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METHODICAL INSTRUCTIONS
FOR STUDYING ENGLISH FOR STUDENTS OF
THE SPECIALTY:
«Physical Education and Sports»

Electronic edition

Методичні вказівки
для вивчення англійської мови
для студентів спеціальності: «Фізична культура і спорт»
Електронне видання

ЗАТВЕРДЖЕНО

на засіданні кафедри іноземних мов
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ВСТУП (INTRODUCTION)

Мета дисципліни: формування у студентів спеціальності «*Фізична культура і спорт*» комунікативної, мовної та професійно-мовної компетентностей, необхідних для ефективного використання англійської мови у майбутній професійній діяльності, академічному середовищі та міжнародному співробітництві.

Основні завдання курсу:

- розвиток умінь читання, перекладу та аналізу фахових текстів англійською мовою;
- засвоєння термінологічної лексики з фізичної культури та спорту;
- формування навичок усного професійного спілкування;
- удосконалення навичок письма (офіційна, наукова та електронна комунікація);
- формування навичок самостійної роботи з автентичними джерелами.

Очікувані результати навчання:

Після опанування курсу студенти мають:

- розуміти основні фахові тексти англійською;
- вести професійний діалог із спортсменами та колегами;
- використовувати термінологію галузі у письмових і усних повідомленнях;
- презентувати результати роботи чи дослідження англійською мовою.

Компетентності, що формуються:

- **мовна компетентність** – володіння основними граматичними структурами й лексикою професійної тематики;
- **комунікативна компетентність** – уміння використовувати англійську мову у професійних ситуаціях;
- **соціокультурна компетентність** – розуміння культурних аспектів спілкування у фізичному контексті;
- **професійно-мовна компетентність** – здатність спілкуватися англійською в умовах професійної діяльності за фахом.

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TEXT 1. SPORTS AND GAMES

Read and translate the text.

We are sure you are all interested in sport. Many of you certainly play such games as volleyball or football, basketball or tennis. People who play a game are players. Players form teams and play matches with other teams – their opponents. Two players playing with each other are partners. Each team can lose or win. In a football match players try to score as many goals as they can.

Most matches take place in large stadiums. Athletics is the most popular sport. People call it ‘the queen of all sports’. It comprises such kinds of sports as: running (for different distances), jumping (long and high jumps) and others.

From time to time international championships and races (horse-races, motor-races, cycle-races) take place. Representatives of various countries can win a gold, silver or bronze medal. Such great championships in sport are organized every four years and we call them Olympic Games. Only the best may take part in them.

There are so many kinds of sports, such as cycling, swimming, gymnastics, boxing, skating, skiing, rowing, yachting and many more in which you can take an active part or just be a devoted fan.

Exercise 1. *Give the Ukrainian equivalents to the following words from the text: an opponent, a partner, to score a goal, to comprise, a race, a representative, cycling, rowing, yachting, a devoted fan.*

Exercise 2. *Answer the following questions*

1. Are you interested in sport?
2. What games do you play?
3. How do we call people who play with each other?
4. Where do most matches take place?
5. What is the most popular sport?
6. What kinds of sports does athletics comprise?
7. What great championships are organized every four years?

Exercise 3. Check your memory. *Look at the text for one minute, and then try to name as many sports as you can.*

TEXT 2. MOUNTAIN MEN

Read and translate the text about sumo wrestling.

The history of Sumo wrestling goes back over 2000 years. Its origins are connected to the Japanese belief in Shinto, the 'way of the gods', where winning gains favour with the gods. This is why the ritual of a sumo match is taken so seriously.

The clay fighting ring is itself a sacred shrine. On entering it, the enormous wrestler first claps, to attract the gods' attention and indicate his own purity of heart. Having done that, he shakes his apron to drive away evil spirits, and raises his arms to show he carries no weapons. Next comes his most dramatic gesture. With his left hand on his heart and his right arm extended to the east, the huge fighter raises his right leg as high as possible – to send it crashing down with all his force. Then he performs the same earth-shaking stamp with the other leg. After that, he purifies himself and the ring by throwing salt, wiping himself, and rinsing his mouth with water. Finally, the opponents spend three or four minutes trying to intimidate each other with grimaces and threatening postures. The fight itself is brief and brutal and consists of a thunderous collision that rarely lasts more than ten seconds, which ends when one giant is pushed to the ground or outside the circle.

Exercise 1. Vocabulary. *Learn the words and expressions from the text: to gain favour; clay; a sacred shrine; enormous; to clap; purity; apron; evil spirits; earth-shaking; to purify; to wipe oneself; to rinse; to intimidate; threatening postures; a thunderous collision.*

Exercise 2. Check your understanding. *Read the statements and decide whether they are true or false.*

1. Sumo wrestling appeared more than 2000 years ago in China.
2. Sumo has a religious foundation.
3. Just before the fight, wrestlers try to scare each other with aggressive faces and gestures.
4. The only way to win the fight is to push your opponent to the ground.
5. The ritual before the fight takes longer than the fight itself.

Exercise 3. Check your memory. *Say as much as you can about sumo.*

TEXT 3. MOUNTAINEERING

Exercise 1. Vocabulary. *Learn the words below and write your own sentences using the Present Simple:* to enjoy; passion; astonishment; to suffer; hardship; to take risks; to cause; leisure; dangerous; to ignore; familiar; a rock face; to be linked by a rope; obviously; to require; mental; waste of effort; to be past one's best.

Read and translate the text.

Most young people enjoy some forms of physical activity. It may be walking, cycling, swimming in summer, or skating or skiing in winter. It may be a game of some kind-football, hockey, golf, or tennis. It may be mountaineering.

Those who have a passion for climbing high and difficult mountains are often looked upon with astonishment. Why are men and women willing to suffer cold and hardship, and to take risks on high mountains? This astonishment is caused, probably, by the difference between mountaineering and other forms of activity to which men give their leisure.

Mountaineering is a sport and not a game. There are no manmade rules, as there are for such games as golf and football. There are, of course, rules of a different kind, which it would be dangerous to ignore, but it is freedom from man-made rules that makes mountaineering attractive to many people. Those who climb mountains are free to use their own methods.

If we compare mountaineering and other more familiar sports, we might think that one big difference is that mountaineering is not a 'team game'. We should be mistaken in this. There are, it is true, no 'matches' between 'teams' of climbers, but when climbers are on a rock face, linked by a rope which their lives may depend on, there is obviously teamwork. A mountain climber knows that he may have to fight forces that are stronger and more powerful than man. He has to fight the forces of nature. His sport requires high mental and physical qualities.

A mountain climber continues to improve in skill year after year. A skier is probably past his best by the age of thirty, and most international tennis champions are in their early twenties. But it is not unusual for men of fifty or sixty to climb the highest mountains in the Alps. It may take more time, but they probably climb with more skill and less waste of effort, and they certainly experience equal enjoyment.

Exercise 2. *Answer these questions:*

1. Are you physically active to go in for games and sports?
2. What kind of sports do you like?
3. What game is the most popular in your country?
4. Is mountaineering popular among young people in your country?

If so, where is the climbing to be held?

5. What, in your opinion, makes mountaineering attractive?

6. Is good teamwork important in football?

7. Is it right to say that there is no teamwork in mountaineering, or is that a mistake?

8. Give an example of an occasion when teamwork is important in mountain climbing.

9. Is it enough for a climber to be young and strong, or are there other qualities and skills that are needed?

10. When is a skier at his best, when he is under or over thirty?

11. Are the men and women who win international tennis championships usually young or middle-aged?

12. Does mountain climbing always become impossible when men reach the age of fifty or sixty? Can they often continue?

13. Do Swiss guides retire young or do they go on until fairly late in life?

14. Which would you prefer, to climb a high mountain in the Alps or to get to the top in a ski-lift?

Exercise 3. *Change each sentence into a Yes/No question.*

Example: *Most young people enjoy some forms of physical activity.*

Do most young people enjoy some forms of physical activity?

1. Mountaineering is a sport and not a game.

2. Those who climb mountains are free to use their own methods.

3. The freedom from man-made rules makes mountaineering attractive to many people.

4. The mountain climber knows that he fights powerful forces.

5. This sport requires high mental and physical qualities

6. A mountain climber continues to improve in skill year after year.

7. A skier is past his best by the age of thirty.

TEXT 4. ALL-AMERICAN SPORT

Read and translate the text

Sport in the USA is very noisy and colorful. There is also a lot of money in it. In 1992 the basketball player Michael Jordan got more than \$30 million. Television is very important in American sport. In 1990 the television company CBS paid \$1.1 billion dollars for a baseball contract. Advertising companies pay \$2 million per minute for TV time during the Super Bowl. American football is good for television, because there's a break every fifteen minutes – just right for the advertisement!

You are at the Rose Bowl football stadium in Pasadena for the biggest game of the year – the Super Bowl. The Dallas Cowboys are playing the Buffalo Bills. There are 100,000 people in the stadium. You are eating popcorn and a hotdog, and you are waiting for the game. There's music, and the cheerleaders are dancing. At the fifteen-minute breaks, there's more music, and time to get some more popcorn. At half time there is a really big show. It is really big with Bruce Springsteen, 700 dancers and incredible special effects.

Players wear a heavy uniform to protect themselves.

Exercise 1. *Put these sentences into interrogative and negative forms.*

1. There is a lot of money in American sport.
2. There is a break every fifteen minutes in American football.
3. There are 100.000 people in the stadium.
4. At the fifteen-minute breaks there's more music.
5. At half time there is a really big show.

TEXT 5. AMERICAN SPORTS

Read and translate the text.

Football, baseball, and basketball, the most popular sports in America, originated in the United States and are largely unknown or only minor pastimes outside North America. The football season starts **in early autumn** and is followed by basketball, an indoor winter sport, and then baseball, played in spring and summer. Besides these top three sports, ice hockey, boxing, golf, car racing, horse racing, and tennis have been popular for decades and attract large audiences.

Although many spectator sports, particularly football, ice hockey, and boxing, are aggressive and sometimes bloody, American spectators are notably less violent than sports crowds in other countries. Fighting, bottle throwing, and rioting, common elsewhere, are not the rule among American fans.

Baseball and football games are family affairs, and cheerleaders command a remarkably non-violent crowd to root in chorus for their teams.

Exercise 1. *Find Ukrainian meaning to the words from the text: assets; back and force; bloody; crowd; drastic; to get a good deal; lucrative; minor pastimes; notably; oversaturation; predominantly; reductions; rioting; to root; slump.*

Exercise.2. *Write a short summary of the text (about 5-8 sentences).*

Exercise 3. *Render the following item in English.*

Спорт дуже важливий у житті мільйонів людей. Спорт робить людей здоровими, сильними і більш організованими. Багато людей можна розділити на дві групи. Деякі воліють дивитися спортивні події на стадіоні або по телевізору, читати цікаві історії про спортсменів, слухати по радіо новини про футбол та інші види спорту. Інші обирають участь у змаганнях та спортивних іграх. У світі існує безліч різних спортивних подій та змагань. Найпопулярнішими зимовими видами спорту є ковзанярський спорт, лижі, хокей, біатлон. З'являються нові види спорту, такі як сноуборд. Цей вид стає популярним серед молодих спортсменів. Багато хто воліє займатися спортом влітку. Вони захоплюються плаванням, яхтингом, дайвінгом тощо. Футбол – найпопулярніша гра у світі. Це національний спорт Англії. Деякі люди захоплюються такими видами спорту, як боротьба, гімнастика, бокс, армрестлінг та інші. Аеробіка дуже популярна серед жінок. Завдяки їй дівчинки стають здоровими та стрункими. Велика увага приділяється спорту у навчальних закладах. Фізична культура є обов'язковим предметом у школах та університетах.

TEXT 6. SWIMMING THE CHANNEL

Read and translate the text. Pay attention to the usage of the Present Simple Tense – There + to be – the Past Simple Tense.

Every summer many people, girls and women as well as boys and men, try to swim from England to France or from France to England. The distance at the nearest point is only about twenty miles, but because of the strong tides, the distance that must be swum is usually more than twice as far.

There is a strong tide from the Atlantic Ocean. This divides in two in order to pass round the British Isles. There is a strong tide which goes round the north of Scotland, then into the North Sea, and then south, towards the Dutch and Belgian coast. There is a strong tide up the English Channel. The two tides meet near the mouth of the Thames, and the strong currents they cause make it impossible to swim in a straight line across the Channel.

The first man to succeed in swimming the Channel was Captain Webb, an Englishman. This was in August 1875. He landed in France 21 hours 45 minutes after entering the water at Dover. Since then there have been many successful swims and the time has been shortened.

One French swimmer crossed the Channel in 11 hours and 5 minutes. Numerous Egyptian swimmers have been successful. Because the sea is usually cold, swimmers cover their bodies with grease. This, they say, helps to keep out the cold. They are accompanied by men who go with them in small boats.

Cultural reference.

The Channel (the English channel) – is an arm of the Atlantic Ocean that separates southern England from northern France. Most people use its French name – la Manche (Ла-Манш).

Exercise 1. Make the sentences negative

1. Girls and women try to swim from England to France.
2. The distance at the nearest point is about 20 miles.
3. There is a strong tide from the Atlantic Ocean.
4. The two tides meet near the mouth of the Thames.
5. The first man to succeed in swimming the Channel was a Frenchman.
6. This was in May 1875.
7. He landed in France 21 hours 45 minutes after entering the water at Dover.
8. Swimmers cover their bodies with grease.
9. This helps to keep out the cold.

Exercise 2. Find these words (1-15) in the text. Put their Ukrainian equivalents.

- | | | | |
|--------------|----------------|----------------|--------------|
| 1. distance | 2. point | 3. tide | 4. to divide |
| 5. towards | 6. mouth | 7. current | 8. to cause |
| 9. straight | 10. to succeed | 11. to shorten | 12. numerous |
| 13. to cover | 14. grease | 15. to feed | |

Exercise 3. *Compose a question to the underlined words.*

1. The distance at the nearest point is about 20 miles.
2. The two tides meet near the mouth of the Thames.
3. The first man to succeed in swimming the Channel was Captain Webb.
4. He landed in France 21 hours 45 minutes after entering the water at Dover.

Exercise 4. Check your memory. *Speak about the history of swimming the Channel.*

TEXT 7. IN-LINE ROLLER-SKATING.

Exercise 1. Vocabulary. *Find the meaning of the following words in the dictionary:* to crash; experience; to frighten; grown-ups; indoors; joggers; a mirror; outdoors; to wear.

Exercise 2. *Read and translate the text paying attention to the Present and Past Continuous Tenses:*

Children and grown-ups are doing it. Skiers and hockey players are doing it. Athletes and acrobats are doing it. What is “it”? In-line skating!

In-line roller skates are more and more popular.

Millions of people in Europe and the USA are putting on their skates and doing the strangest things.

Ice-hockey players and skiers use them in summer. Some have stopped playing ice hockey and play roller hockey with in-line skates instead.

Why? It’s more fun! Roller hockey combines elements of hockey and basketball. Even women play in-line roller hockey.

The streets of America are full of children playing hockey on their skates.

There are now special skating sections in London parks so that skaters don’t frighten joggers and walkers when they whiz past at 50 kilometers per hour!

Of course, some people like competitions, so there are in-line speedskating championships with different distances.

Joseph Merlin, a Belgian inventor and musical instrument maker, invented roller skates in about 1760. He was also the first person to wear them. He wore his new metal skates to a party in London, where he crashed into a very expensive mirror.

He wasn’t very interested in skating after this experience.

In 1863, James Plimpton, an American businessman, invented a roller skate that could turn. Plimpton opened a skating club in New York where gentlemen enjoyed showing off for the ladies by doing fancy figures, steps and turns.

Within 20 years, roller skating had become a popular pastime for men and women. Indoors, wealthy gentlemen played “roller polo”, a hockey game. Others held contests in dance and figure skating.

Outdoors, men and women were racing in speed contests. The more the public saw of skating, the more they wanted to try it themselves.

Roller skating was soon enjoying its first boom. Roller hockey teams were playing throughout Europe as early as 1901.

In the 1970s, the first plastic skate wheels were made. Such wheels were quieter than those made of wood or metal, and skaters could move faster and easier.

In 1980s, a new kind of roller skates appeared. They are called inline roller skates. They were invented by two brothers in Minnesota, USA, who wanted to practice ice-hockey in summer.

Everybody liked the invention and soon the two brothers started to produce inline skates commercially. In 1984, *Rollerblade*, the first in-line skate company was born. Today, there are lots of companies and lots of skates.

Exercise 3. *Answer the following question.*

1. Who and when invented roller skates?
2. Why wasn't Joseph Merlin interested in skating?
3. What did James Plimpton invent in 1863?
4. What game did wealthy gentlemen play indoors?
5. What were the advantages of plastic skate wheels?
6. What is the difference between usual roller skates and in-line ones?

Exercise 4. Check your memory. *Speak about the history of roller skates.*

TEXT 8. SURF'S UP!

Read and translate the text paying attention to the Modal Verbs:

Riding the waves can be the thrill of a lifetime.

But what does it take to become a surfer?

If you have ever dreamt about incredibly big seas with huge powerful waves crashing onto sandy beaches, then you should definitely think about learning to surf. It's the most exciting water sport. Serious surfers must be very brave, love adventure and have lots of energy.

Once they've experienced the excitement of a ride on top of the waves, they never want to stop.

Surfers say they feel it's the only place to be. Many travel around the world searching for the perfect wave, moving from one surf festival to another and checking weather forecasts to see where the really exciting waves are expected next. Some even carry pagers, which beep when there are weather reports of perfect conditions. A surfer's greatest disappointment would be missing the opportunity to surf in the best weather conditions.

Hawaii is the place where the sport began – the place which most surfers see as their “true home”. They love nature and the excitement you get from the deep waters.

Enormous waves crash along mile after mile of beautiful sand, and every surfer dreams of experiencing surfing in Maui or Oahu. Other great surfing locations include Australia, the west coast of the U.S.,

the Caribbean, Brazil, Japan, Hong Kong, South Africa, the Canary Islands, and Cornwall. Experienced surfers are always in search of the best waves in some totally unspoilt paradise that hardly anyone has heard of.

It takes time for a beginner to learn the technique, but during a long hot summer, who minds practicing? The professionals, of course, are in the sea every day, then they come back onto the beach to do some exercises with weights. You need to be a strong swimmer with good balance and plenty of courage to be an expert surfer.

You can surf almost anywhere in any weather if you are wearing a wet suit. All you need to do then is choose a surfboard and you are ready to go – hopefully into big waves that are warm, with an experienced teacher to lead you. You don't need to wear a wet suit in summer, but many surfers keep them on all the time since they can protect you from the hot sun as well as from cold water.

It can take a few weeks or it can take a whole summer for you to learn to catch a wave at the right moment, stand up on your board and stay there. It's an amazing

feeling when you look down and see your feet on the board and realize you are finally standing up on the sea, even if you aren't very steady. Professional surfers look as if they learned to surf as soon as they could walk.

Simply watching great surfers will make you want to try the sport.

If you do try it, you will find muscles you never knew you had; you may begin to think you might never get it right, but you'll have a lot of fun.

Exercise 1. *Put questions to the underlined words and expressions.*

- a. Riding the waves can be the thrill of a lifetime.
- b. You should definitely think about learning to surf.
- c. Serious surfers must be very brave.
- d. You can surf in any weather if you are wearing a wet suit.
- e. Professional surfers look as if they learned to surf as soon as they could walk.
- f. A surfer's greatest disappointment would be missing the opportunity to surf.
- g. It can take a whole summer to learn to catch a wave at the right moment.

Exercise 2. Check your memory. *What can you say about surfing basing on the text you have read?*

TEXT 9.SPORTS IN BRITAIN

Exercise 1. *Learn the words below and write your own sentences using the Passive Voice:* a sports-loving nation; soccer; rugby; squash; snooker; rules; yachting; horse-racing; to originate from; to take part in; angling; darts; a contest; to draw up the rules; Football League; to win the World Cup; to hold a tournament; to be a part of everyday life; to be invented; to be interested; to be known; to be on the programme of.

Exercise 2. *Read and translate the text. Pay attention to the sentences in the Passive voice.*

The British are a sports-loving nation. Cricket, soccer, rugby, tennis, squash, table tennis, badminton, canoeing and snooker were all invented in Britain.

The first rules for such sports as boxing, golf, hockey, yachting and horse-racing also originated from Britain. The most popular sports that people take part in, rather than watching, are angling, snooker and darts.

Cricket is very much the English game. It is often played in schools, colleges, universities and by club teams all over the country. Summer isn't summer without cricket. To many Englishmen cricket is both a game and a standard of behaviour.

When they consider anything unfair they sometimes say: "That isn't cricket." Football at the beginning was a contest between neighbouring villages – with no limit to the number on each side, no fixed pitch and almost no rules. The Football association drew up the rules of the modern game in 1863 and in 1888 twelve clubs joined together to form the first Football League. England won the World Cup in 1966. Today football is the game that attracts the greatest attention. Next to football, the chief spectator sport in Britain life is horseracing.

A lot of people are interested in the races and risk money on the horse, which they think will win The Derby. It is perhaps the most famous single sporting event in the world.

Golf was probably invented in Holland, but today it is one of the most popular games in Britain, especially in Scotland.

A great number of people play and watch tennis. Tennis tournaments at Wimbledon are known all over the world. The innumerable tennis courts of Britain are occupied by people between the ages of 16 and 60 who show every degree of skill—from practically helpless to extremely able.

There are a lot of sports and games, which are popular both among youngster and grown-ups. 25 million of grown-up people take part in sports. Sport is on the programme of all state and private schools and universities. Indeed, sport is a part of everyday life in Britain.

Exercise 3. *Insert the prepositions where necessary.*

1. Cricket was invented ... Britain.
2. The first rules ... hockey originated ... Britain.
3. There are a lot of sports and games which are popular both... youngsters and grown-ups.
4. Sport is a part ...everyday life ... Britain.
5. Cricket is often played ... schools, colleges and ... club teams all over the country.
6. England won the World Cup ... 1966.
7. A great number ... people play and watch tennis

Exercise 4. *Answer the following questions using the negative sentences if necessary:*

1. Are the British a beer-loving nation?
2. Are hockey and volleyball the most popular sports in Britain?
3. Was golf invented in Britain?
4. Was football a contest between neighbouring villages?
5. Are sports on the programme of all state schools?

Exercise 5. *Translate into English.*

1. Британці – це нація, що любить спорт.
2. Найпопулярніші види спорту, якими люди займаються, а не спостерігають, – це риболовля, більярд і «дротики».
3. Крикет – це типово англійська гра.
4. Спорт входить у програму всіх державних, приватних шкіл та університетів.
5. Спорт – це частина повсякденного життя Британії.

TEXT 10. THE OLYMPIC GAMES

Read and translate the text. Pay attention to the sentences in the Passive voice.

In 776 BC the first Olympic Games were held at the foot of Mount Olympus to honour the Greek's chief God, Zeus.

The Greeks emphasized physical fitness and strength in their education of youth. Therefore contests in running, jumping, discus and javelin throwing, boxing and horse and chariot racing were held in individual cities, and the winners competed every four years at Mount Olympus. Winners were greatly honoured by having olive wreaths placed on their heads and having poems sung about their deeds. Originally these were held as games of friendship, and any wars in progress were halted to allow the games take place.

The Greeks attached so much importance to these games that they calculated time in four-year cycles called "Olympiads". In 394 AD the Games were abolished and we're not renewed until many centuries later.

Renewal of the Games came in 1896, when the first modern Olympic Games were held in Athens due to the French educator Baron Pierre de Coubertin, The first Olympiad was held in Athens and followed the pattern set by the ancient Olympic Games. Some events, like marathon race, have been added, and the inclusion of women, and also the series of winter sports. Otherwise, the framework elaborated for the first Games, has stood the test of time. The modern Games have maintained the original ideal of amateurism.

In 1896 the International Olympic Committee was set up. It is the central policymaking body of the Olympic movement, formed by the representatives of participant countries. The IOC makes the ultimate decision as to the program of the Games, the number of participants and as to where the Games of the next Olympiad are to be held.

The Games are allocated to a city, not to a country. Over 150 countries are represented in the IOC at present.

Much importance is attached to the opening ceremony. At the opening of the Games the International Olympic Committee appears as a host.

The national anthem of the host country is played, and all the participants march past the Lodge of Honour. The Head of the host country declares the Games open, then the Olympic flag is raised and the Olympic hymn is sung. Then the Olympic flame is lit that will burn till the end of the Games. The Olympic torch has been carried from Olympia by torch bearers, one for each kilometer, about 340 in all. The Olympic flag has five coloured interlaced rings, representing the five parts of the world, on a white

background. The motto of the Olympic Games is “Citius, Altius, Fortius” (Faster, Higher, Stronger).

Vocabulary:

to honour Zeus – на честь Зевса

physical fitness and strength – добра фізична форма та сила

a contest in throwing discus and javelin – змагання з метання диска та списа

horse and chariot racing – гонки на колісницях

to compete – змагатися

to honour winners – вшановувати переможців

to attach much importance to – надавати великого значення

Exercise 1. Answer the questions.

1. What is the history of the ancient Olympic Games?
2. How and when were the Olympic Games renewed?
3. What were the first modern Olympic Games characterized by?
4. What are the functions of the International Olympic Committee?
5. How were the winter Games introduced?
6. What is the opening ceremony of the Olympic Games and the Olympic flag?

Exercise 2. Insert the correct word.

1. The first Olympic Games were held at the foot of Mount Olympus to honour the Greek's chief God _____.
2. In 1986 the International Olympic _____ was set up.
3. The Head of the _____ country declares the Games open.
4. The _____ of the Olympic Games is “Faster, Higher, Stronger”.

Exercise 3. Translate into English.

1. Стародавні греки надавали великого значення фізичній формі.
2. Стародавні Олімпійські ігри проводилися на честь Зевса.
3. Давні Олімпійські ігри включали змагання з метання диска та молота та багато інших видів змагань.
4. Коли Олімпійські ігри було відновлено, за модель було взято стародавні Олімпіади.

TEXT 11. HEALTH BENEFITS TO EXERCISES

Read and translate the text.

Exercises are essential for maintaining a well toned body, good health and fitness levels for improving the immunity system of the body.

Exercises are very similar to the regular cleansing involved for keeping your face clean and healthy. There are various exercises which provide health benefits for you and keep your weight well balanced. With the help of these exercises the body flushes out some of the harmful toxins and energies. Hence our internal system is able to work much better and blood is pumped to the heart and other organs.

Through exercises our body has better flow of oxygen, which is another advantage for your health. Different forms of exercises are there, which include some exercises for losing weight faster. Usually people try out different forms of exercises in the hope of being able to get faster results. Then there are some exercises, which are done to increase the muscle mass in the body. Most of these include exercises like weight training and strength training that helps those with lean bodies to get good shapes. Some of the most vital benefits of exercising are that the person performing the same is able to gain more confidence and self esteem. This happens because they are more confident with their bodies and they are able to appear more confident and healthy. With the help of different forms of exercises you can target your problem areas also. For example, aerobic exercises and cardio exercises help in losing fat. The muscle training exercises enhance the strength and stamina of the body.

With the help of these exercises you can reduce the risk of diseases as the body is able to lose fat. This also helps the body to avoid the risks of cardiac diseases like high cholesterol levels and other related problems.

Hence exercises can help you to lose both fat and calories in larger proportions. Thus you should try and perform exercises regularly rather than trying to exercise for longer hours, on just two days a week. You can get the best results through exercising, if you perform the same at least 3–5 times a week for duration of 40-50 minutes.

With the help of these exercises the flexibility of the body also improves and thus you are able to perform other chores with much ease. People with back problems or other kinds of joints problems also can get rid of the pain through exercises. Other severe problems like arthritis are cured through these exercises because this disease can only be controlled and there is no permanent solution to the same. Regular exercises for the problems of the back and the joints can help you to get rid of the same.

Apart from regular exercises you should also try and eat healthy foods and make sure that you eat healthy and live healthy. Some of the best forms of exercises include

aerobics, Pilates, yoga, weight training and other similar forms of exercises. With the help of these exercises you can be assured of a healthier life and better management of weight, and look and feel good too.

Exercise 1. *Put 10 questions to the text.*

Exercise 2. *Translate into Ukrainian*

1. Завдяки фізичним вправам наш організм краще отримує кисень, що є ще однією перевагою для здоров'я.

2. Існують різні види вправ, включаючи деякі вправи для швидшого схуднення.

3. Також є деякі вправи, які виконуються для збільшення м'язової маси в тілі.

4. Більшість із них включають такі вправи, як силові тренування та тренування з обтяженнями, які допомагають людям зі струнким тілом отримати гарну форму.

5. За допомогою вправ також покращується гнучкість тіла.

6. Люди з проблемами спини або іншими видами проблем із суглобами також можуть позбутися болю за допомогою вправ.

7. Регулярні вправи для проблем зі спиною та суглобами можуть допомогти вам позбутися їх.

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