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Севастопольский национальный технический
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SPORTS AND GAMES =
СПОРТ И ИГРЫ

Методические указания
к практическим занятиям по дисциплине
«Английский язык»
для студентов 2 курса
специальности 6.020303 «Перевод»
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Sports and games= спорт и игры: метод. указания к практическим занятиям по дисциплине «Английский язык» для студентов 2 курса специальности 6.020303 «Перевод» дневной формы обучения /Сост. В.Н.Иванова.- Севастополь: Изд-во СевНТУ, 2009.- 24 с.

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1. ВОКАБУЛЯР

Study the words on the topic:

Athlete- спортсмен

Team- команда

Compete- состязаться

Competition- соревнование

Championship- чемпионат, первенство

Match- матч

Victory- выигрыш, победа

Win- побеждать

Winner- победитель

Lose- проигрывать

Loss- проигрыш

Draw, draw game- ничья

Draw, tie-заканчиваться в ничью

Defeat- наносить поражение

Be defeated- терпеть поражение

Game, set- партия в игре

Score-счет

Even the score-сравнивать счет

Point-очко

Fan- болельщик, фанат

Stadium- стадион

Translate the sentences:

1. Никто из спортсменов не ожидал, что матч закончится в ничью.
2. Победитель определился уже после первой партии.
3. Проигрывать надо красиво.
4. Сравни счет и посмотри, насколько больше очков набрала наша команда.
5. На этом стадионе всегда много болельщиков.

Sailing, yachting-парусный спорт

Windsurfing-виндсерфинг

Sail-парус, плыть

Surfing-серфинг

Surfboard-доска для серфинга

Centerboard-шверт, выдвижной киль

Yacht,(American)sailboat-яхта

Mast-мачта

Rudderруль

Translate the sentences:

1. Кто-нибудь из вас увлекается парусным спортом или виндсерфингом?
2. Где я могу купить доску для серфинга?
3. Во время шторма мачта на яхте была сломана, а руль поврежден.

Water skiing-воднолыжный спорт

Swimming-плавание

Gliding(soaring)-планеризм

Glider-планер

Hand-gliding-дельтапланеризм

Horsemanship, equestrian sport-конный спорт

Dressage-объездка лошадей

Steeplechase-гонка с препятствиями

Horse-race-скачки

Bicycle-велосипед

Cycle racing-велосипедные гонки

Motor-paced racing-гонки с лидером

Motorcycle-мотоцикл

Motorcycle racing-мотоциклетные гонки

Racing car-гоночный автомобиль

Translate the sentences:

1. В детстве он любил ездить на велосипеде и даже принимал участие в гонках, а сейчас увлекается мотоциклетным спортом.
2. Уже несколько лет я мечтаю купить гоночный автомобиль и участвовать в гонках.
3. Дельтапланеризм – довольно опасный вид спорта.
4. Скачки с препятствиями – захватывающее зрелище.

Basketball-баскетбол

Basket-корзина

Baseball-1) бейсбол, игра с мячом и битой двух команд по 9 человек каждая с перебежками игроков от одной базы к другой,2) бейсбольный мяч

Field, Park-бейсбольное поле

Bat-бейсбольная бита



Runner-нападающий
 Run-перебежка
 Base-база
 Pitcher-питчер, подающий игрок
 Batter-бэтсмен, отбивающий игрок
 Catcher-кэтчер, принимающий игрок
 Umpire-судья
 Baseball gloves-бейсбольные рукавицы

Explain what “baseball” means.
 What players take part in the game?

Golf-гольф, игра для 2-3 человек, которые гонят небольшой белый мяч специальным набором клюшек по лункам через препятствия на большом поле, стремясь при этом сделать это минимальным числом ударов.

Golfer-игрок в гольф
 Club-клюшка для игры в гольф
 Course-поле для гольфа
 Golf ball-мяч для гольфа
 Hole, am.cup-лунка
 Tee-колышек-подставка для мяча

Explain what is “golf” and how it is played.

Cricket-крикет, игра для 2 команд по 11 человек каждая, игроки которых бросают мяч рукой, а отбивают битой, стремясь разрушить «калитку» противника, с перебежками отбивающий игроков от одной «калитки» до другой

Bat-крикетная бита
 Wicket-калитка
 Bails-перекладки(2), лежащие на калитке
 Stumps-стойки калитки
 Cricket ball-крикетный мяч
 Bowler-боулер, бросающий игрок
 Batsman-бэтсмен, отбивающий игрок
 Wicket keeper-игрок, ловящий мяч за калиткой
 Fielder-игрок в поле

Croquet-крокет, игра для 2-8 человек, в которой играющие стремятся провести свой шар при минимальном количестве ударов деревянным молотком через ряд проволочных ворот к колышку противника и вернуть его обратно к своему колышку
 Hoop-ворота
 Croquet ball-крокетный шар
 Croquet mallet-крокетный молоток
 Winning peg-финишный колышек

What is the difference between “cricket” and “croquet”?

Tennis-теннис
 Tennis court-теннисный корт
 Racket,racquet-ракетка
 tennis ball-теннисный мяч
 Table-tennis,ping-pong-настольный теннис
 Badminton-бадминтон
 Shuttle, shuttlecock-волан, мяч для игры в бадминтон
 Volleyball-волейбол
 handball-гандбол
 Hockey,field hockey-хоккей на траве

Translate the sentences:

1. В школе мне больше всего нравилось играть в волейбол. Баскетбол у меня никогда не получался.
2. Каждые выходные он ходит на корт. Он говорит, что теннис помогает ему снять напряжение и стресс.
3. Как же мы будем играть в бадминтон без волана?

Apparatus gymnastics-спортивная гимнастика, снарядовая гимнастика
 Long horse-конь
 Parallel bars-параллельные брусья
 Rings-кольца
 Pommel horse-конь с ручками
 Bar-перекладина, турник
 Beam-брус
 asymmetric bars, uneven bars-брусья разной высоты
 Rope,skipping rope-скакалка
 Gymnasium, gym-спортзал
 Gymnast-гимнаст
 Track and field athletics-легкая атлетика



Running-бег
 Runner-бегун
 Relay race-эстафета
 Baton-эстафетная палочка

What equipment is needed for track and field events?
 How are relay races usually held?

Hurdle, hurdle racing-барьерный бег, бег с препятствиями
 High jumping-прыжки в высоту
 Pole vaulting-прыжки с шестом
 Long jumping-прыжки в длину
 Jumper-прыгун
 Hammer throwing-метание молота
 Discus throwing-метание копья
 Shot put-толкание ядра
 Javelin throwing-метание копья
 Weight lifter-штангист
 Weightlifting-поднятие штанги
 Bar-bell-штанга
 Jerk-толчок
 Snatch-рывок
 Wrestle, wrestling-борьба
 Wrestler-борец
 Judo-дзюдо
 Karate-каратэ
 Boxing-бокс
 Punch-удар

What kind of jumping do you know?
 Translate the sentences:

1. Штангисты могут поднимать штангу толчком или рывком.
2. Метание копья, диска и молота, а, также, толкание ядра входят в программу Олимпийских игр, не так ли?

Fencing-фехтование
 Fencer-фехтовальщик
 Thrust weapon-колющее оружие
 Foil-рапира
 Saber-сабля, фехтовать на саблях

Epee-эспадрон, шпага

Point-укол

Translate the sentence:

1. В фехтовании очки спортсменам начисляются в зависимости от количества уколов, нанесенных шпагой или саблей.

Ice skating-фигурное катание

Rink-каток

Ice hockey-хоккей на льду

Ice hockey stick-клюшка

Puck-шайба

Skis-лыжи

Skiing-лыжный спорт

Slalom-слалом

Ski jumping-прыжки с трамплина

Bobsleigh, bobsled-бобслей

Sleigh-сани

Translate the sentences:

1. Лыжный спорт, фигурное катание, хоккей на льду, слалом, прыжки с трамплина относятся к зимним видам спорта.
2. Для игры в хоккей необходимы каток, коньки, клюшка и шайба.

Mountaineering- альпинизм

Climbing-скалолазание

Mountaineer-альпинист

Hiking-туризм

Skittles-кегли

Bowl-шар

Bowling-alley-кегельбан

Hunting-охота

Rifle shooting-стрельба из винтовки

Shooting-range-тип

Small BORE RIFLE-малокалиберная винтовка

STANDING POSITION-положение для стрельбы «лежа»

KNEELING POSITION-положение для стрельбы «с колена»

PRONE POSITION-положение для стрельбы

SKEET SHOOTING-стрельба по тарелкам

ARCHERY-стрельба из лука



ARCH-лук
 Archer-лучник(спортсмен)
 Arrow-стрела

Translate the sentences:

1. Хотя он и увлекается скалолазанием и туризмом, иногда он совсем не против посбивать кегли в кегельбане или пострелять в тире из винтовки.
2. Существует несколько положений для стрельбы. Например: «стоя», «с колена».
3. Несмотря на то, что ты хорошо стреляешь из лука, стрелять по тарелкам еще надо учиться.

Chess-шахматы
 Chessboard-шахматная доска
 White square-белое поле
 Black square-черное поле
 White chessmen, white pieces-белые фигуры
 Black chessmen, black pieces-черные фигуры
 King-король
 Queen-ферзь
 Bishop-слон
 Knight-конь
 Rook, castle-ладья
 Pawn-пешка
 Move-ход, ходить
 Check-шах
 Mate, checkmate-мат
 Chess clock-шахматные часы

Translate the sentences:

1. Давай сыграем партию в шахматы. У меня есть новые шахматные часы. Какими ты хочешь играть, черными или белыми?
2. Ты можешь ходить первым. Я все равно в миг поставлю шах, а следом и мат.
3. Шахматная доска поделена на черные и белые квадраты, основными фигурами считаются король, ферзь, конь и ладья, вспомогательными – пешки.

Draughts, am.checkers-шашки

Draughtsman-шашка
 King-дамка
 Crown-проходить в дамки
 Playing cards-игральные карты
 Suit-масть
 Spades-пики
 Clubs-трефы
 Diamonds-бубны
 Hearts-черви
 Ace-туз
 Ace of hearts-туз червей
 King-король
 Queen-дама
 Queen of spades-дама пик
 Knave, Jack-валет
 The ten of hearts-десятка червей
 Lead an ace-пойти с туза
 Jackpot-банк, куш
 Translate the sentences:

1. Фигуры, которые используются для этой игры, называются шашками.
2. Чтобы играть в карты, необходимо знать, что существуют 4 масти: черви, пики, трефы, бубны.
3. Он всегда играет нечестно.
4. Мне повезло на этот раз: попались хорошие карты: туз и дама бубны, король червей и десятка пики.

Dice, dicing-игра в кости
 Roulette-рулетка
 Billiards-бильярд
 Billiard ball-бильярдный шар
 Billiard cue-кий
 Billiard table-бильярдный стол
 Billiard player-игрок
 (billiard) pocket-луза
 pocket a ball-загонять шар в лузу

What equipment is used to play billiards? What is the aim of this game?

Study the words on the topic "Sport". Find Russian equivalents.



2. УПРАЖНЕНИЯ

Study the words on the topic “Sport”. Find Russian equivalents.

GO, PLAY, DO collocate with the sports below. Write G for go, P for play and D for do next to each sport. Then, make dialogues using the collocations and the following words:

Making suggestions: *Let's, Shall we...? How/What about...? Why don't we...?*

Responding negative: *I'm not in the mood for..., I don't think it's a nice idea...etc.*

e.g. A: *How about playing cricket?*

B: *I am not in the mood for playing cricket! Let's go horse riding.*

Cricket	volleyball
Rugby	weightlifting
Horse riding	motor racing
Ice-skating	basketball
Baseball	tennis
Snorkelling	sailing
Archery	snow-boarding
Water-skating	fishing
Parachuting	hang-gliding

Discuss various sports from the list above as in the example. Use words like:

Thrilling, fun, boring, interesting, energetic, relaxing, creative, dangerous, competitive, tiring, challenging, violent, difficult etc.

e.g. A: *I like rafting.*

B: *So do I. It's thrilling.*

A: *I don't like stamp collecting.*

B: *Nor do I. I find it rather boring.*

Complete the table as in the example. Decide where each sport takes place using the list below.

Pitch, ring, rink, course, court, stadium

SPORT	PERSON	PLACE
Boxing	boxer	ring
Athletics	athlete	
Tennis		
Golf		
Ice-skating		

Cricket

Football

1. Choose the correct item

- The dog was so ... that everyone was afraid of it.
A tame B fierce C violent D wild
- The ... in the stadium really enjoyed the match.
A spectators B audience C onlookers D viewers
- Some people lack the ... to excel at sport.
A capability B suitability C quality D ability
- We usually play a ... of chess after tea.
A game B set C sport D match
- Nothing could keep him ... taking part in the game.
A off B outside C from D out of
- The match was ... out so we couldn't get any game.
A bought B given C put D sold

2. Fill in the gaps with the words from the list.

Field events – relay race – sports centre – tossed a coin – track events – scoreboard

1. When I looked at the ..., I realised that my team was winning by one point.
2. The basketball game will take place at the town's ...
3. One of the ... which she participated in was the 100-metre sprint.
4. She enjoys all ... but her favourite one is the high jump.
5. The exhausted runner collapsed ... the end of the race.
6. I run ten laps ... the track every day.
7. The basketball player threw the ball ... the basket.
8. They didn't score a goal as the ball bounced ... the post.
9. The referee declared the ball ... bounds.
10. When the player fouled, the referee held ... a yellow card.

3. Match the idioms with their definitions.

Idioms	Definitions
1. in (or out of) the race	a. to act in a fair, honest way
2. fun and games	b. to do smth without help from others, depending on oneself



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|--------------------------------------|--|
| 3. play the game winning | c. with (or without) the hope of |
| 4. play ball smoothly | d. to agree with smb so that things go |
| 5. paddle one`s own canoe activities | e. humorous tricks; enjoyable |

4. Fill in each gap with either the infinitive or -ing form of the verb in brackets.

I have always enjoyed (1).. (go) SKIING, SO WHEN I SAW SOME PEOPLE (2) ... (SNOWBOARD), I DECIDED (3) .. (GIVE) IT a try. It was more difficult (4)... (do) than I had expected. At first I found I could not (5)... (keep) my balance on a board as easily as on skis, and it was almost impossible for me(6)... (go) any distance without (7)...(fall). I hate (8)... (fail) at any sport, so I continued (9...(try) and I finally managed (10)... (go) all the way down a slope without an accident. It was then that I realised what a great sport it is, and now I`d rather (11)...(go) snowboarding than skiing any day.

5. Fill in the gaps with one word only.

Since (0) its invention in the late 1970`s, the mountain bike(1)... become incredibly popular. Its attractions (2)... obvious: mountain biking combines the excitement of a fast sport(3)... the perfect excuse to get (4)... and really enjoy the countryside.

Mountain biking(5)... invented in California in the 1970`s by people looking (6)... a new thrill. They took traditional bicycles and started trying to find ways of making them strong (7)... to take off the roads and into the countryside. At (8)..., mountain biking was only a downhill sport, but (9)... the sport developed, allowing them to be ridden uphill as (10)...

Some environmentalists claim that careless cyclists (11)... destroying the countryside, and want to see the sport banned. This could (12)... avoided by creating marked tracks for the cyclists to use, and making (13)... that they do not just cycle anywhere. Then perhaps the sport could continue to grow (14)... affecting the numerous others(15)... enjoy the outdoors as well.

6. Fill in the correct word derived from the words in bold.

The first one has been done as an example.

Whether you like being (0) athletic (**athlete**) and running around a track or prefer sitting indoors playing chess, sports and hobbies nowadays are so (1)... (**vary**) that there is something to suit everyone. The pace of life today

is so fast and (2) ... (**stress**) that being able to do something (3)... (**relax**) is becoming more and more important. Greater (4) ... (**aware**) of the need to exercise has led to the huge (5)... (**grow**) of the sports industry. But the (6) ... (**important**) of less active hobbies, such as chess or even stamp collecting, should not be ignored. For some people, mental (7) ... (**active**) is just as beneficial as any physical sport. Although people are(8)...(**increase**) aware of the need for(9)...(**involve**) in some form of recreation outside their normal routine, the influence of television and the growing use of home computers often mean that people lack the (10)...(**willing**) to take up other interests.

7. Fill in the correct word from the list below:

Location, disappointment, courage, incredibly, unspoilt, brave, experienced, generation, mind, steady, opportunity, enormous

- The young skier was thrilled when he was given the ... to take part in the Olympic Games. (chance)
- The police are looking for ... divers to help them with their search.(practices)
- The game was ... exiting – in fact I`ve never seen such a good game in my life. (unbelievably)
- A lot of weightlifters have ... muscles. (huge)
- I love to go hiking in areas of ... countryside where I feel like I`m the only person on earth.(unaffected by human development)
- You have to be very ... to be a Formula One racing driver. (courageous)
- Julia doesn`t ... working so hard to become a dancer – in fact, she positively enjoys it. (object to)
- Hawaii was chosen as the best ... for the surfing competition because of its impressive waves. (place)
- It was his ... that kept him from panicking when his boat turned over. (bravery)
- At first, it is very difficult to remain ... on ice skates. (balanced)
- The new ... of professional athletes are extremely well paid. (age group)
- Terry felt great ... when he missed his favourite team`s final game. (regret)

8. Fill in the correct word from the list below. Use the words only once.
To learn, powerful, to be, to do, to miss, to catch, to have, to love, weather, deep, strong, unspoilt
 ...waters



...waves
 ...exercises
 ...the opportunity
 ...forecasts
 ...in search of smth
 ...a wave
 ...paradise
 ...the technique
 ...talent
 ...adventure
 ...a(n)...swimmer

9. Choose the correct item.

1. Tony is only a(n) amateur/professional/champion cricketer, but he hopes to join the national team one day.
2. Athletes have to keep exercised/trained/fit and healthy if they want to succeed.
3. Most athletes wear a wet suit/costume/tracksuit to keep them warm when they are not participating in an event.
4. Although our team did badly at first, we finally beat/won/defeated the game.
5. Hundreds of chess players gathered in Moscow for the international chess race/tournament/game.

10. Match the adjectives with the nouns. Some may be used more than once.

Adjectives: perfect, poor, huge, expert, dangerous, unspoilt, powerful, experienced

Nouns: waves – surfers – conditions – locations

11. Fill in the correct preposition.

To dream ... smth; to dream ... smth (imagine); to be in search ... smth; ... one place to another; mile ... mile; ... any weather; to protect oneself ... smb/smth; ... the right moment; ... any difficulty; ... action;

12. Match the activities listed below with the comments.

Painting, skiing, motor racing, weightlifting, photography, snorkelling, stamp collecting, pottery, knitting, golf.

+ “my grandmother taught me how to do it. It’s great because you can make your own pullovers and socks”.

+ “It’s a great feeling, rushing down a cold mountainside. Of course, you have to be careful or you might break a leg”.

+ “You can make all sorts of things – vases, plates, pots – and all with a lump of clay”.

+ “Since I started, I’ve gained three kilos of solid muscle. I’m much stronger now, and I look better now too”.

+ “It’s more than just hitting a ball around a course. It’s really relaxing and it’s nice to be out in the open air”.

+ It’s a real thrill to go around the track at 200 kilometres per hour. It’s perfect if you love danger”.

+ “You really feel like a part of the undersea world. It’s relaxing, good exercise, and you can see some beautiful creatures”.

+ “To catch a moment of life on film is what it’s all about. It’s like preserving a piece of nature or history”.

+ “You learn about different countries and see great miniature works of art. They can be worth a lot of money too”.

+ “The idea is to use colour to show feelings. The finished product doesn’t really have to look exactly like the subject, at all.”

Now look at the following items of equipment and match them with the activities above.

Golf club, snorkel, helmet, needles and wool, skis, camera, weights, watercolours and brush, potter’s wheel and kiln, album and magnifying glass.

13. Fill in the blanks with the words: *sport, game, event, contest, match, competition.*

1. The Olympic..., an international festival of... are held at a four-year interval.

2. The ceremonies of the ancient Olympic ... included ... in oratory, poetry, music and art, wrestling, long jumping, running, discus and javelin throwing.

3. Football ... attract numerous spectators all over the world. Track and field ... are popular among college students, although basketball ... attract more competitors.

4. ... may be of individual, team or individual-team kind.



14. Fill in the blanks with the words: *championship, champion, competitor, contestant, final, round, tournament*.

1. ... is a series of games or contests that make up a single unit of a competition.
2. ... is the winner of the first place or first prize in competition by defeating the other ... in his division in a contest or ...
3. The greatest ... in sports are called the Olympic Games.
4. The most common ... is the single elimination ... in which ... are paired off for individual ... with winners advancing to the next Losers are eliminated until there is a single...
5. European Cup consists of a qualifying ... in three groups followed by a semifinal ... and a six-nation Each nation enters one ... per event.

15. Underline two of the words on the right which are associated with the sport listed. The first one is done for you.

- | | |
|--------------------|--|
| 1. <u>baseball</u> | <u>bat</u> , puck, dish, goal, <u>base</u> |
| 2. billiards | cue, column, cushion, stick, stairs |
| 3. boxing | bridge, grip, ropes, gong, light |
| 4. diving | roller, twist, hop, springboard |
| 5. football | mole, corner, umpire, hornet, penalty |
| 6. gymnastics | bar, hammer, hurdle, rings, ropes |
| 7. golf | tee, ground, stick, birdie, cod |
| 8. high-jumping | grip, crossbar, rotation, stayer, length |
| 9. mountaineering | ice, shin, rock spike, rope, deck |
| 10. running | box, net, relay-race, start, vault |
| 11. rowing | bell, cox, bowbell, bow, saddle |
| 12. sailing | line, mast, tent, tiller, shortsport |
| 13. swimming | breaststroke, flog, track, turn, lane |
| 14. tennis | baton, base, code, set, service |

16. Match each idiom on the left and a similar expression on the right.

- | | |
|------------------------------|----------------------------------|
| 1. "To hit below the belt" | a) to be overwhelmed |
| 2. "See stars" | b) to be in support of a person |
| 3. "To be on the ropes" | c) a stage of negotiations |
| 4. "Round" | d) to be weakened and in trouble |
| 5. "To be saved by the bell" | e) to be unfair |

6. "To be in our corner" f) to have something happen at the last moment that prevents a potential disaster

17. What do we call a person who...?

1. does the long-jump? *A long jumper*
2. rides horses in races?
3. drives cars in races?
4. throws the discus/javelin?
5. does gymnastics?
6. plays hockey?
7. plays football?
8. does the pole-vault?

18. Make sure you know which sports these places are associated with, as in the example. Use a dictionary if necessary.

1. court *tennis, squash, etc.*
2. course
3. ring
4. pitch
5. rink
6. alley
7. piste

19. Name one *other* piece of equipment necessary to play these sports apart from the item given, as in the example. What special *clothing*, if any, is worn for each sport?

Example: golf: clubs, *balls*

1. archery: bow,
2. badminton: racket,
3. hockey: stick,
4. baseball: bat,
5. darts: darts,

23. Translate the following text into English.



3. ТЕКСТЫ

Warm-Up

In 1988, Canadian sprinter Ben Johnson became the fastest man in the world by breaking the world record when he won the Olympic 100 metres final. He had beaten his great rival Carl Lewis in the most important race of all. Johnson was on top of the world. Days later he was sent home from the games and stripped of his medal because a drugs test on his urine was positive. He was banned from international athletics for 2 years.

Work in small groups and use the list to decide on the most likely reasons for sports people taking drugs.

- They follow the advice of their coaches.
- They want to cheat.
- They want to improve and do better.
- They are greedy: sport is big business, and success guarantees fame and fortune.
- They want to do well for their country or team.
- They do not know how dangerous drugs can be.

Can you think of any other reasons?

READING

Read this text and answer the questions.

Drugs in sport

Many kinds of drugs are used by athletes competing in sports all over the world. Some are used to build muscles or give the athlete extra energy. Others kill the pain of injuries or calm nerves, but many are illegal.

Taking substances to improve sports performance is not new. Athletes in ancient Egypt drank a mixture of boiled donkey hoof, rose petals and rose-hips, believing it would make them winners. The winner of the 200 metres at the Olympic Games of 668 BC in ancient Greece used a special diet of figs.

What kind of drugs are used in sport? The anabolic steroids which are used in sport resemble male hormones. "Anabolic" means to build up – in this case to build up muscles. Body-builders use anabolic steroids in order to look good in competitions but big muscles do not necessarily mean extra strength.

Stimulants make you feel full of energy and confidence, but they can also make you feel more aggressive. They are officially banned in sport, but amphetamines have been abused by cyclists, who need lots of stamina, and cocaine has been used by basketballers and footballers to make them more competitive.

Beta-blockers are drugs which are normally prescribed by doctors for people with high blood pressure or heart problems. They help calm you down and relieve stress. Snooker players, archers and those who shoot in competitions all need steady hands and cool nerves. It is rumoured that some athletes have taken betablockers for this reason.

All of these drugs can cause health problems if taken in large doses. For example, steroids can cause liver cancer in men and infertility in women. There is also evidence that people who take steroids can become very aggressive.

Stimulants are also very dangerous. They do not create energy- they take it from the body. Eventually, users feel exhausted and washed-out. When doing hard exercise, there is a danger of having a heart attack. The problem is that people who take stimulants think they push their bodies too far. A British cyclist, Tommy Simpson, and Len Bias< an American basketball player, both died in this way.

1. Is drug taking in sport a recent problem?
2. What are the main groups of drugs in sport, and what effects do they have on the body?
3. What drugs might be taken by people in these sports? Why?
 - a) American football
 - b) discus throwing
 - c) shooting
 - d) swimming
4. A female athlete who was taking drugs said "I am becoming a man". What drug do you think she had taken?
5. Do you think drugs should be banned in sport? Why? Why not?

Reading comprehension

20. You are going to read an article about the Paralympic Games. Seven sentences have been removed. Choose from sentences A-H the one which fits each gap(1-6). There is one extra sentence you do not need to use. The first one has been done for you as an example.

The Will to Win

Athletes, if they want to reach the top of their chosen sport, have to train hard for hours every day. Their **commitment** to the sport and their **achievements** certainly **deserve praise**. 0-C

"We want to be recognized for our achievements, just like any other top class athletes. We are not interested in hearing how brave and wonderful we are", says Isabel. 1 –

Another disabled athlete, Chris Holmes, is a swimmer with gold, silver and bronze medals won at the Paralympics. 2 - Competition among swimmers



is so fierce that the difference between the record times of the **disabled** and **able-bodied** in the 50-metre **freestyle swimming** event is only four seconds. With results like these, more and more spectators have been attracted to the Paralympic Games.

The opening ceremonies and most of the wheelchair basketball games were sold out long before the start of the Atlanta Games. 3 - This new interest is especially pleasing for Bob Steadward, president of the International Paralympic Committee, whose job is to **promote** greater **awareness** of and more participation in the disabled **version** of the Games.

4 - "As a result of the money we had, and the money we received from the IOC (international Olympic Committee), we were able to **sponsor** more than 100 athletes from 35 countries who would otherwise not have had a chance to come."

More and more sports are being added to the Paralympic Games as the range of the athletes' **skills** and abilities becomes known. Sailing had not been a Paralympic sport before, but Andrew Cassell, the captain of the British sailing team, helped it to be included. He was born with the lower part of both legs missing, but he never let this get in his way. 5 - So far, there are events for the blind, **amputees**, and people with cerebral palsy as well as wheelchair sports. Atlanta is the first in swimming, as well as **track and field events**.

Many of the athletes have suffered accidents and illnesses which would be enough to make most of us to give up. 6 - They are the ones who are catching the public eye and imagination, changing people's **perceptions** of what "disability" means and what **extraordinary** abilities the so-called disabled actually **possess**.

B. He started sailing when he was ten years old and since then he has proven himself time and time again by winning races and even breaking world records.

C. This shows that disabled athletes can only participate in a small number of events, and are unlikely to take on more sports in the near future.

D. This is true for both able-bodied athletes like Carl Lewis or Linford Christie, and for disabled athletes like Isabel Newstead, who carried the United Kingdom flag at the Barcelona Paralympic Games in 1992.

E. He is blind and has to count his **strokes** to judge when he will reach the end of the pool, but this does not lessen his speed.

F. "I wanted to **ensure** that **developing nations** had the opportunity to send athletes to Atlanta," says Steadward.

G. This is quite interesting if you **bear in mind** that in many past events, tickets had to be given away to attract spectators.

H. "We are **demonstrating** our abilities in an environment where our disabilities don't count".

I. But they are **pushing back the barriers** which, until recently, kept the disabled from taking part in sports.

21. Say whether the following statements are true or false:

- A) Few spectators are attracted to the Paralympic Games.
- B) The International Paralympic Committee do not sponsor disabled athletes.
- C) More and more sports are being added to the Paralympic Games.

22. Look at the words in bold in the text and try to explain them.

*Read through the text again and answer these questions:

- a) What are the Paralympic Games and who takes part in them?
- b) How were Paralympic athletes helped to participate in the Games by the IOC?

* How are disabled/mentally-disabled people treated in our society? Talk about this in terms of **education**, **mobility** and **employment**.

Олимпийские Игры

Олимпийские игры имеют длинную историю. Они начались в 777г. До нашей эры в Греции и проводились каждые четыре года в течение около двенадцати столетий в Олимпии. Они включали разные виды спорта: бокс, борьбу, бег, метание копья, молота, ядра и т.д. Все города Греции посылали своих лучших спортсменов в Олимпию для состязания в играх. В период Игр все войны прекращались. Таким образом, Олимпийские игры стали символом мира и дружбы. В 394г. Нашей эры Игры были отменены и не возобновлялись в течение многих веков. В 1894г. Француз барон Пьер де Кубертен обратился ко всем руководящим спортивным органам и указал на важность спорта и его воспитательное значение.

Два года спустя были проведены первые современные Олимпийские игры. Конечно, соревнования проводились в Греции, чтобы символизировать продолжение вековой традиции.

В 1896г. Был создан Международный олимпийский комитет. Это главный орган, определяющий политику олимпийского движения. В него входят представители всех стран, принимающих участие в Олимпийских играх. Летние и зимние Игры проводятся отдельно.

23. Read the text:

Jackman retires with back injury



Cassie Jackman, one of the only two English players to win the World Open, has been forced into premature retirement by a long-term vertebrae problem which worsened 13 days ago while she was trying to win back the title. Jackman suspected that her number was up even before suffering a surprise second-round loss to Shelley Kitchen, of New Zealand, in the second round in Kuala Lumpur. "My left leg went dead, and deep down I knew that I was in trouble this time," she said.

For the third time in four years a displaced disc was pressing on a nerve. Twice Jackman had had operations for such an injury and each sidelined her for six months; twice she not only returned but recovered to the pinnacle of the game. "After two years it is disappointing that it's happened again because I feel I've been playing as well as ever. But I'm definitely not up for another operation," she said yesterday. She will be 32 tomorrow.

The decision means that Jackman will not now have the chance to become Commonwealth champion in Melbourne in 2006 when she had hoped to finish her career. Nor will she be part of an English world-winning team or win the British Open, which she has twice lost in finals.

Jackman has won 28 WISPA Tour titles, including the 1999 world crown in Seattle where she beat one of the game's legends, Michelle Martin. She has also had two spells as the world No 1.

However, it was her extraordinary character, which enabled her to survive the last four years, that, according to England coach David Pearson, has made her arguably the most remarkable player this country has produced.

Answer the questions:

1. What health problems does Cassie Jackman have?
2. What happened in New Zealand during the match?
3. Is Jackman ready for another operation?
4. Is she going to retire?

What is meant in the sentences:

1. "My left leg went dead..."
2. "But I'm definitely not up for another operation."

Speak on:

1. Professional sport and health.
2. Advantages and disadvantages of...
 - a) professional sport,
 - b) amateur sport.

3. Your favorite kind of sport.
4. Dangerous kinds of sport.

Заказ № _____ от « _____ » _____ 200 _____. Тираж _____ экз.
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