The first stroke people used in swimming.
3. Fear of swimming.
4. Swimming decline.

2. Say, which is the most important sentence expressing the main idea of paragraph 1. It may be called "the key sentence" (summarizing the information contained in the whole paragraph). Find the key sentence of paragraph 1.

3. Reread paragraph 2. What heading can you give to paragraph 2? Which one suits best in your opinion:

1. The first champion in swimming. 2. The beginning of sport. 3. Popularization of swimming. 4. Captain Mathew Webb.

4. Reread paragraph 4. Say, which is the most important sentence expressing the main idea in paragraph? It may be called "the key sentence". Find the key sentence of paragraph 4.

5. Reread paragraph 5. It is about the best swimmers of the world. Find who of them is the best.

6. Give some information about:
a) the origin of swimming; b) FINA; c) the origin of the front crawl; d) outstanding swimmers.

Task 11. Read the text without the help of a dictionary and explain its title.

SILVER FISH

Alexandra Gerasimenya (born December 31, 1985 in Minsk) is a Belarusian swimmer. She specializes in sprint freestyle and backstroke events. Despite a two-year ban for a positive test for norandrosterone in 2003, Gerasimenya returned to win gold medals at both European and World Championships.

At the 2011 World Aquatics Championships, she won the gold medal in the 100-meter freestyle, tied with Jeanette Ottesen of Denmark in a time of 53.45. At the 2012 Summer Olympics, she won silver medals in the 50 and 100-meter freestyle events behind Ranomi Kromowidjojo of the Netherlands. In Rio de Janeiro Alexandra Gerasimenya won the bronze medal in 50-metre freestyle event.

Belarusian swimmer Alexandra Gerasimenya nicknamed "Silver Fish"[1] for her 2 silver Olympic medals in London won the gold medal in Kazan.

In Kazan the XXVII World Student tournament was held. In the final swim in the 50 meter butterfly distance the Belarusian Alexandra Gerasimenya was unattainable[2] for rivals, setting a new record for the Universiade and Belarus – 25.84. Silver went to Canadian Catherine Savard with 26.05 and bronze to Italian Elena Jam – 26.28.

The year 2015 for Sasha was unusual in many respects. Not least because she missed the World Championship in Barcelona. "But now I know for sure that purposefully[3] prepare for "the world" is easier than trying to combine serious study and training", says Alexandra Gerasimenya, who has just recently graduated as an Economist with a diploma from the Belarusian Economic University.

"Now it will be difficult to convince me that a high-class athlete managed to finish a university with honours[5]. If there are exceptions, I want to get to know this extraordinary man", she says.

"It seems to me that learning can be productive only when there is only one training session a day. But if you have two of them and you open your textbook at 8 p.m. your brain is just tired. I know that according to research by scientists, after heavy physical exertion[4] it recovered only after about 6 hours".

"I think we, sportsmen, can recover faster, but still it was a small consolation[6]. I personally often fall asleep with a book in my hands. So at the exams I was sometimes ashamed as teachers really did a favour to me, supposedly saying – hay, she has other important things to do than study…"

"Still, I'm glad I was able to adequately pass this challenge – now I am planning to go to Oxford…"

Sasha is unstoppable. After the second degree she is really going to have the third one. The reasonable question "Why that much?" she answers with a smile "For me it's not enough. Because I know that before the next Olympics I would not definitely have time for it".

Okay, forgive her weakness and her craving[7] to learn.

Notes:

1. …nicknamed "Silver Fish" – прозванная – «серебряная рыбка».
2. unattainable – недосягаемая.
3. purposefully – целенаправленно.
4. physical exertion – физическая нагрузка.
5. … finish a university with honours – закончить университет с отличием.
6. consolation – утешение.
7. craving – страстное желание.

Assignments

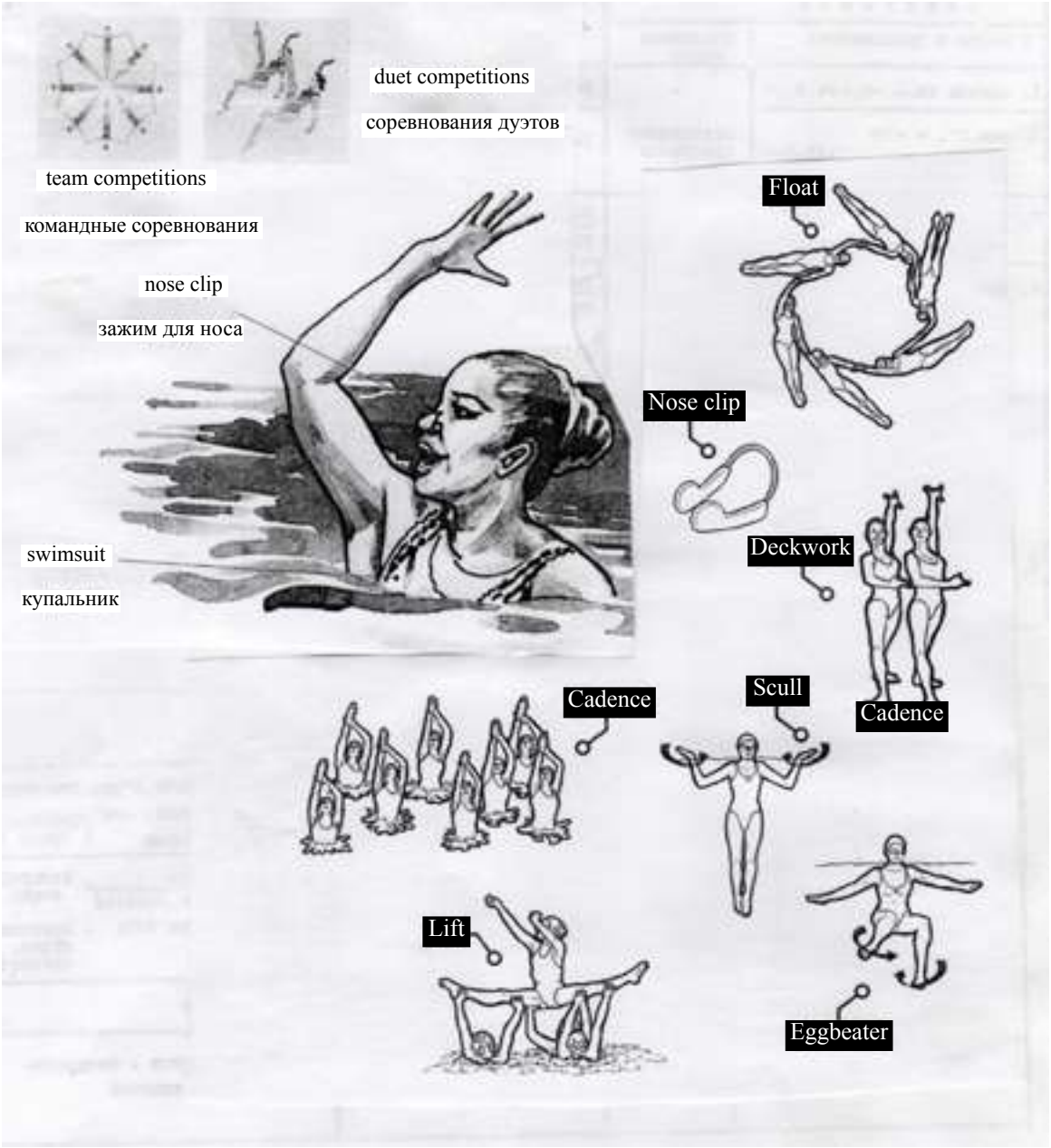
1. Decide whether the following statements are true or false:

1. Alexandra Gerasimenya is a famous gymnast.
2. She was born in Baranovichy in 1985.
3 She specializes in the freestyle and butterfly events.
4. In 2003 Gerasimenya returned to win gold medals at both the European and World Championships.
5. At the 2011 World Championships, she won the silver medal in the 100-meter freestyle.
6. She won 2 silver Olympic medals in London.
7. Gerasimenya won a gold medal in Kazan.
8. The year 2015 for Sasha was usual.
9. She graduated as an Economist with a diploma from the Belarusian Economic University.

2. Speak about Alexandra Gerasimenya using the following dates:

1985
2003
2011
2012
2014
2015
2016

Task 12. Study the words and word combinations to the text "Synchronized Swimming"



1.	team competitions	групповые соревнования
2.	duet competitions	соревнования дуэтов
3.	underwater speaker	динамик подводный
4.	eggbeater *n*	эгбите
5.	free element	произвольный элемент
6.	required element	обязательный элемент
7.	nose clip	зажим для носа
8.	solo *n*	соло
9.	float *n*	плоскость, движения, выполняемые на поверхности воды
10.	cadence *n*	каданция
11.	lift *n*	поддержка шпагата
12.	edge of the pool	бортик бассейна

13. technical and artistic jury — жюри по оцениванию артистизма и техники выполнения
14. deckwork *n* — движения, выполняемые на суше
15. swimsuit *n* — купальник
16. boost *n* — быстрый подъем из воды
17. spin *n* — вращение

Task 15. Read the text for full comprehension.

SYNCHRONIZED SWIMMING

Synchronized swimming is a kind of sport with only women participation performing a synchronized routine of elaborate moves in the water, accompanied by the music. The development of sport is vested by the Synchronized Swimming Committee, established in 1952. The Committee is a part of the International Swimming Federation (FINA).

Synchronized swimming is a water sport that combines grace, rhythm, and acrobatic skills. In this sport, swimmers perform certain movements to music they have selected. They synchronize (match) the movements with the rhythm and the mood of the accompanying music.

Synchronized swimming was once called water ballet. It began as a form of exhibition swimming at water shows and remains a popular feature of such shows. In 1952, the first international rules were established for synchronized swimming as a sport. Synchronized swimming first became a medal sport in the Summer Olympic Games in 1984. Two sets of medals are competed for at the Olympic Games: in duet events as well as in the team events.

Competition is divided into solo, duet, trio, and team events. A team may have four to eight members. Each solo, duet, trio, or team event has two sections – figures and routines. Figures are acrobatic movements. Routines combine figures with swimming strokes to create various patterns. Routines in international competition have a time limit of five minutes.

More than 50 figures may be used in international competition. They are divided into two series. The second series is more difficult than the first. Swimmers must perform three figures from the first series and two from the second.

The dolphin is a commonly performed figure. Swimmers begin it by floating on their back. They then pull themselves under the water head first, make a complete circle, and return to the floating position. In the dolphin bent knee figure, swimmers bend one knee while they perform the circular movement underwater.

A panel of judges awards points for each figure and routine. After each figure, the judges mark swimmers according to the difficulty of the figure and how well they performed it. The judges give each routine two scores, one for execution and one for style. The execution score reflects the skill that swimmers showed in performing the figures and strokes. The style score includes how well the swimmers synchronized their movements with the music.

In water shows and swimming exhibitions, swimmers often base their synchronized routines on a story or a theme. For example, a team of swimmers might act out such a tale as "Alice in Wonderland" with the aid of a narrator. Or they might choose such a theme as the seasons of the year and expressively interpret the mood of each season.

Vocabulary and Speech Exercises

Ex. 1. Match the words in the table with their definitions.

A. routine	B. nose clip	C. cadence action	D. deckwork
E. lift	F. boost	G. float	H. eggbeater

1. When an athlete rises very quickly out of the water.
2. A surface formation where between two and eight swimmers are connected together.
3. The movements performed by swimmers after the music starts but before they get into the water.
4. The official name for the entire performance.
5. A piece of plastic that stops water entering the nosw.
6. A series of idencical movements done by swimmers in quick succession.
7. When swimmers hold another swimmer out of the water.
8. A leg movement that lets swimmers stay afloat while they move their arms.

Ex. 2. Wordsearch

Find these words in the grid: boost, cadence, deckwork, eggbeater, float, lift, nose clip

J	**N**	**O**	**S**	**E**	**C**	**L**	**I**	**P**	**E**
B	**W**	**N**	**Z**	**L**	**W**	**Q**	**G**	**T**	**G**
C	**A**	**D**	**E**	**N**	**C**	**E**	**F**	**T**	**G**
L	**L**	**E**	**Q**	**V**	**K**	**I**	**S**	**M**	**B**
H	**J**	**C**	**F**	**N**	**L**	**O**	**H**	**Z**	**E**
F	**L**	**K**	**L**	**L**	**O**	**L**	**F**	**Z**	**A**
D	**Y**	**W**	**R**	**B**	**O**	**L**	**W**	**G**	**T**
T	**M**	**O**	**T**	**D**	**C**	**A**	**L**	**Y**	**E**
D	**M**	**R**	**L**	**K**	**P**	**X**	**T**	**L**	**R**
F	**R**	**K**	**Q**	**W**	**N**	**N**	**C**	**B**	**W**

Ex. 3. Divide the text into fragments in accordance with their contents. Entitle each fragment.

Ex. 4. Using the material of paragraphs and your own knowledge of synchronized swimming, answer the following questions:

1. What kind of sport is synchronized swimming? 2. What do swimmers do in this sport? 3. How was synchronized swimming called? 4. When did the sport begin? 5. When

were the first international rules for the sport established? 6. How is the competition in synchronized swimming divided? 7. What is a limit for routines in international competition? 8. How many figures may be used in the international competition? 9. What is dolphin? 10. Who judges competitions in synchronized swimming? 11. How do judges mark swimmers? 12. What do swimmers base their synchronized routines in water show and swimming exhibitions on?

Ex. 5. Give the main points of the history of synchronized swimming.

Ex. 6. Write an annotation of the text.

Unit 4. Skiing

Grammar targets:	The Subjunctive Mood (Сослагательное наклонение) Формы сослагательного наклонения Conditional Sentences (Условные предложения) Употребление форм сослагательного наклонения в условных предложениях
Texts for reading:	Types of Skiing Ski Equipment and Clothing Nordic Combined Alpine Skiing Biathlon Freestyle Snowboarding History From the History of Modern Skiing Ski Racing a British Invention? Arthur Conan Doyle Skiing in Belarus

Focus on the language

Look how the sentences with the Subjunctive mood are translated

1. My coach requires that I should train regularly.	Мой тренер требует, чтобы я регулярно тренировался.
2. I wish I were a Master of sport.	1. Я бы хотел стать мастером спорта. 2. Жаль, что я не мастер спорта.
3. If I were you I should practise hard.	Если бы я был на вашем месте, я бы упорно тренировался.
4. He would go to the football match in the evening if he bought a ticket.	Он бы пошел на футбольный матч вечером, если бы купил билет.
5. He would have gone to the football match if he had bought a ticket yesterday	Он бы пошел на футбол, если бы купил вчера билет

Grammar Notes

The Subjunctive Mood

В отличие от изъявительного наклонения, которое обозначает действие как реальный факт, сослагательное наклонение показывает, что выражаемое им действие или явление является предполагаемым или желательным, а также возможным при известных условиях.

В русском языке сослагательное наклонение выражается сочетанием глагола в форме прошедшего времени с частицей «бы» и имеет только одну форму, которая

может относиться к настоящему, прошедшему или будущему времени. Например: *Если бы я закончил тренировку вовремя, я бы смог возвратиться домой раньше* (сегодня, завтра, вчера).

В современном английском языке имеются две синтетические формы сослагательного наклонения:

1. Глагол в форме инфинитива, используемый во всех лицах настоящего, прошедшего и будущего времени в придаточных предложениях с **that**, когда главное выражает требование, решимость, рекомендацию и т. п.: (to require, to insist, to suggest, to ask, to demand и т. п. *that*…).

My coach requires that I train regularly.	Мой тренер требует, чтобы я тренировался регулярно.

2. Глагол в форме инфинитива употребляется в устойчивых выражениях типа:

Be that as it may	Будь что будет…
Come that may we will go ahead.	Что бы ни случилось, мы не остановимся.

Аналитическая форма сослагательного наклонения представляет собой сочетание should с простым (Indefinite Infinitive) или перфектным инфинитивом (Perfect Infinitive) без частицы *to* и используется в тех же придаточных предложениях, что и форма инфинитива (см. пункт 1):

It is necessary that he should participate in the competition.	Необходимо, чтобы он учавствовал в этих соревнованиях.
He demanded that the exerciser should be repaired by tomorrow.	Он потребовал, чтобы тренажер был отремонтирован к завтрашнему дню.

Формы большинства глаголов в сослагательном наклонении совпадают с их формами в изъявительном наклонении. Исключение составляют формы глаголов в 3-м лице единственного числа, которые не имеют окончания **-s:**

It was necessary that the doctor examine the sportsmen immediately.	Необходимо было, чтобы врач немедленно осмотрел спортсмена.

Глагол **to be** в настоящем времени имеет форму **be** для всех лиц единственного и множественного числа, а в прошедшем времени – форму **were**.

It is important that the diet be strict in gymnasts.	Важно, чтобы диета у гимнастов была строгой.
I wish my coach were present at the competition.	Я бы хотел, чтобы мой тренер присутствовал на соревновании.

Форма сослагательного наклонения глагола **to be – were** (для всех лиц ед. и мн. числа) употребляется в условных и уступительных предложениях, а также в придаточных предложениях, после глагола **to wish:**

If he were happy with us…	Если бы он был счастлив с нами…
He spoke to me as if I were a child.	Он говорил со мной так, как будто я ребенок.
I wish he were here now.	Жаль, что его нет здесь сейчас.

Употребление форм изъявительного или сослагательного наклонения в условных предложениях

Условные предложения могут выражать реальные, нереальные, но выполнимые, и нереальные и невыполнимые условия. В зависимости от характера условия, условные предложения принято подразделять на условные предложения **первого типа** (реальные), **второго типа** (нереальные, но выполнимые) и **третьего типа** (нереальные и невыполнимые).

В зависимости от типа условного предложения сказуемые главного и придаточного предложения выражаются в формах: I-го типа – изъявительного наклонения, а II и III – сослагательного:

Тип	Главное предложение	Придаточное предложение
I	**Simple Future**	**Simple Present**
	We shall go skiing Мы пойдем кататься на лыжах	*if the weather is good* если будет хорошая погода
II	**Should (would) + Infinitive без to**	**Simple Past, Past Continuous**
	We should go skiing Мы бы пошли кататься на лыжах	*if the weather was good* если бы погода была хорошей
III	**Should (would) + Perfect Infinitive без to**	**Past Perfect**
	We should have gone skiing Мы бы пошли кататься на лыжах	*if the weather had been good yesterday* если бы погода была хорошая вчера

Запомните формулу **If I were you I should**… (Если бы я был на вашем месте… / Будь я на вашем месте…).

If I were you I should practise regularly. Будь я на вашем месте, я бы тренировался регулярно.

Если сказуемое условного придаточного предложения II типа, стоящего на первом месте, выражено глаголами were, had или в состав сказуемого входят глаголы **could** и **should**, то союз **if** может опускаться. В этом случае глаголы **were, had, could** и **should** ставятся перед подлежащим:

“Were he talented I’d coach him”, said the coach. «Если бы он был талантлив, я бы тренировал его», – сказал тренер.

В условных предложениях III типа союз **if** может опускаться, и в этом случае вспомогательный глагол **had** ставится перед подлежащим.

Had you played in that match, our team would have won. Если бы ты играл в этом матче, наша команда выиграла бы.

Условные предложения могут также вводиться союзами **if only** если бы (только), **suppose** *если бы; предположим, что (а что если бы)*; сочетанием **but for** *если бы не*, **on condition** *при условии*, **provided (providing)** *при условии что*, **unless** *если не* могут вводить условное предложение.

Suppose he had missed the ball.	А что, если бы он пропустил мяч.
But for the coach he would not have become the Olympic champion.	Если бы не тренер, он не стал бы олимпийским чемпионом.

Should употребляется с первым лицом единственного и множественного числа, **would** – с остальными лицами. В современном английском языке имеется тенденция употреблять would во всех лицах. В разговорном языке употребляется сопряженная форма **I'd**.

В условных предложения 2-го типа в главном предложении вместо should и would могут употребляться глаголы could и might с Indefinite Infinitive. Аналогично в условных предложения 3-го типа вместо should и would могут употребляться глаголы could и might с Perfect Infinitive.

He could perform this exercise if he tried.	Он мог бы выполнить это упражнение, если бы он попытался.
He could have performed this exercise if he had tried.	
You might find him in the gym, if you called at 2 o'clock.	Вы могли бы застать его в зале, если бы зашли в 2 часа.
You might have found him in the gym, if you had called at 2 o'clock.	

Употребление сослагательного наклонения

Сослагательное наклонение употребляется в придаточных предложениях:

А) условных (см. выше);
Б) в придаточных подлежащих, вводимых оборотами типа:

It is necessary that – необходимо, чтобы
It is desirable that – желательно, чтобы
It is recommended that – рекомендуется, чтобы
It is important that – важно, чтобы и др.

Its is recommended that the coaches use new methods of training.	Рекомендуется, чтобы тренеры использовали новые методы тренировки.

В) в дополнительных придаточных предложения после глаголов:

Suggest – предлагать;
Insist – настаивать;
Wish – желать;
Order, command – приказывать;
Demand – требовать и др.

Если в главном предложении сказуемое выражено упомянутыми глаголами, то в дополнительных придаточных предложениях глагол-сказуемое употребляется в форме сослагательного наклония: **should + infinitive (без to)**, или инфинитив **(без to)** для всех лиц единственного числа

The coach suggested that this sportsman be included in the list of contestants.	Тренер предложил, чтобы этого спортсмена включили в список участников соревнования.
The judge demands (demanded) that they should settle (settle) the matter.	Судья требует, чтобы они уладили это дело.

Г) в придаточных обстоятельственных предложениях:

1) сравнительных (нереального сравнения), вводимых союзами as if; as though; как если бы, как будто бы

She looks as if she were tired.	Она выглядела так, как будто бы она устала.

Д) цели, вводимых обычно союзами lest – чтобы не; so that – для того, чтобы

The sportsmen must keep the instruction lest he should have an injury.	Спортсмен должен придерживаться правила, чтобы не получить травму.

Grammar Practice

Ex. 1. Read and translate these sentences.

1. It is necessary that he should read the regulation. 2. It was suggested that the competitions should be held in late September. 3. Mike suggested that he should book seats for the football match. 4. The coach insisted that we should confirm our participation by fax. 5. I suggest that you should congratulate young sportsmen with success. 6. The football players demanded that the team be given a locker room. 7. I wish I knew what is wrong with my bicycle. 8. I wish he had bought that book. 9. I wish they'd left their address. 10. If I were you I'd reserve the room at the hotel in advance. 11. If I were you I'd use this exercise.

Ex. 2. Read and translate these sentences. Pay attention to the use of conditional sentences.

1. I'll be able to write my report today if I come home early. 2. You will get results if you apply this method of training. 3. If I lived in a big city I should not miss any sport event. 4. If they had taken a taxi, they would not have missed the train. 5. If I got a dictionary I should translate this text. 6. If a sportsman observed the instruction, he would never get a trauma. 7. Our team would have won if you had participated in that relay. 8. If the mechanic were there, he would repair the equipment. 9. If it had not been so cold, I should have gone to the skiing competition. 10. The sportsman would have performed the element if the coach had spotted him.

Ex. 3. Transform these sentences according to the model and translate them.

a) If I go to the hockey match, I'll let you know.
If I went to the hockey match, I'd let you know.

1. If he comes tomorrow I'll give him my skis. 2. If I see them, I'll tell them about your decision. 3. He will take part in the cross-country ski race tomorrow, in case he recovers from his illness. 4. If I have time I'll watch the football match on TV in the evening.

b) If their goalkeeper were excellent, they would win the game.
If their goalkeeper had been excellent, they would have won the game.

1. If it were my own notebook, I should give it to you. 2. If you travelled by plane, you'd come in time for the competition. 3. If you liked tennis, I should play a set with you. 4. They would come if they were free. 5. If they met us at the airport, they would take us to the hostel.

Ex. 4. Say what you would do.

1. If you were not here, where would you like to be? Why?
2. If you could be someone else, who would you like to be? Why?
3. If you had a million dollars, what would you do? Why?
4. If you were a coach what would you do with your sportsmen?
5. You are going for practice. Which six things would you take? Why?
6. What should you do if you lost your passport in a foreign country?

Ex 5. Build the sentence according to the model:

If I were you…

I have a headache. If I were you I'd	take an aspirin. go for a walk. take a nap, etc.

1. I want to be a champion.
2. I want to win an Olympic medal.
3. I am in a hurry.
4. I need some money.
5. I want to be rich.
6. I have lost my way.
7. I want to buy a smartphone.
8. I can't swim well.
9. I have finished my practice.
10. I have just seen an accident.

Focus on terminology and reading

1. Discuss with your group-mates before you read the text:

What do you know about skiing?

2. Say:

- what form of entertainment is extremely popular in many countries in winter;
- what you know about skiing as a competitive sport;
- what modern skiing as a competitive sport includes;
- what ski equipment and clothing you know;
- what basic skiing techniques you know;
- what the most important amateur skiing competitions there are.

3. Learn the words and translate the word combinations and sentences:

1. skiing *n* — лыжный спорт

e.g. *Skiing is a popular form of entertainment in many countries and a competitive sport.*

2. Alpine skiing *n* — горнолыжный спорт
3. Nordic combined *n* — лыжное двоеборье
4. cross-country skiing *n* — лыжные гонки

e.g. *Cross-country skiing is hiking on skis over snow-covered ground that is flat or slightly hilly.*

5. downhill skiing *n* — скоростной спуск

e.g. *Downhill skiing is the most popular form of skiing. Highly skilled downhill skiers can race down steep mountain slopes at speeds of about 100 kilometers per hour.*

6. manoeuvere *n* — движение
7. bottom of a slope *n* — подножие склона
8. fall line *n* — прямой спуск (по склону)

e.g. *Fall line is the most direct route to the bottom of a slope.*

9. schussing *n* — спуск в основной стойке в прямом направлении

e.g. *Schussing is skiing straight down the fall line without turning or stopping.*

10. traversing *n* — спуск поперек линии падения склона, траверс

e.g. *Traversing means skiing across a slope at an angle to the fall line.*

11. pole *n* — палка (лыжная)
12. reduce *v* — снижать, сбавлять (скорость)

e.g. *Skiers use traversing to reduce their speed.*

13. edge *n, v* — кант, ставить лыжи на кант, закантовать

e.g. *Skiers edge their skis while traversing.*

14. avoid *v* — избегать, уклоняться (от)
15. tilt *n, v* — стойка лыжника, ставить (лыжи)
16. angle *n* — угол
17. bite *v* — врезаться

e.g. *Skis bite into the snow.*

18. wedge (snowplough) n — «плуг» (элемент техники при спусках)

e.g. *Wedge, or snowplough, is a basic manoeuver for slowing down or stopping. The back ends of the skies are pushed out bringing the front ends together in a V formation.*

19. inward *a* — внутренний, обращенный внутрь
20. stem *v* — тормозить,
n — торможение

e.g. *Stem is the initial movement in steered turns in which the back of the ski closer to the top of the slope is pushed out.*

21. the carved parallel *n* — резаный поворот на параллельных лыжах
22. virtually *adv* — фактически, в сущности
23. perpendicular *adj* — перпендикулярный
24. chatter *v* — вибрировать, стучать

e.g. *Skis chatter across the snow.*

25. hockey (skate) stop *v* — торможение боковым соскальзыванием
26. ski jumping *n* — прыжки на лыжах с трамплина
27. glide *v* — скользить
28. terrain *n* — местность
29. diagonal stride *n* — попеременный двушажный ход
30. shift *v* — сдвигать, перемещать
31. kick *n* — выпад в сторону, толчок ногой
32. propel *v* — продвигаться вперед
33. sideways *adv* — боком, в сторону
34. skate *n* — коньковый ход
35. thrust *n* — толчок, надавливание
36. herringbone *n* — «елочка» (элемент техники при подъеме в гору)
37. choppy *adj* — часто меняющийся
38. steep track *n* — крутой спуск, крутая трасса
39. ski flying hill *n* — трамплин
40. aerial *n* — акробатика
41. mogul (bump) *n* — могул

Task 1. There are seven types of skiing. Read the text about them.

TYPES OF SKIING

Skiing is the act of gliding over snow on long, narrow runners called skis. It is an extremely popular form of entertainment in many countries. Skiing is also a major competitive sport.

Modern skiing as a competitive sport includes 7 types of skiing: cross country skiing, ski jumpings, Nordic combined, biathlon, Alpine skiing, freestyle and snowboarding.

Cross country skiing is a kind of ski racing when athletes try to overcome the distance in the fastest time possible.

Ski jumping is a kind of sport in which skiers (men only) jump from the specially equipped jumping hills of different mightiness.

Nordic combined is a kind of sport that includes ski jumping and skate style ski racing being held among men only.

Biathlon is a combined sport of complex competitions which consists of cross-country skiing and small-caliber rifle shooting on several firing lines.

Alpine skiing refers to skiing downhill. It is popular as a form of recreation and as a competitive sport. The term Alpine comes from "the Alps", the name of the mountain system in Europe where downhill skiing originated.

Alpine skiing involves many techniques and manoeuvres. However, the three basic manoeuvres of downhill skiing are (1) schussing, (2) traversing, and (3) turning. Skiers carry a ski pole in each hand to help them keep their balance while these manoeuvres. The poles also aid skiers in walking and climbing.

Schussing is skiing straight down a slope without turning or stopping. It is the fastest form of skiing because skiers follow the fall line – that is, the most direct route to the bottom of the slope.

Traversing is skiing at an angle to the fall line. Skiers use this manoeuvre to reduce their speed. They edge their skis while traversing to avoid slipping downhill sideways. Edging is done by tilting the skis at an angle to the slope so the metal edges of the skis bite into the snow.

Turning is the most difficult part of downhill skiing. Turning enables skiers to change direction, control their speed, and avoid obstacles. The most elementary turn is the wedge, or snowplough, in which the skis are placed in a V position with tips nearly touching and edged slightly inward. The wedge turn is also used to stop. A more complex turn is the stem. In this turn, the skis are first placed in a modified V position and are later brought to a parallel position. The carved parallel is the most advanced and difficult turn. In the carved parallel turn, the skier quickly turns both skis at virtually the same moment.

To halt their downhill progress, skiers make a sharp turn perpendicular to the hill and let the edges of the skis chatter across the snow. This maneuver is called hockey, or skate, stop because it is similar to the way as skaters stop.

Freestyle skiing, also called hot dog skiing, is an Alpine ski all-around sport including mogul skiing, aerial acrobatics and ski-cross.

Snowboarding is an extreme sport in which an athlete standing on a special board performs the descent along the course located on a slope or a mountain.

Basic skiing techniques

A person must master certain basic techniques to become a skilled downhill or cross-country skier. The diagrams below illustrate some of the manoeuvres beginning skiers have to learn.

Downhill techniques



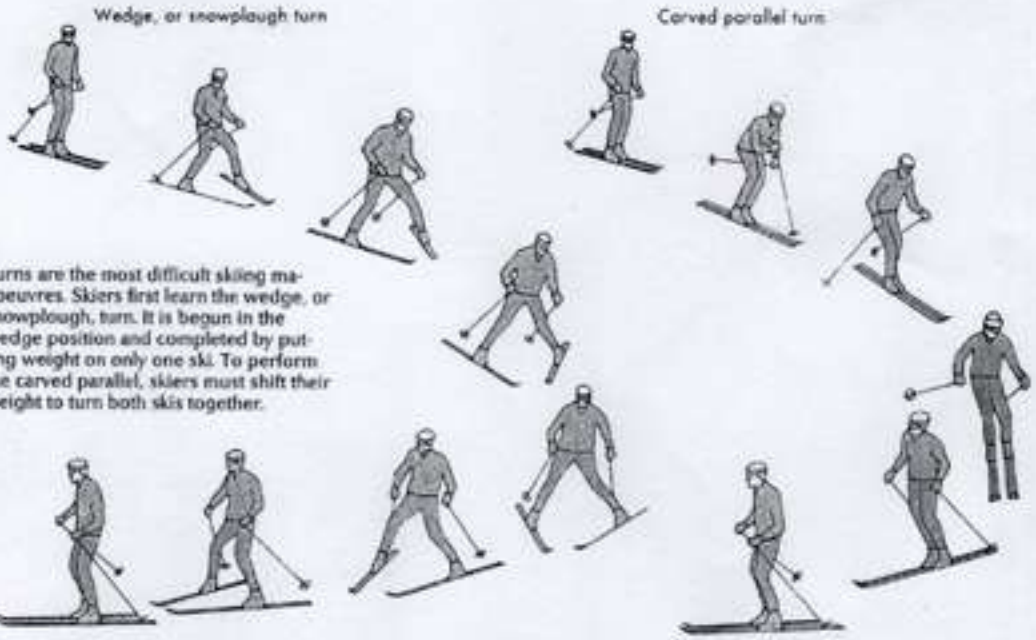
Schussing is the fastest technique. The skier bends at the ankles, knees, and hips and follows the *fall line* (direct route down the slope).



The wedge, or snowplough, is the basic method of slowing or stopping. The tails of the skis are pushed out to bring the front tips together.



Traversing is skiing at an angle to the fall line. The lower part of the skier's body is tilted toward the slope, so the skis' edges grip the snow.



Turns are the most difficult skiing manoeuvres. Skiers first learn the wedge, or snowplough, turn. It is begun in the wedge position and completed by putting weight on only one ski. To perform the carved parallel, skiers must shift their weight to turn both skis together.

Cross-country techniques



The diagonal stride is the basic movement in cross-country skiing. This diagram shows how the skier alternately moves one ski forward, while gliding on the other. As the ski moves forward, the skier brings the arm on the opposite side forward and plants the pole for speed and balance.

Skate stride

The skate stride enables the skier to pick up speed. The skier glides forward on one ski, while kicking out the other ski sideways and back in a skating motion. The skier plants both poles at the same time to help provide thrust.



Vocabulary and Speech Exercises

Ex. 1. Give the gerunds corresponding to these verbs:

to ski, to turn, to traverse, to walk, to climb, to stop, to lift, to slip, to shift, to propel, to leap, to dive, to perform.

Ex. 2. Form adverbs from these adjectives:

quick, sharp, practical, steep, good, bad.

Ex. 3. Form the comparative and superlative from these adverbs:

quickly, sharply, practically, steeply, well, badly, difficult.

Ex. 4. Use the conjunction "both … and" … in these sentences.

Model: 1. Manoeuvres are judged on the difficulty and how well they execute it.
2. Manoeuvres are judged both on the difficulty and how well they execute it.

1. The poles aid skiers in walking and climbing. 2. The carved parallel is the most advanced and difficult turn. 3. Cross-country skiing is recreation and a competitive sport. 4. Aerial skiers ski down a steep hill and leap off a sharp platform. 5. Skiers try to ski quickly down a course while performing small jumps and acrobatic manoeuvres. 6. Aerial skiers are judged on the difficulty of the stunt performed and or how well they execute it.

Ex. 5. Match the words in the table with their definitions.

a) skiing	b) ski jumping	c) Nordic combined	d) Biathlon
e) cross country skiing	f) Alpine skiing	g) freestyle skiing	h) snowboarding

1. The act of gliding over snow on skis.
2. An extreme sport in which an athlete standing on a special board performs the descent.
3. The sport including mogul skiing, aerial acrobatics and ski-cross.
4. The sport which refers to skiing downhill.
5. The sport which consists of cross-country skiing and rifle shooting.
6. A kind of ski racing when athletes try to overcome the distance in the fastest time possible.
7. A kind of sport in which skiers jump from the jumping hills.
8. A kind of sport that includes ski jumping and ski racing.

Ex. 6. Wordsearch

Find these words in the grid: alpine skiing, schussing, traversing, turning, mogul, hockey stop, snowboarding, skate style, wedge, ski jumping, ski poles, fall line, angle, snow, obstacles.

S	N	O	W	B	O	A	R	D	I	N	G	W
C	K	T	R	A	V	E	R	S	I	N	G	E
H	T	I	H	O	K	E	Y	S	T	O	P	D
U	U	M	I	S	K	I	H	O	L	E	S	G
S	R	O	H	N	F	A	L	L	L	I	N	E
S	N	G	A	N	G	L	E	S	N	O	W	N
I	I	U	S	K	A	T	E	S	T	Y	L	E
N	N	L	O	B	S	T	A	C	L	E	S	A
G	G	S	K	I	J	U	M	P	I	N	G	N
F	L	P	I	N	E	S	K	I	I	N	G	T

Ex. 7. Continue the lists:

Types of skiing: Alpine skiing, …
Basic manoeuvres of downhill skiing: schussing, …
Basic manoeuvres of cross-country skiing: skate, …

Ex. 8. Replace the following Russian words and word combinations with their English equivalents from the text:

1. Горнолыжный спорт. 2. Лыжное двоеборье. 3. Фристайл. 4. Лыжные гонки. 5. Скоростной спуск. 6. Горнолыжный спорт включает. 7. Основные движения. 8. Повороты вынуждают лыжника изменять направление. 9. Самый элементарный поворот. 10. Наиболее эффективный и трудный поворот. 11. Резкий поворот. 12. Средство передвижения зимой. 13. Попеременный двушажный ход. 14. Коньковый ход. 15. «Елочка». 16. Прыжки на лыжах. 17. Трамплин. 18. Могул. 19. Лыжный ход. 20. Коньковый ход.

Ex. 9. Insert prepositions (see the text):

1. Alpine skiing refers … skiing downhill. 2. The term Alpine comes … the Alps. 3. The poles aid skiers … walking and climbing. 4. Schussing is skiing straight down a slope … turning or stopping. 5. … this turn, the skis are first placed ... a modified V position and are later brought … a parallel position. 6. The term Nordic refers … northern Europe. 7. The movement resembles jogging … skis. 8. The skate is another movement … cross-country skiing. 9. Most ski jumping is performed … 70- or 90-metre hills. 10. The measurements refer … the typical distance … a jump … the specially constructed hills.

Ex. 10. Explain the terms used in skiing:

1. Fall line
2. Mogul
3. Carved parallel turn
4. Schussing
5. Stem
6. Traversing
7. Snowplough

Ex. 11. Say:

- what kind of skiing Alpine refers to;
- what three basic manoeuvres of downhill you know;
- what schussing is;
- what traversing is;
- what turning is;
- what Nordic skiing consists of;
- what cross-country skiing is;
- what you know about the skate;
- what you know about ski jumping;
- what you know about the freestyle skiing;
- what strides you know.

Ex. 10. Draw up a plan of the text.

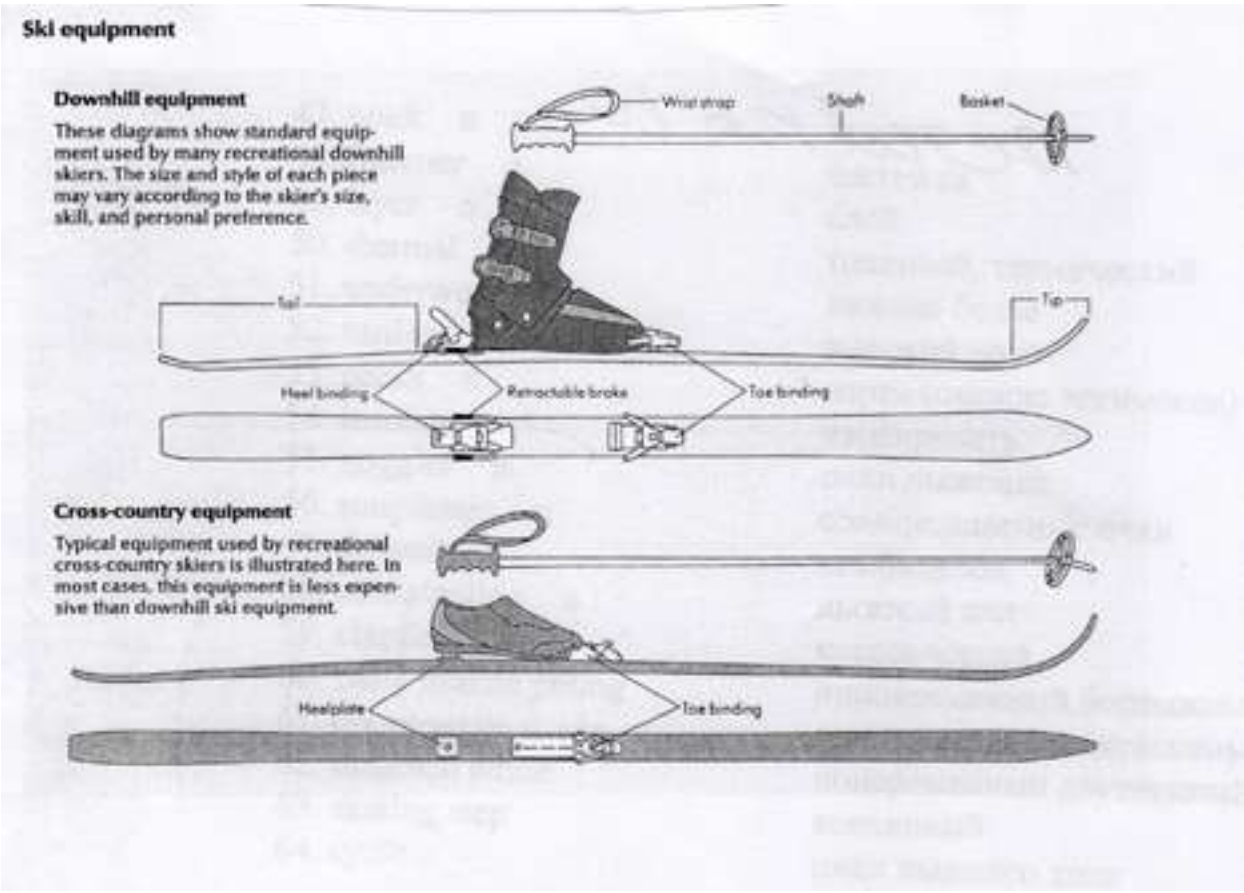
Ex. 11. Retell the text: a) as it is; b) without details.

SKI EQUIPMENT AND CLOTHING

Task 4. Learn these words and word combinations:

1. equipment *n*	инвентарь, снаряжение
2. boots *n*	ботинки
3. bindings *n*	крепления
4. wear *v*	носить
5. injure *v*	травма; повредить, ушибить с нанесением травмы
6. tip *n*	носок (лыжи)
7. curved tip	загнутый носок
8. midbody *n*	грузовая часть, колодка
9. tail *n*	пяточная часть
10. manufacture *v*	изготовлять
11. aluminum alloy	алюминиевый сплав
12. taper *v*	суживаться
13. basket *n*	«лапка» (лыжной палки), кольцо
14. grip *n*	рукоятка
15. handle *n*	ручка
16. sward *n*	меч
17. strap *n*	петля
18. point *n*	наконечник
19. shaft *n*	трубка
20. boron *n*	бор
21. graphite *n*	графит
22. provide *v*	обеспечивать
23. overlap *n, v*	накладка, вставлять
24. overlap boot	горнолыжный ботинок

25. rear entry boot	внутренний ботинок
26. cable *n*	трос
27. plate *n*	передняя часть крепления, пластина
28. buckle *n*	пряжка
29. device *n*	приспособление, устройство
30. spring *n*	пружина
31. cam roller *n*	валик, роликовый цилиндр
32. lever *n*	рычаг
33. ridge plate	носковый упор
34. waterproof *adj*	непромокаемый, водонепроницаемый
35. snug *adj*	удобный, уютный
36. restricting *adj*	сковывающий, ограничивающий
37. cuff *n*	манжета
38. band *n*	тесемка
39. snap *n*	застежка
40. hook *n*	крючок
41. fastener *n*	застежка
42. layer *n*	слой
43. thermal *adj*	тепловой, термический
44. underwear *n*	нижнее белье
45. turtleneck *n*	высокий ворот
46. parka *n*	парка (одежда эскимосов)
47. insulate *v*	изолировать
48. goggles *n*	очки лыжника
49. sunglasses *n*	солнцезащитные очки
50. ski-suit *n*	комбинезон
51. stride/poling *n*	лыжный ход
52. classical move	классический
53. basic double poling	одновременный бесшажный
54. double-pole stride	одновременный двушажный
55. diagonal stride	попеременный двушажный
56. skating step	коньковый
57. cycle	цикл лыжного хода



Task 5. Read the text about the ski equipment and clothing.

Ski Equipment and Clothing

Standard ski equipment consists of (1) skis, (2) ski poles, (3) ski boots, and (4) ski bindings. Skiers also wear certain clothing for warmth and comfort.

The equipment differs somewhat for Alpine and Nordic skiing and for recreational and competitive skiing. Using the proper equipment and maintaining it in top condition helps skiers perform better and also reduces the chance of injury.

Skis are narrow runners that curve up at the tip (front end). The centre part of the ski is called the midbody. The back end is called the tail. The midbody is raised above the tip and tail to make turning easier.

Skis can be made of a variety of materials, including fiberglass, plastic, metal, polyurethane foam, and wood. Alpine and freestyle skis are constructed in a similar way and have metal edges along both sides to make turning easier. Cross-country skis are narrower and lighter than Alpine skis and have no metal edges. Jumping skis are the longest and heaviest skis, usually measuring 240 centimeters in length.

In most cases, the taller, heavier, and more skillful a skier is, the longer the skis should be. Most Alpine skis are manufactured in France, Austria, Switzerland, and Italy. Cross-country skis are made in these countries, as well as in Norway, Sweden, and Finland.

Ski Poles

All Alpine and most cross-country ski poles are made of aluminum alloys. They taper from the top to a point at the bottom. A ring or star-shaped piece of plastic called a basket is located about 8 centimeters from the point and prevents the pole from sinking too deeply into soft snow. Skiers hold each pole at the grip, a rubber or plastic handle at the top of the pole. The grip can be shaped like a sward handle or have a strap that fits around the skier's hand to prevent it from sliding down the pole. Poles for Alpine skiing should reach slightly above the skier's waist. Freestyle skiers use longer, thicker, and stronger poles because the pole must support the skier's weight during acrobatic manoeuvres.

Cross-country poles resemble Alpine poles, but their point is set at an angle to the shaft. The point grips the snow when the pole is swung forward and slips out of the snow easily when the skier glides beyond the pole. Cross-country poles may be made of aluminum alloys, fiberglass, or such lightweight materials as boron or graphite.

Ski Boots and Bindings

Ski boots provide support and warmth for the skier's feet. Alpine boots consist of an outer shell made of rigid plastic and an inner boot made of a combination of foam, leather, or some other material.

Alpine boots come in two designs. Overlap boots are fastened by buckles across the instep and ankle. Rear entry boots have cables end plates, or air-filled bags inside the boot to secure the foot. These boots close with buckles around the rear of the calf. Freestyle skiers use Alpine boots.

Ski, bindings are devices attached to skis to hold the boots firmly to the skis. If a skier falls, the bindings release the boot from the ski and thus help prevent injuries.

Alpine bindings secure the boot at both the toe and heel. They use a complex system of springs, cam rollers, and levers to ensure that skiers do not separate from their skis, except when injury might occur. Ski bindings also include ski brakes, which act by forcing two prongs into the snow when a skier releases a binding. The brake prevents a released ski from speeding down the slope and hitting other skiers.

Bindings on cross-country skis secure the boot only at the toe keeping the heel free to lift during the kick phase of the diagonal stride. Many cross-country bindings also have a ridge plate behind the toe piece. The ridge plate fits into a groove in the sole of the boot to keep the skier's foot from slipping off the ski.

Ski Clothing

Ski clothing is specially constructed to be extremely warm and waterproof. It should also fit snugly without restricting movement. Elasticized waist and cuff bands, snaps, and hook fasteners help keep snow from getting inside clothing. Most skiers dress in layers to create air pockets that trap heat. Alpine skiers generally wear warmer, heavier clothing than cross-country skiers because they produce less body heat while skiing. Alpine skiers normally wear thermal underwear, a turtleneck sweater, a parka,

insulated ski pants, waterproof gloves, a hat, and one pair of medium weight socks. Cross-country skiers dress in similar clothing, but wear ski-suits with looser pants that allow greater movement. They also wear clothes that can be removed easily. Both Alpine and cross-country skiers wear goggles or sunglasses to protect their eyes from the sun's rays and to allow them to see better in stormy weather.

Vocabulary and Speech Exercises

Ex. 1. Put these words in the correct box:

boots, poles, skis, underwear, ring, basket, turtleneck sweater, bindings, pants, gloves, point, hat, socks, goggles, shaft, grip, spring, ski suit.

Equipment	Clothing

Ex. 2. Say:

a) what material skis can be made of;
b) what material poles can be made of;
c) what purpose ski bindings can be used for;
d) what clothing Alpine skiers normally wear;
e) what clothes cross-country skiers wear.

Ex. 3. Name:

a) the parts of a cross-country ski;
b) the parts of a pole.

Ex. 4. Describe ski boots:

a) Alpine boots;
b) cross-country boots.

Ex. 5. Say what you know about:

a) skis;
b) ski poles;
c) ski boots;
d) ski bindings;
e) ski clothing.

Ex. 6. Say what advice would you give to a cross-country skier and an Alpine skier. Use the model:

Model: You should use the skis made of plastic.

1. _____ skis
2. _____ poles
3. _____ bindings
4. _____ clothes

Ex. 7. Retell the text. Use the following plan:

1. Ski equipment
2. Ski clothing

SKIING AS A SPORT

Task 6. Learn the following words and word combinations.

1. race *n, v*	гонка, стартовать
2. hemisphere *n*	полушарие
3. odd-number *n*	нечетное число
4. overcome *v*	преодолевать
5. evolve *v*	развивать
6. ascent *n*	подъем
7. descent *n*	спуск
8. flat *adj*	гладкий
9. checkpoint *n*	пункт контроля
10. pursuit *n*	персьют
11. referee *n*	судья
12. competition chief	главный судья
13. chief controller	контролер
14. referee at the start	судья на старте
15. chief at the course	судья на трассе
16. referee at the finish	судья на финише

Task 7. Read the text for full comprehension.

Skiing as a Sport

The World Cup is the most important amateur skiing championship. World Cup titles are awarded each year to the man and woman who have won the most points in a series of races. The races are held in various Northern Hemisphere countries from December to March. Skiers earn points depending on where they finish in each race. The skier who accumulates the most points is declared the World Cup champion.

Other major amateur competitions include the Alpine and Nordic events are the World Ski Championships and the Winter Olympic Games. The World Ski Championships are held every odd-numbered year. The Olympics are held every fourth year. The Federation International de Ski (FIS) governs all international amateur skiing competitions and also sponsors the World Ski Championships.

Most professional skiing competitions take place in Europe, Japan, or the United States. Professional skiers earn prize money for their finishes.

CROSS COUNTRY SKIING

Cross country skiing is a kind of ski racing when athletes try to overcome the distance in the fastest time possible. The development of the sport is vested by the International Ski Federation. Cross country among men only was included into the Olympic programme since the 1st Olympic Winter Games in Chamonix (1924).

There are 2 styles of cross country skiing, classical and freestyle, and both are on the Olympic programme. The sport is evolving, however, and every 4 years the styles alternate at the Winter Olympics for the various racers: classical, freestyle, pursuit and relay. A new event, the sprint, was added to the World Cup in 1995 and to the Olympic programme in 2002. A cross-country course must include equal portions of ascents, descents and flat areas. The easiest part must be in the middle. For courses of less than 30 km, the total climb must be between 600 and 900 m for women and between 900 and 1,200 m for men. For most races, the start order is drawn by lot and the competitors leave at 30 second intervals. Skiers must follow a set course that has a series of checkpoints. For individual races, the skies are marked before the start so that they cannot be changed during the race. Races are against the clock except the relays, the second part of the pursuit, and the sprint, in which the winner is the first to cross the finish line.

The Olympic Programme	**Олимпийская программа**
Men	**Мужчины**
2×15 km pursuit	гонка 2×15 км (персьют)
team sprint	командный спринт
15 km individual start	индивидуальная гонка на 15 км
4×10 km relay	эстафета 4×10 км
sprint 1,4–1,6 km	спринт 1,4–1,6 км
50 km mass start	гонка 50 км масс-старт
Women	**Женщины**
2×7,5 km pursuit	гонка 2×7,5 км (персьют)
team sprint	командный спринт
10 km interval start	гонка на 10 км
4×5 km relay	эстафета 4×5 км
sprint 1,2–1,3 km	спринт 1,2–1,3 км
30 km mass start	гонка 30 км масс-старт

Vocabulary and Speech Exercises

Ex. 1. Find Russian equivalents for the following English words and word combinations:

1. chief controller	1. командный спринт
2. ascent	2. эстафета
3. descent	3. преодолевать
4. vest	4. подъем
5. overcome	5. спуск
6. relay	6. руководить
7. team sprint	7. контролер
8. checkpoint	8. судья на трассе
9. chief of the course	9. пересекать
10. cross	10. пункт контроля

Ex. 2. Continue the list:

Styles of cross country skiing: freestyle, …
Races: classical, …
Cross country course: flat area, …
Competition officials: competition chief, …

Ex. 3. Replace the following Russian words and word combinations by their English equivalents from the text:

1. Лыжные гонки. 2. Спуск. 3. Подъем. 4. Судья на старте. 5. Главный судья. 6. Эстафета. 7. Командный спринт. 8. Преодолевать. 9. Гонка на 10 км. 10. Индивидуальная гонка. 11. Победитель. 12. Контролер.

Ex. 4. What would you tell the listeners about cross country skiing if you were:

- a coach;
- a racer;
- an official

Task 8. Learn the following words and word combinations:

1.	jumping hill	трамплин
2.	in-run *n*	разгон
3.	landing *n*	приземление
4.	utilization of the air pressure	использование атмосферного давления
5.	ski placing	положение лыж
6.	bended knees	согнутые колени
7.	in correct telemark position	в правильной позиции «Телемарк»
8.	evaluate *v*	оценивать
9.	steadiness *n*	устойчивость (в полете и приземлении)

Task 9. Read the text for full comprehension.

Ski Jumping

Ski jumping is a kind of sport in which skiers (men only) jump from the specially equipped jumping hills of different mightiness. The development of the sport is vested by the International Ski Federation. Ski jumping was included into the Olympic Winter Games in Chamonix (1924). 3 sets of medals are competed for at the Olympic Games. The sport was born in 19th century in Norway as one of the events at winter carnivals. It gained official recognition as a sport in 1892, with the creation of the King's Cup, which was awarded by the Norwegian royal family to the winner of the annual meet at Holmenkollen. It spread to North America, where its acceptance helped the sport expand worldwide. Recognized by the International Ski Federation, ski jumping was on the programme at the first Winter Olympics in 1924 at Chamonix, France, and today remains one of the most prestigious events for northern Europeans. Although there is no women's ski jumping at the Olympic level, women do compete in World Cup meets.

The Olympic Programme	Олимпийская программа
Individual ski-jumping contest from the hill HS-105	Личные соревнования в прыжках с трамплина HS-105
Individual ski-jumping contest from the hill HS-140	Личные соревнования в прыжках с трамплина HS-140
Team ski-jumping contest from the hill HS-140	Командные соревнования в прыжках с трамплина HS-140

How a Meet is Organized

Ski jumpers compete in 3 events: individual jumps on a large (120 m) and normal (90 m) hill, and a team competition on the large hill (120 m). In the individual events, each skier is allowed 2 jumps, and receives a score based on distance and style. For the first jump, the order of the skiers is determined by drawing names. For the second jump, the skier with the lowest score jumps first. The winner of the event is the skier with the highest score after 2 jumps.

The score is calculated by adding the points obtained for style and for distance.

Five judges award a maximum of 20 points for style, based on precision, control during takeoff, and the skier's position while in flight, on the landing, and while decelerating. Style points are deducted if a jumper falls. The skier's highest and lowest scores are not included in the final total.

The distance of a jump is measured from the takeoff point to the midpoint between the jumper's feet upon landing. A skier who reaches the hill's K point, and added on for landing past it. Each meter is worth 2 points on the 90 m hill, and 1.8 points on the 120 m hill.

The K Point

The K point marks the length of an ideal, theoretical jump. It represents the recommended landing point, which is used as a reference and is located where the slope begins to flatten out. The distance between the K point and the end of the ramp is 90 m on a normal hill, and 120 m on a large hill.

The Ski jumper gets the following points: distance points, style points, total points. Points are deducted for fall, fall on the in-run, fall at landing.

Judging criteria of flight:

- active utilization of the air pressure;
- optimal and stable body position with symmetrical skis placing;
- lags have to be fully stretched;
- maintaining balance of body and skis.

Judging criteria of landing:

- correct bended knees;
- equal pressure on both skis on their surface;
- positioning the legs in correct telemark position.

Judging of the ski jump:

- distance index;
- phase of a jump; flight;
- landing;
- in-run.

Jumping judge evaluates the range of jump according to the length of the flight, beginning of the flight, steadiness of the flight curve and the angle of the flight. Responsible for distance measuring are distance measuring officials. The main judge of the competition is chief of the competition.

Vocabulary and Speech Exercises

Ex. 1. Find Russian equivalents for the English words and word combinations:

1. ski jumping	1. трамплин
2. jumping hill	2. прыжки на лыжах с трамплина
3. in-run	3. полет
4. flight	4. разгон
5. landing	5. положение тела
6. body position	6. приземление
7. chief of the competition	7. общее количество очков
8. total points	8. положение лыж
9. evaluate	9. оценивать
10. ski placing	10. главный судья соревнований

Ex. 2. What would you tell the listeners about the ski jumping if you were:

- a ski jumper?
- a participant of the ski jumping competition?
- a coach in ski jumping?
- a spectator?

Ex. 3. How would you judge the ski jumping competition if you were:

- a chief of the competition;
- a distance measuring official;
- a jumping judge.

Ex. 4. If you were a participant of a ski competition:

- what points you would like to get;
- what points would be deducted;
- when you would be considered the winner;
- in what case you would be penalized.

Task 2. Learn the words and word combinations to the text “Nordic Combined”

1. trek *n*	большой переход
2. leg *n*	этап
3. points *n*	баллы, очки

4. racer, runner — гонщик
   - anchor racer — бегущий на последнем этапе
   - arriving racer — передающий эстафету
   - taking over racer — принимающий эстафету
5. to be permitted — быть разрешенным, дозволенным
6. groove *v* — желобок
7. timekeeper *n* — хронометрист
8. changeover *n* — перестройка, переключение
9. adjust *v* — приспосабливать
10. slope *n* — склон
11. extra *adj* — дополнительный
12. penalize *v* — штрафовать
13. "V" position — "V" позиция
14. absorb *v* — смягчать
15. impact *n* — толчок, удар
16. land *v* — приземляться
17. tower *n* — вышка
18. distance supervisor — пикетчик
19. starting judge — судья на старте
20. technical representative — технический делегат
21. determine *v* — определять
22. Gundersen formula — формула Гундерсена
23. convert *v* — превращать, конвертировать

Task 3. Read the text for full comprehension.

NORDIC COMBINED

Nordic combined is a kind of sport that includes ski jumping and skate style ski racing being held among men only. The development of this sport is vested by the International Ski Federation.

The sport was introduced in Norway in mid-19th century. Ski jumping and long cross country treks were part of the daily routine for military officers patrolling the borders of their vast land. In response to the age old dispute between ski jumpers and cross country skiers, each claiming that their sport was more demanding, a competition called "Nordic combined" was introduced.

Nordic combined was included into the Olympic programme since the Olympic Winter Games in Chamonix (1924).

Nowadays 3 sets of medals are competed for at the Olympic Games. World championships are held every year, and a team event was added at the 1988 Winter Olympics in Calgary.

The event is held over two days, with the jumping taking place on the first day. Each skier performs three jumps, and the two best results are counted. The cross country ski race is held on the second day. The individual race is 15 km long, and the team race consists of 4 legs of 5 km each. The winner of the Nordic combined event is the athlete with the best combined result for both events.

Individual Jumping

The competition is held on a 90 m jumping hill. Points are awarded for distance and technique, with the distance calculated according to the K Point, which is located 90 m from the end of the jump where the slope ends. A jumper who reaches the K Point earns 60 points, along with an additional 1.6 points for each extra meter. A jumper who does not reach this point is penalized 1.6 points for every meter that he falls short. Athletes normally jump with their skis in a "V" position, rather than parallel. A jumper can reach speeds of 80 km/h during the two second jump. The jumper bends his knees when he lands, in order to absorb an impact equivalent to three times of his weight. The distance is measured from the start line to the center point – between the skier's feet – at the time of landing. Five judges in the tower, 20 judges on the track, a distance supervisor, a starting judge, and a technical representative ensure that the event runs smoothly.

Individual Cross Country Skiing

The starting order for the 15 km individual cross country skiing event is determined by the results of the jumping competition using the Gundersen formula, which converts points earned during the event into seconds. This table has been used during major competitions since 1985, and allows spectators to easily follow the progress of the competition, since the frontrunner in the cross country ski race is also the leader entire competition. For example, if skier B is 1.5 points behind skier A after the jumping phase, he starts 10 seconds after skier A. All styles are permitted, although the majority of skiers use the "freestyle" or "skating step" style, instead of the classic skiing in the "grooves" style. Skiers are timed to the tenth of a second. A starting judge, who is assisted by 2 officials, a head timekeeper, and a team of between 2 and 10 timekeepers ensure that the race runs smoothly.

Team race

The team race takes place on a 20 km course, and each member of the team (2 or 4 skiers) skis either 5 or 10 km. Starting positions are determined by the points accumulated by each team during the jumping event, and team members change at the specific point. Physical contact is not necessary for the changeover.

All Nordic combined athletes have the characteristics required to practise both disciplines. Jumps require courage, concentration, coordination, and an excellent mastery of movements.

Cross country skiing requires stamina and strength, particularly in the legs.

Jumpers must have the ability to "feel" the wind, and to adjust according to its direction and strength.

The Olympic Programme	Олимпийская программа
1. Individual “Gundersen” contests (ski jumping HS-105 km + 10 km cross-country race)	Личные соревнования «Гундерсен» (прыжки с трамплина HS-105 + лыжная гонка 10 км)
2. Individual “Gundersen” contests (ski-jumping HS-140 + 10 km cross-country race)	Личные соревнования “Гундерсен“ (прыжки с трамплина HS-140 + лыжная гонка 10 км)
3. Team contests (ski-jumping HS-105 + 4×5 km relay race)	Командные соревнования (прыжки с трамплина HS-105 + эстафетная гонка)

Vocabulary and Speech Exercises

Ex. 1. Find Russian equivalents for the following word and word combinations:

1. timekeeper	1. лыжная гонка
2. jumping hill	2. разрешать
3. slope	3. большой переход
4. land	4. пикетчик
5. distance supervisor	5. определять
6. determine	6. превращать
7. convert	7. приземляться
8. trek	8. склон
9. ski racing	9. трамплин
10. permit	10. хронометрист

Ex. 2. Answer the following questions. If necessary look through the text again.

1. What kind of sport is Nordic combined?
2. How was “Nordic combined” introduced in sport?
3. When was Nordic combined included into the Olympic programme?
4. How many sets of medals are competed for at the Olympic Games?
5. How is the programmme of the competition built?
6. How are the results in jumping counted?
7. Who becomes the winner of the Nordic combined event?
8. Where is the individual jumping competition held?
9. Who of the jumpers earns 60 points and why?
10. How is the distance of the jump measured?
11. Who judges the competition?
12. How is the starting order for 15 km individual cross country skiing event determined?
13. How are the skiers in cross country skiing event timed?
14. What course does the team race take place on?
15. How are the starting positions determined in a team race?
16. What characteristics do all Nordic combined athletes require?

Ex. 3. Say:

- what characteristics you would require if you were a Nordic combined skier;
- how you would hold the event;
- how you would award the points for a jump if you were a judge;
- how you would determine the starting order for the 15 km individual cross country skiing event if you were a judge;
- how you would convert points into seconds if you were a judge;
- how you would time skiers if you were a head timekeeper;
- how you would determine the starting positions in a teamrace if you were a judge.

Ex. 4. Say how you would organize the Nordic combined competition if you were given the task.

Ex. 5. Reproduce the contents of the text as if you were:

- an athlete;
- a coach;
- a judge.

BIATHLON

Task 10. Learn the words and word combinations to the text "Biathlon".

1. shooting *n*, shot *n*	стрельба, выстрел
2. rifle:	винтовка
• small-caliber rifle	малокалиберная
• reserve	запасная
• loaded	заряженная
• damaged	поврежденная
• unloaded	разряженная
3. load *v*, to fill the magazine	заряжать винтовку
• unload *v*	разряжать
• reload *v*	перезаряжать
4. bullet *n*	патрон, пуля
5. firing line	линия стрельбы
6. target: *n*	мишень
• electronic	электронная
• metal	металлическая
• malfunctional	неисправная
• paper	бумажная
7. cartridge: *n*	патрон, заряд
• reserve	резервный
• blank	холостой
8. caliber *n*	калибр патрона

9. charger *n* — обойма для патронов
10. miss *n* — промах
11. shooting range — стрельбище
12. sear pin — стойка (позиция для стрельбы)
13. prone position — положение лежа
14. loop *n* — круг
    - penalty loop — штрафной круг
15. bib number — стартовый номер
16. aim *v* — целиться
17. referee: *n* — судья
    - competition chief — главный судья
    - referee on the line fire — судья на линии огня
    - referee on the start — судья на старте
    - referee on the course — судья на трассе
    - referee on the finish — судья на финише
18. timekeeper — хронометрист
19. ammunition — боеприпасы

Task 11. Read the text for full comprehension.

Biathlon

Biathlon is a combined sport of complex competitions which consists of cross-country skiing and small-caliber rifle shooting on several firing lines (in the lying and standing position). Since 1993 the development biathlon is vested by the International Biathlon Federation (IBU). Biathlon (men's events only) was included into the Olympic programme since the VIII Olympic Winter Games in Squaw-Valley (1960). Women made their debut at the XVI Olympic Winter Games in Albertville (1992). Nowadays 10 sets of medals: 5 sets among men and women respectively are competed for at the Olympic Games.

The Competition

Athletes ski a cross-country course against the clock, during which they stop to shoot at targets. In the shooting phases, athletes alternate between prone and standing positions and must use a limited number of bullets. Each missed target adds time penalties to the running time of the ski phase, which competitor must make up in different ways, depending on the race. The winner is the biathlete (or team) with the lowest total time. Individual races and sprints have staggered starts: the competitors succeed each other by an interval of 30 seconds or 1 minute in an order drawn by lot. In the relay the teams are composed of 4 biathletes: all first team members start together, finish their leg, and make a relay to the next teammate by touching him on the body or the riffle. In a pursuit race, the winner of the preceding sprint starts first and is followed by the other competitors at intervals equivalent to how far behind each was to the sprint winner.

Facilities

There is a shooting range with a penalty loop (150 m oval track), and a number of ski trail loops between the rangers. The total elevation on a 10 km course (men's sprint) must be 300 to 450 m on a 20 km course (men's individual), 600 to 750 m.

When they are skating, the athletes carry their rifle on the back.

Shooting Lanes

In races with a staggered start skiers can choose whichever lane they want. During group starts and in relays, the target number must correspond to the competitors bib number. For safety reasons, no competitor may handle his weapon until he has completely stopped and put his ski poles down; failure to do so will cause disqualification. In the standing position both skis must be on the shooting mat before the first shot is taken.

Equipment

The skis and poles are the same as those used for cross-country skiing. The 22-caliber rifle may be loaded with a magazine (5 bullets) or manually (extra bullets).

Technique

Whatever the shooting position, the biathlete must keep both skies on and can use no support. The main difficulty for the athlete is to slow his heart rate so that he can aim accurately. Each shot is made between 2 breaths to ensure maximum stability. Athletes try to gain time by limiting the number of breaths taken between each shot.

Shooting in Prone Position

The rifle may touch the hands, shoulder and cheek. The wrist of the supporting arm must be noticeably above the ground. The other arm may touch the ground for maximum of 10 cm between the elbow and the wrist. It takes 25–35 seconds to complete the shooting phase.

Shooting in Standing Position

As he approaches the shooting range, the athlete must slow down to rest his legs and arms before standing still to shoot. The rifle may touch the hands, cheek, shoulder and chest. It takes 30–35 seconds to complete the shooting phase.

On average 25 to 30 years old, biathletes are in exceptional physical condition: sprints (10 km) are run in 23 min and 20 km races in about 55 min. Because accuracy of shooting is linked to heart rate, they increase their speed of recovery by developing their endurance and respiratory capacity.

The Olympic Programme	**Олимпийская программа**
1. Sprint race	1. Гонка спринтерская
2. Pursuit	2. Гонка преследования
3. Mass start race	3. Гонка с массового старта
4. Relay race	4. Гонка эстафетная
5. Individual race	5. Гонка индивидуальная

Biathlon competition is judged by a competition chief, a referee on the finish fire, referee on the start, referee on the course, referee on the finish.

Vocabulary and Speech Exercises

Ex. 1. Find Russian equivalents for the following English words and word combinations.

1. rifle	1. боеприпасы
2. round	2. штрафной круг
3. penalty loop	3. ружье
4. ammunition	4. этап
5. start number	5. ожидание
6. anticipation	6. запасной патрон
7. reserve ammunition	7. стартовый номер
8. magazine	8. промах
9. missed target	9. коридор
10. firing lane	10. магазинная коробка

Ex. 2. Find English equivalents for the following Russian words and word combinations:

1. продолжать гонку	1. penalty loop
2. штрафной круг	2. to take up the race
3. этап	3. shot
4. нагрудный номер	4. firing lane
5. коридор	5. bib
6. выстрел	6. reserve ammunition
7. запасной патрон	7. round
8. ружье	8. anticipation
9. ожидание	9. magazine
10. магазинная коробка	10. rifle

Ex. 3. Read and translate into Russian the following word combinations:

individual competition, firing session, prone position, standing position, firing lane, target, be penalized, to hit a target, cross-country skiing time, sprint competition, to cover a distance, starting line, approximately 23 seconds, penalty loop, to shoot without missing any targets, relay competition, unsupported rifle, accurately, mass start race, pursuit race, bullet.

Ex. 4. Say what you know about:

a) the biathlon competitions;
b) the individual competition;
c) the sprint race;
d) the relay race;
e) pursuit.

Ex. 5. What would you tell the listeners about biathlon if you were:

- a biathlete;
- a coach in biathlon;
- as a fan of biathlon.

Task 12. Read the text without the help of a dictionary and try to answer the following questions:

a) What do you know about Nadezhda Skardino?
b) What place did N. Scardino take after 10 km race?
c) What happened to her after the first shoot in prone position?
d) When was she obliged to make two penalty loops?
e) Did she manage to outstrip her rivals?
f) Who congratulated her on her victory?
g) What was said to her by the President?

First Medal of the Season and – Gold

Nadezhda Skardino becomes European champion after winning pursuit race.

After 10 km, the current leader of the Belarussian national biathlon team was in the fifth place, 38 seconds behind the leader, Nadine Horchler of Germany. However, everything changed after the first shoot in prone position, when Skardino hit every target, while her rivals were obliged to perform penalty loops. During the second prone shoot and the first from a standing position, Nadezhda again hit every target perfectly and pulled into the lead by 43 seconds.

At the final shooting in prone position, Belarusian fans were on the edge of their seats, as Skardino was obliged to make two penalty loops. However, despite the extra 300m, Nadezhda managed to outstrip her rivals and finish first. Silver went to Karolin Horchler of Germany and bronze to Norwegian Ingrid Tandrevold.

The President of Belarus, Alexander Lukashenko, has congratulated Nadezhda Skardino on her victory, saying, “Many fans of the Belarusian biathlon team were looking forward to the victory. I hope that your success will inspire our athletes to have confidence in their powers before the World Championship begins”.

Task 13. Learn these words and word combinations:

1. gate:	ворота
• control	контрольные
• delayed	косые
• hairpin	двойные («шпилька»)
• flush	тройные («змейка»)
2. ski through the gates	проходить ворота
3. miss the gate	пропустить ворота
4. downhill skier	горнолыжник
5. fall, crash *n*	падение
6. ski-lift *n*	подъемник

7. safety net *n*	сетка защитная
8. slalom (special slalom):	слалом
• giant slalom	гигантский
• parallel slalom	параллельный
• Super G	супергигантский
9. Alpine skiing combined	горнолыжное двоеборье (официальное наименование – альпийская комбинация)

Task 14. Read the text for full comprehension.

ALPINE SKIING

Alpine skiing is a kind of sport which means sliding down mountains on special skis. The sport includes ten events: slalom, giant slalom, super giant slalom, downhill and combined ("Alpine skiing combined" in full) which consists of slalom and downhill.

The fastest and most thrilling of all alpine events is the Downhill. The vertical drop is 800–1100 m for men, 500–800 m for women. To finish in good time, the skier needs strength, agility, endurance, courage, and quick judgment. Speeds during competition by top athletes have been recorded at over 130 km/h.

The slalom challenges skill in high-speed turning. The course is marked by numbered gates that each competitor must pass through in proper order. The gates are set so that the races must make many turns, skiing in a zigzag fashion. The men's course has a vertical drop of 140 to 220 meters and 55 to 75 gates. The women's course drops 120 to 180 meters and has 45 to 60 gates. The gates are at intervals of 0.75 to 15 meters.

The giant slalom is a test of high-speed traversing. It combines elements of both the downhill race and the slalom. The men's course has a vertical drop of 250 to 400 meters. The women's course drops 250 to 350 meters. Both courses must have 30 or more gates set at least 5 metres apart.

The super giant slalom is a cross between the downhill race and the giant slalom. The men's course has a vertical drop of 500 to 650 meters and 35 to 65 gates. The women's course drops 350 to 500 meters and has 30 to 50 gates. The gates are placed at intervals of 15 to 25 meters.

Combined competitions consist of a downhill race and a slalom. The two events are always held in the same location, but often take place on different day.

All events involve timed races with staggered starts, where competitors ski down the hill one at a time, following the pre-established course and attempting to cross the finish line in the fastest time possible. Leaving the course results in disqualification. The four events are classified into three categories:

1. Speed events, which involving a single run, include the downhill – a test of pure speed – and The Super-S (super giant slalom) – a speed event run on a shorter course and involving more gates.

2. Technical events, which include the giant slalom (or giant) and the slalom (or special slalom). These are skied in two runs, and the final ranking is determined by adding the time.

3. Combined events, which involve obtaining an overall result for several events (usually a downhill and a slalom).

The origin of skiing has been attributed to the Scandinavians, and date back around 4,500 years. Before becoming a popular pastime, skiing was an economical and effective means of transportation that was perfectly suited to the climates and mountainous terrain of the Nordic countries. Skiing was apparently developed as a sport in the first half of the 18th century in Norway. In 1888, Norwegian explorer Fridtjof Nansen's journey on Nordic skis to Greenland inspired French, Swiss, German and Austrian mountaineers, who imported skis from Scandinavia and expanded the sport's popularity in their respective countries. However, Nordic skiing techniques did not work on mountainous terrain, so by the end of the 19th century, they were adopted to the Alps, giving birth to Alpine skiing. The International Ski Federation (FIS) was founded in 1924, and in 1931 it started organizing Alpine skiing competitions. In 1936 combined (downhill and slalom) was introduced at the Olympic Winter Games for men and women, and in 1948 in Chamonix, downhill and slalom were admitted to the Games as separate events. Giant slalom appeared for the first time in the Oslo Games in 1952 (men and women), and Super Giant slalom for men and women was included in the Olympics for the first time in Calgary, in 1988. The annual World Cup created in 1967, includes approximately 20 events. Every second year the top skiers in the world compete in the World championships.

The Olympic Programme	**Олимпийская программа**
giant slalom	гигантский слалом
slalom	слалом
Super G	супергигантский слалом
super combined	суперкомбинация
downhill	скоростной спуск

The first Olympic champions in Alpine skiing are the representatives of Germany. Franz Pfniir – among men and Cristi Cranz – among women. The greatest number of the Olympic gold medals in Alpine skiing among men (4) was won by Rjetil Andre Aamodt of Norway (1992 – in super giant slalom, 2002 – in super giant slalom and Alpine skiing combined, 2006 – in super giant slalom).

The greatest number of the gold Olympic awards among women (4) won the athlete from Croatia Janica Kostelic (three in 2002 in slalom, giant slalom and Alpine skiing combined, in 2006 – in Alpine skiing combined).

Vocabulary and Speech Exercises

Ex. 1. Find Russian equivalents for the following English words and word combinations.

1. downhill skier	1. проходить ворота
2. Super G	2. защитная сетка
3. Alpine skiing combined	3. подъемник
4. giant slalom	4. пропустить ворота
5. control gate	5. горнолыжник

6. hairpin gate	6. супергигантский слалом
7. ski through the gates	7. альпийская комбинация
8. miss the gate	8. гигантский слалом
9. ski-lift	9. контрольные ворота
10. safety net	10. двойные ворота

Ex. 2. Read and translate into Russian the following word combinations:

Alpine skiing combined, parallel slalom, giant slalom, downhill skier, Alpine event, quick judgment, staggered start, overall result, means of transportation, mountainous terrain, dangerous areas, to reduce the speed, high-speed turning, proper order, zigzag fashion, vertical drop, high-speed traversing, 5 meters apart, miss the gate, ski lift.

Ex. 3. Answer the following questions. If necessary, look through the text again:

1. What kind of sport is Alpine skiing?
2. What does the sport include?
3. When was skiing apparently developed as a sport?
4. When and how was Alpine skiing born?
5. What is the Olympic Alpine skiing programme?
6. Who were the first Olympic Alpine skiing champions?
7. Who has the greatest number of the Olympic gold medals in Alpine skiing?

Ex. 4. Say:

- what you would tell the listeners about Alpine skiing;
- how you would describe the downhill race;
- how you would describe the giant slalom.

Ex. 5. Say:

- what advice you would give your sportsmen as their Alpine skiing coach.

Task 15. Learn the following words and word combinations

1.	prowess *n*	отвага
2.	stunt *n*	остановка, задержка
3.	chief of scoring	руководитель подсчета очков
4.	manoeuvres *n*	маневры, трюки
5.	aerial manoeuvres:	акробатические трюки
6.	upright *adj*	прямые
7.	inverted *adj*	сальтовые
8.	multiple *adj*	множественные
9.	strait rotation *n*	оборот прямой
10.	rotation *n*	вращение
11.	estimation *n*	оценка
12.	performance technique	техника выполнения
13.	estimation	оценка техники выполнения
14.	pushing off estimation	оценка отталкивания
15.	touch-down estimation	оценка приземления

16. jump estimation — оценка прыжка (в целом)
17. air *n* — полет
18. moguls *n* — кочки
19. ramps (kickers) — уклоны, скаты

Task 16. Read the text for full comprehension

FREESTYLE

Freestyle is an Alpine ski-around sport including: mogul skiing (an athlete descends along the bumpy course with an inclination of 27°; it should be mentioned that the descent is complicated by executing of jumps); aerial acrobatics (during the springs from the special ski jump, an athlete performs a series of different acrobatic elements). Aerial is the most dramatic type of freestyle skiing, resembles diving performed on skies. Aerial skiers ski down a steep hill and leap off a sharp platform performing spins, flips, and other manoeuvres before landing. They are judged both on the difficulty of the stunt performed and on how well they execute it. Ski-cross (four athletes oppose each other during the descent along the special course complicated by ski jumps and turns trying to outrun their rivals and win). The development of freestyle is vested by the International Ski Federation (FIS). Freestyle was included into the Olympic programme since the XVI Winter Olympic in Albertville (1992).

Nowadays 6 sets of medals: 3 sets among men and women respectively are competed for at the Olympic Games.

The freestyle skiing events closely combine artistry and athletic prowess to produce spectacular results. In 1905, in Austria, a gymnast named Mathias Zdarsky tried some ballet steps while on skis. Stein Eriksen of Norway began performing aerial stunts at ski shows around 1952. However, it was only in 1970 that "Hot-Dog" skiing, which combined moguls, jumps and ballet, was born in the ski hills of California. Darryl Bowie, John Johnston, and Michel Daigle are credited with having invented the style. Following the first European Cup in 1973, 12 countries organized an international circuit and the International Ski Federation (FIS) recognized it as a sport in 1979. The first World Cup competition was held in 1981 and FIS sanctioned World Championship was held at Tignes, France, in 1985. The moguls competition made its Olympic debut at the 1992 Albertville Games, and aerials followed at the 1994 Games in Lillehammer, Norway.

The Olympic Programme	**Олимпийская программа**
aerials (men, women)	лыжная акробатика (мужчины, женщины)
moguls (men, women)	могул (мужчины, женщины)
ski cross (men, women)	ски-кросс (мужчины, женщины)

Mogul Competition

The moguls event is held on a straight, steep slope covered with moguls, which the skiers must negotiate while descending as fast as possible. The course also contains

two ramps, known as kickers. The skiers perform jumps from these kickers as part of the event. The two jumps must be taken from different categories. Singles competitions consist of one qualifying round and the finals. In dual moguls (a World Championship and World Cup event), two skiers descend at the same time. The winner, determined according to the same rules used in singles event, qualifies for the next round. Subsequent elimination rounds determine the winner.

At the XVI Winter Olympics in Albertville, according to the Olympic programme of freestyle, men and women competed only in mogul. Edgar Gospiron (France) and Donna Wanebreht (the USA) became the first Olympic champions in this kind of sport.

At the Olympic Winter Games in Lillehammer freestyle programme was extended. Ski acrobatics was added to mogul and since the XXI Winter Olympic Games in Vancouver it is ski-cross.

Now there are still no two-time Olympic champions in freestyle neither men nor women.

Vocabulary and Speech Exercises

Ex. 1. Find Russian equivalents for the English words and word combinations.

1. rotation	1. оценка техники выполнения
2. pushing off estimation	2. лыжная акробатика
3. performance technique	3. кочки
4. aerials	4. оценка приземления
5. moguls	5. оценка отталкивания
6. touch-down estimation	6. вращение
7. jump estimation	7. полет
8. air	8. акробатические элементы
9. aerial manoeuvres	9. оборот прямой
10. spin	10. оценка прыжка

Ex. 2. What would you tell the listeners about freestyle if you were:

- a freestyle skier;
- the chief of scoring;
- the coach.

Ex. 3. Say:

- what advice you would give your sportsmen being their coach in aerial;
- how you would describe the aerial competition;
- how you would describe the mogul competition.

Task 17. Get some information about snowboarding.

SNOWBOARDING

Snowboarding is an extreme sport in which an athlete standing on a special board performs the descent along the course located on a slope or a mountain that is covered

with snow or performs different elements in a special construction having half-oval shape. The development of snowboarding is vested by the International Ski Federation. Snowboarding was included into the Olympic programme since the XVII Olympic Winter Games in Nogano (1998). 6 sets of medals: 3 sets among men and women respectively are competed for at the Olympic Games.

The greatest number of the Olympic gold medals (two) was won by Philipp Schoch of Switzerland. Both medals were won in Parallel Giant Slalom Final at the 2002 and at the 2006 Winter Olympics. There are no two-time champions in snowboarding among women yet.

The sport first emerged in the 1960s, when Sherwin Popper, an American, had the idea of attaching two skis together. The first official competition was held in Leadville, Colorado, in 1981, and the International Snowboard Association (ISA) was created in 1989, before becoming the International Snowboard Federation in 1991. In 1995, the IOC decided to make snowboarding an Olympic sport and, despite the existence of the ISF, the responsibility for regulating this new sport was entrusted the International Ski Federation. The ISF organized the first World Championship in 1992 and the first World Cup Series in 1994. Competitions are open to both men and women.

List of Events

There are 4 types of events: freestyle, alpine, freeride, and boardercross. The men's and women's half pipe competition and the men's and women's giant slalom events were featured at the Nagano games. The parallel giant slalom and half pipe were included in the 2002 Olympic Games in Salt Lake City. In freestyle, or acrobatic snowboarding, riders perform spectacular acrobatic manoeuvres inside special snow ramps called half pipes. Alpine snowboarding, which resembles downhill skiing, includes slalom, giant slalom, and parallel, or duel, slalom events. Boarders race against the clock, which requires extensive physical and mental preparation. Freeride is practiced off course, and involves adapting one's style to the environment. In boardercross, boarders start in groups of 4 or 6 on a course that includes moguls, raised turns, and jumps.

How a Half Pipe Competition is Organized

The half pipe event is accompanied by music, and the boarder must execute acrobatic manoeuvres (jumps, twists, and aerial manoeuvres) while going down the half pipe, alternating from one side to the other. Four to six judges, along with one head judge, award each boarder a score out of 10, taking into consideration the following criteria: non-rotation manoeuvres, rotation manoeuvres, height, and overall performance.

HISTORY

Task 18. Read and learn the following words and word combinations:

1.	Stone Age	каменный век
2.	peat bog	торфяное болото
3.	Sub-Arctic *adj*	предполярный, субарктический

4. pelt *n* — шкура, кожа
5. clogging *n* — трудность (затруднение) передвижения
6. elk *n* — лось
7. precede *v* — предшествовать
8. subsequent *adj* — последующий
9. drag *v* — тащить, тянуть
10. load *n* — груз
11. persist *v* — продолжать существовать
12. persistent *adj* — устойчивый, постоянный
13. snow-shoes *n* — снегоступы
14. enable *v* — давать возможность
15. undulating *adj* — холмистый, волнистый
16. practicable *adj* — удобный, практичный
17. romance *n* — рыцарский роман
18. evolve *v* — развиваться, эволюционировать
19. contrivance *n* — приспособление (металлическое)
20. penetrate *v* — проникать
21. isolated *adj* — обособленный
22. fanciful *adj* — фантастический
23. destine *v* — предназначать
24. formative *adj* — созидательный
25. standstill *n* — застой
26. gourd *n* — бутылка из тыквы
27. spill *v* — расплескивать, разбрызгивать

Task 19. Read the text "History" as fluently as you can and try to grasp its main idea:

HISTORY

Skiing began, thousands of years ago in northern Europe and Asia. Organized competitive skiing began in the nineteenth century, but skiing as a means of getting from place to place on snow began before the third millennium BC[1] as crude rock engravings in Norway and Russia testify[2]. A dozen skis of the Stone Age have been found in the peat bogs of Scandinavia and Finland. The oldest, 10 m long and 20 cm broad was found at Holing, Sweden, and is dated by pollen analysis at 2500 BC. But early man had arrived in Sub-Arctic regions long before this and devised snow-boards to help him in hunting game. The Hoting ski is of this type, short and broad, and similar boards are still used in Siberia. The underside is sometimes covered with animal pelt, which reduces clogging and prevents back-slipping.

In northern Europe longer and narrower skis were developed for faster sliding over all types of snow, whether soft, hard, or icy. Rock drawings at Rodoy, Tjotta, in northern Norway, show long skis on two men hunting elks. A pair of skis found at Kalvtrask, Finland, dated at 2000 BC, are over 2 m long. The people who used them preceded the main migrations into Scandinavia and Finland from the south and east, but through

subsequent population changes these two main types of ski persisted. Frequently the long ski would be used on one foot and the short broad one on the other, demanding a quite different technique. The broad Arctic type was the most useful for dragging loads, resembling the Eskimo snow-shoes used in Canada (the Eskimo had no wood and therefore did not invent a ski). The eastern, or 0sterdal skis, one long and one short, enabled the skier to move over undulating ground with a kind of skating motion with the help of a single long pole. On mountainous ground the long, narrow Nordic skis were more practicable, and from these the modern downhill skis have evolved.

The first recorded written references to skiing are by Chinese historians of the T'ang Dynasty from the seventh to the tenth centuries AD, who refer to their northen neighbours as "Turks who ride horses of wood". Herodotus, the Greek historian, writes of Abaris the Hyperborean "who is said to have gone on his arrow all round the world without once easing". The legend of men with "horses feet" is the most persistent. The term hippopodes (horse-footed) is used by the Romans, who also talk of skridfinns or skrikfinns, names used by Germanic tribes to describe the non-Germanic peoples of the north, both Lapps and Finns. Paulus Diaconus, a Lombard writing in Latin in the eighth century, explained the word as skrika, to leap: "They hunt wild animals by leaping forward using contrivances of wood curved like a bow".

An English map of 1280 in Hereford Cathedral shows a man on skis or skates in Norway and a horse-footed man in China. The Norse sagas contain a number of references to skiing, and the Norsemen who penetrated the British Isles brought their skis and techniques with them. Skiing was well known in northern Scotland and in use in Devonshire in the 16th century. Weardale miners went to work on "skees" in the seventeenth century and were doing so until the Industrial Revolution brought roads and railways to isolated areas of Britain.

The first printed books with illustrations of skiing were published in the 16th century. The records and drawings were often fanciful, but two of the best-documented relate to turning-points in Norwegian and Swedish history where skiers played an important role. In 1205 the two-year-old Haaken, who was destined to be Norway's greatest formative leader, was rescued by skiers of the Birkenbeiner group. Another romance surrounded the founding of the present Kingdom of Sweden by Gustav Vasa, and this, too, is celebrated by a race, the vasalop, a 90 km (56 mile) mass-start event which has been run since 1922, commemorating an incident which took place in 1520.

In the fifteenth and sixteenth centuries there are numerous references to military campaigns by Finns, Norwegians, Swedes, and Russians involving ski troops. In this period very long skis, some up to 12 ft. (3.66 m), were used, but more commonly a short fur-soled ski was used for pushing and a longer bare-soled ski on the other foot for sliding. There is no reference to skiing in Central Europe, other than a description by Francesco Megro, of Ravenna, in 1663/5, of an attempt to ski in the course of a northern journey. He is the first to describe in print a swing to a standstill. Otherwise there is no whisper of skiing in Switzerland, Austria, France, or Italy until it was introduced by the British middle class, expanding their opportunities for leisure and travel after the Industrial Revolution, and by Scandinavian visitors.

The steeper, more broken Alpine mountains were unsuited to the type of ski evolved in Russia and Scandinavia, nor did tribes who used these skis penetrate Central Europe. The inhabitants of the Alps thus grew up to accept immobility during the winter months. In Britain, where there was far less snow, Viking influences had created a mild tradition of snowcraft, and this was to be of considerable significance in the establishment of skiing as a sport and recreation during the nineteenth and twentieth centuries.

After 1800 there were increasing references to skiing as an enjoyment rather than a means of locomotion, especially in southern Norway. The people of Osterdal, north of Christiania (Oslo), produced a local hero, Trysil Knud, who in the course of a schuss, a straight downhill run, would pick up pieces of clothing, change his clothes, or carry a gourd of beer without spilling it. Norwegians introduced skiing to the United States. Gullik Knedsen and the brothers Ole and Ansten Nattestad from Numedal emigrated to Illinois, and used skis on the Rock Prairie at Beloit, near Chicago, in 1841. Their letters home encouraged Thorensent to emigrate and the legend of "Snowshoe Thompson" was born.

Notes:

1. Before the third millennium BC – до 3-го тысячелетия до нашей эры

2. As crude rock engravings in Norway and Russia testify – как свидетельствуют наскальные изображения в Норвегии и России

Assignments

1. Reread paragraph I and say what it is about. Entitle the paragraph. From the list below choose the heading which suits its theme best:

1. The Stone Age skis. 2. Snow-boards. 3. The Holing ski. 4. The origin of skiing.

2. Which is the most important sentence expressing the main idea of paragraph 1. It may be called "the key sentence" (summarizing the information contained in the whole paragraph). Find the key sentence of paragraph 1.

3. Reread paragraph 2. What heading can you give to paragraph 2? Which suits best, in your opinion: a) Dowhill skis; b) Ancient skis; c) Snow-shoes; d) Arctic skis; e) Osterdal skis.

4. Reread paragraphs 4 and 5. What word (or word combination) is repeated in both paragraphs? It may be called the key word as the most important one for the cements. We may use it as the heading of the paragraphs.

5. Reread paragraph 6. It is about the significance of skiers in Norwegian, and Swidish history. Find the word which explains the significance.

6. Give some information:

a) about the origin of skiing; b) ancient skis; c) the first recorded written references to skiing; d) references to skiing as an enjoyment.

Task 20. Read and retell this story. Answer the questions given below.

BIRKENBEINERLAUF

Birkenbeinerlauf is a ski race instituted[1] in 1932 by the Norwegian Ski Association to celebrate the rescue[2] in 1205 of the two-year-old Haaken by the Birkenbeiner, a group who remained loyal[3] to the king and his child.

Two men rescued the child from the rebel[4] Baglern and brought him across the deep snow of the Dovre mountains. Haaken grew up and became one of the Norway's great leaders. The race starts at Lillehammer and ends at Rena, or vice versa[5], and is 57 km (35 miles) long. It is run annually in February or March, depending[6] on conditions.

Notes:

1. To institute – вводить, устанавливать.
2. Rescue – спасение.
3. Loyal – преданный.
4. Rebel – восставший.
5. Vice versa – наоборот.
6. Depend – зависеть.

Questions

1. What race was instituted by the Norwegian Ski Association in 1932?
2. Whose memory was the Birkenbeinerlauf instituted in?
3. What body was the Birkenbeinerlauf instituted by?
4. Who rescued Haaken?
5. How old was Haaken on the day of his rescue?
6. How was Haaken rescued?
7. What did Haaken become when he grew up?
8. Where does the Birkenbeinerlauf start?
9. When is it annually run?
10. What does the time of race depend on?

Task 21. Read the text. Summarize the contents of the text in two or three sentences. Use the expressions: the author deals with ..., some paragraphs are devoted to …, the author emphasizes … .

DO YOU KNOW THAT ...

At the foot of the Holmenkollen hill in the Norwegian capital Oslo there is a unique museum of skis. The museum boasts the most ancient ski in the world, which was found in the South of Norway in 1923. Specialists believe that it is 25 centuries old. Among the exhibits there are ten centures old skis; wide, covered with pell Siberian skis and short hunters' skis used in America and Canada; last century Norwegian and the world longest 3.76 m skis.

The museum also boasts of the skis of Roald Amundsem, the famous explorer of the South Pole, who in 1910–1912 skied almost three thousand kilometres in the Antarctic.

The Russian state university of physical culture, sports, youth and tourism and sports has a small room at the Ski department. It houses a museum of the history of skiing in Russia. Among the exhibits there are the skis of the first champion of Russia P. Bychkov and the first Soviet world champion V. Kuzin.

There is a ski museum in Finland as well. It was opened not so long ago, but it has all types of skis showing the world history of skiing.

Be it as it were, the Holmenkollen museum is the only genuine museum of skis in the world.

From the History of Modern Skiing

Task 22. Learn the words:

1. root *n*	корень
2. prize *n*	приз (денежный)
3. confine *v*	придерживаться, ограничиваться
4. epochmaking *adj*	эпохальный
5. expose *v*	демонстрировать, выставлять
6. acknowledge *v*	признавать
7. tow *n*	трос, канат, буксировка
8. immence *adj*	огромный, обширный
9. mountain-dweller *n*	житель, обитатель горной местности
10. bewilder *v*	ставить в тупик

***Task* 23**. Look through the text and say whether it covers all the stages of modern skiing. Point out the people who made a great contribution to the development of modern skiing. Find out what published papers are on modern skiing.

FROM THE HISTORY OF MODERN SKIING

The development of modern skiing began about 1850, when a Norwegian named Sondre Nordheim invented the first stiff bindings. Nordheim made his bindings by tying twisted pieces of wet birch roots around his boots. As the roots dried, they became stiff. The bindings held the skis more securely than leather straps did and so provided the skier with greater control. With his improved bindings, Nordheim developed new turning manoeuvres.

The successful innovator was a farmer's son named Nordheim from Morgedal, in the Telemark region of southern Norway. In 1840 he had discovered the possibility of landing from a jump not on the flat but on a steep slope, so he can first be credited with the invention of modern ski jumping. His various experiments convinced him of the need to keep the heels firmly on the skis. Previously only a loose leather strap was used, which made it almost impossible to turn the skis by means of up and down weight movements. Nordheim soaked thin birch roots in hot water to make them flexible and bound heel and instep firmly to the ski. No less importantly he evolved a ski not much different in shape from a modern ski.

In 1866 the first ski races were held in the vicinity of Cristiania (now Oslo), at Iverslokken, when Baekken, of Honefoss, won a purse for beating officers and students over a course with several small jumps. In 1867 the first American ski club, the Alturas Snow-shoe Club, was formed at Laport, California, and in many parts of the USA. Norwegian immigrants and visitors began to expand the pastime. In 1868 the Telemark skiers skied 200 km (124 miles) to Christiania and, in the face of some scepticism, demonstrated their skills, and for the next 20 years dominated Norwegian competition.

In 1879 the brothers Torjus and Mikkel Hemmestveit, taught to ski by Nordheim,

opened the first ski school in the world, while in the same year the first Swedish ski club, Stockholms Skidlopareclub, was formed, and the first important ski events in Finland took place at Tyrnava Angesleva.

In 1883 the Norwegian Ski Association was formed – the first national body in existence. In the same year, at Huseby, Norway, Langrenn, or cross-country racing, and jumping were separated for competition purposes, though prizes were given for the combined result, the Nordic combination. Specialization in each discipline improved performance, but the combination preserved the traditional link between the two, and until the 1930s only the winner of it could become national champion in the Scandinavian countries and Finland. This has remained the shape of Nordic competition until the present day.

Nordheim's achievements meant that skiing, previously confined to gentle slopes, could be practised on almost any snowcovered ground. But it required an epochmaking journey, the first traverse of southern Greenland by the Norwegian explorer, Nansen, and his detailed account of it, to fire the imagination of Norwegians, and then Germans, Swiss, and British, as to the possibilities of skiing. Nansen's trek took place in 1888, and his book "Paa ski over Gronland" was translated into English and German in 1891. Skis began to be imported in large quantities into Central Europe from Norway, the first laminated skis among them, and ski clubs were formed in Munich, Todtnau, Vienna, and Murzzuschlag.

The British were particularly active in Switzerland. In 1888 Col. Napier took a pair of skis to Davos; Fox became the first to ski in Grindelwald in 1891; and Sir Arthur Conan Doyle skied from Davos to Arosa in 1894 and wrote about it in the Strand magazine. Soon a war of words began over the need for differing techniques, for not only were the Alpine slopes much steeper and more dangerous; even the snow was different. From October to April the Alps are exposed to much greater temperature changes than the Norwegian mountains, and the depth of snow can be much greater and the consistency extremely varied. Newly-fallen snow in the Alps, it was observed, quickly changed to deep and heavy powder.

In 1896, Mathias Zdarsky from Austria introduced the technique of pushing one ski at an angle to the fall line to control speed.

Zdarsky, who is now generally acknowledged as the father of Alpine skiing, published his "Liliefelder Schilauf-Technik", analysing the stem turn and its use in the Alpine. An Austrian army officer, he set up a military ski school at Lilienfeld and until 1910 taught stemming, stem christianias, and telemarks. In the same period, a group of Englishmen led to the brothers E.G. and C.W. Richardson and Caulfield, experimented with techniques, linking the telemark and the Lilienfeld and improving on them. In 1910 Caulfield produced a book "How to Ski", which analysed ski dynamics clearly for the first time explaining and illustrating unweighting, counter-rotation and parallel swings. He insisted on the practical value of good style, and his rejection of the single-stick method of turning and braking spelt the end of this style.

During the early 1900s, Hannes Schneider, who lived in the Arlberg region of Austria, developed new stopping and turning manoeuvres based on Zdarsky's technique.

Schneider organized these manoeuvres into the first formal method of ski instruction. It became known as the Arlberg technique. This technique forms the basis of most modern skiing techniques.

The First World War interrupted the natural evolution of the sport.

After the war, Arnold Lunn, dissatisfied with downhill as a test of all the qualities needed in skiing, and rejecting style as being only a means to an end, introduced the modern slalom. The British Ski Championship of January 6 and 7, 1921, at Scheidegg, Switzerland, was the first to be decided on downhill, and slalom was introduced as a separate competition in the championships at Mürren in 1923. In the same year the Ladies' Ski Club was formed at Mürren, the first in the world for women. In 1924 the Federation Internationale de Ski (FIS) was formed, with Kolmquist of Sweden as the first president. Later that year the Swiss University Ski Club (Der Schweizerische Akademische Ski Club) was founded, inspired chiefly by Amstutz. The collaboration of Lunn and Amstutz, and the Kandahar Ski Club and the SAS, at Mürren, gave Alpine skiing form and substance. The first international open downhill and slalom competition was held in 1924, the downhill being from Scheidegg to Grindelwald, and the slalom at Murren. The winner was A. Gertsch, of Wengen. In 1924, Nordic competitions were included in the first Winter Olympic Games.

The competitions now called the World Ski Championships began in 1925. In 1936 Alpine events became part of the Winter Olympics.

The invention of ski lifts during the early 1930s led more and more people to take up recreational skiing. In order to accommodate the increasing number of skiers, many ski areas and resorts were expanded or developed. Chair-lifts, cabin-lifts, and tows of all descriptions – T-bar, belt, and "soup-plate" – opened up immense areas of the Alps. Skiing, instead of being a sport for mountain-dweller or for the privileged few, became mass recreation, in the USA as well as in Europe, helped on by cheap transport and the package holiday.

Skiing techniques changed, sometimes with bewildering rapidity. Skiing began a new boom. Winners of international competitions attracted increasing publicity. The big star of the 1950s was Toni Sailer of Austria – winner of three gold medals in the 1956 Olympics. The superstar of the 1960s was Claude Killy. He won the World Cup in 1967 and 1968 and three gold medals in the 1968 Olympics.

In recent years, the publicity that has been given to skiing champions and the coverage of ski competitions on television and in the press has stimulated interest in recreational skiing.

Assignments

1. Divide the text into fragments in accordance with their contents. Entitle each fragment.

2. Using the material of paragraphs and your own knowledge of the history of modern skiing, answer the following questions:

1. When did the development of modern skiing begin? 2. Who became the successful

innovator of modern skiing? 3. What did Sondre Nordheim invent? 4. When were the first ski races held? 5. Who became the first prize winner? 6. When and where was the first ski school opened? 7. When was the Norwegian Ski Association formed? 8. Who traversed Greenland on skis for the first time? 9. What book was written by Nansen after his trek? 10. Who is acknowledged as the father of Alpine skiing? 11. What book was published by Mathias Zdarsky? 12. Who analysed ski dynamics for the first time? 13. Who was the founder of the Arlberg technique? 14. Who introduced the modern slalom? 15. When was FIS formed? 16. When did the World Ski Championships begin? 17. When were the ski lifts invented? 18. When did skiing become a mass recreation?

3. Give the main points of the history of modern skiing.

4. Write an annotation of the text.

5. Read and retell the story. Answer the questions given below.

SKI RACING: A BRITISH INVENTION?

It is perhaps surprising, but it was an Englishman, a certain Arnold Lunn, who laid the basis of the modern sport of skiing. Via[1] his father, Sir Henry Lunn, who was involved in the organization of holidays to Switzerland for the well-off[2] Brits, he came in contact with skiing. In 1911 he organized the first real downhill ski competition in Montana: the Roberts of Kandahar-race. At this time skiing was mainly a Norwegian activity and was done "over land" and not in a race down mountain slopes, which was considered too dangerous.

In 1922 Lunn added variety to downhill racing: he set a test of skilled turning at speed, using the Norwegian term "slalom". The British competitive approach[3], already applied in athletics and ball games, came into the Alps. Lunn brought further promotion for his ski sport. He organized the Arlberg-Kandahar competition in 1928 and he worked, hard to ensure that skiing was to be in the programme of the Federation Internationale du Ski (FIS), and the Winter Olympic Games. This happened in 1931 and 1936 respectively.

Lunn was also an advocate of Ladies skiing and he organized competitions including the Ladies Arlberg-Kandahar. Although the British laid the basis for the sport of skiing, and in the beginning excelled[4] in it, they played no further role of importance.

Notes:

1. **Via** – через.
2. **Well-off** – состоятельный, зажиточный.
3. **Approach** – подход.
4. **Excel** – выделяться.

Questions

1. Who laid the basis of the modern sport of skiing? 2. What was Mr. Lunn's father? 3. When did Mr. Lunn organize the first real downhill ski competition? 4. When was

the term "slalom" used in skiing for the first time? 5. Who ensured, that skiing was to be in the programme of FIS and the Winter Olympic Games? 6. What did Mr. Lunn organize for ladies?

Task 24. Read and retell the story. What new information about Arthur Conan Doyle have you learned from the text?

ARTHUR CONAN DOYLE

Arthur Conan Doyle was born in the capital of Scotland, Edinburgh.

After finishing school Conan Doyle became a student of the medical faculty in the University of Edinburgh. In the third year of studies he went as a ship's doctor to the Arctic and after graduating from the University, he again went in a ship to Western Africa. He began his medical practice in a small English town South-sea, where he spent eight years. Here in 1887, he published his first detective story "A Study in Scarlet"[1]. Its main characters were Sherlock Holmes and Dr. Watson, and they became the most popular characters of a great many of Conan Doyle's stories.

"A Scandal in Bohemia"[2] opened a collection of detective stories under the title "The Adventures of Sherlock Holmes". The story was published in 1891 and soon after that Baker Street became the well-known address of Sherlock Holmes.

The readers asked for more and more stories about Sherlock Holmes and for two years Conan Doyle had been writing them. When he had written about twenty stories with Sherlock Holmes as the main detective, he was so tired of these stories that he decided "to kill Sherlock Holmes". He wrote a story, which he named "Holmes Last Case" (1893). In this story Holmes was killed during a struggle with professor Mariarty. The writer hoped, that after that he could begin writing other books.

But the readers did not wish to lose their favourite character and ten years later the famous detective appeared again.

In 1901–1902 one of Conan Doyle's best stories "The Hound of the Baskervilles"[3] was published.

In 1891 Conan Doyle gave up his medical work and devoted his time to his literary activity. He also travelled much. He visited Europe, the USA and Egypt. In Norway he met Jerome K. Jerome, who wrote about this fact in one of his books.

All his life Conan Doyle liked sports; he played golf, went in for boxing and skied. He was fond of skiing and once even crossed the Alps.

Together with his brothers he went to Switzerland after he had read Nansen's book about a ski expedition across Greenland. On March 23, 1894 they started an outstanding ski march for their time from Davos to Arosa across 2,445 m Furka Pass which they passed in winter.

He died in 1930. After his death, the famous detective Sherlock Holmes, together with his friend Dr. Watson, continued to be among the favourite characters of British literature and tourists coming to London always go to visit Baker Street to see the house where Sherlock Holmes lived.

Notes:

1. "A Study in Scarlet" – «Этюд в багровых тонах».
2. "A Scandal in Bohemia" – «Скандал в Богемии».
3. "The Hound of the Baskervilles" – «Собака Баскервиллей».
4. "Case" – дело, случай.

Assignments

1. Speak about Arthur Conan Doyle following the outline:

1. Childhood.
2. University and medical practice.
3. Conan Doyle – a prominent master of detective stories.
4. Conan Doyle and sports.

2. Write an annotation of the texts.

Task 25. Read the text to yourself without a dictionary and try to answer the following questions:

a) Where can we find the roots of the modern Biathlon?
b) When were the first competitions in biathlon organized?
c) Who proposed to include the sport in the Olympic programme?
d) How has the sport been developed?

Biathlon – from Hunting to Sporting Competition

Many disciplines of modern sports have their origins at some dark age. The sport of biathlon came relatively late to this circle but has as much to offer, as others, as far as tradition is concerned.

The word "biathlon" comes from Greek meaning "two contests", in this case cross-country skiing and rifle shooting.

The historians could dig out two roots. The prehistoric hunters were the first to use the combination of skiing and shooting, to be followed by the warriors. The oldest rock-paintings found date back to the neolithic age (about 3,000 BC) showing hunters with bow and arrow moving on sliding timber. In Northern Europe hunting on skies was as well known as in Northern Asia, and in North America. But also in China "winged horses" at the feet were employed to track wildlife in snowcovered regions.

In the Middle Ages the military aspect of shooting on skis came into the foreground and the traditional patrol race came into being that barred today's biathlon from becoming a pure sporting event for quite some time. Soldiers on skis were not only found in Scandinavia, but also in Russia, in Germany, Austria and Switzerland since the end of the 19th century.

In 1776 in Norway, the first competitions were organized, the competitors firing a rifle while racing ahead. Such competitions were held at a regular interval between 1792 and 1818. In Germany the first military patrol race was held in 1902.

In Norway, this team competition was soon joined – in 1912 – by an individual race during which 10 rounds were fired in two shooting bouts. The 1st Olympic Winter Games in 1924 in Chamonix included a ski patrol race in their programme organized as a demonstration and again in 1928, 1936 and 1948.

It was not before the 44th session of the International Olympic Committee in Rome in 1949, however, that the proposal of Sweden was accepted to include in the Olympic programme the combination of cross-country skiing and shooting as an individual competition open also to civilian competitors. The name biathlon can be found no sooner than in the rules of 1955.

The first Olympic competition was held in 1960 in Squaw Valley after the Union International de Pentathlon Moderne (UIPM) has integrated biathlon as another sport in 1957.

The development was rather quick. The first World Championships in Saalfelden in 1958 found only 25 athletes from seven countries to start in the 20 km race. The development was further enhanced by the change from the large army rifle caliber to small bore rifle in the winter season of 1977/78.

Modern technology changed the target systems, the skating step increased the speed of the race, and on TV millions of enthusiastic spectators were watching the sprint or the relay competition – to become fans of the sport of biathlon.

Task 25. Read the text to find answers to the given questions before each paragraph.

SKIING IN BELARUS

1. What attention is paid to the development of skiing in Belarus?

Skiing is actively progressing in Belarus. Great attention is paid to its development. The representatives of Belarus have been winners of the Olympic Games, World Championships, and world's largest biathlon competitions. Yevgeny Redkin became the first Olympic champion in a 20 km race in Alberville (France). The biathlete Svetlana Paramygina was a silver medalist on a 7.5 km distance in Lillehammer (Norway) in 1994 and Alexei Aidarov was a bronze medal winner of the Olympic Games in a 20 km race in Nagano (Japan) in 1998.

Oleg Ryzhenkov and Vadim Sashurin were medalists in individual competition of the World Championships. They and Peter Ivashko, Alexander Popov, Alexei Aidarov, Igor Khohryakov were winners in team events.

Our women won the gold medal at the World Chapionship in 1994. Svetlana Paramygina, Natalia Ryzhenkova and Irina Kokueva became champions in the team race.

Freestylers Dmitry Dashchinski, who got a silver medal in 1998 in Nagano, and Alexei Grishin, a bronze medal winner of the Olympic Games in Salt Lake City (USA) in aerial, have entered the world's elite of freestyle.

Alexei Grishin became the Olympic champion in Vancouver, Canada, in 2010 and Anton Kusnir and Alla Tsuper in Sochi in 2014.

They left behind athletes from legendary countries, where freestyle and aerial skiing are at the highest level – such as Canada, the USA, China and Australia.

A real hero of the Sochi Olympiad became Darya Domracheva, who had won 5 gold medals in biathlon. Nadezhda Scardino was a bronze medal winner at the same Olympic Games.

2. Where are the Belarusian sports stars in skiing, biathlon, and freestyle trained?

A spring-board for training of the Belarusian sports stars in biathlon, freestyle, and skiing is Raubichi. The Raubichi sports complex is located about 20 kilometres far from Minsk, the capital of Belarus, and 30 kilometres from the international airport "Minsk-2".

The ceremonial opening of the Raubichi Olympic sports complex for holding winter sports competitions took place on February 24, 1974; and just after, on February, 26, the first World Championship in biathlon in Belarus started.

3. What does the Raubichi complex comprise?

The complex includes:

- ski-tracks of increased complexity, which meet the world's standards, with full length of 20.5 km;
- shooting-ground, equipped with 36 mechanical targets, boxes for judges, radio- and phone communication;
- acrobatic slope for freestyle;
- 20-, 40-, and 60-meter ski-jumps;
- pavilion for officials: a four-store building in which secretariat judging rooms, press-center, digital score-board control panel, 10 rooms for TV- and radiocommentators, medical room, communication and copy-making facilities, and guests' room are located;
- a 20 km ski- and roller-track with special coating;
- roller-ground for skaters' training;
- a sports building with two universal sports halls, with up-to-date equipment and rooms for rest and rehabilitation which are always available;
- football, volleyball, basketball, and handball grounds with artificial coating;
- tennis courts with artificial coating;
- rowing channel on the territory of Raubichi storage lake.

The Raubichi sports complex hosted the World Chanpionships in biathlon (1974, 1976, 1982, 1990), the Spartakiada of Allied Armies in winter sports (1985), the International junior competition "Druzhba" ("Frindship") (1987), the World Cup in ski-race (1991), The youth junior Biathlon World Championships (2015), Freestyle Ski World Cup (2016) and many other competitions.

4. How was the complex appraised?

President of the International Olympic Committee Juan Antonio Samaranch and President of the International Federation of Modern Pentathlon and Biathlon (UIPMB) Sven Thofelt highly appraised the Raubichi Olympic sports complex.

The Raubichi sports complex was awarded the UIPMB gold badge for holding the World Championship in biathlon in 1982.

In 1996 the Raubichi sports complex was rated "A" (highest category) by the IBU and gained a license to hold the highest level competitions with no exceptions.

At present it is one of the most modern biathlon complexes, according to international standarts.

5. What facilities for rest and rehabilitation are there in Raubichi?

All possible facilities for rest and rehabilitation are at hand in Raubichi: a medical center with a medical and rehabilitation complex, a number of medical services, six saunas; two comfortable hotels on the bank of the Usiazh river accommodating 60 and 170 guests; two restaurants, a pizzeria, and two bars. The unique architecture of the Raubichi sports complex is inseparable from the picturesque landscape. The Krestogorsk church, which crowns the highest hill, incorporates the museum of the Belarusian folk art and a concert hall.

There are specially designed ski-tracks, a cinema, skiing equipment for rent, and a library with a reading-hall for a hundred thousand spectators who follow the course of the competitions, and for those who came just to have a good time.

Task 28. Read the Interview with the world champion at the World Cup competition in Nordic Combination in 1962 and say what has been changed in skiing since.

World champion in Nordic combined Hermann Weinbuch of the Germany is a true proponent of friendship and mutual understanding among nations and sportsmen from different countries. «We sportsmen can do a good deal for strengthening peace on our planet», he says. «When competing in the countries, I always feel a friendly attitude toward me».

Q. You had been the best among the juniors before you won the world senior championship. The transition from the junior class to the senior category was not a bed of roses for you, why?

A. It took great pains to switch on to new, harder training loads. It was difficult to find harmony between ski "jumping and racing" but I did, and I hope to preserve it till the Winter Olympiad.

Q. Heated arguments are going on now about the skating technique. What is the opinion of the world champion in Nordic combined on that point?

A. The skating style is allowed in combined racing. I'm sure it will establish itself in cross-country ski races as well. This modern and progressive style obviates any difficulties with the selection of the right wax, and brings to the fore the athletes' sportsmanship.

Q. But it requires great effort to use this technique and, besides, it is not an easy thing to master this style.

A. I don't think so. Athletes who widely use in their training sports games are quick to master the abating technique. In my day, I was fond of gymnastics, played football and handball. So I learned the technique rather easily. Besides, I don't think it requires great effort, in any case not more than in classical, gliding style.

… The world champion recalls how he came to the big time sport. Like all boys in Berchteagaden Hermann was fond of skiing. When he was nine years old his father (he was responsible for Nordic combined in the International Ski Federation) took him to the sports club. His first coach Helmut Kurss fostered in him love for ski jumping and racing. Many years of hard training resulted in an impressive ascent to the room at the top.

Task 29. Read the following information and take it into consideration.

Skiing is not possible in England because of the mild winters (snow falls only once or twice during an average winter, and generally melts after a day or two; the temperature rarely drops below freezing except for a few degrees at night sometimes). Skiing is possible from the climatic point of view in Scotland, but it is not traditional there. It has been introduced in order to attract tourists in winter, but is still not widespread. Most people who want to ski go abroad – to France, Switzerland, Austria – and skiing is therefore a minority sport.

Russian speakers should bear in mind that skiing to an English person means skiing down mountain slopes (горнолыжный спорт). The expression "mountain skiing" may exist, but in practice it is not heard, because in England and other western European countries there is no need for it. It could be used as a translation of «горнолыжный спорт», since in this country one needs to distinguish this type from "ordinary" skiing. The type of skiing which is traditional in Belarus is unfamiliar to most English people. However, those who watch the Winter Olympics on television have seen it, and have heard it called Nordic Skiing, that is, skiing as practised by Nordic, or northern peoples. Those who do not follow the Winter Olympics, but have seen this type of skiing when visiting this country, usually call it cross-country skiing, and describe it, for example, as follows: «not skiing down slopes, but more like walking or running on skis. The skis are narrower and lighter than ordinary skis, and fastened to the boot only at the toe».

In Belarus, however, this type of skiing can be called simply skiing, since here it is the usual type.

Ski, skiing are used in such sentences as:

1. Can you ski?
2. He skis very well. However, "He's a good skier" is more common.
3. I can't ski downhill/down hills.
4. I'm very fond of skiing.
5. I go skiing nearly every Sunday in winter.
6. – What did you do at the weekend?
– Went skiing.
7. I skied along the path until I came to a clearing.

Note that "go on skis" is not used except in such sentences as:

He went there on skis. (How did he go there?) More usual would be: He skied there. Here are some expressions connected with skiing: ski boots, ski-tracks (always plural) – «лыжня», ski run; a downhill track for skiing: ski-jump (трамплин), ski-jumper, ski-jumping, ski race; a race on skis, either downhill or cross-country: slalom

(a downhill ski-race along a zigzag course marked out by poles, or zigzagging between trees).

Slalom is only a noun, not an adjective. «Слаломные лыжи» are simply "skis", and «слалом» used in the sense of «горнолыжный спорт» is "skiing". There is no equivalent for «лыжная база», but it can be translated as "ski(ing) base/station".

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