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**MINISTRY OF EDUCATION AND SCIENCE
OF UKRAINE
VASYL STEFANYK PRECARPATHIAN
NATIONAL UNIVERSITY
IVANO-FRANKIVSK COLLEGE OF
PHYSICAL EDUCATION**



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- Укладачі:** **Серман Л. В.**, кандидатка педагогічних наук, доцентка кафедри іноземних мов Прикарпатського національного університету імені Василя Стефаника;
Візітіу Н. М., голова циклової комісії іноземних мов Івано-Франківського коледжу фізичного виховання, викладачка вищої категорії, викладачка-методист.
- Рецензенти:** **Лапковський Е. Й.**, кандидат медичних наук, доцент кафедри спортивно-педагогічних дисциплін заступник декана з навчальної роботи факультету фізичного виховання і спорту Прикарпатського національного університету імені Василя Стефаника;
Венгринович Н. Р., кандидатка філологічних наук, доцентка кафедри мовознавства Івано-Франківського національного медичного університету

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Навчальний посібник укладений згідно з вимогами до навчальної літератури для вищої школи. Посібник містить розмовні теми на спортивну тематику, спеціальну лексику з одинадцяти видів спорту та їх переклад українською мовою, підбірку текстів за професійним спрямуванням.

Рекомендований для викладачів ВНЗ з фізичного виховання, студентів, волонтерів спортивно-масових заходів.

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ПЕРЕДМОВА

Навчальний посібник підготовлено відповідно до програми навчальної дисципліни „Англійська мова за професійним спрямуванням” для студентів напряму підготовки 6.020101 Фізичне виховання.

Основна мета посібника: сприяти у підготовці студентів до читання та перекладу текстів фахового спрямування, цілеспрямованого вивчення спортивної термінології та удосконалення комунікативних умінь і навичок усного мовлення.

Посібник містить навчально-методичний матеріал для проведення практичних занять, питання для самоконтролю, рекомендовану літературу. У першому розділі подано розмовні теми спортивної тематики. У другому – спеціальну лексику з одинадцяти видів спорту та їх переклад українською мовою. Всі термінологічні одиниці розміщено в алфавітному порядку і супроводжуються транскрипцією. У третьому розділі викладено зміст текстів професійного спрямування для формування навичок перекладу та стилістичного аналізу.

Після опанування матеріалу навчального посібника студенти повинні **знати** термінологічну лексику за фахом; розуміти зміст спеціальних текстів, самостійно підготувати усне повідомлення обсягом 20 – 25 речень; **уміти** читати та перекладати спеціальну літературу за фахом; вести професійно-спрямоване монологічне та діалогічне мовлення; володіти навичками ситуативного мовлення; а також виконувати текстові завдання до прочитаного або прослуханого тексту та реалізовувати власні комунікативні компетенції у галузі фізичного виховання та спорту.

Навчально-методичний посібник може бути використаний при проведенні навчальних занять, підготовці до іспиту та у самостійній роботі майбутніх фахівців галузі 0102 Фізичне виховання, спорт і здоров'я людини, напряму підготовки 6.010201 Фізичне виховання.

З повагою автори

O Sport, pleasure of the Gods, essence of life, you appeared suddenly in the midst of the grey clearing which writhes with the drudgery of modern existence, like the radiant messenger of a past age, when mankind still smiled. And the glimmer of dawn lit up the mountain tops and flecks of light dotted the ground in the gloomy forests.

O Sport, you are Beauty! You are the architect of that edifice which is the human body and which can become abject or sublime according to whether it is defiled by vile passions or improved through healthy exertion. There can be no beauty without balance and proportion, and you are the peerless master of both, for you create harmony, you give movements rhythm, you make strength graceful and you endow suppleness with power.

O Sport, you are Justice! The perfect equity for which men strive in vain in their social institutions is your constant companion. No one can jump a centimetre higher than the height he can jump, nor run a minute longer than the length he can run. The limits of his success are determined solely by his own physical and moral strength.

PART I



ENGLISH IN MODERN LIFE

You see, modern life is impossible without communication. Ukraine is going to become a member of the European Council and the Common Market. In European integration English has become a truly international language. Science, trade, sport and international relations of various kinds have given the English language the status of one of the world's most important languages. I think that to achieve real success in life is impossible without speaking a foreign language.

If you want to be a good specialist in the field of physical education and sport you need a foreign language to receive new information on your speciality. Many scientific journals are written in English although they are not necessarily published in England. At numerous international meetings and conferences English is the main language. The Olympic Games and other important sports events cannot do without it. Athletes from different countries talk to each other using a foreign language during European and World Championships. Having a good command of English lets an athlete communicate better with his foreign partners.

Umpires, referees and other officials speak English as a rule. Most international companies like Nike and Adidas use English as their means for advertisements. It is common that they take in international athletes for advertisements. Sometimes they require non-native English speakers to utter a few lines to promote their products. It will be difficult for people to buy sports drinks from a sports figure who cannot pronounce the name of the product correctly.

If you want to get further education or a good paid job abroad you must know a foreign language too. Travelling and staying in other countries is more enjoyable and comfortable if you speak English. It is quite difficult to have an interpreter always following you around. It is possible that you may miss out important information if you don't know a foreign language. So in any field of modern life it is necessary to know a foreign language. The English language will certainly add to athletes' reputation and fame for the satisfaction of their fans who want to know them better.

ANSWER THE FOLLOWING QUESTIONS:

1. Is modern life possible without communication?
2. What country is going to become a member of the European Council and the Common Market?
3. Has English or Polish become a truly international language?
4. What has given the English language the status of one of the world's most important languages?
5. Where is English the main language?
6. Do umpires, referees and other officials speak English as a rule?
7. Is traveling and staying in other countries more enjoyable and comfortable if you speak English?
8. Why is it necessary to know a foreign language?

HEALTHY WAY OF LIFE

Everybody wants to live a long healthy life. Nowadays a healthy body becomes a fashion, an ideal of modern life. Many factors influence our health. To my mind, the humanity's greatest problem is ecology. The Chernobyl radioactive cloud passed over Ukraine and as a result the health situation is becoming worse. We need a cleaner and healthier planet. That's why the ecological organizations "Green World" and "Green Peace" are very active in Ukraine.

Everybody knows that "Health is above wealth". When we are healthy we are active and full of energy. But to be healthy and fit we need food which is the source of mental and physical activity for a person. People should eat healthy food without nitrates and GMO, more fruit and vegetables, milk and milk products, fish and meat. One must eat less fat and fat products, less sugar, salt and sweets. Eating fast food regularly is very harmful and leads to diseases. A balanced diet is very important for our health. Don't forget that we eat for living not live for eating. Teenagers are getting fatter because their favourite food is hamburgers, chips, hot dogs, pizzas.

Such bad habits as drugs, smoking, drinking alcohol are very dangerous to people's health. Besides young people watch too much TV. The teenager spends 27 hours a week in front of the "box" and nobody knows how many hours he sits in front of the computer.

I think good health depends on sport. All types of physical exercises are useful for our health. If you go in for sports you'll have a good chance not to catch a cold or become ill. If you want to be strong and healthy you should follow some rules: get up early and go to bed early; take regular exercises; take a cold shower; eat healthy food; never smoke; avoid hard drinks and drugs. People who lead a healthy lifestyle are always in a good mood and full of energy necessary to realize everything planned.

ANSWER THE FOLLOWING QUESTIONS:

1. Do you think you are a healthy person?
2. What does our health depend on?
3. Does ecology influence our health?
4. Do you eat healthy food?
5. What is your attitude to fast food?
6. Why are bad habits dangerous to people's health?
7. How does healthy lifestyle depend on sport?
8. What main rules should you follow to keep fit?

MY FUTURE PROFESSION

There are many professions in modern life and it is not easy to choose a future career. One must take into consideration his mental and physical abilities, interests and possibilities.

Choosing a career should be a person's own decision. As for me I have taken my choice. In a year I shall graduate from the college and become a specialist in the field of physical education and sport. A physical education teacher profession is interesting and necessary. It is also important and responsible. Physical education teachers are required to have good professional knowledge how to perform and teach different physical activities. One must truly enjoy being around kids and teenagers. This is a helping profession and you will be spending a lot of time with a large numbers of pupils.

Secondary school physical education teachers usually have four-six classes a day. Physical education teacher's duties include planning, teaching, coaching, directing and program promotion. After classes the pupils take part in athletic competitions under the teacher's guidance.

Some school children attend sports sections to perfect their sporting skills. To be a teacher in today's secondary schools requires love and attention to children. Teachers bring up, educate and develop young generation. All teachers, beginning and experienced, play a very important role in the process

of upbringing, especially if they want their pupils to be healthy and strong. Every teacher must constantly enrich his professional knowledge to work more effectively. Beginning teachers have excellent opportunities to learn and grow as professionals.

ANSWER THE FOLLOWING QUESTIONS:

1. What is your future profession?
2. Are you going to be a physical education teacher or a coach?
3. Why did you decide to be a specialist in the field of physical education and sport?
4. Why is physical education teacher profession interesting and necessary?
5. What are professional duties of every physical education teacher?
6. How many classes a day usually has a physical education teacher?
7. Must a teacher enrich his professional knowledge?
8. What do school children do to perfect their sporting skills?

OLYMPIC GAMES

The world's greatest international sports games are known as the Olympic Games which are held every four years. Thousands of athletes from all over the world compete against each other in individual and team sports. The Olympic idea means friendship, fraternity and cooperation among the people of the world. The Olympic Movement proves that real peace can be achieved through sport. The Olympic emblem is five together linked rings: blue, yellow, black, green and red.

The Olympic Games have a very long history. The first Olympic Games were held in Greece in 776 B.C. These games were part of a festival in honour of God Zeus at the place called Olympia. It was a great athletic festival including competitions in wrestling, boxing, running, rowing and others. The games were for men only. Greek women were forbidden not only to participate but also to watch the Olympics. For the period of the Games all the wars stopped. So the Olympic Games became the symbol of peace and friendship. In 394 A.D. the Games were abolished and not renewed until many centuries later.

The modern Olympic era began in 1894 when Baron Pierre de Coubertin revived the ancient Greek tradition of celebrating health, youth and peace with a sports festival. Baron de Coubertin created the International Olympic Committee (IOC) and the first modern Olympiad took place in Athens in 1896. The IOC is the central policy-making body of the Olympic movement. It is formed by the representatives of all countries which take part in the Olympic Games. The IOC chooses the locations of both summer and winter games, controls the rules of the competitions and selects new Olympic sports. Over one

hundred and fifty countries are represented in the International Olympic Committee now. Besides, each country has its National Olympic Committee. The National Olympic Committee of Ukraine was created in 1990 and recognized by the International Olympic Committee in 1993.

Summer and Winter Games are held separately. The ancient Greeks had no winter sports. Only in 1924 the first Winter Olympic Games were held in France, now they are being held regularly. Ukraine participated in the Olympic Games as an independent state for the first time in 1994 and has sent athletes to compete in very summer and winter Olympic Games since then.

ANSWER THE FOLLOWING QUESTIONS:

1. How do we call the world's greatest sports competitions?
2. What is the Olympic emblem?
3. When and where did the first Olympic Games take place?
4. Who revived modern Olympic Games?
5. When was the International Olympic Committee set up?
6. Why is the IOC the central policy-making body of the Olympic Movement?
7. When was the Olympic Committee of Ukraine created?
8. Did Ukraine as an independent state take part in the Olympic Games for the first time in 1994?

OUR COLLEGE

The Ivano-Frankivsk College of Physical Education has a long history. It was established in 1940 as the technical school of physical culture. The first enrolment of the technical school amounted to 29 students. As the World War II began the activity of the educational establishment was interrupted and then renewed in 1945. In 1995 the technical school was reorganized into the College of Physical Education. It is situated in Hetman Mazepa Street not far from the town centre.

Today it trains specialists by educational qualification levels “Junior Specialist” and “Bachelor”. The course of training lasts 4 years. During this period of time the students study the following subjects: the History of Ukraine, one foreign language – English, German or French, Pedagogics, Anatomy, Physiology, Theory of physical education, History of physical culture and different sports. The teaching and educational process at the college is provided by 112 teachers, among them 3 professors, 12 candidates of sciences, 32 methodists and teachers of higher category.

All necessary facilities are provided for the students, for example, a stadium, some sports grounds, a skiing station, a swimming pool. The students have at their disposal an educational building, a gymnasium, an athletics gym, wrestling and boxing halls, a hostel. There`s a good library and reading room where the teachers and students can take any book they need and read for seminars and lectures. If the teachers or the students are hungry they can have a snack in the canteen of the college.

After classes the students take part in sport competitions, meetings and concerts in the magnificent

assembly hall. The best athletes of the college often take part in national and international competitions. They set up new records in boxing, wrestling, track-and-field athletics, swimming and other sports. Some graduates from the college have participated in the Olympic Games for several times for example, R. Virastiuk, S. Osovich, T. Lahovych, N. Tkachuk, R. Leybiuk and others. During 70 years of its existence the college trained 14 000 specialists, including over 20 Sport Masters of International Class, 263 Sport Masters, 28 Honoured Physical Culture and Sport Workers, 7 Honoured coaches of Ukraine, 5 referees of International Category. The students of the college are trained well enough to develop sports and physical education not only in our region, but in Ukraine.

ANSWER THE FOLLOWING QUESTIONS:

1. Where do you study?
2. When was the college founded?
3. Where is it situated?
4. What specialists does the college train?
5. How long does the course of training last?
6. Do the students study many subjects?
7. What do they have at their disposal?
8. The teaching and educational process at the college is provided by 112 teachers, isn't it?

OUR TRAINING

We study at the Ivano-Frankivsk College of Physical Education. The students of our college take up different kinds of sport. There is a wide choice of indoor and outdoor sports facilities for our athletes. They train in different places: gymnasts in the gymnasium, basketball, volleyball and handball players – on the sports grounds or in the sports halls, tennis players – on the tennis courts. Boxers practise in the boxing hall, wrestlers – in the wrestling hall, track-and-field athletes and football players usually train at the stadium, and swimmers train in the swimming pool. Four times a week, on Mondays, Tuesdays, Wednesdays and Thursdays we have special training lessons. As a rule, each training lasts about two hours after which we take a warm shower. Every training lesson begins with a warming-up period which lasts about 20 minutes. The warming-up of the body is very important. It helps to prevent pulled muscles. The correct warming-up not only decreases a number of injuries, it also prevents strains and muscles tears. Every sportsman must prepare his entire organism (the lungs, the heart, the muscles and the nervous system) by intense physical work. After the warming-up we rest for about 5 minutes before we start practising. We train according to the trainer's instructions. The coach plays a very important role in the process of training. Coaches teach athletes how to play their sport, improve their skills and develop the

tactical manoeuvres they need to win. Their duties involve designing training and nutrition regimes for their charges. Many also serve unofficially as psychological counsellors to athletes needing emotional support, direction and personal advice. The coach pays great attention to mastering technique, tactics and the main elements of this or that kind of sport. Sometimes we train with a team or a partner depending on the kind of sport in which we engage. We perform different exercises and get ready for sport competitions. The aim of our training is to perfect our sporting skill.

ANSWER THE FOLLOWING QUESTIONS:

1. Who is your coach?
2. How many times a week do you train?
3. Where do you train?
4. Why is the warming-up of the body important for every person?
5. What do you begin your training with?
6. How long does your training last?
7. Do you take a warm or cold shower after your training?
8. What is the aim of your training?

PHYSICAL TRAINING LESSON

As we are students of the Ivano-Frankivsk College of Physical Education we have a physical training lesson almost every day. We can have our PT lessons in the gymnasium, swimming pool, sports hall or on sports ground. Before the PT lesson we put on our sport uniform. Every PT lesson consists of 3 parts: preliminaries, main part of the lesson and conclusion.

At the beginning of the lesson the coach gives the command: “Line up!”/“Fall in!” We line up in a single or double file. Next come the commands: “Dress!”, “Eyes right/left/front!”. One of the students of our group gives the report. He says: “Shun! Our group is ready for our physical training lesson”. Then comes the coach’s greeting and he gives the command: “At ease!”. We stand relaxed while he explains healthy and educational tasks of the lesson. We always begin our lesson with free standing exercises. During the lesson our coach gives different commands: “Attention! Count in twos! Right turn! Forward march! Round about turn! Double time march! Slow down! Keep in step! Break!” and others. We perform different exercises depending on the kind of sport in which we engage.

From time to time we are given series of tests such as sit and reach, sit up, push up, running vertical jump, sprint test, (gymnastics, track-and-field athletics), quick strike, punching speed and punching power (boxing), lane agility, sprint 3/4 court, max

touch (basketball), intermittent shuttle test, FIFA interval test (soccer/football) swimming beep test, swimming step test (swimming) and others. Testing clearly identifies strengths and weaknesses so athletes and coaches can adjust training and competition schedules accordingly using objective data, not guesswork. We can test an athlete's abilities in all aspects of any sport. We measure speed, agility, endurance and accuracy in any combination thereof up to the highest level. The possibilities are truly limitless. At the end of the lesson we again line up in a single file. The coach analyses our work during the lesson and we get marks. Then we say good-bye to our coach and our lesson is over.

ANSWER THE FOLLOWING QUESTIONS:

1. What are the main parts of the lesson?
2. Where does your physical training lesson take place?
3. How many times a week have you a physical training lesson?
4. What do you do before you come to the sports hall?
5. Who gives the report at the beginning of the lesson?
6. You stand relaxed while your coach explains the object of the lesson, don't you?
7. What commands does your coach give during the lesson?
8. What do you usually do at the end of the lesson?

PRACTICE AT SCHOOL

I want to tell you some words about my practice at school. I conducted physical training lessons in the ... forms in school/gymnasium № ... in the town (village) of My pedagogical instructor was He/she is an experienced teacher of our college. I prepared well for every lesson. After conducting a lesson my pedagogical instructor made its analysis.

To my mind a physical training teacher must take into consideration individual peculiarities and physical characteristics of pupils. Physical education is an important subject at school because it helps all the schoolchildren to be healthy and strong.

Pupils had physical education lessons twice/three times a week. Boys and girls did a lot of physical exercises, played lively games. They squatted; bent forward, backward, sideward; circled the trunk; did a bridge, candle and headstand. Pupils also climbed the rope and the pole, balanced on the beam, jumped over the horse and buck. They liked to perform exercises on the horizontal bar, parallel bars and wallbars. They had excellent opportunities for physical perfection in a big modern sports hall or on the sports ground.

The schoolchildren went in for different sports under my guidance. Some sports competitions were organized at school and a lot of pupils took part in them. All participants tried to show better results and become winners. I think that practice helped me to feel as a teacher. I had good facilities to put my

professional knowledge into practice. I really liked to conduct physical education lessons. I used modern methods of pedagogical control such as observation, interrogation, testing and others. I hope I'll be a good physical education teacher or a coach after graduating from the college.

ANSWER THE FOLLOWING QUESTIONS:

1. Where did you have your pedagogical practice?
2. Who was your pedagogical instructor?
3. What did your instructor do after conducting a lesson?
4. How did you prepare for every physical education lesson?
5. Did the pupils take part in sports competitions under your guidance?
6. What is your future profession?
7. What forms did you conduct lessons in?
8. What must a physical education teacher take into consideration?

PROMINENT ATHLETES

Ukraine is one of the world's 20 leading Olympic countries. Many Ukrainian athletes are well known all over the world now. In 1994 independent Ukraine sent the national team to the Olympic Games for the first time. At the 17th Winter Games in Lillehammer young figure skater Oksana Baiul won the first gold medal for Ukraine. Olena Hrushyna and Ruslan Honcharov won bronze medals at the last world championship in figure skating. Lilia Podkopaieva and Kateryna Serebrianska became winners at World and European championships in gymnastics. Andriy Shevchenko, an Ukrainian soccer player, started his football career at "Dynamo" Kyiv and after his playing for several foreign teams came back to "Dynamo" again. The Gold Fish of Ukraine is Yana Klochkova, the Olympic champion and four-time world champion. Gymnast Valeriy Honcharov won the silver medal at the Olympics in Sydney in 2000 and the gold medal in Athens in 2004. Yuriy Bilonoh, an Ukrainian athlete showed excellent results in the shot-putting event at the Olympic Games in Athens in 2004, winning the gold medal. Vasyl Virastiuk holds the title of the Strongest Man on Earth. He has won several Strong Man world championships. The legendary Klychko brothers, Vitaliy and Volodymyr, heavyweight world champions, whose achievements have made them an example of courage and the will to win. Wrestling is a well-developed sport in Ukraine,

too. Elbrus Tadeiev and Iryna Merleni won the highest awards at the Olympiad in Athens. The Olympic victories of Ukrainian athletes are quite impressive: 400 trophies, including 180 gold medals. Football can be considered as the most popular sport in Ukraine. At present there are a number of serious representatives on football arena. It is first of all “Shakhtar” Donetsk, “Dynamo” Kyiv, “Dnipro” Dnipropetrovsk, and “Karpaty” Lviv. An important step in the development of football was the European championship 2012. We have all grounds to say that people began to like sport more than to these athletes.

ANSWER THE FOLLOWING QUESTIONS:

1. Does Ukraine belong to the world’s 20 leading Olympic countries?
2. Name the most famous Ukrainian athletes. What sport does each of them represent?
3. Who won the first gold medal for independent Ukraine?
4. Why is Yana Klochkova called the Gold Fish of Ukraine?
5. What can you tell about other well-developed sports in Ukraine?
6. The Olympic victories of Ukrainian athletes are quite impressive, aren’t they?
7. Who holds the title of the strongest Man on Earth?
8. What are the nicknames of Klychko brothers?

SPORT COMPETITION

Athletes compete in organized, officiated sports events to entertain spectators. Most summer and winter sports are considered competitive. Sport competition is generally broken down into three categories: individual sports, dual sports and team sports. Such sports as archery, gymnastics, wrestling are considered individual ones; tennis, beach volleyball, synchronized swimming are dual sports. Baseball, basketball, football, hockey belong to team sports. For example, in a game of basketball two teams compete against one another to determine who can score the most points.

Professional sports are intense and extremely competitive while recreational sports are often less intense and enjoyable by many spectators. While most sport competitions are recreation, there exist several professional sports leagues in the world. A regularly scheduled (for instance, annual) competition meant to determine “the best” competitor of a cycle is called a championship.

Umpires, referees and other sports officials usually watch the game; determine any violations established by the rules of various sports. Regardless of the sport, the job is highly stressful because officials often make a decision in a split second; sometimes resulting in disagreement among competitors, coaches and spectators. Many athletes train all the year round to be in excellent form and peak physical condition because competitions at all levels are extremely intense. They spend many hours each day perfecting their sporting skills or improving teamwork under the guidance of a coach. Some athletes work regularly to gain muscle and stamina and to prevent injury.

Athletes must also keep to diets during their sports season to supplement any physical training program.

Competitive sports are governed by certain rules agreed upon by the participants. Violating these rules is considered to be unfair competition. The world's greatest international competition is known as the Olympic Games. Thousands of the best athletes from many countries of the world compete against each other in individual, dual and team sports. Over 1 billion people watch the games on TV. Ukrainian athletes are in good form and compete in all big national and international competition. The winners of sport competitions receive cups, prizes, medals.

ANSWER THE FOLLOWING QUESTIONS:

1. What sports events do athletes compete to entertain spectators?
2. Are most sports considered competitive?
3. Name some individual, dual and team sports.
4. How do athletes prepare for competition?
5. What are competitive sports governed by?
6. The world's greatest international competition is known as the Olympic Games, isn't it?
7. Do Ukrainian athletes compete in all big national and international competition?
8. What do the winners of sport competitions receive?

SPORT IN GREAT BRITAIN

The British have a reputation for being mad about sports. In fact they like watching sports more than playing it. The British are spectators and the most popular spectator sports are football and cricket.

The game of football was first played in Britain and later people began to play football in other countries. The football league in England and Wales has four divisions. Each division contains twenty teams. There are two main prizes each season. The football league championship is won by the team that is top of the first division. The final of this competition takes place every May at the famous Wembley stadium in London. Some of the best-known clubs in England are Manchester United, Liverpool and Arsenal.

Cricket is the favourite summer sport. A typical amateur cricket match takes place on a village green, an open space in the centre of the village. It is played between two teams – the “home” team and the “visitors” who come from another village. Rugby is another popular British sport which is played in other countries. It is also called rugby football. There are two forms of rugby football: the amateur game and the professional game. The two games have different rules. Cricket is considered to be the English national game. Its rules are very complicated. It is played by two teams of eleven men each; the player at a time tries to hit the ball with a bat.

Golf is the Scottish national game. It originated in the 15th century and the most famous golf course in the world, known as the Royal and Ancient Club, is at St. Andrew`s. Lawn tennis was first played in Britain in the late 19th century. The most famous British championship Wimbledon played annually during the last week of June and the first week of July.

Those are the most popular kinds of sport in the UK. But there are many other popular sports such as swimming, boxing, horse racing and traditional fox hunting.

ANSWER THE FOLLOWING QUESTIONS:

1. What reputation do the British have?
2. What are the most popular games in England?
3. How many divisions does league in England and Wales have?
4. Name the most famous football clubs in England.
5. When and where is the Football Association Cup final played?
6. What is considered to be the English national game?
7. What is the name of the Scottish national game? When did it originate?
8. What do you know about Wimbledon?

SPORT IN UKRAINE

Ukrainian people are fond of sports and games. Professional and amateur sports are very popular in our country. The most popular sports in our country are football, basketball, volleyball, swimming, ice hockey, figure skating, tennis and gymnastics. Thousands boys and girls train in sports schools and sports sections. All necessary facilities are provided for Ukrainian people: stadiums, sports grounds, swimming pools, skating rinks, skiing stations, football fields.

Ukrainian sports have many glorious pages. In all times our sportsmen have been the strongest in many kinds of sports. Our sportsmen with brilliance defend the honour of our Ukrainian flag in all big national and international competitions. The Ivano-Frankivsk Hoverla basketball and Zaporizhia's Orbita volleyball teams enjoy great popularity with their fans. The Ukrainian school of gymnastics is recognized in the world. Its representatives – Lilia Podkopayeva, Anna Bezsonova, Olena Vitrychenko, and Olexandra Tymoshenko have won world and European Championships. Serhiy Bubka, eight times world champion and Olympic champion in the pole-vaulting holds 35 world records. He has been named World's Best Athlete.

Ukraine first participated at the Olympic Games as an independent country in 1994 and has sent athletes to compete in every Summer and Winter

Olympic Games since then. The best Ukrainian athletes set up new national, world and Olympic records. A team of 238 Ukrainian athletes competed in 21 sports at the 2012 Summer Olympics in London. Among the winners of the 30-th Olympic Games are Yana Shemyakina (fencing), Olexiy Torokhtiy (weightlifting) Yuriy Cheban (canoeing), Vasyl Lomachenko (boxing), Olexandr Pyatnytsya (Athletics), Valeriy Andriitsev (wrestling) and others. These and many other victories of Ukrainian sportsmen give hope to their fans for future records and Olympic medals.

ANSWER THE FOLLOWING QUESTIONS:

1. Are Ukrainian people fond of sports and games?
2. Name the most popular sports in our country.
3. Ukrainian wrestler I. Piddubniy was a real legend throughout Europe in the 19-th century, wasn't he?
4. What prominent names does Ukraine give the international sports arena today?
5. Give some examples of the most brilliant Ukrainian athletes' achievements in different sports.
6. When did Ukraine participate at the Olympic Games as an independent country for the first time?
7. Do Ukrainian athletes set up new national, world and Olympic records?
8. What can you say about the participation of Ukrainian athletes in the 30-th Olympic Games in London?

SUMMER AND WINTER SPORTS

People all over the world are fond of sports and games. Sport makes people healthy and strong. Millions of people begin their working day with morning exercises. Many people, both adults and children, are members of various sports groups and societies. At their disposal there are many stadiums, Palaces of Sport and swimming pools. So we can play football and volleyball or swim in winter and skate or ski in summer. But nevertheless we differ winter and summer sports.

Winter sports are skating, figure skating, skiing, ice hockey, ski jumping and others. Some people prefer to be out of town in frosty weather. They like to sledge or to ski in the woods. Many people greatly enjoy figure skating and ski jumping.

Summer kinds of sport are running, jumping, swimming, boxing, wrestling, cycling, weightlifting, fencing, diving, tennis, ping-pong and others. Among outdoor games football takes the first place in public interest. This game is played in all the countries of the world. The other popular games in different countries are cricket, volleyball, basketball and so on. Badminton is also very popular both with young and old.

All the year round many people go in for boxing, wrestling, gymnastics, track-and-field athletics. Calisthenics has become popular with young girls and women. Aerobics helps them to be slim, healthy and

strong. Among indoor games (which one can go in for all the year round) there are billiards, ping-pong, draughts and chess. If you want to keep fit you must go in for sport all the year round. So, let's make it our motto.

ANSWER THE FOLLOWING QUESTIONS:

1. What are people all over the world fond of?
2. What are the most popular outdoor winter sports?
3. Where do some people prefer to spend their weekend in frosty weather?
4. What sports can you go in for in summer?
5. When do many people go in for boxing, wrestling, gymnastics, track-and-field athletics?
6. Who goes in for calisthenics and aerobics?
7. Do you like to play indoor games?
8. What outdoor game are you good at?

THE MAN

The human body consists of the following main parts: a head, a torso and limbs. The skeleton of the body is composed of 206 bones, which are covered with muscles. The joints between the bones allow performing movements. Our head is the centre of all bodily activity.

The forehead, the eyes, the eyebrows and the eyelashes, the nose, the mouth, the cheeks and the chin make the face. The mouth consists of two lips, teeth and a tongue. The eyes and the ears are very important organs. We see with our eyes and we hear with our ears. The head is joined to the torso by the neck.

The main parts of the torso are the chest, the shoulders, the blades, and the back with the spinal column, the waist and the hips. The leg consists of a thigh, a calf, a knee, a shin, an ankle and a foot. The foot in its turn consists of a heel, a sole, an instep, a ball and toes.

The arm consists of an upper arm, an elbow, a forearm, and a hand. The wrist is the joint, which unites the arm with the hand. The hand consists of a palm, a back of the hand, four fingers (fore finger, middle finger, ring finger, and little finger) and a thumb.

The surest way to keep fit is to go in for sport all our life. So let's make it our motto.

ANSWER THE FOLLOWING QUESTIONS:

1. Is it important for our students to know the anatomy of human body?
2. What main parts does the body consist of?
3. What are the main parts of the torso?
4. What is the centre of all bodily activity?
5. What does the leg consist of?
6. What makes the face?
7. Name the parts of the leg, the foot, the arm, the hand.
8. What is the surest way to keep fit?

O Sport, you are Audacity! The meaning of all muscular effort can be summed up in the word “dare”. What good are muscles, what is the point of feeling strong and agile, and why work to improve one’s agility and strength, unless it is in order to dare? But the daring you inspire has nothing in common with the adventurer’s recklessness in staking everything on chance. Yours is a prudent, well-considered audacity.

O Sport, you are Honour! The laurels you bestow have no value unless they have been won in absolute fairness and with perfect impartiality. He who, with some shameful trick, manages to deceive his fellow competitors feels guilt to his very core and lives in fear of the ignominious epithet which shall forever be attached to his name should his trickery be discovered.

O Sport, you are Joy! At your behest, flesh dances and eyes smile; blood races abundantly through the arteries. Thoughts stretch out on a brighter, clearer horizon. To the sorrowful you can even bring salutary diversion from their distress, whilst the happy you enable fully to savour their joie de vivre.

PART II



BASKETBALL

attack	ə'tæk	атака
bad ball	'bæd 'bɔ:l	не забитий м'яч
bank shot	'bæŋk 'ʃɒt	кидок з відскоком від щита
breakaway	'breɪkə, weɪ	швидкий відрив
carom/ band shot/ rebound shot	'kærəm/ 'bænd 'ʃɒt/ 'ri: baʊnd 'ʃɒt	кидок після підскакування від щита
close-in shot	'kləʊz 'ɪn 'ʃɒt	кидок з близької відстані
collision	kə'lɪʒn	зіткнення
court	'kɔ:t	майданчик
defense	dɪ'fens	захист
draw of lots	'drɔ: əv 'lɒts	жеребкування
dribbling	'drɪblɪŋ	ведення м'яча
dunk	'dʌŋk	кидок у кошик зверху
feigned shot	'feɪnd 'ʃɒt	обманний кидок
feint	'feɪnt	фінт
field throw	'fi:ld 'θrəʊ	кидок із гри
foul	'faʊl	фол (порушення)
free throw	'fri: 'θrəʊ	штрафний кидок
goal made ball	'gəʊl 'meɪd 'bɔ:l	забитий м'яч
guard	'gɑ:d	захисник
hook shot	'hʊk 'ʃɒt	кидок „гаком”
hoop shot	'hu:p 'ʃɒt	кидок з-під кільця
jump shot	'dʒʌmp 'ʃɒt	кидок у стрибку
long distance	'lɒŋ 'dɪstəns	кидок з далекої

shot	'ʃɒt	відстані
over/ under head shot	'əʊvə/ 'ʌndə 'hed 'ʃɒt	кидок зверху/ знизу
passing/ pass	'pɑ:sɪŋ/ 'pɑ:s	передача , пас
pick-and-roll	'pɪk ən 'rəʊl	взаємодія „двійка”
pivot shot	'pɪvət 'ʃɒt	кидок на повороті
rebound	'ri baʊnd	відскік м'яча
referee/ official	,refə'ri:/ ə'fɪʃ(ə)l	старший суддя
score a basket	'skɔ: ə 'bɑ:skɪt	влучити у кошик
screen	'skri:n	прикриття, заслін
shot on the run/ lay-up shot	'ʃɒt 'ɒn ðə 'rʌn/ 'leɪ 'ʌp 'ʃɒt	кидок у русі
snatch the ball out	'snætʃ ðə 'bɔ:l 'aʊt	„виривати” м'яч
steal the ball	'sti:l ðə 'bɔ:l	перехопити м'яч
substitution	,sʌbstɪ'tju:ʃ(ə)n	заміна
three-point basket	'θri: 'pɔɪnt 'bɑ:skɪt	3-очковий кидок
throw/ shot	'θrəʊ/ 'ʃɒt	кидок
tie	'taɪ	нічия
travelling	'trævəlɪŋ	пробіжка
umpire/ partner/ co-official	'ʌm paɪə/ 'pɑ:tnə/ ,kəʊ ə'fɪʃ(ə)l	другий суддя

BOXING

belt	'bɛlt	пояс
blow/ punch/ hit	'bləʊ/ 'pʌntʃ/ 'hɪt	удар
blow with the open glove / slapping	'bləʊ 'wɪð ði: 'əʊpən 'glʌv/ 'slæpɪŋ	удар відкритою рукавичкою
boxing glove	'bɒksɪŋ 'glʌv	боксерська рукавичка
boxing trunks	'bɒksɪŋ 'trʌŋks	боксерські труси
boxing vest	'bɒksɪŋ 'vest	боксерська майка
clinch	'klɪntʃ	захват
decisive blow	dɪ'saɪsɪv 'bləʊ	вирішальний удар
defeat	dɪ'fi:t	поразка
drop-away	'drɒp ə'weɪ	ухил
eyebrow cut	'aɪ braʊ 'kʌt	розсічення брови
fake blow	'feɪk 'bləʊ	обманний удар
favourite punch	'feɪvərɪt 'pʌntʃ	„коронний” удар
forfeit	'fɔ:fi:t	неявка
foul blow	'faʊl 'bləʊ	заборонений удар
gong	'gɒŋ	гонг
gum-shield	'gʌm 'ʃi:ld	капа
hand bandage	'hænd 'bændɪdʒ	боксерські бинти
headgear	'hedʒɪə	шолом
heavy/ light punch	'hevi/ 'laɪt 'pʌntʃ	сильний/ слабкий удар
judge	'dʒʌdʒ	боковий суддя
lead hit	'li:d 'hɪt	атакуючий удар

lean on one's opponent	'li:n 'ɒn 'wʌnz ə'pəʊnənt	„висіти” на супернику
parry	'pæri	відбивати удар
punching bag	'pʌntʃɪŋ 'bæɡ	боксерський мішок
punching ball	'pʌntʃɪŋ 'bɔ:l	боксерська груша
punching power	'pʌntʃɪŋ 'paʊə	сила удару
referee/ boxing official	'refə'ri:/ 'bɒksɪŋ ə'fɪʃ(ə)l	рефери
ring	'rɪŋ	ринг
scoring blow	'skɔ:rɪŋ 'bləʊ	захисний удар
second/ corner man	'sekənd/ 'kɔ:nə 'mən	секундант
shadow boxing	'ʃædəʊ 'bɒksɪŋ	бій з тінню
slip	'slɪp	ухилитися від удару
southpaw	'saʊθ'pɔ:	боксер-шульга
sparring bout	'spɑ:rɪŋ 'baʊt	тренувальний бій
stop-blow	'stɒp 'bləʊ	зустрічний удар
warning	'wɔ:nɪŋ	попередження
weight class	'weɪt 'klɑ:s	вагова категорія
weight reducing	'weɪt rɪ'dju:sɪŋ	зменшення ваги
withdraw	wɪð'drɔ:	відмова від участі

FOOTBALL

anticipate a pass	æn'tɪsɪˌpeɪt ə'pɑ:s	перехоплювати пас
back/ defender	'bæk/ dɪ'fendə	захисник
back-heel	'bæk 'hi:l	передача п'яткою
book a yellow/ red card	'bʊk ə 'jeləʊ/ 'red 'kɑ:d	присудити жовту/ червону картку
clearance	'kliərəns	захисний удар
concede	kən'si:d	пропустити гол
corner	'kɔ:nə	кутовий удар
cross	'krɒs	пас до штрафної площадки
feint/ dummy	'feɪnt 'dʌmɪ	обманний рух
final whistle	'faɪnl 'wɪs(ə)l	фінальний свисток
forward/ striker/ attacker	'fɔ:wəd/ 'straɪkə/ ətækə	нападаючий, форвард
free kick	'fri: 'kɪk	штрафний удар
full-time	'fʊl 'taɪm	два тайми
goal	'gəʊl	ворота, гол
goal kick	'gəʊl 'kɪk	удар від воріт
goalkeeper/ goalie	'gəʊl ,ki:pə/ 'gəʊli	воротар, голкипер
halfback/ midfielder	'hɑ:f bæk/ mɪdfi:ldə	півзахисник
half-time	hɑ:f 'taɪm	один тайм
header	'hedə	удар головою
hold an opponent	'həʊld ən ə'pəʊnənt	затримувати суперника

eætra time	'ekstrə 'taɪm	додатковий час
kick	'kɪk	бити, ударяти
kick-off	'kɪk ,ɔ:f	початок матчу
linesman/ line judge	'laɪnzmən/ 'laɪn 'dʒʌdʒ	суддя на лінії
Man on!	'mæn 'ɒn	Позаду!
own goal	'əʊn 'gəʊl	гол у свої ворота
penalty	'pen(ə)ltɪ	штрафний удар
pitch/ field	'pɪtʃ/ 'fi:ld	поле
referee	ˌrefə'reɪ	суддя
score	'skɔ:	рахунок
shoot	'ʃu:t	бити по воротах
substitute	'sʌbstɪ tʃu:t	запасний гравець
switch play	'swɪtʃ 'pleɪ	міняти тактику гри
tackle	'tæk(ə)l	відібрати м'яч
throw out	'θrəʊ 'aʊt	викид м'яча за лінію
throw-in	'θrəʊ ,ɪn	викидання м'яча з аути
toss/ flip coin	tɒs/ flɪp 'kɔɪn	жеребкування
trip the player	'trɪp ðə 'pleɪə	підставити підніжку
volley	'vɒlɪ	бити по м'ячу, який летить
winger	'wɪŋə	атакуючий півзахисник

GYMNASTICS

all-around	ˌɔːl əˈraʊnd	багатоборство
apparatus	ˌæpəˈreɪtəs	снаряд
arabesque	ˌærəˈbesk	рівновага
arching	ˈɑːtʃɪŋ	прогинання
beam	ˈbiːm	колода
bench	ˈbentʃ	лава
bending	ˈbendɪŋ	згинання
cartwheel	ˈkɑːtˌwiːl	колесо
circle	ˈsɜːkl	оберт
climbing rope	ˈklaɪmɪŋ ˈrəʊp	канат
club	ˈklʌb	булава
compulsories	kəmˈpʌlsəɪz	обов'язкова програма
dismount	dɪsˈmaʊnt	зіскок
flic-flac	flɪk flæk	фляк
floor board	ˈflɔːˈbɔːd	місток
floor exercise	ˈflɔːˈeksəsaɪz	довільні вправи
gymnastics slippers	dʒɪmˈnæstɪks ˈslɪpəz	гімнастичні тапочки
handstand	ˈhændstænd	стійка на руках
hoop	ˈhuːp	обруч
horizontal bar	ˌhɔːrɪˈzɒntəl ˈbɑː	перекладина
ladder	ˈlædə	драбина
leotard	ˈliːəˌtɑːd	трико
lying support	ˈlaɪɪŋ səˈpɔːt	упор

		лежачи
mount	'maʊnt	наскок (настрибування)
optionals	'ɒpʃənəlz	довільна програма
panel of judges	'pænəl əv 'dʒʌdʒɪz	суддівська колегія
parallel bars	'pærəˌleɪl 'bɑːz	паралельні бруси
pommel horse	'pʌm(ə)l 'hɔːs	кінь для махів
posture	'pɒstʃə	постава
ribbon	'rɪbən	стрічка
ring	'rɪŋ	кільце
roll	'rəʊl	перекид
running-up	'rʌnɪŋ 'ʌp	розбіг
skipping-rope	'skɪpɪŋ 'rəʊp	скакалка
splits	'splɪts	шпагат
swing	'swɪŋ	мах
trampoline	'træmpəˈliːn	батут
uneven bars	ˌʌn 'iːvən 'bɑːz	різновисокі бруси
vaulting table	'vɔːltɪŋ 'teɪb(ə)l	стіл для стрибків
wall bars	'wɔːl 'bɑːz	стінка гімнастична

SKIING

alpine skiing	'æɪ,paɪn 'ski:ɪŋ	гірськолижний спорт
avalanche/ snow-slip	'ævə,lə:ntʃ/ 'snəʊ 'slɪp	лавина
brake oneself	'breɪk wʌn'self	гальмування
chairlift	'tʃeə,lɪft	крісельний підйомник
chief of the course	'tʃi:f əv ðə 'kɔ:s	суддя на трасі
climb	'klaɪm	підйом
competition chief	,kɒmpɪ'tɪʃən 'tʃi:f	головний суддя
course	'kɔ:s	траса
cross country skiing	'krɒs 'kʌntri 'ski:ɪŋ	лижна гонка
descent	dɪ'sent	спуск
diagonal stride	daɪ'æɡənəl 'straɪd	поперемінний хід
downhill	,daʊn'hɪl	швидкісний спуск
elbow guards	'el,bəʊ 'gɑ:dz	щитки на лікоть
fall/ crash	'fɔ:l/ 'kræʃ	падіння
fiberteæ		фібертекс
finish track	'fɪnɪʃ 'træk	фінішна пряма
forerunner	'fɔ: ,rʌnə	той, хто відкриває трасу
gliding step	'glɑɪdɪŋ 'step	ковзний крок
helmet	'helmɪt	захисний шолом
joint start	'dʒɔɪnt 'sta:t	масовий старт
long-distance	'lɒŋ 'dɪstəns	гонка на довгу

race	'reɪs	дистанцію
overtaking	ˌəʊvə'teɪkɪŋ	обгін
pursuit	pɜː'sjuːt	переслідування
racing skis	'reɪsɪŋ 'skiːz	гоночні лижі
scrape the skis	'skreɪp ðə 'skiːz	очищувати лижі
shin guards	'ʃɪn 'gɑːdz	щитки на ноги
ski bindings	'skiː 'baɪndɪŋz	кріплення
ski of the course	'skiː əv ðə 'kɔːs	сходити з траси
ski poles	'skiː 'pəʊlz	лижні палиці
ski suit	'skiː 'sjuːt	лижний комбінезон
ski-lift	'skiː 'lɪft	підйомник
slalom skis	'slɑːləm 'skiːz	лижі для слалому
slow down	'sləʊ 'daʊn	уповільнювати хід
speed up	'spiːd 'ʌp	прискорювати хід
stem	'stem	упор
stride/ poling	'straɪd/ 'pəʊlɪŋ	лижний хід
take the course	'teɪk ðə 'kɔːs	проходити трасу
t-bar	'tiː 'bɑː	бугельний підйомник
traverse of a slope	'trævzːs əv ə 'sləʊp	перетинання схилу
wrist shields	'rɪst 'ʃiːldz	зап'ястні щитки

SWIMMING

adjustment	ə'dʒʌstmənt	відпрацювання
back crawl	'bæk 'krɔ:l	кроль на спині
beat	'bi:t	поштовх
block	'blɒk	стартова тумбочка
breakaway	'breikə,wei	ривок
breaststroke	'brest,streɪk	брас
breaststroke kick	'brest,streɪk 'kɪk	поштовх ногами
butterfly	'bʌtəflaɪ	батерфляй
chief timer	'tʃi:f 'taɪmə	головний секундометрист
cover the distance	'kʌvə ðə 'dɪstəns	проплисти дистанцію
eəhalation	ˌekshə'leɪʃən	видих
false start	'fɔ:ls 'sta:t	фальстарт
finish judge	'fɪnɪʃ 'dʒʌdʒ	суддя на фініші
free style	'fri: 'stɑɪl	вільний стиль
front crawl	'frʌnt 'krɔ:l	кроль на грудях
gliding	'glɑɪdɪŋ	ковзання
goggles	'gɒɡlz	окуляри для плавання
heat	'hi:t	заплив
immersion	ɪ'mɜ:ʃən	занурення
inhalation	ˌɪnhə'leɪʃən	вдих
inspector of turns	ɪn'spektə əv 'tɜ:nz	суддя на повороті
judge of course	'dʒʌdʒ əv 'kɔ:s	суддя на дистанції
judge of stroke	'dʒʌdʒ əv	суддя з техніки

	'strəʊk	плавання
lane	'leɪn	доріжка
medley relay relay race	'medli: 'ri: ,lei/ 'ri: ,lei 'reis	комбінована естафета
medley swimming	'medli: 'swɪmɪŋ	комплексне плавання
paddles	'pæd(ə)lz	лопатки
pool side	'pu:l 'saɪd	борт басейну
pull buoys	'pʊl 'buɔɪz	поплавці для ніг
push-off	'pʊʃ 'ɒf	відштовхування
reach a final	'ri:tʃ ə 'faɪnl	виходити в фінал
rescuer	'reskjʊ:ə	рятувальник
spin-turn	'spɪn 'tɜ:n	сальто
stands	'stændz	трибуна
starter	'stɑ:tə	суддя на старті
stroke	'strəʊk	гребок
swim fins	'swɪm 'fɪnz	ласти для плавання
swimming board	'swɪmɪŋ 'bɔ:d	дошка для плавання
swimming pool	'swɪmɪŋ 'pu:l	басейн
swimming trunks	'swɪmɪŋ 'trʌŋks	плавки

TENNIS

ace	'eɪs	подача навиліт
approach	ə'prəʊtʃ	повільний удар із сильною
backhand	'bæk,hænd	удар зліва
bat	'bæt	бити
break	'breɪk	виграш подачі супротивника
break point	'breɪk 'pɔɪnt	розіграш, у якому один із супротивників може здобути брейк
court	'kɔ:t	майданчик, корт
cross	'krɒs	діагональний удар
cup	'kʌp	кубок
drop shot	'drɒp 'ʃɒt	укорочений удар
forehand	'fɔ:'hænd	удар справа
gain points	'geɪn 'pɔɪnts	заробляти очки
game point	'geɪm 'pɔɪnt	розіграш, у якому один із супротивників може виграти гейм на своїй подачі
grand slam	'grænd 'slæm	великий шлем
half volley	'hɑ:f 'vɒlɪ	удар з напівльоту
lawn tennis	'lɔ:n 'tenɪs	теніс
let	'let	м'яч, що з передачі торкається сітки і попадає в квадрат
lob	'lɒb	удар „свічка”
match point	'mætʃ 'pɔɪnt	розіграш, у якому один із

		супротивників може виграти весь матч
opponent	ə'pəʊnənt	супротивник
quarterfinal	'kwɔ:tə'faɪnl	чвертьфінал
racket	'rækɪt	ракетка
receiver	ri'si:və	одержувач
reverse	ri'vɜ:s	удар оберненою стороною ракетки
semifinal	'semi'faɪnl	півфінал
server	'sɜ:və	подавальник
service	'sɜ:vɪs	подача
set	'set	сет, партія
set point	'set 'pɔɪnt	розіграш, у якому один із супротивників може виграти сет
slice	'slaɪs	підрізка
smash	'smæʃ	сильний удар по м'ячу
spin	'spɪn	вертіння (м'яча)
stroke	'strəʊk	удар
table tennis	'teɪb(ə)l 'tenɪs	настільний теніс
tie break	'taɪ 'breɪk	гейм для швидкого визначення переможця рівного сету
topspin	'tɒp ,spɪn	кручена подача
toss	'tɒs	підкидання м'яча при подачі
tournament	'tɜ:nəmənt	турнір
umpire	'ʌm ,paɪə	суддя
volley	'vɒli	удар з льоту

TRACK-AND-FIELD ATHLETICS

board of referees	'bɔ:d əv ,refə'ri:z	суддівська колегія
chin-up/ pull-up	'tʃɪn ʌp/ 'pʊl ʌp	підтягування
clear an obstacle	'kliə ən 'ɒbstək(ə)l	долати перешкоди
combined events	kəm'baɪnd ɪ'vents	багатоборство
cover a distance	'kʌvə ə'dɪstəns	пробігти дистанцію
cross-country run/ race	'krɒs'kʌntri 'rʌn/ 'reɪs	біг по пересіченій місцевості/ крос
decathlon	dɪ'kæθlɒn	десятиборство
discus throw	'dɪskəs 'θrəʊ	метання диска
fartlek	'fɑ:tlek	фартлек
fitness	'fɪtnɪs	підготовленість
half-squat	'hɑ:f 'skwɒt	напівприсід
hammer throw	'hæmə 'θrəʊ	метання молота
heat/ race	'hi:t/ 'reɪs	забіг
heptathlon	hep'tæθlɒn	семиборство
high jump	'haɪ 'dʒʌmp	стрибок у висоту
hurdle race	'hɜ:dl 'reɪs	бар'єрний біг
javelin throw	'dʒævln 'θrəʊ	метання списа
jogging	'dʒɒgɪŋ	біг підтюпцем
knock down	'nɒk 'daʊn	збивати
lap of honour	'læp əv 'ɒnə	коло пошани
line-up	'laɪn 'ʌp	шикування

long distance runner	'lɒŋ 'distəns 'rʌnə	стаєр
long jump	'lɒŋ 'dʒʌmp	стрибок у довжину
not valid!	'nɒt 'vælɪd!	Не зараховано!
pole	'pəʊl	жердина
pole vault	'pəʊl 'vɔ:l	стрибок з жердиною
posture	'pɒstʃə	постава
push-up/ press-up	'pʊʃ,ʌp/ 'pres,ʌp	віджимання
relay baton	'ri:lɪ bætn	естафетна палочка
relay race	'ri:lɪ 'reɪs	естафетний біг
run/running	'rʌn/ 'rʌnɪŋ	біг
run-up	'rʌn ,ʌp	розбіг
shot put	'ʃɒt 'pʊt	штовхання ядра
squat	'skwɒt	присідання
starting blocks	'stɑ:tɪŋ 'blɒks	стартові колодки
steeplechase	'sti:p(ə)ltʃeɪs	біг з перешкодами
track/ lane	'træk/ 'leɪn	доріжка
trial jump	'traɪəl 'dʒʌmp	пробний стрибок
triple jump	'trɪp(ə)l 'dʒʌmp	потрійний стрибок
walking	'wɔ:kɪŋ	ходьба

VOLLEYBALL

attacker	ə'tækə	нападник
back line player	'bæk 'laɪn 'pleɪə	гравець задньої лінії
backhand service	'bæk ,hænd 'sɜ:vɪs	подача зліва
blocker	blɒkə	блокувальник
bounce	'baʊns	відскік м'яча
coin toss	'kɔɪn 'tɒs	жеребкування
follow the ball	'fɒləʊ ðə 'bɔ:l	володіти м'ячем
formation	fɔ:'meɪʃ(ə)n	розставляння
“free ball”	'fri: 'bɔ:l	легкий м'яч
front line player	'frʌnt 'laɪn 'pleɪə	гравець передньої лінії
held ball	'held 'bɔ:l	захват
home team	'həʊm 'ti:m	команда господарів поля
hook service	'hʊk 'sɜ:vɪs	верхня бічна подача
“in” ball	'ɪn 'bɔ:l	зарахований м'яч
knee-length socks	ni: leŋθ 'sɒks	гольфи
libero	'li:bero	ліберо
missing service	'mɪsɪŋ 'sɜ:vɪs	неточна подача
overhead service	əʊvə'hed 'sɜ:vɪs	верхня пряма подача
over spin	əʊvə 'spɪn	подача „свічкою”
pierce the block	'prɪəs ðə 'blɒk	пробивати блок
protection kneepads	prə'tekʃən 'ni:pædz	наколінники

pushed ball	'pʊʃt 'bɔ:l	кинутий м'яч
qualifying events	'kwɒli,faɪnɪŋ ɪ'vents	відбіркові змагання
reception	ri'sepʃ(ə)n	прийом м'яча
referee's ball	,refə'ri:z 'bɔ:l	спірний м'яч
referee's platform	,refə'ri:z 'plæt, fɔ:m	суддівська вишка
referee's signal	,refə'ri:z 'sɪgn(ə)l	жест судді
replacement	ri'pleismənt	заміна гравця
rotation	rəʊ'teɪʃ(ə)n	перехід гравців
run-up	'rʌn, ʌp	розбіг
safety man in defense	'seɪfti 'mæn ɪn dɪ'fens	гравець, який страхує
server	'sɜ:və	гравець, який подає
set	'set	партія
setter	'setə	гравець, який пасує
spike/ hit/ stroke/ kill	'spaɪk/ 'hɪt/ 'strəʊk/ 'kɪl	удар
spiker	'spaɪkə	гравець, який атакує
swing	'swɪŋ	замах
underhand service	'ʌndə, hænd 'sɜ:vɪs	нижня пряма подача
visiting team	'vɪzɪtɪŋ 'ti:m	команда гостей
windmill service	'wɪn, mɪl 'sɜ:vɪs	нижня бічна подача

WEIGHTLIFTING

announcer	ə'naʊnsə	суддя інформатор
attempt	ə'tempt	спроба
barbell	'bɑ: bel	штанга
chalk	'tʃɔ:k	магнезія
chief referee	'tʃi:f ,refə'ri:	старший суддя
colophony powder	kə'ləfəni: 'paʊdər	каніфоль
commit a fault	kə'mit ə 'fɔ:lt	припускатися помилки
dope test	'dəʊp 'test	антидопінговий контроль
dropping the jar	'drɒpɪŋ də 'dʒɑ:	кидок штанги
entry	'entri:	заявка
hang	'hæŋ	підйом штанги з вису
height of placing the bar	'haɪt əv 'pleɪsɪŋ də 'bɑ:	висота підйому штанги
high squat	'haɪ 'skwɒt	підйом штанги „розніжка”
hooking grip	'hʊkɪŋ 'grɪp	захват у „замок”
infringement of the rules	ɪn'frɪndʒmənt əv də 'ru:lz	порушення правил
jerk	'dʒɜ:k	поштовх
jury of appeal	'dʒʊəri əv ə'pi:l	апеляційне журі
knee-cap	'ni: 'kæp	наколінник
lift before squat	'lɪft bɪ'fɔ: 'skwɒt	підйом штанги до підсиду
motionless	'məʊʃənli:s	фіксація ваги

position	pə'zɪf(ə)n	
platform	'plæt fə:m	поміст
press	'pres	жим
press-out in jerk/ snatch	'pres 'aʊt 'ɪn 'dʒɜ:k/ 'snætʃ	дожим штанги у поштовху/ у ривку
pull	'pʊl	підрив
pull in	'pʊl 'ɪn	тяга
recover from the səuat	rɪ'kʌvə 'frɒm ðə 'skwɒt	вставати з підсиду
shoulder with grip	'ʃəʊldə 'wɪð 'grɪp	хват на ширині плечей
snatch	'snætʃ	ривок
split/ clean and jerk	'splɪt/ 'kli:n ənd 'dʒɜ:k	підйом штанги на груди
səuat	'skwɒt	підсід
səuat style snatch	'skwɒt 'stɑɪl 'snætʃ	ривок з напівприсядом
səuattɪŋ wɪθ the bɑ: 'weɪt	'skwɒtɪŋ 'wɪð ðə 'bɑ: 'weɪt	присідання зі штангою
tape	'teɪp	бинт
throw the bar over the head	'θrəʊ ðə 'bɑ: 'əʊvə ðə 'hed	перекидати штангу за голову
time keeper	'taɪm 'ki:pə	хронометрист
total	'təʊtl	двоборство
training load	'treɪnɪŋ 'ləʊd	тренувальне навантаження
trunk bending with the bar	'trʌŋk 'bendɪŋ 'wɪð ðə 'bɑ:	нахили зі штангою
weighing	'weɪɪŋ	зважування
width of the grip	'wɪðθ əv ðə 'grɪp	ширина хвату

WRESTLING

attacking wrestler	ə'tækɪŋ 'reslə	борець, який атакує
bout	'baʊt	поєдинок
counter-grip	'kaʊntər 'grɪp	контр прийом
cross-scissors ride	'krɒs 'sɪzəz 'raɪd	переворот „ножицями”
defending wrestler	dɪ'fendɪŋ 'reslə	борець, який захищається
ear protectors	'iə prə'tektəz	вушні протектори
embracing	ɪm'breɪsɪŋ	обхват
eæcute a throw	'eksɪ,kju:t ə 'θrəʊ	проводити кидок
fall	'fɔ:l	туше
fall into the bridge	'fɔ:l 'ɪntu ðə 'brɪdʒ	вставати на міст
fleeing	fli:ɪŋ	вихід
freestyle wrestling	'fri:stɑɪl 'reslɪŋ	вільна боротьба
Greco-Roman wrestling	'grɛkəʊ rəʊmən 'reslɪŋ	греко-римська боротьба
ground wrestling	'graʊnd 'reslɪŋ	боротьба в партері
gut wrench	'gʌt 'rentʃ	переворот накатом
headlock	'hed,lɒk	захват за шию
high on guard	'haɪ 'ɒn 'gɑ:d	висока стійка
hip-roll	'hɪp 'rəʊl	кидок через спину
hold/ grip	'həʊld/ 'grɪp	захват, прийом
hold the opponent	'həʊld ði: ə'pəʊnənt	утримувати суперника

judge	'dʒʌdʒ	боковий суддя
knee guards	'ni: 'gɑ:dʒ	наколінники
leg grip	'leg 'gri:p	захват ноги
lift the opponent	'lɪft ði: ə'pəʊnənt	піднімати суперника
loosen a grip	'lu:sn ə 'gri:p	розривати захват
low on guard	'ləʊ 'ɒn 'gɑ:d	низька стійка
mat chairperson	'mæt 'tʃeə, pə:s(ə)n	суддя на килимі
pinning hold	'pɪnɪŋ 'həʊld	дотискування
point	'pɔɪnt	технічний бал
pursue the opponent	pə'sju: ði: ə'pəʊnənt	переслідувати суперника
referee	ˌrefə'ri:	арбітр
singlet	'sɪŋɡlɪt	трико
standing wrestling	'stændɪŋ 'reslɪŋ	боротьба у стійці
stretcher	'stretʃə	переворот розгином
tackle	'tæk(ə)l	збивати
throw	'θrəʊ	кидок
throw the opponent	'θrəʊ ði: ə'pəʊnənt	кидати суперника на килим
throw the opponent on two shoulders	'θrəʊ ði: ə'pəʊnənt 'ɒn 'tu: 'ʃəʊldəz	кидати суперника на обидві лопатки
turn the opponent over	'tɜ:n ði: ə'pəʊnənt 'əʊvə	перевертати суперника
wrestling stance	'reslɪŋ 'stæns	борцівська стійка

O Sport, you are Fecundity! You strive directly and nobly towards perfection of the race, destroying unhealthy seed and correcting the flaws which threaten its essential purity. And you fill the athlete with a desire to see his sons grow up agile and strong around him to take his place in the arena and, in their turn, carry off the most glorious trophies.

O Sport, you are Progress! To serve you, a man must improve himself both physically and spiritually. You force him to abide by a greater discipline; you demand that he avoid all excess. You teach him wise rules which allow him to exert himself with the maximum of intensity without compromising his good health.

O Sport, you are Peace! You promote happy relations between peoples, bringing them together in their shared devotion to a strength which is controlled, organized and self-disciplined. From you, the young worldwide learn self-respect, and thus the diversity of national qualities becomes the source of a generous and friendly rivalry.

PART III



ENGLAND AND FOOTBALL

Football has been called the most popular game in the world, and of course it has many fans in England.

Association football or soccer is the game that is played in nearly all countries. A team is composed of a goalkeeper, two backs, three half-backs and five forwards. There is another game called rugby football, so called because it originated at Rugby, a well-known English public school. In this game the players may carry the ball. There is also an American kind of football, different from the other two. The captain of the team is usually the oldest or best player.

Association football, or soccer, remains one of the most popular games played in the British Isles. Over the last 20 years though, the attendance at football matches has fallen away sharply. As violence at and near the football grounds increased, many people try to stay away leaving the grounds to football fans.

Today, many people are only interested in football because of the chance of winning a lot of money. The Cup Final at Wembley remains, though, an event of national importance.

The football pitch should be between 100 and 130 metres long and between 50 and 100 metres wide. It is divided into two halves by the halfway line. In the middle of the field there is a centre circle and there is a goal at each end. There is the goal area and the

penalty area in front of each goal. There is a penalty spot inside the penalty area. A game of football usually lasts for one and a half hours. At half-time, the teams change ends. The referee controls the game. The aim of each team is obviously to score as many goals as possible. If both teams score the same number of goals, or if neither team scores any goals at all, the result is a draw.

The final of the football competition takes place every May at the famous Wembley stadium in London. Some of the best known clubs in England are Manchester United, Liverpool and the Arsenal. In Scotland Rangers, Celtic or Aberdeen usually win the cup or the championship.

VOCABULARY

attendance – відвідування

back – захисник

draw – нічия

forward – нападаючий

goalkeeper – воротар

half-back – півзахисник

half-time – перерив між таймами

halfway line – середня лінія

penalty area – штрафний майданчик

referee – суддя

score – рахунок

to be composed of – складатися з

to score – забивати голи

violence – жорстокість, шаленість

EXTREME SPORTS

Speed, excitement, danger...You can find all these in the different extreme sports.

An extreme sport, also called free sport, action sport and adventure sport is a popular term for certain activities perceived as having a high level of inherent danger. It gained popularity in the 1990s when it was picked up by marketing companies to promote the X Games. Extreme sports are rarely sanctioned by schools. Extreme sports tend to be more solitary than traditional sports. Rafting and paintballing are notable exception, as they are done in teams. In addition, beginning extreme athletes tend to work on their craft without the guidance of a coach. Extreme sports like windsurfing, auto racing, bungee jumping, cave diving, freestyle scootering, ice climbing, motorcross, mountain bike, paragliding, rock climbing, scuba diving, skydiving, snowboarding.

Take bungee jumping. You jump off a bridge and you fall and fall, and then, just before you hit the ground or water, an elastic rope pulls you back. In sky surfing you jump out of aeroplane and use a board to “surf” the air, doing gymnastics in mid-air! And extreme sports on land can be just as dangerous.

Winter sports have always an element of danger. For example snowboarding, which has all the excitement of surfing but on snow, is more dangerous even than skiing. Probably the most dangerous of all the new winter sports is snow rafting. You sit in a

rubber boat and sail down a mountain at great speed – and you can't control the boat!

Of course, water sports have always been fun. Ice diving is for those people who are absolutely crazy. You put on diving equipment and dive under a frozen lake. And, if that's not enough, you try to walk upside down on the ice! I feel cold just thinking about it.

VOCABULARY

- adventure – пригода, ризик
- certain – певний
- craft – судно. літак
- danger – небезпека
- equipment – обладнанняг. оснащення
- exception – виняток
- excitement – збудження, хвилювання
- extreme – крайній, екстремальний
- guidance – керівництво
- inherent – властивий. притаманний
- notable – визначний. помітний
- raft – пліт
- rarely – рідко, нечасто
- rope – канат, мотузка
- solitary – окремих. поодинокий
- speed – швидкість
- to gain – вигравати, здобувати, одержувати
- to perceive – сприймати. розуміти
- to promote – сприяти. допомагати
- to pull – тягти, відтягувати
- to sanction – схвалювати

PARALYMPICS

The Paralympic Games is an important international sport event, involving athletes with physical and intellectual disabilities. There are Winter and Summer Paralympic Games, which are held immediately following the respective Olympic Games.

The present formal explanation for the name “Paralympic” is that it derives from the Greek preposition παρά, pará (“beside” or “alongside”) and thus refers to a competition held in parallel with the Olympic Games. The Summer Games of 1988 held in Seoul was the first time the term “Paralympic” came into official use.

Given the wide variety of disabilities that Paralympic athletes have, there are several categories in which the athletes compete. The allowable disabilities are broken down into six broad categories. The categories are amputee, cerebral palsy, intellectual disability, wheelchair, visually impaired, and others. These categories are further broken down into classifications, which vary from sport to sport.

Some of the summer events the disabled compete in include track, archery, basketball, bowling, cycling, fencing, judo, soccer, shooting, swimming, table tennis, tennis, volleyball and weightlifting.

Some of the winter events the disabled compete in include skiing, ice sledge hockey, ice sledge, and biathlon.

To compete in the games, parathletes must meet qualifying standards according to disability type and severity. They then have to be selected to represent his/her country's team. The International Olympic Committee supports the Paralympics and they are governed by the International Paralympic Committee.

The Paralympic emblem consists of three elements in red, blue and green – the three colours that are most widely represented in national flags around the world. The shape of the three elements symbolizes the new vision of the IPC “To Enable Paralympic Athletes to Achieve Sporting Excellence and to Inspire and Excite the World”. The round shape of the entire emblem symbolizes the globe.

“Spirit in Motion” is the Paralympic motto, expressing both strong will of every Paralympian and elite performance of Paralympic athletes.

VOCABULARY

archery – стрільба з лука

cerebral – мозковий, церебральний

derive from – походити

disability – неспроможність, непрацездатність

entire – цілий, суцільний

impair – пошкоджувати

palsy – параліч

severity – суворість. жорстокість

spirit – хоробрість. натхнення

to govern – керувати, управляти

wheelchair – крісло на колесах (для хворих)

RECIPES FOR KEEPING FIT

We all need exercise. This is as true for young people in their teens as it is for adults from 20 to 80. Regular exercise gives you more energy. This is why many people who suffer from general tiredness can benefit from taking more exercise rather than more rest.

Exercise makes you feel and look better and can also help you to lose weight because it burns up fat or food to produce energy.

But nowadays nearly everyone – who sits down most of the day – should make an effort to set time aside for regular exercise. The important thing is to know what kind of exercise is suitable for you. It is best to start with mild exercise and to build up gradually. Here are some useful general rules:

1. Exercise until you are pleasantly tired. Don't exercise until you become exhausted. This can do you more harm than good. In other words, "Train, don't strain!"

2. Exercise until you have a feeling of mild breathlessness. But don't exercise until you are so breathless that you can't even talk.

3. Take short exercise periods of 15–20 minutes. Four or five times a week should be enough.

4. The best time for exercise is usually in the earlier part of the day. In the evening it may be better to relax.

5. The best all-round exercise involves repeated, easy movements: walking, jogging, swimming and cycling are all good examples. Also exercises such as bending and stretching which help you to move freely and easily. You should soon begin to feel the results of regular exercise and will enjoy these benefits.

These benefits are:

- improved physical and mental energy at work or at school;
- improved sleep and easier relaxation;
- improved physical appearance
- less risk from illness and disease as you get older.

VOCABULARY

adult – дорослий
appearance – зовнішність
aside – крім, за винятком
benefit – користь
breathless – задиханий
disease – хвороба
effort – зусилля
exhausted – виснажений
gradually – поступово
harm – шкода
movement – рух
recipe – спосіб
tiredness – стомленість
to need – потребувати
to involve – включати

REMEDIAL GYMNASTICS

Remedial gymnastics is a medical treatment and preventive of diseases by means of physical culture.

An instructor in physical culture must have a clear understanding of the essence of the disease, and the effect produced by certain physical exercises. He must know the indications and contraindications for the application of curative gymnastics.

Unlike other methods of treatment curative gymnastics has no ready-made prescriptions. Every patient needs a special set of exercises which will prove the most effective in his case. These sets of exercises must change as the patient's condition improves. The instructor in curative gymnastics treating the patient by means of physical culture must keep an eye even on the minute's changes in his organism; inform the physician about them so as to change accordingly the methods of curative gymnastics and the quantity of exercises.

Medical treatment by means of physical culture is a creative process and the effect of treatment depends upon the instructor's qualification, i. e. his knowledge, experience and pedagogical skill.

Every instructor in physical culture must know the fundamentals of curative gymnastics. It is most important for introducing physical culture into the life of higher school students, pupils of schools and middle-aged and elderly persons in particular.

Physical culture is of the greatest importance for patients in sanatoria, hospitals, polyclinics.

VOCABULARY

a special set of exercises – спеціальний комплекс вправ
application – застосування, використання
condition – стан
creative – творчий
disease – хвороба, захворювання
essence – суть
experience – досвід
indication – ознака, симптом
introduce – впроваджувати
means – засіб, спосіб
medical treatment – лікування
must keep an eye on ... – повинен уважно слідкувати за ...
particular – особливий
preventive – профілактичний
ready-made prescriptions – готові рецепти
remedial (curative) gymnastics – лікувальна фізкультура
to depend upon – залежати від
to improve – поліпшувати(ся), кращати
to produce – створювати, викликати
to prove – доводити, впроваджувати
understanding – розуміння
unlike other methods – на відміну від інших методів

SOME FACTS FROM THE HISTORY OF THE OLYMPIC GAMES

The games were held every four years in Olympia on the territory of ancient Greece. The first games which later were called the Olympic Games were held about a thousand years before our era.

Usually the Olympic Games began before the middle of the summer. Best athletes arrived to Olympia to compete in running, long jumps, throwing of discus and javelin and wrestling.

Only men could take part in the Olympic Games. Women were not allowed even to watch the competitions at the stadium. All athletes took an oath that they had been preparing well for the Games and promised to compete honestly and keep the rules of the Olympics. The athletes took part in all kinds of competitions. Winners were called “olympionics”, they were awarded olive wreaths and cups of olive oil. This tradition has survived. In our time sportsmen often get cups and wreaths for winning the first place in sports competitions.

The Olympic Games had been held for about eleven hundred years, until the emperor Theodosius banned them in 394 A. D.

The revival of the Olympic Games began long time afterwards, in 1892, when a young French teacher Pierre de Coubertin made a public speech before the Union of French sports clubs in Paris. At that time many people in many countries practised

various kinds of sports and games. They wanted to make friends and compete with sportsmen from other lands. In 1894 the International Congress of amateur sportsmen made an important decision: to revive the Olympic Games and to establish the International Olympic Committee which would be responsible for the administration of the modern Olympic Games.

The first Committee consisted of 12 members. Now the International Olympic Committee controls the affairs of all member countries which joined the Olympic movement.

VOCABULARY

affair – справа

allow – дозволяти

award – нагороджувати

bann – забороняти

committee – комітет

compete – змагатися

decision – рішення

join – вступати, об'єднуватися

javelin – спис

oath – присяга, клятва

responsible – відповідальний

revival – відродження

to establish – засновувати

to survive – продовжувати існувати

wreath – вінок, гірлянда

ancient – стародавній

movement – рух

SPORT IN AUSTRALIA

A lot of Australians think you shouldn't worry too much about life. But some things in life are really important, and to many Australian men, one of these things is sport. It's something they don't joke about.

SPORT MATTERS. In pubs, clubs and even at work you'll often find men who can talk about only one thing – sport.

In fact Australia has a very high number of world champions in all kinds of sports, for a country of only 16 million people.

Around the country you'll find plenty of opportunities for golf, squash, tennis, horse or motorcycle, fishing and so on. Surfing is almost a religion for many Australians who follow the waves around the country and there are a number of important surfing contests.

You'll find football of assorted types including the unique Australian Rules Football. Then, there's motor racing and motorcycle racing, horse racing, yacht racing, cricket matches and lots more.

Every year more than 100,000 people go to the final of Australian Rules Football. Crowds of more than 90,000 watch the big cricket matches against India, Pakistan, New Zealand and England.

There are sport competitions and holidays in Australl all the year round. Here are some of them.

In February there's Regatta Day with boat races and other water activities.

In Sydney Australian biggest race takes place with 25,000 competitors running the 14 km from Hyde Park to Bondi Beach in the city race.

In September attention is attached to Melbourne where Australian Football Cup takes place. Australian Football is played in Australia only. This is a game where two teams of 18 players take part. The players are allowed to play with their legs and arms. The participation in the game demands great physical strength and very often injured players are carried away from the field or are replaced by other players. Grand Australian Football Cup is the biggest sports competition of the year.

VOCABULARY

- contest – змагання
- crowd – натовп
- matter – питання, справа
- opportunity – можливість
- racing – перегони
- strength – сила
- to allow – дозволяти
- to carry away – виносити
- to demand – вимагати
- to follow – стежити
- to joke – жартувати
- to replace – замінити
- to take place – проходити
- to worry – хвилюватися
- wave – хвиля

SPORT IN OUR LIFE

Sport is probably as old as humanity itself. All over the world people of different ages are very fond of sports and games. Sport not only helps people to become strong and to develop physically but also makes them more organized and better disciplined in their daily activities. It unites people of different classes and nationalities. Sport helps people to be in good health.

We all need to exercise. Even if you don't plan to make a career in sport, you still have to practice. Regular exercises give you more energy. That is why many people who suffer from general tiredness should take more exercise than rest. Exercise makes you feel and look better. The best exercise is the one which involves you in repeated movements: walking, jogging or swimming. Bending and stretching will add flexibility and feeling of lightness.

Among the sports popular in our country are football, basketball, swimming, volleyball, ice hockey, tennis, gymnastics, and figure skating. A person can choose sports and games for any season, for any taste.

Many people do sports on their personal initiative. They go in for skiing, skating, table tennis, swimming, volleyball, football, body building, etc.

All necessary facilities are provided for them: stadiums, sport grounds, swimming pools, skating rinks, skiing stations, football fields.

Sport is paid much attention to in our educational establishments. Gymnastics is a part of children's daily activities in the kindergartens. Physical culture is a compulsory subject at schools and colleges.

There are many famous sportsmen in Ukraine: brothers Klichko, Yana Klochkova, Valeriy Honcharov and others. We are proud of them.

VOCABULARY

- activity – діяльність
- bend – згин. вигин
- compulsory – обов'язковий
- develop – розвивати(ся)
- disciplined – дисциплінований
- establishments – установа, заклад
- facilities – обладнання; засоби; місця
- flexibility – гнучкість
- humanity – людство
- initiative – ініціатива
- involve – включати
- pay attention – приділяти увагу
- probably – ймовірно, можливо
- skiing stations – лижні бази
- stretch – розтягання. витягання
- subject – предмет
- tiredness – втома, виснаження
- to be proud of – бути гордим за
- to exercise – вправляти(ся), тренуватися
- to suffer – страждати, зазнавати
- unite – об'єднувати(ся), єднатися

SPORT IN THE USA

Americans' interest in sports seems excessive to many foreign visitors. Television networks spend millions of dollars arranging to telecast sports events. Publications about sports are sold widely. In the US professional athletes can become national heroes.

Sports are associated with educational institutions in a way which is unique. High schools have coaches as faculty members, and school teams compete with each other.

Nowhere else in the world are sports associated with colleges and universities in the way they are in the States. College sports, especially football, are conducted in an atmosphere of intense excitement and pageantry. Games between teams attract nationwide television audiences.

The sport that is most popular in most parts of the world – soccer – is not well-known in the USA. The most popular sports are football and baseball, games that are not played in large number of countries.

Sports play such an important role in American life that the sociology of sports, sports medicine, and sports psychology has become respectable specializations.

Many people jog every day, or play tennis or bridge two or three times a week. They go on ski trips and hunting expeditions that require weeks of planning and organizing. In the Americans' view, all these activities are worth the discomfort they may

cause because they contribute to health and physical fitness. That is probably why Americans are known as a healthy nation.

VOCABULARY

associated with – пов’язаний, взаємодіючий
audience – аудиторія, слухачі, публіка
coach – тренер
event – подія
excessive – надмірний
excitement – хвилювання
foreign – закордонний
high school — середня школа
intense – напружений. інтенсивний
nationwide – загальнонаціональний
pageantry – пишність, блиск
physical – фізичний
respectable – пристойний. респектабельний
sociology – соціологія
to arrange – вживати заходи, підготовляти
to attract – притягувати, приваблювати
to cause – спричиняти
to compete – змагатися
to conduct – проводити
to contribute – сприяти
to require – вимагати. потребувати
to seem – здаватися
to telecast – передавати телевізійну програму
unique – унікальний, єдиний у своєму роді
widely – широко

SPORTS PHYSICIAN

Sports physicians have undertaken specific specialist training to qualify as sports doctors and are different from the traditional physicians. A sports physician is a doctor who specializes in looking after athletes and sportspeople. He helps to treat and prevent sporting injuries and is on standby at sporting events to provide on-site medical treatment.

Sports physicians also work out treatment programs to make sportspeople return safely to training or competition after an injury.

Personal requirements for the sports physicians are: interested in people and sports; good health and physical fitness; problem solving skills and initiative in emergency situations; good communication skills and profound knowledge of foreign language in the sphere of medicine; patience and tolerance in dealing with people who are in pain; able to work individually and as part of a team.

The sports physician's common tasks are: diagnosing sporting injuries; making sure the patient gets the right treatment and referring them to other health professionals if they need further treatment; working with other health professionals to make sure the patients' injuries are treated successfully; prescribing medicines to relieve pain or to help injuries recover; working out exercise programs to help patients' injuries recover faster; working out programs to keep the patients fit and prevent injuries.

An individual treatment plan may be made which discusses patient's nutrition and any supplements which a participant of sport is taking. The overall assessment will enable a person to perform at their best and make the relevant changes to their lifestyle ensuring that they have the healthier body.

VOCABULARY

emergency – надзвичайний стан
initiative – ініціатива
injury – поранення, рана, забите місце
nutrition – харчування
on-site – на місці
physician – лікар
profound – глибокий
qualify – здобувати (фах)
relevant – доречний
requirement – вимога; необхідна умова
supplement – доповнення, додаток
to be on standby – бути присутнім
to enable – давати змогу
to look after – доглядати
to prescribe – приписувати
to prevent – попереджати
to provide – забезпечувати
to recover – видужувати
to refer – відсилати, надсилати (до когось)
to relieve – полегшувати
to solve – вирішувати
treatment – лікування; догляд

SPORTS SUPERSTITIONS

Players and fans have their ways of avoiding bad luck.

Some sports superstitions are stranger than others. For example, Michael Jordan (a graduate of North Carolina) always wore his blue North Carolina shorts under his Bulls uniform for good luck. Here are some common superstitions in the world of sports.

BASEBALL. Baseball players may be the most superstitious. Spitting into your hand before picking up the bat is said to bring good luck. It is bad luck if a dog walks across the diamond before the first pitch. Lending a bat to a fellow player is a serious jinx.

BASKETBALL. The last person to shoot a basket during the warm-up will have a good game.

Wipe the soles of your sneakers for good luck. Bounce the ball before taking a foul shot for good luck.

FOOTBALL. Double numbers on a player's uniform brings good luck. It's bad luck for a professional football player to take a new number when he is traded to another team.

ICE HOCHEY. It is bad luck for hockey sticks to be crossed. Players believe they'll win the game if they tap the goalie on his shin pads before a game.

Many players must put their pads and skates on in exactly the same order every day.

TENNIS. It's bad luck to hold more than two balls at a time when serving. Avoid wearing the colour yellow. Avoid stepping on the court lines.

VOCABULARY

to avoid – уникати
to bounce – підстрибувати. відскакувати
common – загальний, спільний, звичайний
diamond – ромб
exactly – якраз, саме
foul shot – вільний кидок
graduate – випускник
jinx – знак, що приносить нещастя
pitch – подача
serve – подача (м'яча)
shin pads – щитки на гомілці
sneakers – кросівки
sole – підошва
to spit – плювати
stick – палиця
strange – дивний, незвичайний
superstition – забобон
to tap – хлопати
to bring – приносити
to pick up – піднімати
to shoot – робити сильні удари (по м'ячу)
to wipe – витирати
to trade – обмінювати
winning streak – смуга перемог
to step – ступати

THE IMPORTANCE OF SPORT

Sport is an important part of today's society and plays an important role in many people's lives. Now more than ever, sport events dominate headlines and athletes have become national heroes.

From a social standpoint, sport plays a positive role in uniting people from different social backgrounds in support of their favourite team. This can help people's understanding and tolerance of each other. However, just as sport unites people so it can divide them, as is often demonstrated by crowd violence at football matches.

As far as education is concerned, sport is an important part of every child's schooling, as it plays a big role in both their physical and mental development. It teaches children how to work as part of a team and cooperate with others, while at the same time improving physical condition. The only drawback to this is that children who are less able to perform well in sport are likely to feel inadequate in comparison to their more gifted classmates which may affect their self-confidence.

From an economic point of view, sport can be very profit and advertising. On the one hand this creates revenue for the sporting industry which allows for improvement and expansion. On the other hand large sums of money are often paid to event organisers to promote products such as cigarettes, which are harmful to one's health.

Sport should be used as much as possible to encourage people to lead a more healthy and peaceful life instead of being used to promote unhealthy products.

VOCABULARY

background – походження
comparison – порівняння
concern – стосуватися, відноситися
condition – стан
crowd – натовп
dominate – переважати
drawback – перешкода, завада
event – подія
expansion – розширення
harmful – шкідливий
headline – заголовок
however – однак
mental – розумовий
peaceful – мирний
revenue – дохід
society – суспільство
standpoint – точка зору
to concern – відноситися
to cooperate – співпрацювати
to divide – ділити
to encourage – підбадьорювати, заохочувати
to promote – сприяти, допомагати
to unite – об'єднувати
violence – сила, жорстокість

THE KING OF FOOTBALL

Edson Arantes do Nascimento was born in 1940 in the small Brazilian town of Três Corações. Young Edson was like many Brazilian boys, he could kick a football almost before he could walk. He grew up spending hours playing football in the street with his friends.

It was when he was playing for the local youth teams that people noticed that there was something very special about young Edson. At 16 the first division club “Santos” took him on as a professional and young Edson’s incredible career had begun.

As a professional he became known as Pelé and the name Pelé was soon famous throughout the world.

When he was seventeen he played for the Brazilian national team and with several brilliant goals he helped his team to win the World Cup in Sweden, in 1958.

In 1961, he scored probably the most spectacular goal ever, when he beat the entire opposition team before scorings.

In the 1962 World Cup in Chile he was injured after two games. In 1966, he had to leave the World Cup in England early because he was injured.

But he went on to play for a superb Brazil side in Mexico in 1970 to win the World Cup for a third time. After his retirement from Brazilian football on 2 October, 1974, he joined the New York Cosmos of the North American Soccer League. A reported

\$7,000,000 contract for three years made him the highest paid football player of the North American Soccer League.

He played his last game as a professional on October 1, 1977, in front of a capacity crowd at Giants Stadium against his old club, Santos; he played the first half with the Cosmos and the second half with Santos.

He was awarded the International Peace Award in 1978, and was named “Athlete of the Century” in 1980.

During his career Pelé scored 1,217 goals in 1,254 games, which is an incredible achievement. He became a hero not only in Brazil, but also all over the World.

VOCABULARY

achievement – досягнення, успіх

capacity – здібність

division – дивізіон, подія

incredible – неймовірний

injure – поранити

join – приєднуватися, вступати

retirement – відставка

spectacular – захоплюючий

superb – чудовий

throughout – по всьому, протягом, упродовж

to award – нагороджувати (чимсь)

to notice – помічати, звертати увагу

to score – вести рахунок, зараховувати (у грі)

THE OLYMPIC SYMBOLS

The Olympic symbols are icons, flags and symbols used by the International Olympic Committee to promote the Olympic Games. Some – such as the flame, fanfare, and theme – are more common during Olympic competition, but others, such as the flag, can be seen throughout the year.

FLAG. The Olympic flag was created by Pierre De Coubertin in 1914. It has a white background, with five interlaced rings in the centre: blue, yellow, black, green and red. This design is symbolic; it represents the five inhabited continents of the world, united by Olympism, while the six colors are those that appear on all the national flags of the world at the present time.

FLAME. The Olympic Flame is a symbol of the Olympic Games. Commemorating the theft of fire from the Greek god Zeus by Prometheus, its origins lie in ancient Greece, where a fire was kept burning throughout the celebration of the ancient Olympics. The fire was reintroduced at the 1928 Summer Olympics in Amsterdam, and it has been part of the modern Olympic Games ever since.

MEDALS. The Olympic medals awarded to winners are another symbol associated with the Olympic Games. The medals are made of gold-plated silver (commonly described as gold medals), silver, or bronze, and awarded to the top 3 finishers in a particular event. Each medal for an Olympiad has a

common design, decided upon by the organizers for the particular games. From 1928 until 2000, the obverse side of the medals contained an image of Nike, the traditional goddess of victory, holding a palm in her left hand and a winners crown in her right. This design was created by Giuseppe Cassioli. For each Olympic games, the reverse side as well as the labels for each Olympiad changed, reflecting the host of the games.

VOCABULARY

background – задній план, фон
commemorate – святкувати, шанувати пам'ять
contained – містити, (мати) в собі
fanfare – фанфара
flame – полум'я
icon – ікона
inhabit – жити.г. населяти
interlaced – переплетений
obverse – лицьовий
particular – особливий, винятковий
reflect – відображати
represent – представляти
reverse – зворотний, перевернутий
theft – крадіжка
throughout – протягом, упродовж
to be created by – бути створеним ким–небудь
to decide upon – вирішувати
to promote – сприяти, допомагати

THE RELATIONSHIP BETWEEN SPORT AND THE MASS MEDIA

Sport and media have developed an interdependent relationship. When you listen to the radio you can always hear sport news. When you open a newspaper you will always find information about sport events. TV programs about sports are always very popular and you can watch something very interesting every day.

Sport relies on media to promote success and attract sponsorship, while the media rely on sport to sell their product, for example, papers, TV etc.

Sport is extremely popular with magazines and newspapers. They provide the latest information on building and operating an athletic facility, athletic programs and special features vital to the athletic, fitness and recreation industry. They are the collection of news, reviews, interviews, expert advice concerning sport.

You will also find season reviews, predictions, and pre-game analysis for professional and college football, basketball, baseball, racing, and golf. Some magazines feature player profiles. Newspapers and magazines like Match, Team, Physical Education at School, Theory and Practice of Physical Culture, Ukrainian Football, Express, Olympic Arena, Health and Physical Culture, Sport News are well known in Ukraine.

Sports radio is devoted to discussion and broadcasting sporting events. A popular sports radio is characterized by extensive debate and analysis by both hosts and callers. Many sports talk stations also carry play-by-play of local sports teams as part of their regular programming. You can find such internet sport radio stations as Talk Sport, Yahoo Sports Radio, The Game, The Sports Leader, Team, and so on.

If you enjoy sports there's nothing better than watching Sports channels. Sports news and other related programming.

Famous sporting channels among Ukrainians are Eurosport, Sport Galychyna, Football Plus, Sport 1, Sport 2.

VOCABULARY

advice – порада

event – подія

extensive – обширний

facility – споруди

interdependent – взаємозалежний

prediction – прогноз

relationship – зв'язок; взаємини, стосунки

review – огляд

to broadcast – передавати (по телебаченню)

to feature – зображати

to find – знаходити

to promote – висувати, сприяти

to rely on – покладатися на

vital – істотний; суттєвий

THE XXI OLYMPIC WINTER GAMES

2010 will go down into history as the year of the Winter Olympic Games. It is a great time for many people: athletes in winter sports, coaches, fans, journalists etc. The Winter Olympic Games are a winter multi-sport event held every four years. They feature winter sports held on snow or ice, such as Alpine skiing, cross-country skiing, figure skating, bobsledding and ice hockey.

People of different nations (even not sporting) looked forward to February 2010.

21st Winter Olympics were held on February 12 – 28, 2010 in Vancouver, British Columbia, Canada, with some events held in the resort town of Whistler nearby. They were the third Olympics hosted by Canada, and the first by the province of British Columbia. It was the time of enjoyment; it brought a sense of achievements; it was the time of glorious victories and very sad failures. But one thing is true – according to the Olympic ideal, it is the taking part, not the winning which is important.

The Winter Olympic Games have had great popularity for more than 80 years. The first Winter Olympics were held in Chamonix, France. Figure skating and ice hockey had been events at the Summer Olympics prior to 1924. The Games were held every four years from 1924 until 1940 when they were interrupted by World War II. The Winter and Summer Games resumed in 1948 and were celebrated on the

same year until 1992. At that time the Winter Games split from the Summer Games. The Summer and Winter Olympics are currently celebrated on alternating even years. The first Winter Olympic Games to be held on this new schedule was in 1994 in Lillehammer, Norway. Approximately 2,600 athletes from 82 nations participated in 86 events. Fifteen winter sports events were announced as part of the 2010 Winter Olympics – the eight sports categorised as ice sports: bobsled, luge, skeleton, ice hockey, figure skating, speed skating, short track speed skating and curling; the three sports categorised as alpine skiing and snowboarding events: alpine, freestyle and snowboarding; the four sports categorised as Nordic events: biathlon, cross country skiing, ski jumping and Nordic combined.

VOCABULARY

achievement – успіх, досягнення

alternate – змінний; що чергується

announce – оголошувати

cross-country skiing – біг на лижах по пересічній місцевості

current – поточний

feature – характеризувати, відрізнитися

interrupt – переривати. зупиняти

schedule – список. перелік

split – ділитися, відокремлювати

event – подія

UKRAINE AT THE 2012 SUMMER OLYMPICS

Ukraine competed at the 2012 Summer Olympics in London, United Kingdom from July 27 to August 12, 2012. This was the nation's fifth consecutive appearance at the Summer Olympics as an independent nation. The National Olympic Committee of Ukraine sent a total of 238 athletes, an equal share between men and women, to compete in 21 sports.

Ukraine left London with a total of 20 Olympic medals (6 gold, 5 silver, and 9 bronze), the lowest in Summer Olympic history since its national debut in 1996. Five of these medals were awarded to the team in boxing; three each in athletics and sprint canoeing, and two each in fencing, shooting, and weightlifting. Two Ukrainian athletes won more than a single Olympic medal, while all of their competitors in sprint canoeing won at least a medal. For the first time in its history, Ukraine did not win an Olympic medal in archery.

Among the nation's medalists were sword fencer Yana Shemyakina and the women's quadruple sculls team, led by Yana Dementieva, who both won Ukraine's first Olympic gold medals in their respective events. Sprint canoer Inna Osypenko, who won two silver in London, became one of the most successful Ukrainian athletes in history, with a total of four Olympic medals. Meanwhile, Yuriy Cheban won the coveted gold medal in the men's sprint canoe

singles, in addition to his bronze from Beijing. Vasyl Lomachenko became the first Ukrainian boxer and twelfth in history to claim two Olympic titles. Sabre fencer Olha Kharlan defeated the reigning champion Mariel Zagunis from the United States to win the bronze medal. Track runner Yelizaveta Bryzhina followed her parents' footsteps to lead her team and win the nation's first Olympic medal in women's sprint relay. Pistol shooter Olena Kostevych recaptured her sporting success after eight years by winning two bronze medals, in addition to her Olympic title from Athens.

VOCABULARY

- archery – стрільба з лука
- appearance – поява. виступ
- consecutive – послідовний
- covet – домагатися
- equal – рівний, однаковий
- in addition – крім того, на додаток до
- independent – незалежний
- meanwhile – тим часом, між іншим
- quadruple – що складається з 4-х частин
- recapture – брати назад
- respective – відповідний
- scull – весло
- share – розподіл
- success – успіх. удача
- sword – меч, шпага
- to claim – претендувати

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CONTENTS

PREFACE.....	3
PART I	5
ENGLISH IN MODERN LIFE.....	6
HEALTHY WAY OF LIFE.....	8
MY FUTURE PROFESSION.....	10
OLYMPIC GAMES	12
OUR COLLEGE.....	14
OUR TRAINING.....	16
PHYSICAL TRAINING LESSON.....	18
PRACTICE AT SCHOOL.....	20
PROMINENT ATHLETES.....	22
SPORT COMPETITION	24
SPORT IN GREAT BRITAIN.....	26
SPORT IN UKRAINE	28
SUMMER AND WINTER SPORTS.....	30
THE MAN.....	32
PART II.....	35
BASKETBALL.....	36
BOXING.....	38
FOOTBALL	40
GYMNASTICS.....	42
SKIING.....	44
SWIMMING	46
TENNIS.....	48
TRACK-AND-FIELD ATHLETICS.....	50
VOLLEYBALL.....	52

WEIGHTLIFTING.....	54
WRESTLING.....	56
PART III.....	59
ENGLAND AND FOOTBALL.....	60
EXTREME SPORTS.....	62
PARALYMPICS.....	64
RECIPES FOR KEEPING FIT.....	66
REMEDIAL GYMNASTICS	68
SOME FACTS FROM THE HISTORY OF THE OLYMPIC GAMES.....	70
SPORT IN AUSTRALIA.....	72
SPORT IN OUR LIVE.....	74
SPORT IN THE USA.....	76
SPORTS PHYSICIAN.....	78
SPORTS SUPERSTITIONS	80
THE IMPORTANCE OF SPORT.....	82
THE KING OF FOOTBALL.....	84
THE OLYMPIC SYMBOLS.....	86
THE RELATIONSHIP BETWEEN SPORT AND THE MASS MEDIA.....	88
THE XXI OLYMPIC WINTER GAMES.....	90
UKRAINE AT THE 2012 SUMMER OLYMPICS.....	92
SOURCES.....	94
CONTENTS.....	97

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Укладачі: **Серман Л. В.**, кандидатка педагогічних наук, доцентка кафедри іноземних мов Прикарпатського національного університету імені Василя Стефаника;
Візітій Н. М., голова циклової комісії іноземних мов Івано-Франківського коледжу фізичного виховання, викладачка вищої категорії, викладачка-методист.

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