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LEISURE AND SPORTS

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Даний навчально-методичний посібник містить матеріал до модуля «Відпочинок та спорт» для студентів II курсу факультетів іноземних мов вищих навчальних закладів. Навчальний матеріал викладено у формі чотирьох розділів. Запропоновані вправи спрямовані на подальший розвиток усіх видів мовленнєвої діяльності – письма, читання, говоріння та аудіювання.

До посібника додається аудіозапис текстів, начитаних носіями англійської мови.

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PREFACE

Modern educational system adjusting to European standards and integrating to the Bologna process sets new challenges for a university teacher. Its key focus is on training a specialist capable of divergent solutions of practical tasks which requires development of general, professional and subject competencies. Thus, the goal of this manual is to provide learners with adapted and well-structured material to form skills of four types of speech activity – reading, listening, speaking and writing. A special role is given to students' self-guided work.

The module “Sports” consists of four Units, Final Module Test, Essay Topics and Topical Vocabulary. Each Unit has the sections of: Warm-Up, Vocabulary Practice, Reading Practice, Listening Practice, Speaking Practice, Writing Practice, Work with Phraseological Units, Consolidation and Self-Guided Assignments.

The Warm-Up section is constructed to emerge students into English-speaking environment.

The purpose of Vocabulary Practice section is to present the key vocabulary of the unit and to work it through in exercises.

Reading, Listening, Speaking and Writing practice sections aim to develop students' relevant skills in these types of speech activity.

The Work with Phraseological Units section provides students with the list of phraseological units and tasks to well understand their contextual meaning.

The aim of the Consolidation section is to revise the acquired learning material.

The section of Self-Guided Assignments is aimed to develop students' abilities of extra-classroom independent research work, which includes work on vocabulary items, work with the video and project work.

The Essay Topics section presents a list of topics for writing a full-size essay in the end of the module.

The Topical Vocabulary Section contains grouped active topical vocabulary units.

On completing the Module, the students are expected:

- to acquire the topical vocabulary (214 vocabulary items);
- to be able:
- to convey correctly (logically and grammatically) their thoughts in both oral and written forms;
- to understand the general idea and the specific information of audio- and videofragments;
- to read and comprehend authentic English texts on the given topic;
- to use relevant phraseological units in appropriate context;
- to understand sociolinguistic and sociocultural peculiarities of the native speakers' language use and react appropriately;
- to carry out self-guided project and research activity related to the topic of the module.

UNIT I. SPORT AND RECREATION



WARM-UP

1. Discuss the following questions.

1. Which sports do you like doing?
2. Which sports do you like watching?
3. What can you say about professional sport in Ukraine?

Is it well-developed? Why / Why not, in your opinion? Does the Ukrainian government pay enough attention to the development of professional sport? What should be approved, in your view?

4. Some people say that exercise is more important than controlling what we eat. What do you think?
5. Do you think it's true that most people in the gym are more interested in appearance than healthiness?
6. What are your favourite ways of keeping fit?

VOCABULARY PRACTICE

Reading and Vocabulary 1

2. Read the text.

SPORT AND RECREATION

“Sport means life,” – these are the words of a well-known French scientist and the sponsor of the first modern Olympic Games Pier de Kuberten. It's difficult to argue with him. The importance of sport and recreation as an integral part of society is now widely recognized and accepted. Enjoying the benefits of participating is no longer the province of the well-off, the privileged few. Every community to a greater or lesser extent now makes use of a wider range of facilities and opportunities.

Most people all over the world watch some kind of live sport on television or follow the fortunes of their favourite team or sporting heroes in newspapers or magazines. Such kind of “passive” sport is called spectator sport. Football, baseball and basketball are the most wide-spread kinds of spectator sports. The

government aims to translate the tremendous spectator appeal that a variety of sports have transferred in many countries into active participation for a number of reasons. This kind of an “active” sport they usually call participatory.

Few people now need persuading of the substantial benefits to health which improved fitness can bring. It is not necessary for people to become fanatical joggers or keep-fit enthusiasts to enjoy improved health; the key is in having the opportunity to pursue a more active lifestyle. Today, many sport organizations and unions cater for different kinds of sporting activities.

The opportunity to participate in sport offers many people a much needed chance to develop and realize particular talents and abilities. For some of these people sport is an obvious, constructive activity in which they are able to excel, to achieve personal satisfaction, to work with others as part of a team, to get a surge of adrenalin, and to gain support and respect within their communities. In addition, a sport may become a good outlet for some negative emotions and energy.

There're winter and summer sports depending on the season they are held in. The most popular outdoor winter sports are hockey, skiing, skating and snowboarding. Among outdoor summer sports football, basketball, lawn-tennis and badminton are of primary popularity. The most popular indoor activities are table tennis, chess, draughts and billiard. Some people like practising such modern kinds of sport as judo, yoga and Tai-Chi.

Traditionally, sport can be divided into professional and amateur sport. Professional competitors participate in numerous local and international contests. In some countries, talented sportsmen and sportswomen are given sports scholarships (they are paid to study) by colleges who want to attract the best players. In this case, they have to do their best to take the lead in various competitions.

Thus, since very ancient times sport plays a paramount role in our life. Sport is one of ways of bringing up a healthy and harmonious person. It is also a means of uniting people in the name of friendship and peace. It makes a healthy mind in a healthy body.

3. Comprehension questions.

1. What is the difference between professional and amateur sports?
2. Who was the founder of the first modern Olympic Games?
3. What role does sport play in our life?
4. What are the most popular winter and summer sports?
5. What is the difference between spectator and participatory sports?

4. Discuss the following points.

1. What are the most popular spectator sports in your country? Why? What do you like most about your favourite spectator sport? the skill? the crowd atmosphere? the teamwork? the aggression?
2. What are the most popular participatory sports in your country? Which newer sports are becoming fashionable?
3. In Britain, the creation of sports facilities in inner-cities (poor, urban areas) has led to a reduction in crime. Why do you think sport helps reduce crime?
4. What do you think of sponsorship in sport? What about sporting endorsements (e.g. a player's promotion of a particular brand of shoes)? What rules would you make for endorsement and sponsorship?
5. Different countries have reputations for being good at different sports. Can you think of some examples?

5. Find in the text equivalents to the following definitions.

- a) rich
- b) positive, creative activity
- c) a person who jogs, especially for exercise
- d) to achieve something, to be pre-eminent
- e) a kind of financial award for a student which enables him to get further higher education
- f) contestant
- g) process or means of entertaining oneself

- h) favourable or helpful factor of real importance
- i) set of players forming one side in a game
- j) to become very excited

Pronunciation	<p>Pay attention to the stress placement in the following words:</p> <p><i>con'test</i> – as a verb (соревноваться) is pronounced with the stress on the second syllable;</p> <p><i>'contest</i> – as a noun (соревнование) is pronounced with the stress on the first syllable.</p>
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6. Fill in the gaps with the correct words and phrases from the column on the right:

<p>Nowadays, sport has a great impact on our life. Many people go in for 1) sport, while others prefer common ways of keeping fit. Some of them like sitting on the floor with their legs crossed and meditating – we speak about those who 2) Eastern kinds of fitness, such as 3), Tai-Chi etc. become more and more popular in the contemporary society. There are people who are more interested in 4) sport, since it requires no active participation. But those who decide to try themselves in 5) sport should do then their best to achieve top positions in the world of sport. In order to participate in different 6) – local or international – they have to spend a lot of time and efforts to get the result. Only the most persistent, strong and enduring 7)</p>	<p><i>the Olympic Games</i></p> <p><i>the worthiest</i></p> <p><i>participatory</i></p> <p><i>compete</i></p> <p><i>practise yoga</i></p> <p><i>contests (n)</i></p> <p><i>professional (adj.)</i></p> <p><i>judo</i></p> <p><i>competitors</i></p> <p><i>spectator (adj.)</i></p>
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..... may take part in 8)
 where they will 9) with the best
 sportsmen in the world. The award will be given to
 10) of them.

7. Match the following words and phrases with their definitions.

- | | |
|-----------------------------------|--|
| 1) contest | a) open-air games, such as football, basketball, hockey
etc ; |
| 2) outdoor games | b) a kind of sport, participants of which don't train
professionally; |
| 3) participatory sports | c) games played in a building or under cover; |
| 4) indoor games | d) event or process in which people compete with each
other in order to reveal the best one and
to get an award; |
| 5) amateur sport | e) activity of free time; |
| 6) to get a surge of
adrenalin | f) sport in which people take part; |
| 7) spectator sport | g) to feel very excited over smth; |
| 8) leisure activity | h) sport people usually only watch; |
| 9) recreation | i) refreshing of one's physical and mental potential. |

8. Translate the following sentences into English.

1) В теперішній час все більше людей починають виявляти особливий інтерес до спорту. Такі фактори, як неправильне харчування, рівень екології, що постійно знижується, та пов'язані із цим порушення в роботі організму людини, примушують людство звернутися до спорту як можливого виходу з подібної ситуації. Людині знов і знов доводиться погоджуватися з тим твердженням, що тільки в здоровому тілі може бути здоровий дух. 2) Професійний спорт, як вид спортивного мистецтва, зародився ще на зорі цивілізації і завжди знаходився в центрі уваги суспільства, що, в свою чергу, дало поштовх розвитку так званого «глядацького» спорту. 3) По всьому

світові стадіони збирають на своїх територіях тисячі глядачів, що прийшли подивитися на змагання з футболу, баскетболу, теннісу та інших видів спорту.

4) Але поряд з тим, сьогодні значно розвивається й аматорський спорт. Багато бізнесменів, політиків та працівників інших сфер, усвідомлюючи суттєву користь від занять спортом для свого здоров'я, приділяють частину свого вільного часу активній фізичній діяльності, вибираючи для себе найбільш зручний вид.

5) Так, більшість людей для того, щоб тримати себе у формі, відвідують фітнес-клуби, гімнастичні зали або ж займаються східною практикою, такою як йога, дзюдо тощо. Інші ж віддають перевагу більш активним заняттям на свіжому повітрі – футболу, теннісу, або навіть просто бігу.

6) Дуже популярними сьогодні стають літні оздоровчі лагери, санаторії і фешенебельні доми відпочинку.

7) Таким чином, в теперішній час кардинально змінюється відношення суспільства до спорту загалом; спорт сьогодні стає не лише вузькою професією, що потребує спеціальної підготовки, а способом життя, який доступний для кожного, хто бажає зберегти своє здоров'я.

<i>Language Focus</i>	<p>Pay attention to the phrases used with the verbs <i>go</i>, <i>do</i>, and <i>play</i>. We normally use:</p> <p><i>play</i> with team sports and ball sports, e.g. <i>play football</i>, <i>play basketball</i>.</p> <p><i>go</i> with sports ending in <i>-ing</i>, e.g. <i>go swimming</i>, <i>go skiing</i>.</p> <p><i>do</i> with individual sports not ending in <i>-ing</i>, e.g. <i>do gymnastics</i>, <i>do aerobics</i>.</p> <p>Note: We use <i>do</i> with combat sports even if they end in <i>-ing</i>, e.g. <i>do karate</i>, <i>do boxing</i>.</p>
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9 a). Choose the most appropriate alternative in the following sentences.

- 1). To *go/do/play* fishing is a good way to relax and become healthier.
- 2). It is very useful for the health to *go/do/play* gymnastics in the morning, it inspires and gives physical energy for the whole day.

- 3). Some people begin to *go/do/play* swimming because they want to overcome their fear of water and change themselves.
- 4). Those who *go/do/play* general exercises can't improve their health, since it doesn't imply any real physical attempts.
- 5). Women who *go/do/play* basketball lose their femininity.
- 6). In fact, only children and teenagers can *go/do/play* rollerblading; this activity isn't for adults.
- 7). It may be dangerous for people's mind and spirituality to *go/do/play* yoga, since it's connected with our consciousness.

b). Do you agree with the statements from part a)? What are your reasons? Compare your own ideas with your partner's.

10. Decide between “do”, “go” or “play”. Use the correct form of the verb.

1. He used to jogging every day when he was at university.
2. I love a good game of chess from time to time.
3. She gymnastics for over five years now.
4. This summer we windsurfing every day on our vacation.
5. He's quite the athlete. He basketball, baseball and hockey, too.
6. My wife horse riding twice a week.
7. Why don't we a set of tennis?

11. Work in pairs. Student A should think about five advantages and Student B – about five disadvantages of spectator and participatory sports. Discuss your ideas with your partner. Try to persuade him to change his opinion. Share your ideas with other students.

12. Match the following pairs of phrases with

a) the same meaning:

1. do some sports	a) to arrange a contest
2. support a team	b) even the score
3. hold a competition	c) go in for sports
4. end in a draw	d) shout for a team
5. make the score equal;	e) be a dead heat

b) the opposite meaning:

1. give up sport	a) be defeated
2. win	b) fail the record
3. beat	c) lose
4. break the record	d) end in a shut out
5. play with smb.	e) play against smb.
6. draw	f) take up sport (football etc.).

and use three of each box in the sentences of your own.

13. Complete the sentences with the phrases from Activity 12.

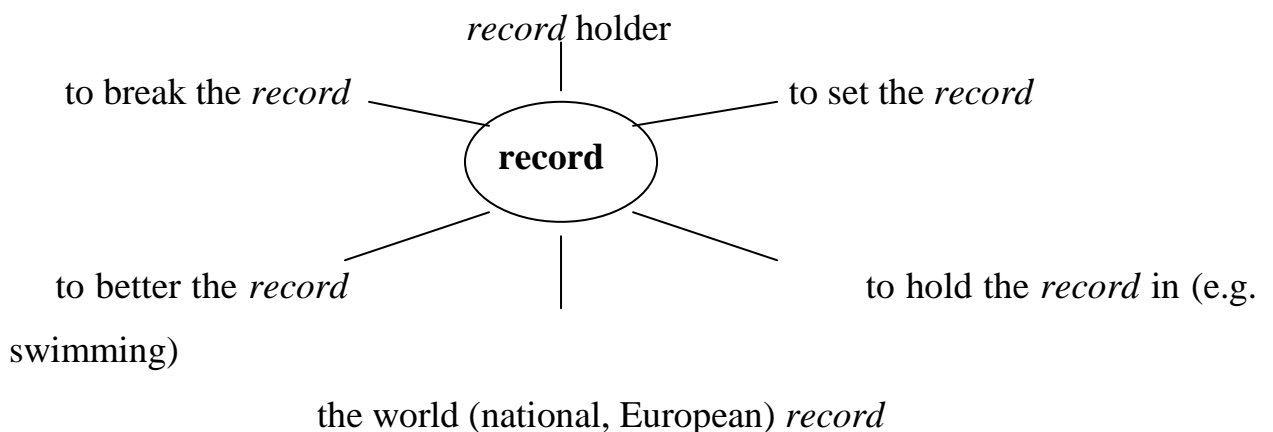
1. If the points in the end of the game are the same, they state the game..... .
2. If some person outdid the best results of his predecessors, we say that he
3. At the stadium fans usually cheating slogans, jumping and giving way to their emotions.
4. If people don't want to go on acting in some sport activity, they..... .
5. To arrange the place, to provide all conditions for the contest means to

6. If you got interested in some sports, you may it
7. If someone, but not you, won in the game, it means that you the competition.

14. Fill in the gaps using phrases from Activity 12 in the correct form.

In his early childhood, John used to dream about his future achievements; his ambition was to become something very important. Thus, being in his teens, he made up his mind to (1)..... some sport. His favourite entertainment was football. He always (2)..... for the United and was their real fan, but when they (3)..... one game, he disappointed at football and (4)..... it Very surprisingly for all his relatives, he (5)..... tennis. He was dreaming about (6)..... one day and becoming a very famous fellow. He started training daily. Once after a quarrel, to prove his own superiority, he decided to (7)..... a tall, athletic-looking teen-ager from the neighbor's yard, who was a good tennis-player. Of course, he (8) that game. As a result, he (9)..... sport at all. Some years later, a very young and much promising singer appeared on the stage. It was John...

15. a) Study the following collocations of the word 'record' and use each collocation in the sentences of your own.



b) Match the following definitions with the collocations from part a).

1. to improve one's record –

2. to achieve the best result in the field ever –
3. to show even better results than those demonstrated by other person / team –
4. to show the same best results –
5. the best result of a definite level –
6. a person who breaks the record –

c) Fill in the gaps with the collocations from part a) in the correct form.

1. He was determined for the high jump.
2. The owners home of Umraaz enterprises, has been awarded as a guinness bookfor building huge gallery which has more than 35 thousand seating capacity and it is built only with bamboo and such woods.
3. Who for the most Academy Award nominations in a single year?
4. Roland Schwarzl improved his Heptathlon at the Austrian Combined Events Championships in Vienna with 6065 points, the fifth best mark in the world this year.
5. Petr Cech is backing Chelsea striker Didier Drogba wants of 33 goals in a season.

<i>Language focus</i>	<p>*-er can be used for many sports, e.g. <i>footballer, swimmer, windsurfer etc.</i></p> <p>*Player is often necessary, e.g. <i>tennis-player, cricket-player etc.</i></p> <p>* Some names must be learnt separately, e.g. <i>canoeist, jockey, archer etc.</i></p>
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16. What do you call a person who...?

- | | |
|---------------------------|-------------------------|
| 1. does the long-jump? | 7. does gymnastics? |
| 2. rides horses in races? | 8. plays hockey? |
| 3. drives cars in races? | 9. does the pole-vault? |

4. throws the discus/javelin?

10. plays golf?

5. climbs the mountains?

11. jogs?

6. plays darts?

12. is going in for snooker?

Reading and Vocabulary 2

17. Read the article.

CROWD CONTROL

Until recently, hooliganism was a veritable curse on British football. Great strides are now taken to eliminate it wherever and whenever it occurs. Part II of the Football Spectators Act – which prevents convicted football hooligans from travelling to certain matches outside England and Wales – has been successfully implemented. In addition, and in line with the Taylor Report, the Football Act 1991 makes it an offence to: throw any object on the pitch or into any spectator area, run onto the pitch without good reason, or chant indecent or racist slogans. Conviction for such offences could lead to a fine and an exclusion from football matches. Great progress has also been made in detecting hooligans and collecting evidence through the use of closed-circuit television. These measures – together with all-seater stadia and improvements in accommodation, facilities, arrangements for crowd control – are combining to minimise and hopefully eliminate hooliganism. The link between excessive alcohol consumption and crowd disorder is now established and legislation exerts firm controls on the sale and possession of alcohol at football grounds and on transport to and from the grounds. Closed-circuit television to monitor crowds in stadia has been tremendously effective in identifying trouble-makers, often enabling the police and stewards to nip any potential violence in the bud. The Government strongly believes that competitiveness should be compatible with fair play and fully supports the Council of Europe's code of Ethics for Sport (from "*Sport in Britain*").

18. Explain the following word combinations from the text in English.

- closed-circuit television;

- all-seater area;
- alcohol consumption;
- fair play;
- to chant slogans;
- veritable curse;
- to nip any potential violence in the bud.

19. Put the underlined words and phrases from the text to the correct column of the table.

Part of stadium	Delinquent / delinquency	Measures taken to punish the delinquents

20. Discuss in pairs the following points.

- * What are the key-words of the given article?
- * Is the problem of sport hooliganism so urgent in Ukraine?
- * What is the reason of bad behaviour and fouls on the pitch and in spectator area?
- * Can such measures as firm control on the sale and possession of alcohol at sports grounds be considered as infringement of a person's privacy?
- * What measures would you suggest to keep an order at sports grounds?

* * *

21. Study the meaning of the following words and phrases with the word 'score':

Score (n) – number of points, goals, runs etc., made by a player or side in some games;

e.g. The score of the game was 5:7 (five to seven).

Score (v) – a) to have an advantage;

e.g. His team scored during the semi-final.

b) to gain some points;

e.g. Neither side scored in the game.

Score the goal – to gain the goal;

e.g. During the last minute of that game he managed to score the goal and to win.

Keep (the) score – to register scores as they are made;

e.g. James, a real fan of United, was keeping the score during the game.

Win with the score...in smb.'s favour – to win having a number of points as an advantage over smb.

e.g. The team won with the score 5 to 1 in their favour.

22. Translate the following sentences into Ukrainian paying attention to the words and phrases with the word 'score'.

1. The star of Ukrainian football Andrei Voronin who has begun to play with "Liverpool" this summer already has scored two goals during the debut match for English club. 2. The footballer opened the score at 4th minute and scored the second goal during the second time. 3. During the last minute the player managed to deliver a strong blow under conditions there had been the score 2:1 to his team. 4. The crowd tried to remain into the game, and they were rewarded with an unassisted goal by defenseman Tyler Scott, so that the final score was 6:2. 5. For that reason, I typically do not keep score when I play golf. 6. At the cost of long months spent in training the team won the game with the score 3:7 in their favour. 7. Aware of Robert green's excellent record on penalty kicks, the league's leading scorer was fractionally too precise, driving the ball firmly to green's right and just past the post. 8. After Bendtner was sent off his second clumsy challenge, Adebayor came on and scored immediately to put the game beyond the home side. 8. Indeed, whatever the footballer had said at the break breathed fresh life into his side and within seven minutes they had scored. 9. Our former centre half comes

and scores with an overhead kick. 10. We've made a habit of scoring late goals, but we can't afford to keep relying on that (from *Sport*, December, 30, 2007).

23. Do you know the words from the box? Check your knowledge! Complete the following sentences with the words from the box below. Consult the dictionary, if necessary.

1. Afee is the amount of money a sports team pays for a new player from another team.
2. In a dead two or more competitors finish at exactly the same time.
3. A tries to win a fight or sporting event from someone who has previously won it.
4. In sports players are allowed to touch each other when trying to get the ball.
5. The traditional skills of fighting or defending yourself are called arts.
6. A(n) is the person being competed against in a sports event.
7. A dark is a surprise winner in a competition.
8. A(n) competes in ten athletic events collecting points for each event.
9. A(n) is the person or team considered to be the least likely to win.
10. A(n) is a person who has finished as first, second or third.

24. Give the literary translation of the following sentences.

1. Toni Livers produced the race of his life on home snow to dead heat for first with Vincent Vittoz in the 15km World Cup race. 2. Bradford will have to pay a transfer fee if they want to sign the full-back, Michael Platt, from Castleford. 3. So that's six different underdog teams he mentioned – pretty much covered the field, with the notable exception of Greece. 4. The fact that so many great nations would send their best decathletes and heptathletes to the town of 12,000 inhabitants, classified the event as a “sporting jewel”, a term used in the press. 5. ZAZ sports team became the bronze champion of Ukrainian championship in Motor rally-2006. 6. The victimization of women in domestic violence and sexual and physical assault is still rampant, but it is increasingly countered through legislation and political activism and, on a personal level, through women's pursuit of fighting skills to defend themselves. Ever greater numbers of women are involved in martial arts and self-defense training (www.sport-news.org.ua).

Do You Know That...

...in 1972 football players from Malaysia brought with them a little tiger as their Olympic mascot? The mascot did not help, and the sportsmen gave him as a present to the Munich Zoo.



READING PRACTICE

Women in Sport

Pre-Reading Activities

1. You are going to read an article from *Sport in Britain* on the problem of women's participation in sport. What do you know about women's participation in sport? What's your attitude to this problem?

Reading

2. Read the text. Match the paragraphs with the correct heading. Mind that two headings are odd.

A: *The increasing role of women in sport*

Indoor activities are becoming increasingly popular with women. Aerobics, for example, was until recently perceived by many as ‘something a few women did for a little light exercise.’ The sport now has its own British Championships – with the winners going on to represent Britain in the World Championships. Thus, women in sport are becoming more and more active participants.

B:

Despite the fact that nearly one million extra women have been attracted into indoor sport over the past ten years, only one-third of British women keep fit regularly. A number of factors have combined to make this case. Women have traditionally been held back by lack of time, lack of transport, fear of being out alone, money, myths about what sport does to the female body, and unsupportive men.

C:

In addition, women’s sport is relatively ignored by the national newspapers and is rarely seen on television (Wimbledon fortnight and some athletics meetings being the exceptions). The message that boys and girls at school receive from the media is that sport is for men, not for women. Sports heroes abound... but very few sports heroines. Organizations such as the respective Sports Councils are making great efforts to redress the balance.

D:

But what do the facts say? Having won the two most prominent races in skiing – the Olympic and World championship downhills – the Canadian women’s ski team has stolen the limelight from the men, whose domination of the world’s slopes has been slipping for the past ten years. “Some of those big ski countries are

so amazed that we have such a little program and no money and we come out and get the results,” said Lee-Gartner.

E:

So, today after a period in the doldrums, women have an opportunity to realize themselves in almost any kind of sport. It is clear, however, that much work still needs to be done as evidenced by the fact that number of women taking part in outdoor sport has actually fallen because top level facilities for many sports are very poor and should be repaired or restored. The Sports Councils in Scotland, Wales, and Northern Ireland have produced strategies to develop sport for women at all levels – attuned to their own respective problems and opportunities.

<i>Heading</i>	<i>Paragraph</i>
1. <i>The increasing role of women in sport</i>	A
2. Redressing the balance	
3. To victory with flying colours	
4. The new era for women in sport	
5. Factors that prevent women from going in for sport	
6. Femininity in question	
7. An early history of women in sport	

Follow-Up Activities

3. Analyze the ideas given by the author in the article. Choose the best answer.

1. Until recently some kinds of indoor activities for women were considered to be:
 - a) an opportunity to refresh and entertain;
 - b) a serious way of training oneself;
 - c) just a kind of exercises.

2. Highlighting the problems of women's sport the media's role is:
- a) they try to attract the public's attention to it;
 - b) they ignore women's sport absolutely;
 - c) they are much more interested in men's sport rather than women's.
3. The main reason why women are not so active in sport as compared to men, is:
- a) absence of men's support;
 - b) women spend much time sitting at home with children or acting as a house-keeper;
 - c) lack of time, money, transport etc.
4. The victory of the Canadian women's team in the Olympic games was:
- a) a great surprise for public and men, particularly;
 - b) a challenge to mankind;
 - c) a well-expected result.
5. For the most of the contemporary women sport is:
- a) a from-time-to-time activity;
 - b) an active, regular activity;
 - c) a way of relaxation.

4. Explain in English the following phrases (in italics) from the article.

- 1). ...after a period *in the doldrums*, women have an opportunity to realize themselves in almost any kind of sport.;
- 2). Organizations...are making great effort *to redress the balance*;
- 3). Women have traditionally been held back by...*unsupportive* men;
- 4). The Canadian women's ski team *has stolen the limelight* from the men...
- 5). The Sports Councils have produced strategies to develop sport for women at all levels – *attuned to* their own respective problems and opportunities.

5. Discuss in pairs some pros and cons of women's active participation in sport. Student A is to represent the opinion that women shouldn't take part in professional sport; Student B is to keep to the opposite point of view. Each student should find out at least 10 reasons to support his point of view. Discuss your arguments. In the process of discussion you are advised to touch upon the following statements:

1. Women are created by Nature for motherhood and in order to organize a heart home.

2. Men and women are created equal in their rights. Primitivism of ancient societies has developed contemporary sexual discrimination.

3. Women engaged in professional sport can't pay enough attention to their families.

4. Men are so unsupportive to women in questions of sport because they're afraid to yield their superior position.

5. Women who participate in professional sports lose such qualities of their natural femininity as delicacy, tenderness, dependence etc.

6. Women may have an opportunity to realize themselves in any, even especially male, activities, if they have appropriate physical abilities.

7. All people have their vocations.



LISTENING PRACTICE

Using Steroids in Sport

Pre-Listening Activities

1. In pairs / groups, discuss how serious these examples of cheating are. Would you ever do these or have you ever done any of them?

- Use steroids
- Take in hidden notes to an exam
- Look at a classmate's paper in a
- Do something bad to win a game
- Shout "out" when the ball was in
- Claim "extra" money from an

- | | |
|--------------------------------|--|
| test
• Lie on a resume (CV) | employer
• Download music illegally |
|--------------------------------|--|

2. Is it OK to use performance-enhancing drugs in the cases below? Discuss each case with your partner(s).

- a. A baseball player who wants to break the home run record.
- b. A baseball player who simply wants to make the first team.
- c. A 100-meter runner who wants to break the world record.
- d. A 100-meter runner who wants to better his/her own personal best.
- e. A bodybuilder who wants bigger muscles.
- f. A swimmer who needs steroids to be able to swim around the world.
- g. A 50-kg guy who needs an extra few kilos to become a sumo wrestler.
- h. An English student who wants to learn 250 new words every day.

3. Vocabulary extension. Match the following words from Activity 3 on the left with their equivalents on the right.

- | | | |
|--|---|--|
| a. ensuing
b. lenient
c. stance
d. meted out
e. edge
f. reluctant
g. mockery
h. lucrative
i. accolades
j. trivial |

 | position
prizes
advantage
unwilling
money-spinning
condoning
minor
developing
given
laughingstock |
|--|---|--|

Listening



4. Listen and fill in the gaps.

Tougher steroid fines for U.S. sport

A battle is ensuing in the American Congress and the (1)..... of power in major U.S. sporting organizations over steroid (2)..... among athletes. The biggest issue is the (3)..... stance baseball authorities take regarding the use of performance enhancing drugs. Baseball legend Hank Aaron, Major League Baseball commissioner Bud Selig and Republican Senator John McCain have all (4) in to try and get baseball to clean up its rather steroid-fuelled act. Their request is for tougher penalties to be (5) to players who illegally use drugs to boost their strength and power and get a competitive (6) over their rivals. A Senate committee wants to standardize steroid policies in all professional sports, including the NFL, NBA and NHL.

At the center of the debate is the baseball player's (7)..... chief Donald Fehr. He is (8)..... to move from the present 10-day ban for baseball players caught using steroids. Such a "penalty" would be (9) in any other sport and makes a (10)..... of baseball standards. Senator Jay Rockefeller singled out baseball players as the biggest (11)..... of steroid abuse. He said: "They have negotiated reluctantly, if at all." A number of high profile baseball players have recently proved positive in drug tests but will probably continue their (12)..... careers and accept the glory and (13) Lawmakers are concerned that such (14) penalties for steroid abuse will send the message to children that cheating is OK.

Follow-Up Activities

5. Discuss the following questions in pairs.

Student A's questions:

- a. What do you think about the use of steroids in sport?
- b. Do you think players who use steroids in sports are cheats?

- c. Do you think baseball officials would like more players on steroids to make the game more exciting?
- d. Have you ever cheated?
- e. What do you think of a baseball player who uses steroids to get a potential \$15 million salary?
- f. Would you cheat to get a million-dollar salary?
- g. Do you think there are any sports in which players do not use performance-enhancing drugs?

Student B's questions:

- a. Do you think world records achieved by players on steroids are worthless records?
- b. Why do you think baseball authorities take such a lenient stance towards steroids?
- c. What do you think cheating at school?
- d. What kind of example should sports stars set children?
- e. Should athletes caught using steroids be banned for life?
- f. In what other areas of society should cheats be banned for life (or imprisoned)?
- g. What do you know about plagiarism? In your opinion, can plagiarism be considered cheating? To what extent?



SPEAKING PRACTICE

Leisure Centres

Pre-Speaking Activity

- 1. What are the most important centres for leisure activities in your city/town? What other centres would you like to have?**

Speaking

2. Imagine that you are on committee to decide how to improve a leisure centre. The conditions are as follows:

- There is a small community centre with some land around it.
- You have a grant to spend on improving the community centre.
- The committee can afford the money for only one improvement.

3. In groups of two take one of the cards below. The cards describe your suggestion and show the secret reason why you want your idea accepted. Explain your ideas and persuade the others why your idea is best. You shouldn't tell your secret reason to the class.

A

You want a swimming pool because the town has not got one.

A swimming pool would be expensive and it would need a new building added to the centre, but all the schools in the town could use it.

(You are an education officer in the local Education Department. You think you might be promoted to Head of Department if you can do something useful for the schools in the area.)

B

You believe everyone is bored because the town is dull and there is nothing to do here. You think having a good time is what everyone really needs.

You do not want to spend a lot of money on buildings or equipment because you would prefer to spend the money on social events, especially trips to other places.

(Your family has the only bus company in town and you hope to organise these holiday trips.)

C

You want a large hall added to the building with a good quality floor for dancing. It would also need an expensive, high quality music system.

You think dancing is wonderful: it is good for people physically, mentally and socially.

(You also own a dancing school and think that a new dance hall would be very good for your business.)

D

You think a local football team would be good for the community. You also want to start a Young Players League in the town to give young people something to do. All the local schools could join in the competition.

You want to keep the land free for a football pitch. The present buildings are big enough to use as changing rooms. You want to spend the money on equipment and hiring a good trainer.

(You love football, but you also own the local sports shop which would sell all the clothes and equipment.)

E

You are a keen fitness enthusiast but there is no gym in the town.

One idea you have is for a big new gym and fitness centre.

(Your brother has got a building company and you want to get him a building contract, so you want a project that needs a lot of extra building work.)

4. Exclude the ideas you like least and vote choosing the best idea to be established. Try to guess the secret ideas of all the representatives.

Follow-Up Activities

5. Prepare a publicity campaign poster with a slogan and bullet points giving reasons why the townspeople should support your ideas. The poster should be styled as an eye-catching advert and can use images if you wish.

6. Prepare a short talk of about a minute outlining your case in the style of a political ad for TV.



WRITING PRACTICE

More Gain, Less Pain

Pre-Writing Activity

1. What do such activities as *skateboarding, jogging, cycling, ice-skating* have in common? What is the difference between *to get fit, to be fit* and *to keep fit*? How can you explain the proverb *There's no gain without pain*?

Writing

2. In groups of four look at the part of a web page about keeping fit (p. 29). Decide as a group what kind of people visit the website.

3. Look at the remaining sections of the Web page. Read the headings of each section and decide as a group what each might be about.

4. Write in complete sentences on both sections of the Web page.

Follow-Up Activity

5. Rewrite your keep fit page as a 200-word article for a magazine.


Web Page

Address <http://www.kidskeepfit.org>

Beauty Kids FAQs

More gain, less pain encourage your kids to keep fit


1 Mum and Dad – get fit!



Show your kids how to do it – if they see you enjoying exercise, they're more likely to enjoy it themselves. You should spend time every day keeping fit: jogging, exercising in front of the TV ... anything! And you shouldn't drive, walk: on those small shopping trips, leave the car at home and cycle or walk the 100 metres to the shop. You could even take the kids with you!


----- ✂

2 Little kids – keeping fit starts early ...




----- ✂

3 Don't overdo it!




----- ✂

4 It's not all hard work!



----- ✂

5 Teenagers: keep on keeping fit



WORK WITH PHRASEOLOGICAL UNITS

1. Match the following idiomatic expressions and their definitions.

- | | |
|------------------------------|--|
| 1. the ball is in your court | a. do or say something that is very unfair or cruel; |
| 2. blow the competition away | b. do or say more than you need to; |
| 3. front runner | c. have a burst of energy after tiring |
| 4. get off the hook | d. win easily; |
| 5. get a second wind | e. it's your decision or responsibility to do something now; |
| 6. go overboard | f. one of the people who is expected to win; |
| 7. hit below the belt | g. escape, have responsibility removed. |

2. What sport does each idiom originate from, in your opinion? Explain your option.

1. the ball is in your court – _____ *tennis* _____
2. blow the competition away –
3. front runner –
4. get off the hook –
5. get a second wind –
6. go overboard –
7. hit below the belt -

3. Complete the following sentences with the idioms from Activities 1 and 2.

1. The child for stealing because the security camera was broken.
2. “Do you think I should accept the job offer?” “Don’t ask me. The now”.
3. If you wear that dress to the beauty pageant you are going to

4. Amanda was when she called Adrian an unfit father.
5. I was exhausted after 3 kilometres of running, but I after I passed the beach.
6. Angela is a for the new supervisor position.
7. You can't believe everything Janice says about Rick. She tends to when she's complaining about him.

4. a) Explain the following proverbs and sayings in English.

Failure teaches success

Look before you leap

Score twice before you cut once

b) Use them in the sentences of your own.

5. Paraphrase these sentences using proverbs and sayings from Activity 4:

1. "This week I'll have a very important appointment that is expected to result in a great business. But I'll have to take a decision before." – "Yes, this affair is very risky. It's better for you to rethink of it once more before taking your final decision."

2. In his childhood George committed some rather serious mistake. Now he confesses it. Maybe it's too late. But better late than never. Today he draws a good lesson from that monkey business.

3. It's not clever of a person to do something without careful exploring.

6. Translate the following sentences into English using the idioms and proverbs of the Unit.

1. Після тривалого пробігу в мене наче відкрилося друге дихання і я був здатен пробігти ще декілька кілометрів.

2. Ну що ж, тепер все в твоїх руках, і від того, як ти з цим поведешся, залежить твоє майбутнє.

3. Іра – передова студентка нашої групи.

4. «Я знаю про твій намір вже давно, – наче ненароком помітила бабушка, – чини, як хочеш, але краще сім раз відмірити та один раз відрізати.»

5. Помилки юності не давали мені спокою. Совість, мов важке ярмо, часто не давала мені спати. Так, на помилках вчаться, але їх наслідки іноді бувають не виправними...

CONSOLIDATION

1. Choose the correct answer (sometimes more than one variant is possible).

- The team's recent wins have them for the semi-finals.
a) fitted b) matched c) promoted d) qualified
- It seems that the world record for this event is almost impossible to
a) balance b) beat c) compare d) meet
- Our team faced fierce in the relay race.
a) attack b) competition c) contest d) opponents
- All the athletes were wearing suits when they came into the stadium.
a) jogging b) running c) sports d) track
- His poor standard of play fully justifies hisfrom the team for the next match.
a) ban b) exception c) exclusion d) rejection
- The at the football match became violent when their team lost.
a) customers b) groups c) observers d) spectators
- There is a lot of friendlybetween the supporters of the two teams.
a) contention b) contest c) defiance d) rivalry
- One of the most spread modern physical activities is to rollerblading.
a) do b) play c) go d) take up
- During the last time, one of the footballers managed tothe score.
a) equalize b) balance c) even d) give equal
- The man who is taking up canoeing is a
a) canoeist b) canoe runner c) canoe player d) canoeir

2. Translate the following sentences into English using the vocabulary of the Unit.

1. Сьогодні досить поширено поняття активного відпочинку, під яким розуміється зняття фізичного та розумового напруження шляхом заняття активною і обов'язково цікавою фізичною діяльністю. Спорт – чудовий спосіб відпочити і відновити свої сили. Аматорський спорт надає великі можливості для всіх людей, незалежно від їх віку, статі та фізичного стану. Ті ж, для кого спорт є не просто захопленням, а серйозною роботою, що потребує постійної підготовки, завжди можуть знайти достойне місце в світі професійного спорту. 2. Одним із самих важливих питань сучасного спорту є питання етики, як на ігровому, так і на глядацькому майданчиках. Для того, щоб одержати перемогу над суперником або встановити новий рекорд, спортсмени часто ухиляються від чесної гри. Також існують проблеми з поведінкою публіки під час змагань, що іноді перетворюється в натовп, який неможливо контролювати. Спортивні фанати, вболіваючи за свою команду, викрикують під час матчів непристойні репліки. А іноді, перебуваючи в нетверезому стані, можуть навіть являти собою загрозу життю інших людей. 3. В лютому відбувся футбольний матч на Кіпрі; Кіпр грав проти України. Вже на дев'ятій хвилині лише майстерність одного з гравців уберегла Україну від гола. Але через десять хвилин кіпріоти відкрили рахунок в матчі. Надалі українці мали ігрову перевагу (вели рахунок), але втілити її в голи так і не зуміли. Гра закінчилася в нічию. 4. Військове мистецтво є одним з найдавніших видів спорту, нагородою за перемогу в якому було життя. Суперники змагалися в силі з максимальною самовіддачею, борючись не на життя, а на смерть (a life-and-death-struggle).

Laugh It Off

Tom was staying as a guest on an English farm, and was feeling rather bored. "Now I am busy at the moment, but if you want to amuse yourself for an hour or so, take my gun and two gun dogs and go and do some shooting," said the farmer. Fifteen minutes later Tom was back again. "Have you got any more gun dogs, sir?"

ASSIGNMENTS FOR SELF-GUIDED WORK

1. Choose the correct variant of answer. Consult the dictionary if necessary.

1. Sport is a good for aggression.
a) let off b) offshoot c) outlet d) way out
2. The new sports centrefor all kinds of leisure activities.
a) caters b) deals c) furnishes d) supplies
3. The fastest runner took thejust five metres before the finishing line.
a) advance b) head c) lead d) place
4. This year our team are the favourites to win the cup.
a) firm b) full c) grand d) hard
5. The team's coach insisted on a programme of training before the big match.
a) harsh b) rigorous c) severe d) searching
6. Our village team were hopelessly by the professional visitors.
a) outclassed b) outgrown c) outnumbered d) outraced
7. Even though the match wasn't very exciting , the managed to make it sound interesting.
a) announcer b) commentator c) narrator d) presenter
8. As they watched the match, the crowd in unison.
a) bellowed b) chanted c) crowed d) intoned
9. He has always been supporter of his local rugby team.
a) a forcible b) an unbeaten c) a staunch d) a sure
10. I always feel before the start of a race.
a) jerky b) jittery c) timid d) unsteady

Work with the video



1. Watch the extract from the *Sports Today BBC World*

You can find it on:

<http://www.youtube.com/watch?v=TeSL18FeuD8>.

2. Having watched the video, answer the following questions. Watch the extract as many times as it is necessary to complete the tasks.

1. Who is banned from hosting the European tournament?
2. What sport is Malaysia currently a champion in?
3. Where is a Cup of Nations (football) is to be held?
4. How many hosts will there be in European football tournament?
5. Why had Vanessa Mae taken part in Slovenian races before the Olympics were fixed?

3. Choose the best variant of answer.

1. Morocco is banned from:
 - a. hosting a football tournament;
 - b. participating in a football tournament;
 - c. hosting and participating in a football tournament.
2. What is the reason of banning the famous violinist Vanessa Mae from the Olympics?
 - a. failure of drug test;
 - b. gaining the right to take part in the competition by dishonest actions;
 - c. going abroad for the period of the competitions.
3. Why do they care about Lee Chong Wei play?
 - a. the nation want to win the world championship;
 - b. he is a symbol of the nation;
 - c. he has united people of different nationalities and religions.

4. Explain the following word combinations from the extract (Activity 1) in English.

to host a competition – _____

to release the statement – _____

qualifying match – _____

to put things in place – _____

to be suspended from the competition – _____

dope test – _____

to take action against smb. – _____

to glamourize sport – _____

Project work

Watch the latest sports reports of your country. Make notes of the most important events / achievements / plans of the last week. In groups of three or four present the TV sports report covering the most prominent events. Use posters, audio or video materials when making a presentation. You may include in your show such participants as a presenter, a correspondent, a sports star et al.

* * *

UNIT II. WINTER SPORTS



WARM-UP

1. Answer the following questions.

1. What winter sports do you know? Which of them have you ever practised?
2. In your opinion, are winter sports dangerous or not? If so, to what extent? Are all of them extreme?
3. Which sport would you rather take up – skiing or swimming?
4. What are the main advantages of winter sports?
5. What is your favourite winter sport?

VOCABULARY PRACTICE

Reading and Vocabulary 1

2. Read the text.

Winter sport is a wide field; but despite the thrills of ice-hockey, the fascinations of figure-skating and the rapidity of speed-skating, skiing dominates all, and above all, Alpine skiing. It recruited millions of followers. It built hundreds of hotels, hostels, ski-lifts, funiculars, and cable-railways. It busied steamships and aeroplanes at a time of year when 40 years ago nobody would voluntarily have ventured out of doors, let alone have travelled if the journey were not absolutely necessary. Skiing is performed by kicking-off from one foot to a gliding step on the other. Kick-offs are more effective with the help of ski sticks which are held in hands.

Skiing comprises Alpine events, ski-jumping and cross-country events. Cross-country races include 5-50 km relay. The tracks are usually prepared in advance. The course is also marked by small flags and distance signs. The Alpine events for women and men are slalom (parallel slalom), giant slalom, supergiant slalom and downhill (race).

Slalom includes two races on different courses. There is an observer at each gate at the finish who watches that a racer passes through them without missing. If

he does, he must return and pass the missed gate or he will be not allowed to participate in the second leg.

The giant slalom shows a skier's ability to find and keep to the fastest routes on the course. There are two legs in each race, then both timings are added up to make the final result.

In the downhill race, where the aim is to get from top to bottom in the quickest possible time, choosing the best course for the purpose, speeds above 50 mph are possible. In the slalom, competitors must weave their way through 40 flagged gates during their two runs.

There are two more skiing events in which a participant is to display two skills. The so-called Nordic combination combines ski-jumping and cross-country events.

The last but not the least is biathlon. Biathlon is a combination of cross-country ski-running and rifle-marksanship: a 20-km race, with each contestant firing five shots at a single target on each of four ranges along the course. Every target-miss will mean two minutes being added to the competitor's time. Biathlon skiers wear a usual suit for Nordic skiing: an anorak, breeches, gaiters, ski boots, gloves and a cap.

Among other winter sports one can differentiate ice-skating, bobsleigh, tobogganing, ice-yachting and, of course, ice-hockey.

No doubt, that ice-skating is one of the most popular spectator winter sport. It originated from the North of Europe. People made skates of wood and bones and used them for gliding over frozen lakes and rivers.

Bobsleigh is riding bobsleds down specially made courses of solid ice. It has two axles, each with a pair of long runners. Before the start, the crew members swing their bob to and fro several times, then jump into it and ride down the run. Bobsleigh racers dress as they like, though all must have crash helmets, knee-pads and goggles for safety reasons.

Tobogganing represents a very extreme kind of winter sport activity. The toboggan consists of several narrow pieces of well seasoned ash bound together

and strengthened by several cross-pieces. In order to add excitement long chutes are built for slides. After starting downhill, racers lean back to avoid air resistance. Their stretched legs rest on the curves of the runners. A rope is attached to the runner's ends. Steering is performed by pulling the rope by hand, pressing on the runners by legs and transferring the body weight. A luge racer's equipment includes a sweater, trousers, shoulder -, elbow-, and knee-pads, a crash helmet, goggles and reinforced gloves.

Yacht races are held over a complex route so that the yachtsmen could show their sailing skills in different wind conditions on different types of yachts. The route is marked by buoys in a shape of a triangle.

Ice-hockey is played on a rectangular rink of artificial or natural ice which is divided into three equal zones by two blue lines. The goals are aligned with the red goal lines, and there are semicircular creases before the goals. Two or three referees conduct the game which is divided into three 20 minutes periods of actual playing time with two minutes intervals. Ice hockey equipment makes a player look like a medieval knight. Before going to the rink he must put on a chest guard, elbow pads and knee pads, stockings, special padded shorts and sweater. Referees wear black trousers and a black-and-white striped shirt with red armbands. Ice-hockey is played with a puck and long straight sticks with an angle at the bottom. The puck which is made of hard rubber, is passed between the players until it's thrown into the opponent's goal.

3. Comprehension questions.

1. What is the most popular kind of winter sports?
2. What kinds of sports does the Alpine skiing comprise?
3. What is Nordic combination?
4. What equipment is needed for bobsleigh?
5. How many periods does the ice-hockey game consist of?

4. Tell everything you know about these sports:

- *Bobsleigh
- *Ice-hockey
- *Skiing
- * Figure-skating
- *Ski-jumping
- *Slalom

5. Match the pictures and the sports they depict.

figure-skating	tobogganing	ice-yachting	
	ski-jumping	biathlon	hockey

a



b



c



6. Find in the text from Activity 2 English equivalents to the following words and phrases.

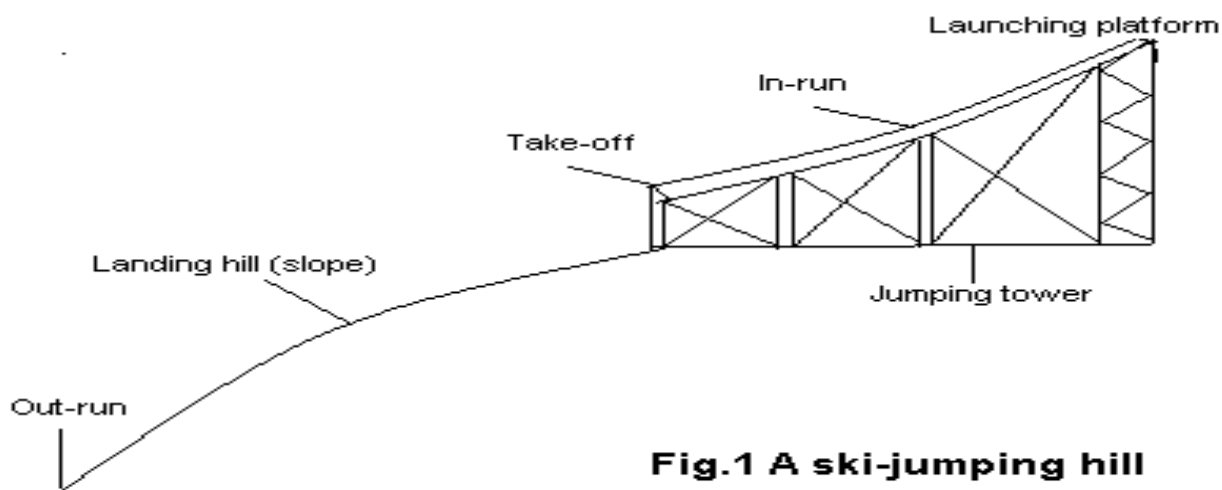
1. гірськолижний спорт –
2. перегони на пересіченій місцевості –
3. швидкісний спуск –
4. ворота (відстань між увіткненими прапорцями) –
5. естафета –
6. стрільба в ціль із гвинтівки –

- 7. спуск –
- 8. лижне двоборство –
- 9. гонка –
- 10. маршрут –

7. Categorize the words from the text according to the following subdivisions:

Place	Equipment

8. Study the picture of ski-jumping event and explain the process of this activity.



9. Complete the table using the words and phrases from Activities 7 and 8.

<i>Sport</i>	<i>Points of the route</i>	<i>Equipment needed</i>	<i>Clothing (where possible)</i>

10. Describe one of the winter sports discussed above to your partner (or group) without naming it. Use information from Activity 9. Your partner or group should guess the sport described.

11. Complete the sentences with the sport words from Activities 6 and 8.

1. In ice-hockey, when the team gets the....., all players may drive it forward or pass it to each other.
2. The are put on the snow in turn when the opposite foot begins the kick-off. When gliding is good, both are used simultaneously with a slight kick.
3. Ski-jumping is performed on specially equipped natural or artificial hills. Below the take-off there is a with a straight landing part which joins the last curve.
4. The main equipment in bobsleigh are made of steel and aluminium.
5. Both kinds of include passing through a number of gates marked by flags. The is thoroughly prepared in advance by special machines.
6. In order not to hurt one's head, in almost all kinds of winter sports is used.
7. To get a surge of adrenalin, they sometimes do a to glide on it, which is much higher than usual hill.
8. In downhill, participants have only two to weave their way through the gates.
9. For protecting player's elbows are used in ice-hockey.
10. The of the coming tobogganing competitions will be defined according to the peculiarities of the present land, you know.

Do You Know That...

...in the biathlon relay in 1976 one of the players' binding suddenly broke, and he ended his leg with different skis and boots? A spectator who was close gave him his own ski, and though the change took certain time, he won the Olympic title for the third time in a row.

12. Team play. Test your memory and general erudition answering the following questions. Don't look at the text or preceding exercises. The team which answered (correctly) the most questions, is considered to be the winner.

1. How long does the ice-hockey match last?
2. Which events does Nordic combination comprise?
3. What do the skiers in biathlon have on their backs?
4. How many runs are there in slalom?
5. What is the shape of the play-ground in ice-hockey?
6. What is the homeland for ice-skating?
7. What are the route points in ski-jumping?
8. What is the shape of buoy in ice-yachting?
9. What's colour are the referee's trousers in ice-hockey?
10. What is the difference between slalom and downhill?

13. Do you know what the below mentioned words denote? Try to find any information about their meaning. Share your findings in English with other students.

- What is the "bull's eye" in biathlon?
- What are "eight", "three", "loop", and "rocker" (figure-skating)?
- What does the "dead" puck mean (ice-hockey)?

14. Guess the names of winter sports according to their descriptions below.

a) This sport appeared in the North of Europe. Ski races were held in deserted areas where the danger of wolves and bears was quite obvious. That was why many sportsmen took shotguns or rifles along. Today, in the relay event each member of a four-men team shoots twice (lying and standing) during his leg. The aim is to shatter five targets each time. Failing in the accuracy of shooting he has to run a penalty loop of 200 m for each unbroken target.

b) Before the start, crew members swing their bob to and fro several times, then jump into it and ride down the run at speeds sometimes reaching 140 kmph. The sportsmen transfer their body weight at the command of the driver before entering the turn to prevent skidding which takes time, so precious during the run.

c) The main equipment of this kind of sport is made of wood and plastics with sharp steel runners. The runners are connected by a frame which also serves as a seat for the racer. The track is about 1 km and looks like the bobsleigh track, only narrower. There are some ten turns and curves with banking walls. The winners are decided by adding up the timings of four runs made by each racer or crew.

d) The competitions include three rounds. The first round is very often called the "school". All sportsmen must skate four figures. The second round is the short free-skating programme which lasts not more than two minutes. Both compulsory and free programmes are a number of various figures, spirals, jumps, spins and loops with linking steps combined in a gracious sequence.

e) The competitors of this sport take the start from the leeward buoy and tack to the windward buoy. Then they turn and sail to the middle buoy, and take another tack to the start line. After that they circle leeward and windward buoys and finish the race at the windward buoy.

15. Find in Activity 14 English equivalents to the following words and phrases.

Тур, підвітрений буй, збити, розкачувати, мішень, санна траса (трек), точність попадання в ціль, навітрений буй, поворот, хронометраж, показання часу; заносити, збиватися убік, петля, забіг, полоз; учасник перегонів.

16. Translate the following sentences into English using the words and phrases from Activity 15.

1. В біатлоні дуже часто забарливі стрільці легко перемагають прудких, але занадто нервових супротивників.
2. Змагання з бобслею мають чотири раунди для кожної команди; переможцем стає той, хто відзначився найменшою кількістю заносів та падінь.
3. Фігурне катання представляє собою цілий комплекс прийомів, що виконуються, так званих фігур. Найбільш поширеними серед них є спіралі, «штопор» (обертання), стрибки та петлі.
4. Маршрут яхт під час змагань є досить складним сплетінням різноманітних маневрів. Учасники перегонів мають обійти три види буїв – підвітрений, навітрений і центральний. Незалежно від погодних умов, спортсмени повинні зробити все можливе, аби пропливти якомога ближче до буїв.
5. Керування тобогганом за допомогою запони під час змагань максимально важливе, адже це дозволяє вибирати та дотримуватися найбільш оптимального та швидкого маршруту.

17. Do you know all the words from the box below? Consult a dictionary if necessary and fill in the gaps with the correct words.

<i>goaltender</i>	<i>recreation</i>	<i>fan</i>	<i>strapped</i>	<i>coaches</i>	<i>captain</i>
<i>stick to</i>	<i>practices</i>	<i>record</i>	<i>adolescence</i>	<i>gear</i>	
<i>defenceman</i>	<i>gifted</i>	<i>ties</i>	<i>competitors</i>	<i>a steep shift</i>	

THE GLORY DAYS

To any seasoned hockey (1) in Montreal, the elements of the scene were immediately familiar. Inside the dressing room last week, the players exchanged jokes in two languages as they (2) on their equipment and prepared to wear the familiar bleu-blanc-rouge sweaters of the Montreal Canadiens. In the hallway outside, their six (3)..... discussed

strategy and reviewed charts in preparation for a critical weekend game. (4) Intema Ndungidi told reporters: “We cannot waste time thinking about the pressure on us. If we (5) our game, we will win. Over a season that stretches nearly eight months, the average week of the team includes two weekend games, two weekday (6) and a separate workout session at a gymnasium. Most players attend Edouard Montpetit School, which is publicly run and free of charge but accept only (7) athletes who receive extra athletic training. With two tournament wins and a regular-season (8) of 19 wins, seven losses and three (9), the team is ranked as one of Canada’s top teams in their age group. And if they win their opening game against the Detroit Red Wings, their potential (10) in the tournament include teams from Sweden and countries of the former Soviet Union. But, insisted the teams (11), 13-years-old centre Patrick Heroux, “The greater the demands on us, the more we like it.”

At the onset of their teens, the players are near unanimous in describing hockey as their major form of (12) “Who would want to do anything else if we could be playing hockey?” asked (13)

Benoit Heroux, the 12-years-old brother of team captain Patrick. But (14) can produce sharp changes in a short time: the players’ graduation next year to the bantam category. “in peewee, kids eat, drink and sleep hockey,” said their coach. But, he added with a sigh: “Then I get them up in bantam, and all of a sudden they’ve discovered parties and girlfriends, and they’re packing after-shave lotion and hair dryers in with their (15) (after “*The Glory Days*”, from *the Maclean’s*, February, 1993)

18. Answer the questions and discuss the following points.

1. It’s bad for children to take up professional sport since it deprives them of many pleasant moments of their childhood.
2. Would you like your children to take up some professional sport?

3. Do you consider sport a way of preventing children, especially teenagers, from some bad habits of that age?
4. Is it dangerous for children to go in for professional sport?
5. Which other alternatives to sport could you suggest to keep children away from bad habits?

Reading and Vocabulary 2

1. Answer the questions.

1. Have you ever heard about Kate Pace? What's her occupation? Do you know any famous downhillers?
2. What challenges does a sportsperson who goes in for skiing face?
3. What personality traits are essential to become a successful downhiller?

2. Read the article from *Maclean's* about Canadian downhiller Kate Pace and proceed to the tasks.

QUEENS OF WINTER



While preparing for the World Alpine Ski last week, Canadian downhiller Kate Pace convinced herself could, in effect, beat her opponents with one hand behind her. That brash conviction was born of necessity: her broken left result of a crash during a race just three weeks before, was in a cast that prevented her from using both poles to push out the gate atop Mount Kotakakura in Morioka, Japan. But 24-years-old Pace said she had decided that, despite her injury, the World Championship was *her* race, *her* course and *her* gold medal. Starting 17th, Pace one-armed her way out of the gate and used her exceptional gliding technique to build a lead on the flatter portions of the course. She crossed the finish line ahead of Anja has of Austria, her then-nearest competitor. Joining teammate Kerrin Lee-Gartner, the reigning Olympic champion, Pace turned to watch the remaining racers. But to her, the race was over. "I can

hold it”, Pace said while catching her breath in the finish area after her run. “No one can touch me now.” And, in a glorious week for Canada’s women skiers, no one did.

In Pace’s case, her first international success came as no surprise in ski circles. Longtime observers have been predicting great things for the North Bay, native. However with the broken wrist, the latest in a series of injuries, Pace had to overcome daunting odds in Japan. Haas, who ended up with the bronze medal, marveled that the wrist injury did not appear to affect her Canadian rival. Said Haas: “Kate was looking very good in training, so I thought she might win.” Celebrating her teammate’s victory, Lee-Gartner, who finished ninth, said of Pace: “Kate’s been through so much, she’s had so many injuries – she’s still injured. She’s amazing.”

The Morioka victory ended a series of disappointing results for Pace. Since joining the national team in 1987, the tall, muscular skier has frequently had her career derailed by injuries. She missed last year’s Olympics because of a broken ankle, and she has twice been sidelined for lengthy periods by knee injuries. After each setback, however, Pace has become stronger and more determined. “She is a quiet, gentle person,” said Donald Fry, who said that he coached Pace when she was a junior competitor in North Bay, “but she is able to come back from these injuries because she is so dedicated.” Said Pace: “I have this philosophy: if I don’t train today, then someone else around the world might. So I try to push it.”

Pace is known as much for her booming laugh as for her steely determination. Like Lee-Gartner, she is an accomplished golfer in the off-season. But her focus is skiing. Through a rigorous year-round training program, Pace said that she has developed the confidence required by top downhillers, who must block out the fear of crashing while meeting the physical demands of carving a line down a steep, icy course at speeds in excess of 100 km/h. After injuring her knee in Japan two years ago, Pace taped a message on the handlebars of her training bicycle that read: “Win the World Championships.” When she resumes training,

she plans to replace that message with one that reads: “Win in the Olympics.” The next Winter Games, after all, are only a year away (after *Maclean’s*).

3. Check your comprehension of the text answering the following questions.

1. What was the result of Kate’s participation in the World Championship in Japan?
2. How old was Kate Pace?
3. How can you comment on Kate’s words: “I have this philosophy: if I don’t train today, then someone else around the world might. So I try to push it.”?
4. What was the impression Kate made upon her opponents?
5. What are Pace’s other sport interests?
6. What was Kate’s sport motto?
7. In your opinion, what are the key words of the article?
8. Is it worth to undergo the risk of physical injuring in order to win?
9. Do you remember what you felt when you were skating or skiing for the first time?
10. Would you rather sit and look than go and try?

4. Explain in English the words and phrases from the article.

- to beat her opponents with one hand behind her back;
- to build a lead;
- to be sidelined;
- top downhillers;
- setback;
- steely determination.

5. Paraphrase the following sentences using the words and phrases from the article.

1. An awful hurt of his leg during the last competitions prevented him from participating in the next game of the season in spite of his strong anxiety.
2. He was very excited about the Championship: his opponent will have to be his worst enemy.
3. George, who was a member of the same team as Mickle was, tried to escape skidding, but it was too late for the moment.
4. All the competitors who were to take part in those races were well-trained and experienced sportspeople, so it was difficult to predict who appear the strongest one.
5. Tom Tingle was very persistent and desperate athlete, though sometimes his sport career was at the greatest risk and almost finished.
6. “If you want to be able to go downhill,” my coach taught me, “you should forbid your fear to control you; it’s the main pledge of success.”
7. When she met Steve Gartner, her future husband and the best player of the team, she was only a beginner in his team.

6. Retell the story of Kate Pace from her own person. Pay attention to the difference between the third- and the first-person narration. The first-person narration generally tends to be more subjective and spontaneous.

Laugh It Off

- A clever fellow was the inventor of ice-hockey.
- Why do you say so?
- Because a hockey stick may be used both as a weapon in the game, and as a crutch after the game is over.



READING PRACTICE

Alone to the North Pole

Pre-Reading Activities

1. Discuss the next questions.

1. If you had an opportunity to go on expedition – to the North Pole or to Africa, which would you choose?
2. What are the challenges of exploring the North Pole?
3. What is the most difficult about expeditions to the North Pole, in your opinion?
4. What are the advantages of travelling to the North?
5. If you went on expedition to the North Pole, how would you travel – solo or in company?

Reading

2. Read the text.

Photographer Christina Franco wants to become the first woman to reach the Geographic North Pole solo and on foot. She tells Emma Smith about it.

Sixty days walking over ice and snow in temperatures as low as -45°C , with nothing to keep you company except the occasional polar bear. This is no small achievement. Only a few people have ever walked to the North Pole unassisted, and if Christina succeeds, she will have earned a place in the history books and met one of the few remaining challenges of exploration left to women.

Her 480-mile journey will begin in northern Canada, dragging a sledge that weighs as much as she does. At the end of each day's waking or skiing, she will pitch her tent in sub-zero temperatures, get into a sleeping bag filled with ice, and attempt to sleep to the unsettling background sounds of howling wind and cracking ice, which may or may not signal the approach of one of those polar bears. "I'll carry a pistol to scare any bears away", says Franco, 42. "The bears that live far north won't have had contact with humans, fortunately, so they won't associate me with food, but they will be curious and that's dangerous. If it uses a paw to see

what you are, it could damage your tent –or your arm. I imagine I’ll have quite a few sleepless nights”.

Many of the early polar explorers suffered from disease and injuries, and while modern technology (lightweight materials, satellite phones, planes on stand-by to carry out rescue missions) has lessened the dangers, it can never make such an inhospitable landscape anything approaching safe. It can take just five minutes for any uncovered skin to become frostbitten and, once the sun has risen, Franco will only be able to remove her sunglasses inside her tent, otherwise the intensity of the sunlight reflecting off the snow would cause snow blindness. Just to heighten the danger, the cold will slow down her brain functions, so it will be more difficult to make split-second decisions in the event of a sudden crisis.

She will use about 8.000 calories a day, losing nearly half a kilogram every 24 hours. “The problem is the human body can only take on about 5.500 calories a day”, she says. “So you have to fatten up before you set off or you’ll run out of energy”. Franco is currently trying to put on 19 kilos. She may complain about not fitting into any of her dresses, but when Franco weighs herself in front of the me and finds she’s lost one kilo rather than gained two, as she’d expected, she’s very upset. “I hope my scales are wrong because, if not, I’ve lost weight”, she says, reaching for one of many bars of chocolate lying around her kitchen.

Born in Italy, Franco moved to New York and then to London. She has become well known locally, thanks to a training routine that involves dragging a tractor tyre around the streets, fastened by a rope around her waist. When I meet her she is about to head out along the canal near her home. “I get a lot of comments,” she says laughing. “Cars stop and people take pictures. They think it’s really funny. Occasionally people sit on it when I’m not looking, or pull on it, to make it more difficult.”

Franco who hopes her walk will raise money to fund research into motor neurone disease, has long been fascinated by exploring. “I remember, as a child, learning about the Italian Arctic explorer Umberto Nobile”, she explains. “There are certain things that catch your imagination. The idea of people getting into

frozen sleeping bags. It was remarkable to me, the idea of pushing the body like that and you just die. These things get hold of you, and if one day the opportunity comes your way, you can't help yourself. Now, when I think how horrible it's going to be, I know I've only got myself to blame!"

And if she gets there, will she celebrate? "Yes, my mum's going to come in the plane to pick me up. She's very worried and she hates the cold, but she's going to conquer her fears to come and celebrate with me... If I make it".

3. Choose the best answer.

1. What does the writer say about the history of exploration?
 - A) Walking to the North Pole used to be considered easier than other journeys.
 - B) No woman has ever completed the journey to the geographic North Pole.
 - C) Female explorers have already done most of the world's difficult journeys.
 - D) Christina is already an important historical figure for her previous journeys.

2. Unsettling (underlined) means:
 - A) Comforting.
 - B) Worrying.
 - C) Exciting.
 - D) Surprising.

3. What does Christina say about the danger from polar bears?
 - A) They could injure her without meaning to.
 - B) If they are hungry, they might attack her.
 - C) In that part of the Arctic they are harmless.
 - D) She will have to shoot any that attack her.

4. Which of these is a real risk to Christina during her walk?
 - A) She won't be able to think very quickly in emergencies.
 - B) Sunlight reflected by the snow could quickly burn her skin.

- C) She will need to protect her eyes, even during the night.
- D) If she's ill or has an accident, there will be no medical care.
5. Why, when she is talking to the writer, does Christina want to eat chocolate?
- A) She feels that she has little energy at the moment.
- B) She's just found out her weight has gone down.
- C) She knows that her weight is actually going up.
- D) She always eats chocolate when she is upset.
6. Some people are amused when they
- A) Realise that she trains next to the canal.
- B) Hear the funny remarks she often makes.
- C) Learn that she intends to walk to the North Pole.
- D) See her pulling a heavy object behind her.
7. She decided to walk to the North Pole when she
- A) Managed to survive a night in freezing conditions.
- B) Was at last able to do something she felt she had to do.
- C) Realised she was ill and she needed to pay for her treatment.
- D) First heard about a famous explorer from her country.
8. What impression do we get of Christina's attitude towards the walk?
- A) She now regrets deciding to go.
- B) She wants to do it, but not alone.
- C) She knows how tough it will be.
- D) She's sure she will reach the Pole.

Follow-Up Activity

4. Listen to or watch an episode from National Geographic *Alone on the Ice* (watch it on <https://www.youtube.com/watch?v=7lkS5psgo6Q>). Compare your ideas with those the presenter faced.



LISTENING PRACTICE

Sport and Money

Pre-Listening Activities

1. Answer the following questions.

1. What do you think of some sportspeople's wages? Are they reasonable, in your opinion?
2. What do the sportspeople's wages depend on?
3. Which sports are considered "the most expensive"? Why?
4. Which sports are better paid – winter or summer?
5. Can money be the motif for some people to take up professional sport?

Listening

2. You are going to listen to five people giving their opinions of the role of money in sport. Which speakers think in general that some sportspeople are paid too much?

3. Listen again. Match the sentences (A – G) with the speakers (1 – 5). There are two extra sentences.

- A It's OK for sports stars to earn a lot of money provided they give to charity and help less fortunate.
- B Sports stars' massive earnings may not be deserved, but they are inevitable since sport generates so much money.
- C People who complain that sports stars are overpaid are basically just jealous of their wealth.

- D Other people earn even more than sportspeople, who often cannot work for more than a few years.
- E There are other jobs which deserve far greater financial rewards than playing professional sport.
- F Today's sports stars have lost touch with the general public and are more interested in money than sport.
- G It's unfair for some people to earn so much money when others in our societies have nothing.

SPEAKER	1	2	3	4	5
---------	---	---	---	---	---

Follow-Up Activities

4. Complete the phrases used by the speakers to introduce statements and opinions.

ask doubt face fact line look see thinking

Introducing statements and opinions

The ¹ _____ is

To my way of ⁴ _____, ...

So, basically ...

There's no ⁵ _____ about it, ...

Personally, I think ...

The way I ⁶ _____ it, ...

If you ² _____ me, ...

Let's ⁷ _____ it, ...

The way I ³ _____ at it, ...

The bottom ⁸ _____ is, ...

5. In pairs, discuss all the ideas in Activity 3. Do you agree or disagree? Give reasons. Use at least three phrases from exercise 4 in your answers.



SPEAKING PRACTICE

Skiing or Snowboarding?

Pre-Speaking Activity

1. Complete the useful phrases with the words below.

*argued arguing clear feel hand having mind of
opinions sure then time view*

Expressing a firm opinion

To my ¹ _____ ...

In my ² _____ ...

I'm ³ _____ the opinion that ...

I ⁴ _____ fairly strongly that ...

It seems ⁵ _____ to me that ...

Expressing a tentative opinion

I don't have any strong ⁶ _____ about ...

I'm not ⁷ _____, really.

It could be ⁸ _____ that ...

There might be a case for ⁹ _____ that ...

Introducing a counter-argument

On the other ¹⁰ _____, ...

But ¹¹ _____ again, ...

¹² _____ said that, ...

At the same ¹³ _____, ...

Speaking

2. Look at the following photos. What sport does each of them show? Which of them do you like more? Compare the sports. Make a list of the advantages of the sport you like most.



3. Discuss in pairs your ideas. Include the phrases given below.

So, I'd opt for the ..., mainly because ...

I think the ... would be the better / best option because ...

So my choice would be the That's because ...

I wouldn't choose the ... because ...

The reason I wouldn't do for the ... is that ...

I wouldn't pick the ... simply because ...

There's nothing like...

I don't quite see what people find in ...

How can you say such a thing!

I don't know anything more exciting than.../ I see nothing exciting in ...

I can't agree with you here

I like it immensely.

It's not an argument.

3. Now discuss in groups of five which sport is best. Each of the discussion participants is to play a certain role. This time you have to keep to the opinion appropriate for the following participants:

Student 1: a professional ski-jumper

Student 2: a spectator

Student 3: a sport advertiser

Student 4: a cautious person

Student 5: a pensioner, former sportsperson

Follow-Up Activities

4. Make a list of adjectives characterizing each of sports discussed above.

Prepare a poster with the description of the sport you like more using as many adjectives as possible.



WRITING PRACTICE

It Was Awesome!

Pre-Writing Activities

1. Read the task and the description below. How well does the description address the underlined parts of the task? Give examples to support your opinion.

Write a description of a sporting event, amateur or professional, that you remember for its great atmosphere and excitement.

The only time I've been to a professional ice-hockey match was last winter in New York. I was on a city break with my parents and my cousin Connor, who lives in Boston. Connor, who's a real sports fan, was desperate to see the Lions play. I wasn't so keen but I agreed to go along – and I'm glad I did because it was the best evening of the holiday! We arrived about an hour before the start of the match and went straight to our seats. In the front row sat dozens of Lions fans all dressed in the team colours. My cousin explained that it was a crucial match, one that the Lions really needed to win. He was feeling nervous and so were thousands of other Lions fans. When the match started, the crowd went wild. They were cheering every point. For most of the match the Lions were neck and neck with their opponents, the New Jersey Proud. Ten seconds from the end, the Lions had a

free throw to win the match. When the puck went to the gates, the arena erupted. The Lions had won! And then it was time to leave. Into the cold night air we went, surrounded by ecstatic Lions fans. The excitement and adrenaline rush meant we hardly noticed the freezing temperatures. All in all, it was an unforgettable experience and one I'd love to repeat some day.

2. In pairs, decide where the paragraph breaks should come in the text in Activity 1. In this text, there should be four paragraphs.

Language Focus	You can make descriptions more colourful by using extreme equivalents of simple verbs and verb phrases.
	<i>Extreme equivalents:</i>
	Want to do it → be dying / desperate to do it
	shout → scream / yell
	run → sprint
	get excited → go wild / crazy / berserk
	feel sad → feel heartbroken
	feel level → be neck and neck
	beat somebody → thrash somebody
	try → give it everything

3. Rewrite these sentences using extreme equivalents of the verbs.

1. When the substitute ran onto the pitch the crowd got excited.
2. I wanted to play her at biathlon because she'd beaten me the last time.
3. The two teams were level, and both managers were shouting at their players to try harder.
4. She felt sad when she lost the match because she had really tried.

Writing

4. Do the writing task from Activity 1. Describe a real or imagined event. If you cannot write a description from personal experience, it is fine to use your

imagination and describe an event as if you had been there. It is also fine to invent details to make an authentic description more interesting and convincing. Plan your description using the structure below. Write notes.

- a. Set the scene – where? when? who with?
- b. The build-up to the event – atmosphere, feelings, etc.
- c. The event itself – focus on key moments.
- d. After the event – how did it affect you?

To start your description, you can use phrases given below:

It all happened (last winter, a few months ago, etc.) when I ...

It was (last winter, six months ago) when I first ...

I have very clear memories of that day (last spring, some weeks ago, etc.) when I

...

(Last autumn, about a year ago, etc.) I watched a thrilling (ice-hockey) match between...

One of the best (hockey) games I've ever seen took place ...

Follow-Up Activity

5. In pairs, discuss the advantages and disadvantages of watching a sports event live rather than on TV.

WORK WITH PHRASEOLOGICAL UNITS

1. Match the idioms with their explanations.

1. To skate on thin ice –

- a) to be careless b) to say opposite to most other people c) to risk

2. To skate over something –

- a) to move over something very fast b) make a passing remark c) to make use of something

3. To slide over delicate questions –

- a) to raise a question over some unpleasant things b) to avoid giving a clear answer

c) to avoid asking delicate questions

4. Let things slide –

a) let things go their way b) to be negligent c) to enjoy the way
things are arranged

5. To put/get one's skates on

a) to be ready to start b) to be in a hurry c) to start doing smth.

2. Complete the following sentences with the idioms from Activity 1.

1. The young lady was in the family way, and, of course, as any gentleman I asked her about her health trying to

2. After the war, the state of Jim's family was almost hopeless. Being an invalid, he was unable to work, his wife died of some kind of post-war disease: he had no children. At last, he was in no condition to resist his fate and decided to

3. "Last time, you only the problem I'm interested in," said Lord Garnwell, "but today I'd like to get a more detailed explanation."

4., or we'll be late.

5. The executive manager of the joint-stock company was extremely perplexed – of shares suddenly

3. a) Match English proverbs with their Ukrainian equivalents.

- | | |
|---|---|
| 1. Lookers-on see most of the game | a) Не лізь поперед батька в пекло. |
| 2. He that never climbed, never fall. | в) З боку видніше. |
| 3. Hasty climbers have sudden falls. | с) Не помиляється лише той, хто нічого не робить. |
| 4. When guns speak, it's too late to argue. | д) Кожна пуля має своє призначення |
| 5. Every bullet has its billet. | е) Пізно пити боржомі... |

b) Use them in sentences of your own.

4. Paraphrase the sentences using the proverbs from Activity 3.

1. When Jane was a teenager, she was very proud of herself and never confessed her mistakes, she didn't want to understand that men are blind in their own case.

2. It is common superstition among soldiers, that no balls will kill them unless their names are written on them.

3. Haste makes waste, that's why it's better to be well-prepared at first, and then only do that you wish.

4. "Definitely, you'll have some mistakes," his coach encouraged him, "but he who makes no mistakes makes nothing."

5. Now, in my sixties, I understand how much evil was produced by me.... But now it's too late for me to change something. Time has slipped away.

5. Translate the following sentences into English using idioms, proverbs and sayings of the Unit.

1. Наразі занадто пізно домовлятися, адже час вже втрачено.

2. «Я не хочу здатися Вам докучливим, – м'яко звернувся сер Роджерс до Джейн, - але деякі вади збоку більш помітні, а хто визнає свої вади, той ще не зовсім безнадійний».

3. Ви самі, мабуть, знаєте, що мені було б приємніше обійти це делікатне питання, але, боюся, потім може бути занадто пізно.

4. Княжна наче мимохідь згадала моє ім'я, але цим дала мені ясно зрозуміти, що я їй зовсім не байдужий.

5. Спочатку в будь-якій справі людині доводиться докладати максимум зусиль й робити багато помилок, але, відомо, не помиляється лише той, хто нічого не робить.

CONSOLIDATION

1. Choose the correct answer (sometimes more than one variant is possible).

1. The point at which competitors in biathlon are to shoot is

- a) aim b) shooting-mark c) target d) point

2. The place where the ice-hockey is played is known as
 a) rink b) course c) ring d) court
3. The chute which is difficult to slide on is
 a) stern b) steep c) sudden d) deep
4. A person who plays at the same team as you do is your
 a) fellow-player b) team colleague c) team friend d) teammate
5. A person who trains sportsmen for further contests is called
 a) instructor b) coach c) trainer d) referee
6. During the match refereesthe game.
 a) control b) lead c) conduct d) manage
7. It seems that the world record for this event is almost impossible to
 a) balance b) beat c) compare d) meet
8. The road for tobogganing is generally called
 a) track b) luge way c) route d) chute
9. Our team faced fierce in the relay race.
 a) attack b) competition c) contest d) opponents
10. The starting point of ski-jumping route is called
 a) launching platform b) out-run c) landing hill d) slope

2. Translate the following sentences into English.

1. Серед різних видів активного відпочинку гірськолижне катання більш усього залежить від погодних умов. Першорядне значення має наявність впродовж чотирьох-п'яти місяців на рік цупкого сніжного покриву. Іншими факторами, що зумовлюють вигоди і привабливість гірськолижного відпочинку, є висота місцевості, особливості рельєфу тощо.

2. Слалом представляє собою ряд змагальних дисциплін спортивного сноубордингу. Два спортсмени спускаються паралельними трасами з встановленими на них прапорцями синього і червоного кольорів. Перемагає спортсмен, який пройшов дистанцію швидше, за умови дотримання правил проходження

траси. Існують такі різновиди слалому, як паралельний, гігантський та супергігантський слалом. 3. Хокей є одним з найшвидших видів зимового спорту, що потребує багатьох зусиль. Гра починається з того моменту, коли суддя кидає шайбу поміж ключок ігроків-суперників, які намагаються передати її якнайшвидше іншим членам своєї команди. Мета гри полягає у тому, щоб забити шайбу до воріт суперника. 4. Під час швидкісного спуску досить стрімкою трасою, спортсмену все ж таки вдалося зайняти позицію лідера й стати переможцем із золотою медаллю. Хоч тренер завжди вважав його обдарованою людиною, такі результати перевершили всі його очікування. 5. За останній міжсезонний період наша команда досягла приголомшливих результатів – вісім перемог, один програш і три матчі внічию. 6. Під час змагань зі стрибків з трампліну, в одного з учасників при старті раптово зламалася одна з лиж, що призвело до серйозних фізичних пошкоджень. 7. Фігурне катання, мабуть, є одним з самих граціозних видів спорту. Головними фігурами, обов'язковими для будь-якого виконавця, є так звані «вісімка», «трійка», «петля» і крюк.

3. Try to find in the square as many words related to the game of ice-hockey as possible.

n	n	i	i	p	g	e	g	f	f
a	e	a	s	e	p	u	c	k	o
g	h	u	n	u	n	r	e	e	r
i	f	o	r	e	h	a	n	d	w
s	e	a	l	n	f	g	t	d	a
r	w	r	e	d	u	g	e	m	r
r	h	r	f	r	i	i	r	p	d
c	a	e	p	r	w	n	o	c	s
k	n	e	e	i	n	g	g	w	o
d	e	f	e	n	c	e	m	a	n

ASSIGNMENTS FOR SELF-GUIDED WORK

1. Find more information about the following sports. Fill in the table below according to the scheme:

Sport	Team, individual or combative	Equipment needed	Clothing	Main kind of activity
<i>Cold weather biking</i>				
<i>Supergiant slalom</i>				
<i>Biathlon</i>				

Share your findings with other students.

2. Make a list of adjectives describing different sports. Which sports, in your opinion, can they characterize?

*e.g. exciting, exhausted, inspiring – ice-hockey, slalom;
graceful, impetuous – figure skating etc.*

Work with the video



1. Watch the episode “*The Death Climb*” from the TV series *Shouldn’t Be Alive*” (Part 1 and Part 2), which can be found at <https://www.youtube.com/watch?v=hdxv5gdA Ips>.

2. While watching the first part of the video, put the following sentences in the order they appear in the film.

1. We couldn't see each other because it was impossible. ____
2. But first he had to persuade his best friend. ____
3. Look, there are a lot of clouds, mate! _____
4. He could sometimes be frustrating. _____
5. The vacation was supposed to be all in all. _____

3. Who said these words?

1. There is no reason why we can't take this week off. _____
2. The storm has even got worse. _____
3. And it started to give us a thought that we couldn't survive definitely.

4. Where they've gone?! _____
5. We've got to go. - _____

4. List all the words and combinations denoting different weather states, e.g. *Alpine blizzard*.

5. Find in the text of the film English equivalents of the following words.

- Гіпотермія –
- «Кошки» –
- Льодовик –
- Розстебнути спальний мішок –
- Рятувальна місія –
- Сильна хуртовина –
- Ущелина –
- Страховка –

Project Work

Make a survey on what Ukrainians' people opinion about winter sports is. Prepare a short film which will contain an interview with people in the streets of your place. You may use the following questions as examples:

- ✓ **What is your favourite winter sport?**
- ✓ **Do you think that winter sports can be dangerous?**
- ✓ **Do you watch winter sports on TV?**
- ✓ **Can you name any Ukrainian sportsperson who is famous in one of winter sports?**

* * *

UNIT III. SUMMER SPORTS



WARM-UP

1. Answer the following questions.

1. Have you ever gone in for any summer sports? If so, which one (s)?
2. Which of summer sports do you consider exciting / boring?
3. What extreme summer sports do you know?
4. In your opinion, what is the most dangerous summer sport?
5. What unusual summer sports do you know?

VOCABULARY PRACTICE

Reading and Vocabulary 1

2. Read the text about summer sports.

Improved facilities in the shape of sports centres and swimming pools – combined with the growth of health-related singular activities such as jogging and aerobics – have dramatically changed the participation profile of sport and active recreation over the past 20 years. The major spectator sports – football, rugby league, rugby union, cricket, tennis and athletics – are no longer the major participatory sports. Walking – including rambling and hiking – is far the most popular active recreation, followed by swimming, football, golf, keeping fit and yoga, gymnastics, cycling, angling, tennis, squash and badminton.

Countryside activities – which are primarily based on the resources of the countryside – land, air and water, are becoming increasingly popular. They include well established sports such as track-and-field, for example. Track-and-field (or athletics) consists of track, jumping, throwing events, and the pentathlon and decathlon events. The track events are sprint, middle and long (marathon and steeplechase) distance races, speed walking, relay races and hurdling. Jumping

events include high, long, triple jumps and pole vault. Throwing events include discus, hammer, javelin and shot-put.

Although the activities usually take place in the countryside, opportunities are also found within towns and cities. Disused canals and old docks are new centres for water sports such as canoeing, sailing, water-skiing and yachting.

Mountain biking is arguably, the participatory sport of the moment. Ten years ago mountain bikes were a new phenomenon. Today they are everywhere. Beside, mountaineering itself also flourishes.

Among the mostly spectator sports there remain to be rather popular such summer sports as boxing, fencing, wrestling, weight-lifting, archery, and equestrian events in their variety. Traditional participatory sports, the so called “ball” sports, are paid today a special attention. With an increasing role of sport in contemporary society, basketball, handball and volleyball find today more and more followers. Shooting, sky-diving, parachuting, gliding, hang gliding and motoracing continue to be an opportunity for those who like non-standard, extreme and exciting activities.

Indoor activities are becoming also increasingly famous nowadays. Many people are fond of various indoor games, as chess, draughts, squash and table-tennis.

Gradually in the last decade, people have grown avid in their support of the traditional sports of other countries, not merely as spectators but as active participants. Sumo wrestling and judo from Japan, American football from the USA and the Tour de France – all have faithful supporters. Whereas ten years ago relatively few twelve-year-olds would know what Yellow Jersey meant, many of them today are in training to achieve this privilege themselves when their day comes.

3. Comprehension questions.

1. What are the most significant trends in modern sport?
2. What are the most popular kinds of active recreation?

3. Which events does track-and-field consist of?
4. What sport opportunities does the countryside provide?
5. What are the new sports to appear today?

4. Match the following pictures with the sports they denote.

a



b



c



d



e



f



5. Tell what you know about the following summer sports.

*football

*water polo

*wrestling

*tennis

*boating

*parachuting

6. Put all the sports mentioned in the text above in the correct place of the table.

Aero-sports	Water-sports	Ground sports	Others
<i>e.g. sky-diving</i>	<i>sailing</i>	<i>football</i>	<i>motoracing</i>

7. Study the list of various kinds of equipment used in sport. Match the equipment with the sport it is used in.

arrow	canoe	net
ball	chessboard	oar
barbell	discus	parachute
bars (asymmetric, parallel)	draughtsman	racket
beam	epee	rifle
bicycle	foil	rings
boxing gloves	javelin	sabre
bow	jumping board	trampoline

archery:

.....

basketball:

.....

boxing:

.....

canoeing:

.....

chess:

.....

cycling:

.....

discus throwing:

.....

draughts:

.....

fencing:

.....

gymnastics:

.....

javelin throwing:

.....

jumping:

.....

shooting:

.....

tennis:

.....

volleyball:

.....

weight-lifting:

.....

8. Describe one of the summer sports to your partner or group without saying its name. Ask other students to guess the name. Use the vocabulary from Activities 2, 6 and 7.

9. Translate the following sentences into English.

1. У середні віки дворяни й солдати навчалися фехтуванню досвідченими майстрами спорту. Дуелі були звичайним способом вирішення будь-якого конфлікту. Найпоширенішою зброєю бою були шаблі, рапіри та шпаги.
2. У важкій атлетиці всі спортсмени поділяються відповідно до їхніх вагових категорій. Завданням цього виду спорту є підняти штангу на витягнутих руках і тримати її до тих пір, коли буде даний сигнал.
3. Сучасний пентатлон являє собою цілий комплекс спортивних вправ. Змагання з пентатлону тривають п'ять днів, і починаються з верхової їзди. За

цим слідує фехтування, стрільба з пістолета, плавання вільним стилем і, нарешті, перегони на пересіченій місцевості.

4. Заняття гімнастикою корисні не лише для професійних спортсменів, але й для аматорів. Можливі різні види вправ: на «козлі», перекладинах усіляких видів і кільцях.

5. Під час стрільби з лука спортсмени мають право тричі стріляти в мішень із різних відстаней. Після кожного періоду гри підводиться рахунок (the score is taken). Переможцем стає той, хто набрав більше балів.

Reading and Vocabulary 2

10. Read the text about football and write out all unknown words. Consult the dictionary if necessary.

The game of football is not new. There are many records that foot-and-ball games were known and played during many centuries before our era. When ancient Romans conquered Greece, they learned and used different Greek achievements in engineering, arts and sports as well. Due to them, football became a popular game all over the world. Today there are various Football Leagues comprising teams from different states and, in spite of its age, football still attracts thousands of spectators and players on the world's stadiums. Also European football has its American twin – soccer, which has a little difference from the traditional game.

The object of the game is to drive a round leather ball into the goal. A football team has ten field players and a goalkeeper. Beside each team has its captain and coach.

Nobody, except goalkeepers, is allowed to play or even touch the ball with hands. The play begins from the centre of the pitch. The first kick is a kick-off. The players may pass the ball to each other or drive it with feet and other parts of the body except hands. Their opponents may either intercept the ball or tackle it from other players. Tackling must be fair.

The players shouldn't kick, hack, trip or push the opponent who has the ball. All these fouls as well as hand playing are penalized by a free kick. If the offence happened in the penalty the 11 m penalty kick is given. Smaller offences are penalized by an indirect free kick.

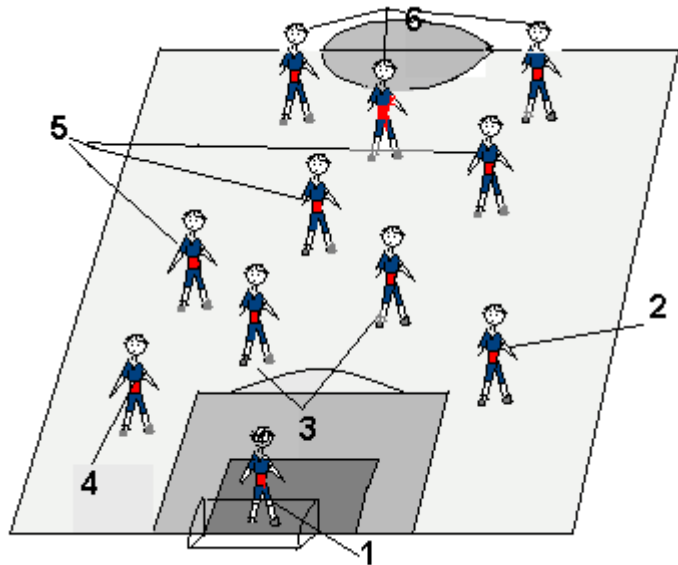
There is an important "offside" rule in football. A player is offside (out of play) if at the moment when his team-mates play the ball there is only one member of the opposing team before him.

The goal is scored when the ball has passed over the goal line between the goal posts and under the crossbar. The game ends in a draw when the score is even. Three referees conduct the game: one in the field and his two assistants at the opposing touch lines. Sometimes the teams are given an extra time to score a goal.

11. Complete the following sentences with the words and word combinations from the text above.

1. What Europeans call "football", Americans call
2. The instructor of the team is the
3. When you play in a football team you are a
4. The games take place on a
5. The leader of the team is the
6. The man in the is the goalkeeper.
7. The beginning of the match is the
8. During the match each team tries toas many goals as possible.
9. When the teams have scored the same number of goals we say it's a
10. The players of the other team are the
11. The man who enforces the rules during the game is the
12. Playing correctly is called play.
13. Unfair moves are called
14. When a player breaks the rules the other team may get a
15. A federation of football clubs is called a football

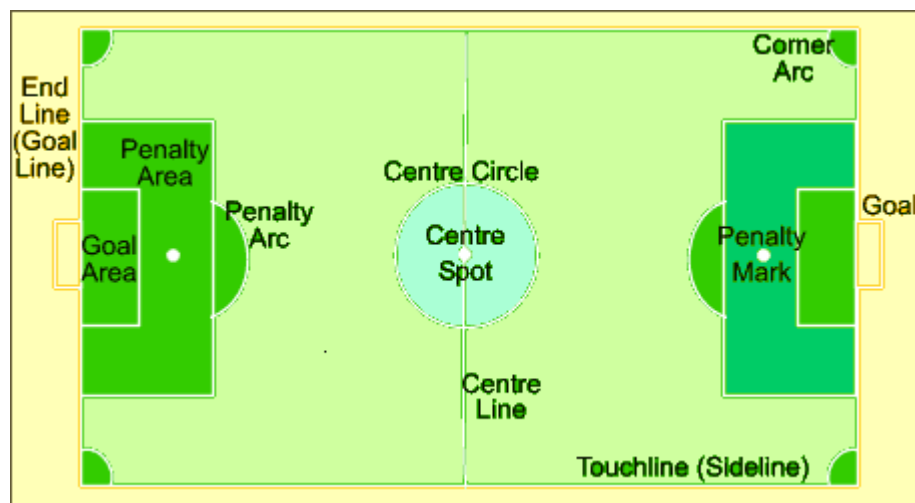
12. Study the scheme of footballers placement on the pitch.



- 1 – goal-keeper
- 2 – right back
- 3 – centre back
- 4 – left back
- 5 – midfield players
- 6 – strikers (forwards)

13. Group play. The first student has to define football in one sentence, for example, *Football is a team game*. The next student should add some information and repeat what has been already said. Other students should add some new facts every time it is their turn. A student who doesn't know what to add more, or can't repeat all previous information drops out of the game. The winner is the last person able to repeat all the before-said information and add something. The game may have some rounds.

14. Study the names of different parts of the football pitch.



15. Fill in the following table with the words and word-combinations from Activities 10, 12 and 14.

Field	Match	Team
<i>e.g. goal area</i>	<i>kick-off</i>	<i>goalkeeper/goalie</i>

16. Translate the following sentences into Ukrainian.

1. Sinclair joined Crystal Palace on loan from Chelsea on Thursday, the same day he left the Valley having made only three substitute appearances. 2. Charlton have extended Reading striker Leroy Lita's loan until the end of the season, despite the fact that the 23-year-old has failed to score in four starts for the Addicks. 3. Pardew said: "He's a natural goalscorer and we'd like to create a few more chances and give him the opportunity to score and we've worked on that. 4. Forward Sinclair is highly rated and has had loan spells at Charlton, Plymouth and QPR, as well as playing for Chelsea in the Premier League. 5. Former Charlton left-back Ashton has played in the top flight this term. 6. Greenwich-born Craig previously made 87 appearances for the Lions having joined the club as a trainee in 2002. 7. City seem to be finishing the season reasonably well and have some good, relatively young players but they will need new faces over the summer if they are to kick on (from *BBC Sport*).

17. Translate the extract from the newspaper's article about football into English.

1. У першій половині тайму гра проходила практично без голів. 2. Коли команди пройшли екватор першого тайму, нарешті вдалося відкрити рахунок. 3. Один із гравців пройшов по правому флангу, змістився ближче до центру й завдав удару в близький кут через межі штрафної. М'яч потрапив у

сітку із зовнішньої сторони. 4. «Закарпатцям» потрібно було тепер відіграватися, вони частіше залишали свою половину поля, залишаючи вільні зони. Їхні атаки ніякої небезпеки воротам супротивника не несли, тим більш раптовим був відповідний гол гостей. Захисники «моряків» зробили позиційну помилку, залишивши в центрі штрафної без догляду відразу двох суперників. 5. Незабаром така тактика привела до взяття воріт. Футболіст прорвався в штрафну площу й, швидше за все, прагнув завдати удару в далекий кут воріт. Суперник, що біг паралельним курсом, виявився на шляху м'яча, який, вдарившись о його ногу, залетів у ворота. 6. Особливих моментів у наших воріт не було, їх було не так багато, щоб ми програли з рахунком 1:3. 7. Другий гол нам забили з «поза грою», а пенальті був придуманий на рівному місці. 8. Ми розраховували піти на перерву при рівному рахунку, потім перешикуватися й виїхати з міста з позитивним результатом (from *Час спорту*, № 10, 2008).

18. Choose the right answer.

1. The fan shouted at the of his voice.
 - a) head
 - b) height
 - c) limit
 - d) top
2. After the long period of training, the footballers were in good
 - a) cut
 - b) figure
 - c) shape
 - d) style
3. I advise you not to the referee's decision.
 - a) condemn
 - b) condone
 - c) conduct
 - d) contest
4. The footballer was the field for kicking the referee.
 - a) brought off
 - b) put off
 - c) sent off
 - d) taken off
5. The football team won partly because they had been trained by such a good
 - a) coach
 - b) director
 - c) instructor
 - d) umpire
6. The referee the goal because of the previous infringement.
 - a) annulled
 - b) demolished
 - c) disallowed
 - d) disqualified
7. This year our team are the favourites to win the cup.
 - a) firm
 - b) full
 - c) grand
 - d) hard

19. Complete these expressions using the things on the right:

- | | |
|----------------|-----------|
| 1. a boxing | a) course |
| 2. a golf | b) court |
| 3. a football | c) pitch |
| 4. a race | d) pool |
| 5. a running | e) ring |
| 6. a skating | f) rink |
| 7. a squash | g) table |
| 8. a swimming | h) track |
| 9. a tennis | |
| 10. a billiard | |

Reading and Vocabulary 3

20. Read the article about boating sports.

A new crew rocks the boat

The sun isn't even up yet over San Diego Bay, and the 29 women on the crew of racing yacht America are pumping iron, striding on Versa-Climbers, yanking on rowing machines and jogging along the water. Their two-hour workout will be followed by a few hours of shore chores, some six hours of sailing and, usually, an early-evening meeting on subjects ranging from high-carbohydrate diets to high-wind tactics. Beginning Thursday, with the opening America's Cup race in San Diego, the first all-woman crew in Cup history will compete for world sailing supremacy. "Racing in the America's Cup was never a dream for me because I didn't believe for women it was even remotely possible," says Hannah Swett, a 25-year-old Rhode Islander who has always competed in smaller dinghies.

Traditionally women have been far more likely to be invited onto the 75-footers that contest the Cup to pose for swimsuit issues than to actually crew. Boat captains viewed women as either too inexperienced for the technical tasks or too weak physically, compared with the strongmen who power the winches that

maneuver the sails. Bit millionaire businessman Bill Koch, who in 1992 skippered the last America's Cup champion to scant attention, thought that by co-opting one of the '90s hot-button issues – gender – he could get Americans to take notice. “While this will enhance women's athletics, it is no female lib thing,” says Koch, who will cheer from the shore this time. “Our only desire is to win.”

The women, one third of whom are married and a couple of whom have small children, are hardly oblivious to the hidden challenges of competing with male crews. “It'll bet none of those men are worrying about the laundry or making sure there's milk in the fridge or Pampers in the cupboards,” says Ann Nelson, who has won more than 50 sailing titles. “I come home beat and there are two kids right in my face.” Koch sees other gender-based differences between this team and his last. The women easily embraced his credo that “the only ego is the ego of the boat,” he says, and it took them just one month to bond as a team, something it took his male crew 18 months to accomplish. But Koch worries that the women are reluctant to step up and lead for fear of offending their teammates. “Decisions that should be made in a nanosecond, they'd prefer to sit down for 10 minutes and arrive at a consensus,” he says.

The America's Cup is the ultimate long haul, making the NBA playoffs look as brief as an Indy pit stop. The champion will not be decided until May. Koch disdains moral victories. When the women finished second in an early race, Koch halted their celebration with a blistering reprimand about “stupid mistakes.” “It went from giggles to tears,” he says. “We're not here for a wonderful experience. We're here to win.” Right now the only sure winner is the America's Cup. The country just loves a good battle of the sexes (by Mark Starr, *Newsweek*).

21. State whether these statements are true (T) or false (F) according to the article.

1. The women didn't believe it was possible to win. T/F
2. The desire of the all-woman's crew was at least to participate in the competitions to be held. T/F

- | | |
|--|-----|
| 3. Men's teams always respect the all-woman's team. | T/F |
| 4. Men's team can make decisions faster than women. | T/F |
| 5. It is easier for women to bond as a team. | T/F |
| 6. Most of women have not been married yet. | T/F |
| 7. During their trainings women discuss problems concerning only professional questions. | T/F |

22. a) Give Ukrainian equivalents to the words and phrases from the article.

- yanking
- dinghies
- to power the winches
- to pose for swimsuit issues
- remotely possible
- to bond as a team

23. Comment upon the following sentences from the article.

- a) "It took them just one month to bond as a team..."
- b) "It went from giggles to tears."
- c) "The country just loves a good battle of the sexes."
- d) "Their two-hour workout will be followed by a few hours of shore chores,....and, usually, an early-evening meeting on subjects ranging from high-carbohydrate diets to high-wind tactics."
- e) "Koch sees other gender-based differences between this team and his last."
- f) "The only ego is the ego of the boat."

24. Discuss the following questions.

- 1. What do you know about 'gender'?
- 2. What adjectives would you use to describe the women mentioned in the article?
- 3. In your opinion, is it easy for women to combine their family problems with the professional interests?

4. What is the psychological ground of woman's disability to make decisions very fast?

5. In your opinion, will this women's crew be able to win in the America's Cup?

25. Look at the list of water sports and their subdivisions below. Consult the dictionary, if necessary, and match these sports with their descriptions.

- | | |
|--------------------------|---|
| 1. Diving | a) sailing on yachts, daysailing, cruising or yacht racing; |
| 2. Water polo | b) swimming on the chest, with both arms moving symmetrically, accompanied by the kick; |
| 3. Water basketball | c) swimming lying on your back; |
| 4. Crawl | d) the use of boats; |
| 5. Butterfly | e) a competitive sport which evolved from the training activities of lifeguard on the beach; |
| 6. Surf lifesaving | f) a sport where a person is towed behind a vehicle (usually a boat) while attached to a parachute; |
| 7. Synchronized swimming | g) activity on flat water using wind for propulsion in combination with sails; |
| 8. Snorkeling | h) swimming style in which the swimmer is on their chest and the torso does not rotate; |
| 9. Scuba diving | i) a team sport played in water; |
| 10. Underwater hockey | j) downhill on waves; |
| 11. Boating | k) a kind of swimming, one arm is pulled through the water while the other is carried over the surface; |
| 12. Canoeing | l) an activity the aim of which is to maximize the depth dived using no breathing apparatus; |
| 13. Surfing | m) a team sport played in water, similar to water polo; |
| 14. Parasailing | n) sailing on canoe; |
| 15. Windsurfing | |
| 16. Yachting | |

17. Breaststroke

18. Backstroke

o) the practice of swimming at the surface (typically of the sea) being equipped with a mask and a short tube called a snorkel;

p) swimming under water using a (self contained) breathing apparatus;

q) hockey played under water with short wooden curved sticks and a heavy puck;

r) a hybrid of swimming, gymnastics, and ballet.



READING PRACTICE

A Cowards' Adventure

Pre-Reading Activity

1. Put the following summer sports activities in order you'd like to try them (1 – the most preferable, 7 – the least preferable). Discuss your ranking with a partner.

- | | |
|---------------|--------------------------|
| hiking | <input type="checkbox"/> |
| biking | <input type="checkbox"/> |
| rafting | <input type="checkbox"/> |
| rock-climbing | <input type="checkbox"/> |
| swimming | <input type="checkbox"/> |
| horse-riding | <input type="checkbox"/> |
| diving | <input type="checkbox"/> |

Reading

2. You are going to read an article about a white water rafting adventure. Six sentences have been removed from the article.

Even though I'm a writer for *Outdoor Adventures Magazine*, everyone at my office knows in actual fact I'm a bit wary of anything remotely resembling an "outdoor adventure". That's why my boss likes to give me these projects. He

thinks I'm the perfect candidate because, like most people, I'm often afraid to try something new. However, upon my return from an assignment I have usually not only conquered any fears I originally had, but also become quite an enthusiast of the activity as well!

This month's hair-raising adventure – white-water rafting – was no exception. The minute my boss told me about it, 1 I felt very nervous. But now that I've completed the assignment, I'm happy to report that I found it extremely enjoyable.

In order to get some information about white-water rafting, I called Nigel Dossett, who runs Scotland's foremost white-water rafting centre in Perth. The first thing he told me was that not all rafting trips are the same. 2 It's important for the public to be aware of this before booking a trip, in order to determine how hard or easy a rafting course should be. The goal is to spend more time in the raft than in the water, so it's best to take it easy the first time out.

Upon my arrival at Nigel's Extreme Raft World Centre, I saw that there were several dozen people for the day's rafting activities. 3 We were then given a safety briefing about some of the dangers to watch out for, such as boulders, fallen trees, sharp underwater rocks, waves and anything else that could block a raft's forward movement.

We were put into groups of six, plus a guide, based on skill and level of experience. 4 I put on my wetsuit, life jacket and crash helmet and climbed aboard, hoping he was right. With the first few strokes of the paddle, I could feel excitement begin to replace my fear. The river caught us in a gentle flowing motion, rocking and pulling us smoothly towards the first rapid.

Suddenly our guide shouted "Forward paddle!" and everyone started paddling excitedly. We steered around boulders as huge waves crashed over us, soaking the entire boat. 5 It was remarkable how much team spirit had sprung up immediately between the members of my boat.

We eventually stopped for lunch at a lovely spot on the river under a huge oak tree. Chatting as we relaxed, I found that everyone's background was different, including a stockbroker and a housewife.

It was satisfying to see that such an exciting and fun sport could be enjoyed by such a wide variety of people.

My trip was much better than I had expected, and the scenery, the accommodation, the rushing river and the thrill of the ride were all amazing.

	6
--	---

I recommend it for anyone, from the fit to the couch potato, the young to the old, and even for cowards like yours truly!

3. Choose from the sentences A-G the one which fits each gap (1-6). There is one extra sentence which you do not need to use.

- A. Nigel began by explaining the differences in the difficulty levels and asked us to be honest about our paddling experience.
- B. Without a doubt, white-water rafting is one of the most exciting outdoor adventures.
- C. Although we were drenched, everyone was laughing and yelling as we worked together to drive the raft forward.
- D. The thought of battling raging river rapids in a flimsy rubber boat was almost enough to make me call in sick.
- E. It all depends on what each individual feels like doing on that particular day.
- F. I was in a medium difficulty group, and our guide assured us that the ride would be lots of fun without being too dangerous.
- G. He said that rapids are broken down into different classifications – anything from very calm to very dangerous.

Follow-Up Activity

4. Think of one your first experiences of trying some sport. Share your memories with the groups. Cover the following points:

- what activity it was;

- when it happened;
- who was with you;
- what your feelings were in the start;
- what your feelings were in the end;
- how you feel about it now.



LISTENING PRACTICE

Indoor Skydiving

Pre-Listening Activities

1. Discuss the following questions.

1. Do you think that all air sports can be considered extreme?
2. What is there that makes air sports essential among other sports?
3. What kinds does skydiving include?
4. What is more exciting, in your opinion – parachuting, parasailing or bungee-jumping?
5. Can air sports be practised indoors? What is indoor skydiving? Would you like to try it?

2. Try to guess whether the following sentences are True (T) or False (F).

Then listen and check yourself.

- | | |
|--|-------|
| 1. Indoor sky-diving is practiced within a tunnel. | T / F |
| 2. There is no plane, no parachute in sky-diving. | T / F |
| 3. There is some air stream produced by a fan. | T / F |
| 4. Indoor sky-diving is completely safe. | T / F |
| 5. Only adults can practise sky-diving. | T / F |

Listening

2. You will hear a radio interview about indoor skydiving. For questions 1-10, complete the sentences below.

The fans in the tunnel are normally used for putting air into

1.

It has been said that the machine looks like a huge

2 .

The wall in the tunnel are made of 3 .

The only parts of the body that can get hurt in the tunnel are the and

4 .

You have to be 5 years old to use the tunnel.

You have to wear 6 when you use the tunnel.

Beginners have two 7 lessons in the tunnel with an instructor.

During lessons, you get into a position as if you have a 8

in your hands.

The person who created the wind tunnel refers to it as a

‘ 9 ’.

Indoor skydiving has become a sport called 10 .

Follow-Up Activities

3. Comment on the following quotes of famous people about extreme sports.

1. “I’m one of these people that likes adrenaline and new things, like extreme sports. It makes me feel alive.” – Gisele Bundchen
2. “Extreme sports tricks are becoming increasingly complex, the courses ever more challenging and crashes all too common.” – Lucy Walker
3. “Extreme sports tricks are becoming increasingly complex, the courses ever more challenging and crashes all too common.” – Lucy Walker
4. “If I was invincible, maybe I would take up some extreme sports.” – Tom Welling
5. “I love that pursuit of progression. Trying to overcome something that scared me, and accomplishing what I had set out to do. Succeed or fail, it’s about getting

outside of your comfort zone. The only way to go forward is to be willing to take that next step.” – Danny Harf

6. “I have to be 100% clear that I’m going to do the trick I’m going to do. I never think that I’m going to crash, otherwise I wouldn’t ride the bike the way I do...” – Danny MacAskill

7. “Never ignore your instinct and you can always push harder. I get inspired when I think about people who have pushed their bodies to the limit.” – Rachel Atherton

8. “Passion overcomes everything because when you truthfully love something, it’s hard to stop you from doing it and it’s hard to stop you from doing your best at it.” – Mark McMorris

9. “You have to do your own thing. If people are inspired, that’s awesome. If people want to judge you, then that’s just not any of my business.” – Jamie Anderson

10. “If you want to experience all of the success and pleasure in life, you have to be willing to accept the pain and failure that comes with it.” – Mat Hoffman

11. “You might not make it to the top, but if you are doing what you love, there is much more happiness there than being rich or famous.” – Tony Hawk



SPEAKING PRACTICE


Once in the Gym

Pre-Speaking Activity


1. Read some exam tips below.

✓ It’s easier to give a full description of a photo if you create a logical structure in your mind, rather than mentioning random details as they occur to you. For example:

1. overall scene and location
2. main focus of the photo
3. clothes and other props
4. expressions and actions.

2.  Listen to two candidates describing the following photo. Which description (1 or 2) follows the advice better, in your opinion? Is the structure the same as it is described in the tips?



3.  Listen again. Complete the useful expressions for referring to things in the photo you can't see clearly.

Describing unclear details

Their faces are¹ _____ of focus ...

The instructor is out of² _____ ...

I can just³ _____ out a few more faces ...


... although it isn't⁴ _____ .

... although her face is partly⁵ _____ .

... because his⁶ _____ is blurred.

4. Read the examiner's three questions for the photo in Activity 2. In pairs, discuss the first question and make notes of your ideas.


1. Why do you think the people in the photo are using weights in an exercise class?
2. Do you think it's important to be physically fit? Why do you think so?
3. Tell me about some physical exercise that you did recently.

5.  a) Listen to the first candidate answering the first question. Does she mention your ideas from Activity 4? Then listen to both candidates answering question 2 from Activity 4. Which answer is better, in your opinion? Why?

b) Listen again. Which phrases do the two candidates use to structure their answers? Write 1 or 2 next to the phrases.

Phrases for structuring an answer

First and foremost, ...	<input type="checkbox"/>	And thirdly, ...	<input type="checkbox"/>
For a start, ...	<input type="checkbox"/>	Also, let's not forget ...	<input type="checkbox"/>
Secondly, ...	<input type="checkbox"/>	And most importantly, ...	<input type="checkbox"/>

6.  Listen to candidate 2 answering the third question from Activity 4. In what order does he give the following information? What would a better order be, in your opinion?

a where it happened	d an interesting incident
b when it happened	e your overall opinion of it now
c how you felt then	f who was there

Speaking

7. Now, describe the photo below. Then answer the questions 1–3.



1. Why do you think they are wearing helmets?
2. What positive effects, mental and physical, could rafting have, in your opinion?
3. Tell me about something you found difficult, but managed to do successfully in the end?

Follow-Up Activity

8. Prepare written description of the photo above.



WRITING PRACTICE

It was as Follows...

Pre-Writing Activities

1. Read the following tips on how to write a sports report.

How To Write A Sports Report

News writing style is just as important for sports reporting as it is for general news, business stories or any other journalistic work. The advantage of sports writing is that you are allowed a little more leeway in your choice of words. In crime or business writing, you are restricted in your use of adjectives and adverbs and are encouraged to focus more on nouns and verbs. Sports writing, however, allows you to go to town in describing plays, the atmosphere, fans and other colorful aspects of a sporting event.

Ideally, any sports story would have quotes from the winners and losers. Indeed, many sports articles are written around what athletes say rather than what they have achieved on the field of play. This is where you can provide a quote from the coach or a key player from both teams. You can precede each saying with a lead-in paragraph or go straight into the quote.

Once you got the main information and key quotes out of the way, you can go on to describe the event. The thinking behind sports articles is that people would have watched the game on TV anyway (in case of event description) and would not want boring game description. Therefore, quotes from the people who matter, such as athletes and coaches, would offer better reading value.

There are many types of sports news writing that is offered around the world everyday. Basically they include event reporting (e.g. transfer of a famous footballer to other team), game reporting (reports of matches, tournaments etc.),

and basic sports news (interviews with sportspeople before / after competitions, opinion articles etc.).

Tips for effective sports reporting:

- ✓ Use headings, short sections and short sentences to make your writing easy to digest.
- ✓ Use active voice whenever possible. (Example: “Bob walked the dog” not “The dog was walked by Bob.”)
- ✓ Edit each sentence to get rid of excess words. Sometimes it helps to set a goal of cutting 25 or 50 words or staying under a certain word count.
- ✓ Use precise, specific language. Concrete words are better than abstract ones. For example, say “Jane has a 41% shooting percentage” instead of “Jane is a great shooter.”
- ✓ Get rid of jargon. In some sports this is unavoidable, so if you must use jargon try to convey its meaning through the context.
- ✓ Use bullet points to highlight information.
- ✓ Get rid of sports clichés.
- ✓ Try reading your piece out loud. If you stumble over a sentence or find yourself out of breath at the end of a paragraph, some editing is likely needed.

2. Analyze the following sports report from *the Guardian* answering the questions.

1. What type of sports report is it?
2. Does the heading express quite precisely the idea of the article?
3. What is the length of the sentences used by the author?
4. Are there a lot of quotes? What is the purpose of their usage?
5. Is there much precise information (names, dates, score etc.)? What is it used for?
6. Comment on the vocabulary of the report – are the words used there bookish, neutral, or colloquial?

Amir Khan Throws Water over Phil Lo Greco at Pre-Fight Press Conference

Amir Khan reacted to taunts about his personal life by throwing water over his future opponent Phil Lo Greco as the pair clashed at the press conference promoting their 21 April bout.

Khan is returning to the ring for the first time in almost two years after a period of well-publicised marital difficulties as well as a spell in the “I’m a Celebrity” jungle on TV.

Lo Greco, who has won 28 of his 31 fights, mocked Khan’s career trajectory, insisting he had been on a “losing streak” in and out of the ring since losing his last fight against Saul “Canelo” Álvarez in May 2016.

Khan responded by splashing water towards Lo Greco at the Liverpool press conference, prompting security to intervene before Khan insisted he would take the bout as seriously as ever.

Khan said: “I will train like it’s a world-title fight. Greco says maybe I’m past my best. I’m 31 and at the peak of my career. For me boxing is the way forward. Boxing put me here and I am going to finish on a high.”

Cynics may suggest Khan’s antics were designed to reignite his public profile since his signing with promoter Eddie Hearn, who has made no secret of his desire to make a domestic super-fight against the welterweight Kell Brook.

Brook returns to the ring for the first time since he lost his IBF welterweight title to Errol Spence last year when he faces Sergey Rabchenko in Sheffield next month.

Khan insisted: “I have a great three-fight deal. To start in Liverpool, a great city, this will be another big one. He has just motivated me to go to the gym and work hard. I am going to give this guy a beating for 12 rounds.” (*The Guardian*, January, 30, 2018)

Writing

3. Watch the latest sports news on TV (or on the Internet, e.g. on <http://www.bbc.com/sport>). Write a sports report of any type you like on one of the urgent sport issues following the tips given above.

Follow-Up Activity

4. Prepare a poster including photos and the text version of your report. Share your reports with the group.

Do You Know...

...the theorem of Pythagoras? Of course, you do. But do you know that Pythagoras was an Olympic champion in boxing as well?

WORK WITH PHRASEOLOGICAL UNITS

1. Read the following English idioms connecting with the word “ball” and comments to them.

1. To have a ball

We can say that we are having a ball if we are really enjoying something. A person who is having a ball doing something is having a lot of fun. We can also use it to say that we are having a really enjoyable time at a particular place.

2. The ball is in one’s court

We use this one when we want to say that it's somebody's turn to do something, or that they must perform the next action in a situation. This idiom comes from the game of tennis. In the game of tennis, when the ball comes into your court, you must hit the ball back. We often use this idiom when there is a situation where action is going back and forth between people or groups of people. It is commonly used in negotiations.

3. To start or keep the ball rolling

If we start some kind of activity or some kind of event, then we can say that we start the ball rolling.

4. To be behind the eight ball

This idiom comes from the game of pool. Being behind the eight ball is not a good position to be in. We often use this idiom when we're trying to get out of a difficult situation or position.

5. To drop the ball

We can say that we drop the ball if we fail at something or if we make a big mistake. This idiom comes from the sport of American football where it's generally not a good thing to drop the ball. So this is why we can talk about failure and mistakes with this idiom. If you want to tell someone how important it is to succeed in a particular activity, then this is a good idiom to use.

6. To be on the ball

If you're on the ball it means that you're very alert and ready for action. So this is a very useful one to use because it's always good to be alert and ready for action. It is always good to be on the ball.

2. Complete the dialogues with the idioms given above.

1. A: Are you having a good time on your vacation?

B: Oh yeah.

2. A: Let's start with this project.

B: Yeah. There's lots of work to do. We should

3. A: This is an important presentation.

B: I know it's important.

A: Don't here, OK?

B: OK. I will try not to.

4. A: This work project is in trouble.

B: I agree. We're here.

A: We need a new plan.

B: Yeah, we need to get out from the situation.

5. A: Don't you have a test tomorrow?

B: Yes, I do.

A: Then you should go to bed and get a good sleep.

B: Yes, you're right. I should go to bed so I can
tomorrow.

6. A: Are you finished?

B: Yes, I'm finished. Now it is your turn.

A: OK. The now.

7. A: We made an offer to buy that house on Maple Street.

B: Really? So now the owners have to decide if they want to accept the offer?

A: Yes. now.

3. Find Ukrainian equivalents to the following English proverbs and sayings.

1. Draw not your bow till your arrow is fixed.
2. Delays are dangerous.
3. Best defense is attack.
4. Slow and steady wins the race.
5. He who would catch fish must not mind getting wet.

4. Paraphrase the sentences using the proverbs where possible.

1. While doing his job, he has never been in a hurry; his main motto was not to be fast, but qualitative.
2. Don't think that the matter is over until it is finished completely.
3. She was born in a very poor family and perfectly realized that to reach something she had to work a lot.

4. Quarrelling with her mistress, Gwen knew that it was better to accuse her to begin with, since only that way could save her.

5. His ignorance about the events happened resulted in a great disaster. To be slow in that case meant to lose everything.

5. Translate the sentences using idioms, proverbs and sayings.

1. На початку його кар'єри перед ним відкривалася блискуча можливість стати засновником прибуткової компанії, але він упустив свій шанс.

2. Ішов 1945-ий рік. Навколо гриміли пушки, а в повітрі свистіли снаряди. Життя могло обірватися в будь-яку хвилину, тому Олексієві доводилося бути на чеку кожна мить.

3. У спорті, так само як і в будь-якому іншому виді діяльності, особливо актуальна думка, що під лежачий камінь вода не тече.

4. – Ну, як там твої справи із проектом?

– Відмінно, процес запущений і набирає силу.

5. Минулого літа Труді відвідала мальовничий Крим і дістала величезне задоволення від поїздки

6. «Я виконувала цю роботу минулий раз, тепер твоя черга,» – з образою відрізала Кейт.

7. Навіть сперечаючись із дружиною, він залишався справжнім стратегом, думаючи, що на війні й у сімейному житті тактика одна: кращий захист – це напад.

CONSOLIDATION

1. Choose the correct answer (sometimes more than one variant is possible).

1. The at the football match became violent when their team lost.

- a) customers b) groups c) observers d) spectators

2. Thesaid it was a foul and gave us a free kick.

- a) controller b) director c) referee d) umpire

3. This is the runningwhere the first four minute mile was run.
 a) circle b) course c) ring d) track
4. Have you been able to book us a tennisfor tomorrow?
 a) court b) field c) ground d) pitch
5. I'm afraid we shall have to callthe match on account of the bad weather.
 a) back b) in c) off d) on
6. A partner is a person you practise boxing with.
 a) training b) sparring c) opposing d) practical
7. In game of football the game continues in time if no team has won in the usual time.
 a) additional b) over c) off- d) extra
8. In gymnastics bars are two horizontal bars used to swing yourself up in the air.
 a) parallel b) uneven c) crooked d) curved
9. In the stroke you kick with your legs while raising your arms together out of the water.
 a) breast stroke b) back stroke c) crawl d) butterfly
10. In swimming a group of people make dance-like move-ments in the water at the same time.
 a) underwater b) synchronized c) crawl d) speed

2. Read the descriptions of some summer sports and guess their names.

a) 1. A racquet sport played by either two players (singles) or two pairs (doubles). Played on a court divided by a net with racquets and a shuttlecock.

2. A teamgame, usually played outdoors, on a cricket pitch, with a bat, a cricket ball, and stumps, There are 11 players on each team.

3. A team sport, usually played outdoors, on a pitch, with a round ball, a goal, with two teams of 11 players, and a goalie.

4. Usually played by individuals, golf is played on a golf course, using several types of golf clubs and a ball.

5. A team sport, played outdoors, on a pitch, with an oval ball, and two teams of 15 players.

6. A racquet sport played by either two players (singles) or two pairs (doubles). Played on a court divided by a net with racquets and a ball.

- b)**
1. you have to kick a ball into a net;
 2. you have to hit a ball over a net with your hands;
 3. you have to hit a ball over a net with a racquet;
 4. you have to throw a ball through a net;
 5. you have to hit a shuttlecock over a net with a racquet;
 6. you have to hit a ball into a hole with a club;
 7. you have to hit a ball into a net with a stick;
 8. you have to hit balls into holes on a table;
 9. you have to hit a ball over a net on a table;
 10. you try to score a home run.

3. Translate the following sentences into English.

1. Сьогодні багато людей для підняття адреналіну починають займатися такими екстремальними видами спорту, як стрибки з парашютом, віндсерфінг, дельтапланеризм і альпінізм. Любов до ризику й спрага нових відчуттів породжують усе нові й нові різновиди спортивних розваг. Перегони на мотоциклах, підводний хокей, а також нові види повітряних видів спорту відразу ж здобувають велику кількість послідовників. 2. У водному спорті відповідно до місця знаходження спортсмена розрізняють спорт під водою, у воді й на воді. До підводних видів спорту відносяться різні види пірнання, підводний хокей, підводне регбі й інші. Спорт «у воді» представлений такими видами, як плавання, триатлон, ватерполо, водний баскетбол, гімнастика й іншими. Плавання на човнах, серфінг і віндсерфінг є прикладами спорту «на воді». 3. У світі спорту, для того, щоб досягти висот

слави, необхідно подолати свій страх і чітко бачити свою мету. Спорт вимагає повної віддачі всіх ресурсів організму. Як у часи дуелей на шпагах або рапірах того, хто програв, чекала смерть, так кожний спортсмен повинен викладати всі свої сили, щоб стати переможцем. 4. Півфінальний матч на кубок Європи з футболу зібрав на стадіони тисячі глядачів по усьому світу, що прийшли, аби підтримати свою команду під час гри. Виграти кубок – завдання кожного з гравців. 5. Минулого тижня Англія відіграла проти Іспанії. Один із гравців грубо порушив правило й тим самим заслужив для своєї команди штрафний кидок. Але, незважаючи на це, форвардові національної збірної вдалося забити гол і відкрити рахунок на 5-ій хвилині матчу. Гра закінчилася з рахунком 3:2 на користь Англії. 6. Для перемоги у змаганнях на кубок світу команді довелося проводити багато пробних матчів на своєму полі й полі гостей. Постійні тренування дозволили їм перемогти й виграти кубок.

4. Try to find as many words relating to the summer sports as possible:

b	a	r	j	m	e	e	p	e	e
r	i	f	l	e	r	u	g	b	y
f	f	o	s	s	o	c	c	e	r
i	e	l	a	f	b	a	e	h	a
s	n	r	b	r	i	k	b	r	c
h	c	i	r	a	c	e	j	i	k
i	i	f	e	n	s	s	w	n	e
n	n	l	n	e	t	y	u	g	t
g	g	e	d	i	v	i	n	g	t

ASSIGNMENTS FOR SELF-GUIDED WORK

1. Put the words from the list to the correct group. Consult the dictionary or the Internet if necessary. Be ready to talk about these sports in English.

Air sports

Animal sports

Athletics
 Ball sports
 Bicycle sports
 Gun sports
 Martial arts
 Motor sports
 Miscellaneous

dressage	kite fighting	skysurfing
cockfighting	race walking	luge
skittles	greyhound racing	sheepdog trials
open water swimming	orienteering	lacrosse
heptathlon	futsal	pitch and putt
laser quest	boules	dodgeball
absailing	roller hockey	pool
keirin	bouldering	clay pigeon shooting
unicycling	kendo	kung fu
rounders	painball	geo-caching
juggling	tug of wars	baton twirling

2. Numbers in sport are presented in different way as compared with other spheres, especially it concerns sports slang. Read the text below which includes a lot of different numbers in sports slang. What sport is each piece of commentary below about?

a) Match report for the local derby, kick off three thirty pm on Saturday the second of March. They went in for half time after three quarters of an hour with the score and nil nil, but the home side came out much more motivated and the score was two nil within quarter of an hour. After they got a red card and were reduced to ten men, however, the visitors pulled it back to two all by the end of an hour and

a half. With their main rivals losing four one early on Sunday morning, that puts them in second place in the league.

b) The third seed won most of her service games forty love but found it much more difficult to break her opponent's serve and with the third set at six games all the match was went to a tie break. The final score was six three, three six, seven six (seventeen fifteen) after two and three quarter hours.

3. Looking back at the text write these numbers in full.

Time and dates:

- 0:45 (length of time)
- 0:15 (length of time)
- 1:30 (length of time)
- 2:45 (length of time)
- 15:30 (a time)
- 2/3 (a date)

Scores:

- 4-1
- 2-2
- 2-0
- 0-0
- 40-0
- 6-6

Positions:

- 2 nd
- 3 rd

Work with the video



1. Watch two episodes about sport in Great Britain. may find the video on

<https://www.youtube.com/watch?v=A3N1TK2tXhg>

<https://www.youtube.com/watch?v=DwOd0RhsJwo>.

2. Tick those of the following sports which were not mentioned in the videos as associated with Britain.

cricket

tennis

hockey

football

wimbledon

sailing

wembley

basketball

volleyball

motor-racing

rugby

athletics

3. Decide whether the following statements are True (T) or False (F).

1. It isn't very important whether we win or lose in sport. T / F
2. The British set the rules for most of the sports played today. T / F
3. British fans understand that sport is borderless. T / F
4. Britain has the best legacy for cycling in the world. T / F
5. The British do appreciate their victories in sport. T / F
6. One of the most famous motor sport circuits is the Goldenstone. T / F
7. Cricket, rugby and football were invented in Great Britain. T / F
8. Wembley is 315 metres across. T / F

4. Try to recall the context where the following phrases were used in. Explain them in English.

✓ iconic sporting venues

✓ national obsession

✓ world-class stadium

✓ to undergo a huge make-over

✓ the most knowledgeable crowd

5. Write a short review of the two episodes on the topic “Sport in Great Britain”.

Project Work

6. You are going to prepare a Power Point presentation about some unusual sports. Include the following points into your presentation:

- the country of origin;
- the rules and venue;
- the score;
- the winners.

Use 10-15 slides.

* * *

UNIT IV. THE OLYMPIC GAMES

WARM-UP



1. Answer the following questions.

1. What are the Olympic Games and how did they originate?
2. Where are the Olympic Games usually held?
3. Which sports are included in the Olympic Games?
4. What prizes are awarded?
5. What is the Olympic emblem?
6. Who is allowed to compete in the Olympics?
7. What is paralympics? Can you name any famous Paralympic champions of Ukraine?

VOCABULARY PRACTICE

Reading and Vocabulary

2. Read the text.

The Olympic Games - then and now (by Craig Duncan)

"Winning the Olympics is not about the medal. It is about how you feel, deep inside, at the moment of victory...it is about the unbelievable attraction of history."

Matthew Pinsent - Olympic Gold Medal Winner

In ancient Greece citizens of different city states could not always travel freely around the country, but during the Olympics the various rulers agreed truces so as that their citizens could attend the Olympics without problems. Sport was only one part of the festival; there were also ritual sacrifices, poetry readings, exhibitions of sculpture and trade fairs. It was a festival which celebrated on the one hand the Greek gods, and on the other hand the abilities of the Greek people.

The early athletic competitions were only running races, but later other sports such as boxing and wrestling came to be included. It was not simply a matter of professional athletes arriving and entering the competitions; for one

thing, there were no professional athletes! All the competitors were ordinary Greek citizens who felt that they were among the best in their chosen sports. Anyone wishing to compete had to arrive four weeks early, and undergo a full month of training. It wasn't only physical training, either: would-be competitors had to prove that they were morally and spiritually suitable to compete. Even if someone was physically fit enough, they couldn't compete unless the judges thought they were of the right moral fibre. Curiously, all sportsmen competed nude – it was widely believed that wearing clothes slowed an athlete down!

At the start of the games, every competitor had to swear an oath that they were a free citizen of Greece who had committed no sacrilege against the gods. In today's Olympics, one athlete takes an oath on behalf of all the competitors, although of course it is a little different to the ancient Greek oath. Today, competitors promise that they shall abide by the rules of the games, will act in an honourable and sportsmanlike manner, and not use any performance-enhancing drugs. Cheating, though, is almost as old as the games itself: records of the ancient Greek games are riddled with tales of athletes paying off their competitors, and of boxers fixing the results of their fights. In ancient Greece, though, there weren't many ways an athlete could cheat in a race: maybe take a shortcut, or borrow a horse. By the time of the St Louis Olympics in 1904, more modern means were available. The original "winner" of the 1904 Olympic marathon, Fred Lorz, was disqualified after it was revealed that he had travelled half the distance in a car. The man later declared the official winner, Thomas Hicks, wasn't much better: he was carried across the finishing line by two of his trainers. Hicks's trainers had tried to enhance his running ability by feeding him a mix of egg whites, strychnine and brandy. This early attempt at a performance-enhancing drug was rather unsuccessful, as it left Hicks drunk and incapable. The trick of having two men carrying him, though, seems to have worked.

The motivation for cheating hasn't changed much at all. Today, athletes compete primarily for the honour of being awarded a gold medal, but also for the enormous amounts of lucrative corporate sponsorship bestowed upon top

sportspeople. Similarly, while ancient Greek athletes were officially only competing for the honour of being awarded a symbolic olive wreath, winners were usually sponsored by their city state, receiving a large sum of money, or a new home, or a lengthy tax holiday.

3. Comprehension questions.

1. What did the Olympics celebrate in ancient times?
2. What was the original sport of the Olympics?
3. How long did the training period for the Olympics last?
4. Was cheating typical of ancient Greek games?
5. What were the winners of ancient Greek games awarded?

4. Match the words from the text in columns B with their equivalents in columns A.

Nouns		Verbs	
A	B	A	B
1. blasphemy	a) moral fibre;	1. to announce	a) to agree truces;
2. character	b) sacrilege;	2. to keep to;	b) to abide by;
3. fraud	c) cheating;	3. to increase;	c) to take a
4. ruse	d) trick	4. to agree armistice;	shortcut;
		5. to use a shorter route	d) to declare;
			e) to enhance

Adjectives	
A	B
1. unfit	a) would-be;
2. fair	b) honourable;
3. intending	c) incapable;
4. profitable	d) lucrative.

5. Fill in the gaps using the words from columns B of Activity 4.

1. To promote himself to the top position, the sportsman got used to 2. All the competitors had to undergo a test in order to determine drugs abuse. 3. That athlete used to apply different during competitions: either to run instead of walking, or to, if necessary. 4. After long debates, the umpirethe winner of the game. 5. You knocked me down with a feather! Who is he to judge whatis! He doesn't have anything of that sort in himself!

6. Paraphrase the sentences using the words from columns B of Activity 4.

1. Because of his injure, he was completely unable to proceed his previous work.
2. Violation of what is regarded as sacred meant nothing for that type of person he belonged to.
3. They made a temporary agreement to cease hostilities and be able to renew their own military forces.
4. The numerous gyms all over the state provide brilliant training opportunities for athletes, so that could improve their physical abilities.
5. Notwithstanding the circumstances, his main rule has always been to keep his principles free of any compromises.

Do You Know That...

...in 1976 the Olympic fire was transferred to Montreal via an earth satellite?
Special devices transformed the fire into electric current which was transmitted in a few mo-ments from Greece to Canada.

7. Time, score and distance are measured in various ways depending on which type of sport you are speaking about. Decide which time, score and/or distance measurement is used in each of the sports below. Some of the words are used more than once.

game, point, set, mile, inning, strokes, yard, round, move, match, meter, round, quarter, out, half, lap, down, length

e.g. Football – point, match, out

- Tennis:
- Chess:
- Swimming:
- Horse racing:
- Ice hockey:
- Boxing:
- Volleyball:
- Athletics:
- Motor racing:
- Baseball:
- Squash:
- Golf:

8. a) Match the following sport terms with their definitions.

- | | |
|----------------------------------|---|
| 1. Competition | a) a large contest with many rounds; |
| 2. World Cup | b) the games originated from Greece, being held every four years, having two subdivisions; |
| 3. Cup (final, semi-final) match | c) contest; |
| 4. Tournament | d) contest of speed between runners, horses, vehicles, ships, etc. |
| 5. Race | e) competitions to decide the champion on the international level; the top-level competition; |
| 6. Championship | f) play, game; |
| 7. The Olympic Games | g) contest to decide the champion in a sport; |

8. Match
football.

h) a game to win a prize (a cup), usually in

9. Contest

i) a kind of competition

b) Say what you know about these sporting events.

9. Fill in the table matching the sports with the right kinds of engagements.

Sport	Game	Match	Tournament	Competition	Race	Contest
football						
skiing						
chess						
tennis						
shooting						
horse						
boxing						
motor						
fencing						

10. Read the following text and match the highlighted words and phrases with their explanations.

Extreme Sports

Summer's just around the corner, encouraging some to dust off the tennis racket or rummage round the cupboard for the cricket bat. But for some in Britain traditional outdoor pursuits are just not enough. So how do extreme sports devotees **get their kicks**?

Extreme sports are about **exhilaration**, skill and danger. They do not normally involve teams and there are very few rules. People who take part use their skills and experience to control the risks. That control is what makes them sports and not just dangerous behaviour.

Here are just some of the extreme sports which are popular in Britain:

Kitesurfing: a growing band of enthusiasts have been discovering the thrilling combination of **kite**, board and waves. These kites can be up to 17 metres long. Catch a gust and you're **motoring** - up, down and across the **surf**. British Ladies kitesurfing champion Jo Wilson says: "It's always **an adrenalin rush**. It's unpredictable. You could jump 5ft or 35ft. You never know if you're going to go up in the air, and your heart is just going boom, boom, boom all the time."

Coasteering: this is exploring the **coastline** without worrying about a coastal path or finding a rocky cliffy **cove** blocking your route. You climb, dive, swim and **clamber** from A to B. There are about 15 operators in the UK offering coasteering.

Sky diving: traditional parachuting just doesn't sound risky enough, does it? So now skydiving is the name for jumping from a plane and listening to your heart **pounding** as you **hurtle** towards earth before you open your parachute at the last moment. Once you've got a few jumps under your parachute you can **throw in** some extra risks, for example try a '**hook turn**'. Dean Dunbar is a participant of extremedreams.com and his first sky dive was in 1998. Since then he's been **hooked on the buzz of the extreme**, saying: "Every so often I have to go out and do something scary."

Mountain biking: it's been around so long that bikers are no longer satisfied with just going up and down a mountain. Nowadays **thrill seeking** mountain bikers want a big slope to go down very, very fast. "It's pure mad, downhill," according to Dean Dunbar. "People go to old ski resorts, take the chair lift to the top then **bomb down** – amazingly not killing themselves."

- a) get a strong feeling of excitement or pleasure;
- b) moving;
- c) a paper- or cloth-covered frame flown in the air at the end of a long string using the power of the wind;
- d) extreme excitement;
- e) a small sheltered opening in the coastline, a bay

- f) a strong feeling of excitement mixed with fear;
- g) beating heavily;
- h) the foam formed by waves on the sea when they come in towards a shore;
- i) the shape of the land on the edge of the sea;
- j) climb with difficulty, using both the feet and hands;
- k) move very fast;
- l) a fast turn close to the ground used to land at high speed;
- m) add;
- n) looking for excitement
- o) addicted to the excitement of doing extreme sports;
- p) go down with great speed



READING PRACTICE

Spirit in Motion

Pre-Reading Activity

1. Answer the following questions.

1. Who can participate in the Paralympics?
2. Have you ever watched on TV the Paralympics?
3. Do you know any names of Paralympians?
4. Can the Paralympics be considered a sporting event for everybody or just for a group of those interested in them?
5. What do you know about the results of the Ukrainian team in the Paralympics-2016?

Reading

2. Read the text. Six parts of sentences have been removed from it. Complete the gaps 1-6 with sentences A-G. There is one extra sentence that you do not need to use.

- A after it was revealed
- B before they gained widespread popularity
- C since the Games are not limited to paraplegics any more
- D thanks to an increase in media attention
- E they needed for a normal life
- F which give hope to disabled athletes
- G within each category

Spirit in Motion

Seventeen gold medals, three silvers and two bronzes. Along with swimmer Michael Phelps, she's arguably the most successful Olympic athlete in history. And yet, you've probably never heard of her. She's Ragnhild Myklebust from Norway and she won her twenty-two medals in skiing, shooting and ice sledge racing in five consecutive Winter Olympics from 1988 to 2002. The reason she's not better known? She was a Paralympian; a victim of childhood polio who skied sitting down.

The Paralympics were born of war. The idea of using sport to help the rehabilitation of World War II soldiers with spinal cord injuries was devised by Dr. Ludwig Guttman, a leading German neurosurgeon exiled in the UK. He believed that sport could help his patients regain the physical strength and self-confidence . He had them play wheelchair polo and basketball and practise archery; and on the opening day of the 1948 London Olympic Games, he organized the first competition for disabled soldiers with just two teams of paraplegic archers. The event was repeated annually until 1960, when the first official Paralympics were held in Rome. No longer restricted to war veterans, the Games boasted 400 wheelchair athletes from twenty-three countries.

The name Paralympics originally meant 'Olympics for paraplegics'. However, this meaning is no longer appropriate. Today the name is said to derive from the Greek word *pará* meaning 'alongside', so Paralympics means

‘Alongside the Olympics’. The first truly parallel Games took place in Seoul 1988, when for the first time many Paralympians and Olympians shared the same venues.

The twenty sports on the Summer Paralympic Games programme currently include track and field athletics, football, cycling, horse-riding, swimming, sailing, powerlifting, judo, rowing, volleyball and even wheelchair rugby. The winter sports include skiing, shooting, ice sledge hockey and curling.

Paralympians are divided into six different disability groups, including wheelchair athletes, the visually impaired, athletes with brain damage and amputees.

	3
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 the athletes’ scores or times are adjusted to reflect their degree of disability. The focus, however, is not on disabilities but on athletic achievements. The Paralympians are athletes, not patients. In the wheelchair marathon the top competitors complete the course in eighty minutes, more than forty minutes faster than the able-bodied world record; hand cyclists ride at 30mph and some Paralympic powerlifters lift heavier weights than their able-bodied counterparts do.

Unfortunately, there is another similarity with the Olympics: cheats. There have been several cases of Paralympians testing positive for banned drugs, but the worst scandal took place at the 2000 Summer Paralympics in Sydney. The Spanish team lost their Intellectual disability basketball gold medals

	4
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 that some of the players were not intellectually disabled. The Spanish Federation for Mentally Handicapped Sports had included them to raise the profile of the Paralympic team in order to obtain more lucrative sponsorship deals. The category of intellectually disabled was subsequently suspended from the Games. The ongoing Russian doping scandal also affected the Paralympics; unlike the Olympics, which selectively allowed Russian athletes to participate, the entire Russian team was banned from the Paralympics.

In terms of participants the Paralympics are now the world's second largest sporting event after the Olympics. In Beijing 2008 there were 4,200 athletes from 148 countries. 5 the Games and athletes are gaining steadily in popularity. Perhaps, the next Ragnhild Myklebust will be a house hold name.

The Paralympics have become larger also in terms of spectators. Thus, on 14 September 2016, the IPC announced that over 2 million tickets had been sold—overtaking Beijing 2008 as the second-most-attended Paralympic Games ever. But even if the top Paralympians remain relatively unknown, it won't reduce the drama and excitement of these marvelous Games, 6 , enabling them to achieve sporting excellence and inspire spectators the world over. The Paralympic motto sums it up: 'spirit in motion'.

Follow-Up Activities

3. Answer the following questions. Which of the facts do you find surprising / unsurprising / impressive? Why?

1. Why is Ragnhild Myklebust special?
2. What was the origin of the Paralympics?
3. Where does the name 'Paralympics' come from?
4. What is striking about the achievements of disabled athletes described in paragraph 5?
5. Why was the category of intellectually disabled athletes suspended from the Paralympic Games?

4. Match the beginning of phrases from the text with their endings. Explain them in English.

childhood	participants;
paraplegic	impaired;
visually	sponsorship deals;

the able-bodied		polio;
lucrative		counterparts;



LISTENING PRACTICE

Is Running a Sport?

Pre-Listening Activity

1. Discuss the following questions.

1. What are your favourite ways of keeping fit?
2. Which activities, in your opinion, are the most effective to keep fit?
3. Is running a sport?
4. What are the advantages of running in the morning?
5. What is the difference between running and jogging?

Listening

2. You will hear someone talking about taking up running as an activity. For questions 1-7, choose the best answer (A, B or C).

1. The speaker says that when she was younger,
 - A she envied people who did a lot of physical activity.
 - B she knew that she ought to take up some kind of physical activity.
 - C she hated the idea of doing any kind of physical activity.
2. The speaker says that if people take up running,
 - A she can guarantee that there will be certain benefits.
 - B they will wonder why they didn't do it before.
 - C it will become a long-term interest for them.
3. The speaker says that, in comparison with other activities and sports, running is
 - A more enjoyable.
 - B more convenient.
 - C more beneficial.

4. What does the speaker say about people who feel that they can't take up running?
- A They should talk to people who do run.
 - B They might be right.
 - C They know that their attitude is wrong.
5. The speaker warns people who take up running not to
- A be competitive.
 - B give up as soon as there is a problem.
 - C ignore pain.
6. What advice does the speaker give about running technique?
- A Change the position of your arms from time to time.
 - B Think of your arms as if they were parts of an engine.
 - C Pay more attention to your arms than any other part of your body.
7. What does the speaker say about breathing while running?
- A Some bad advice is something given about it.
 - B It takes some time to develop the best technique for it.
 - C There isn't a correct or incorrect way of doing it.

Follow-Up Activity

3. Comment on the following quotes of famous runners.

- “Even if you run a slower than expected time, you succeed in any marathon when you finish.” – Hal Higdon.
- “You have to wonder at times what you are doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement.” – Steve Prefontaine.
- “If it doesn't challenge you, it won't change you.” – Fred DeVito.





SPEAKING PRACTICE

Statistics in Sport

Pre-Speaking Activity

1. Work in pairs. Match the charts (1-4) with their names and their descriptions (a-d) below.

bar chart graph pie chart table

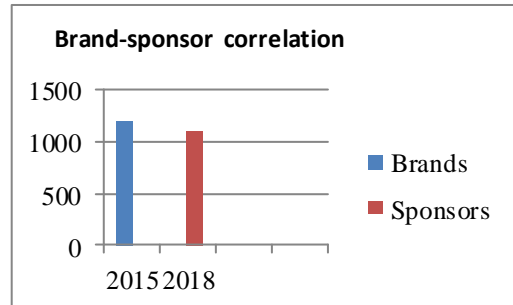
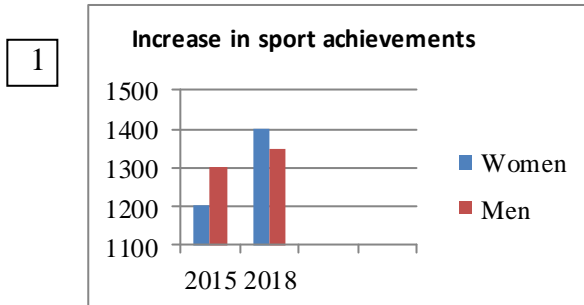
- 1 ideal for
- 2 ideal for
- 3 ideal for
- 4 ideal for

a displaying statistics which total 100%

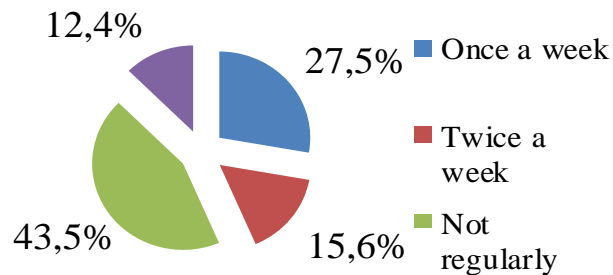
b showing how a situation has changed *over* time

c visually comparing two related sets of statistics

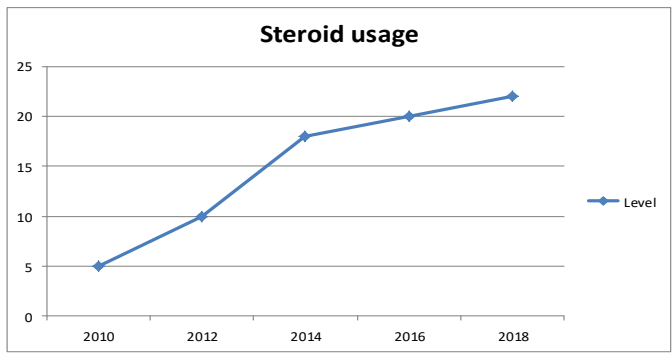
d presenting a variety of statistical information in a clear but non-diagrammatic form



2 In an average, how often do you go to the gym?




3



4

Healthy eating			
	Avoiding fat	Avoiding sugars	Eating a lot of vegetables
Teenagers	25%	17%	53%
65s and over	49%	44%	77%

2.  Listen to four people talking about different charts. For each speaker, identify what the general topic of the chart they are speaking about is.

Speaker 1 - _____

Speaker 2 - _____

Speaker 3 - _____

Speaker 4 - _____

3. Listen again. Tick the expression (a or b) that the speakers use. (Both are *valid* expressions.)

1 a For me, the most interesting aspect is ...

b What strikes me as most interesting is ...

2 a ... a sharp rise in the total number of ...

b ... a significant increase in the total number of ...

3 a ... a *very* large proportion of people ...

b ... the *vast* majority of people ...

4 a The chart tells us that ...

b According to the chart, ...

5 a ... more or less the same number of people ...

b ... roughly equal numbers of people ...

6 a ... seeing it in this form really brings home to you ...

- b ... the way it is presented helps to emphasise ...
- 7 a There's a strong tendency to reject ... /embrace ...
- b There's a definite trend away from ... /towards ...
- 8 a ... the rate has remained quite stable ...
- b ... the rate has not fluctuated *very* much ...
- 9 a There has been a slight increase/decrease in ...
- b ... has increased/decreased marginally .
- 10 a The significance of this is that ...
- b This is significant because ...

4. Explain the following expressions. Use language from exercise 3 where appropriate.

Rates of obesity have:

- | | |
|--------------|--------------|
| 1 rocketed | 5 plateaued |
| 2 crept up | 6 slumped |
| 3 plummeted | 7 tailed off |
| 4 multiplied | 8 stabilised |

5. Complete the sentence below using expressions below in position a or b. Which expression could go in either position? What other words could you use to mean the same?

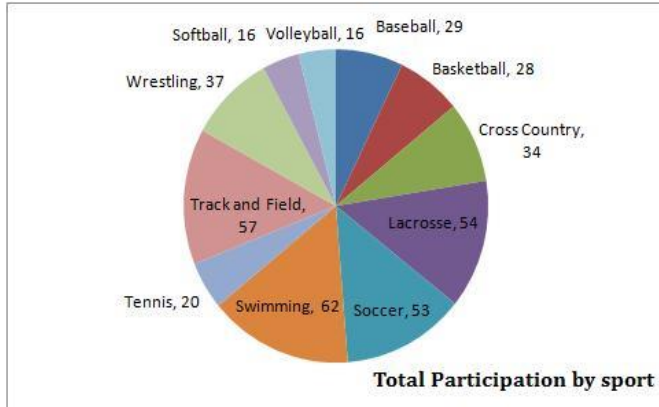
Fast food consumption has risen (a) 10 per cent (b)

.....

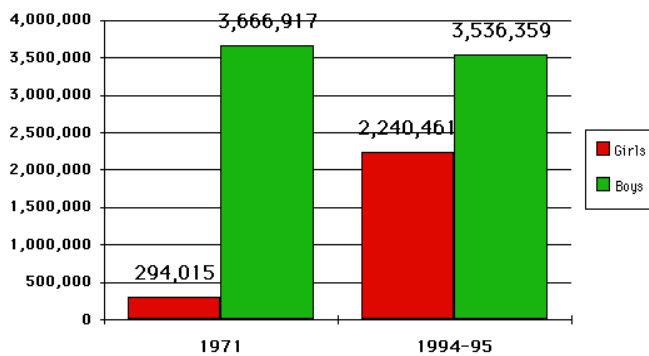
- | | | |
|--------------------------------|-------------------------|-------------------------|
| <i>give or take a per cent</i> | <i>in round numbers</i> | <i>in the region of</i> |
| <i>more or less</i> | <i>or thereabouts</i> | <i>something like</i> |

Speaking

6. Describe the charts below. When you are talking about charts and statistics, do not simply report the information they contain. Give a personal reaction too. What is surprising or important about the information?



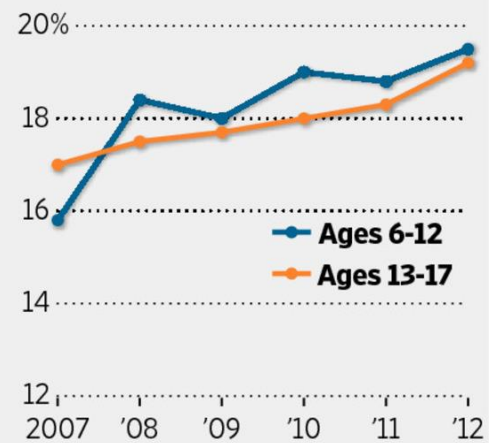
High School Athletic Participation



1995 The National Federation of State High School Associations

Slowing Down

Percentage of U.S. youths involved in no physical activity over a 12-month period.



Source: SFIA/Physical Activity Council survey of nearly 70,000 households and individuals

The Wall Street Journal

Follow-Up Activity

7. What are the most popular spectator / participatory sports un Ukraine? Search the Internet and prepare a chart (of any type) presenting these data. Share it with the group.



WRITING PRACTICE

Children in Professional Sport

Pre-Writing Activities

1. Read the following text about the types of essays.

Basically, all essays have identical structure – Introduction, Paragraph 1, Paragraph 2 (Supporting arguments) and Conclusions. The sentences you put in each paragraph will depend on what type of question you get, or what essay it is. The most common types of essays are the following: Opinion essay, For and against essay and Discursive essay. Writing an essay is an essential part of any international exam in English, like FCE, IELTS etc., although in such tests writing an essay is given in form of task / question. Below the possible questions and typical structures are described.

➤ *Opinion essay.*

Typical Questions:

What is your opinion? Do you agree or disagree? To what extent do you agree or disagree? Direct question.

Structure:

Introduction

Paraphrasing the question

Thesis Statement (It is agreed.../It is disagreed.../This essay agrees/disagrees...)

Outline Sentence (This essay will discuss....)

Main Body Paragraph 1

Topic sentence

Explanation of the topic sentence

Examples

Main Body Paragraph 2

Topic sentence

Explanation of the topic sentence

Examples

Conclusion

Summary and opinion

➤ ***For and against essay:***

Typical questions:

Discuss the advantages and disadvantages.

Discuss the advantages and disadvantages and give your own opinion.

Structure:

Introduction

Paraphrasing the question

Outlining the problem

Main Body Paragraph 1

Stating one advantage

Expanding / explaining advantage

Examples

Result

Main Body Paragraph 2

Stating one disadvantage

Expand / explaining disadvantage

Examples

Result

Conclusion

Summary

Opinion

➤ ***Discursive essay:***

Typical questions:

Discuss both points of view and give your opinion.

Structure:

Introduction

Paraphrasing question and / or stating both viewpoints.

Thesis Statement

Outlining the problem

Main Body Paragraph 1

Stating the first viewpoint

Discussing the first viewpoint

Reasoning why you agree or disagree with viewpoint

Examples to support your view

Main Body Paragraph 2

Stating the second viewpoint

Discussing the second viewpoint

Reasoning why you agree or disagree with viewpoint

Examples to support your view

Conclusion

Summary

Stating which view is better or more important

2. Read the essay, determine the type and analyze its structure.

Participation in sports is extremely important, and should be encouraged much more. Children and young people in particular need to do sport so that they develop good habits that they can continue into adulthood. The main benefits of sport are improved health and fitness, and the development of social and communication skills.

With more than a third of adults in the USA being classed as obese, and many more being overweight, it has never been more important to participate in sports. People that do sport on a regular basis are burning more calories than those that don't, and are therefore less likely to end up overweight. Being a healthy weight means that you will be less likely to die young and suffer from heart

disease, strokes, high blood pressure, diabetes and a range of other conditions, and if you already eat well, it can give you an extra calorie allowance so you can treat yourself without feeling guilty about it.

As well as improving cardiovascular health and fitness, exercising is also good for the musculoskeletal system, making muscles more supple and toned, and improving the strength of bones and joints. People who do sports will be stronger and more able to lift and carry heavy things, which is also always useful, and they are less likely to become really weak and frail as they get older because their bodies are strong. Furthermore, doing sports can improve mental health as well as physical health, with exercise being helpful for people with depression and a range of other mental health issues, because it releases good chemicals into our brains. It also makes people feel better about their bodies, which can make them happier, and reduces the risk of eating disorders and crash dieting, as people make more sensible, healthy changes to their lifestyle.

Sports also allow people to develop personally. Social and communication skills can be learned and developed through sport. Teamwork, for example, is naturally learned through participating in team sports and games. Communication skills can really be honed, as they are at the center of any team's success, and a lack of them leads to failure. Many people will also develop leadership skills through sport, often discovering abilities that they never knew they even had.

Many people's self-esteem improves through sport as they discover things that they are good at and improve their body. Participating in any competitive sport also improves our ability to handle pressure and still perform well, as well as teaching us how to win and lose graciously. All in all, the fact that playing sport is good for us is completely undeniable, because it helps our minds and bodies, and ultimately means that we will be living longer, happier lives.

Writing

3. In groups of three or four prepare a short essay (about 100 words) covering the problem of children's participation in the professional sport. Choose one of the following types of essay according to the tasks given. Use the phrases from the *Useful language* box.

Professional sports should not discriminate based on age. Do you agree or disagree?

Discuss the advantages and disadvantages of children in sport.

Young children in competitive sports

Useful language

Introducing the topic

Many people believe / feel / claim that...

People's opinions on ... differ widely.

However, others maintain / think that...

We should acknowledge from the start that.....

The key question is ...

What needs to be decided is ...

Introducing additional points

In addition, ...

What is more, ...

Furthermore, ...

Moreover, ...

It is also worth bearing in mind that ...

Expressing opinions

In my view / opinion ...

It seems to me that ...

I think / feel / maintain that ...

Contrasting

On the other hand, ...

However, ...

In contrast to ...

Opposing to ...

Summing Up

In conclusion, ...

To sum up, ...

On balance, ...

Even though ... I would still maintain that...

Follow-Up Activity

4. Discuss the following questions.

1. Should children be allowed to participate in professional sport?
2. Would you like your children to take part in sport professionally?
3. Do you know any famous young sportspeople?
4. What is the age at which children should start doing professional sport, in your opinion?
5. How can children's sport talents be discovered at young age?

WORK WITH PHRASEOLOGICAL UNITS

1. Match the idioms with their definitions.

- | | |
|-----------------------------------|--|
| 1. the die is cast | a) to have an advantage that other people do not know about; |
| 2. to have a card up one's sleeve | b) a return of strength or energy that makes it possible to continue in an activity that needs a lot of effort; |
| 3. to blow the (competition) away | c) a situation is certain to develop in a particular way because decisions have been taken that cannot be changed; |
| 4. to get a second wind | d) to have control of something; |
| 5. to remain in the saddle | e) to defeat someone or something completely, especially in sports competition |
| 6. to win one's spurs | f) to act or behave in opposition or contrary to what is generally understood, assumed, practiced, or accepted; |

7. to swim with / against the stream

8. it's sink or swim

g) to achieve distinction or success for the first time; to

prove one's ability or worth;

h) a situation where you are

given no help so that you

succeed or fail completely by your

own efforts.

2. Fill in the gaps with the correct idiom.

1. My trainer gave me no help when I started my new job – I was just left to

2. From the moment the negotiations failed, and war was inevitable. 3. They the other team in the second half of the game.

4. England have definitely been the weaker side, but I think they've still

5. I had to to get the company to adopt more healthy habits, but I think it will be worth it in the longrun.

6. I'd like to assure people the government is firmly in the saddle

7. Our team hasn't yet.

8. We started to feel we couldn't walk any further but when we saw the mountain in the distance we

3. Translate the sentences into English.

1. Тепер пізно щось змінювати, жереб кинутий, всі плани затверджені.

2. Більшість велосипедистів добре освоїли техніку підйому в гору та знають, аби залишатися в сідлі, необхідно постійно тренуватися.

3. Я два роки після інституту працював чесно. Ну, якось заступився за одного пішов проти течії...

4. Надважливим при підготовці є належне вивчення матеріалів справи, тому необхідним є постійно мати козир у рукаві.
5. Майк не був впевнений у перемозі, але подавши заявку, він подумав: «А, нічого, тепер все – або пан, або пропав!»
6. Коли всім уже здавалося, що він не пробіжить більше жодного метру, у нього наче відкрилося друге дихання і він першим прийшов до фінішу.

CONSOLIDATION

1. Unscramble the names of these Olympic events.

- | | | |
|-------------------|---|--|
| 1. FNGTTWGILIHE | w | |
| 2. TRAKEA | k | |
| 3. GINDIV | d | |
| 4. YCARREH | a | |
| 5. LANDHCETO | d | |
| 6. NASTYSCIGM | g | |
| 7. GREUFI TAGSKNI | g | |
| 8. YILGCNC | c | |
| 9. VANJIEL | j | |
| 10. GUMPNIJ | j | |

2. Choose the correct answer.

1. The main award in the Olympic Games in ancient Greece was.....
 - a) olive wreath b) olive twig c) olive branch
2. The Committee its final decision only in the morning.
 - a) declared b) advertised c) announced
3. During the last round the rivals resorted to and were disqualified.

- a) cheating b) fraud c) deception

4. During the first of the racetrack the competitors had equal advantages, but later their dislocation and forces changed.

- a) lap b) inning c) route

5. For some centuries men in sport.

- a) excelled b) succeeded c) dominated

3. Translate the following sentences from Ukrainian into English.

1. Під час останньої зимньої олімпіади спостерігалось все більше випадків порушень правил гри. Так, один із спортсменів, що брав участь в гонках на пересічній місцевості, вирішив піти на хитрість, скоротивши свій маршрут. На щастя, порушник був вчасно помічений та покараний. 2. Юлія Богачева, олімпійська чемпіонка з плавання, ще в дитинстві виявила особливі нахили до занять спортом, а згодом досягла в ньому неабияких вершин. 3. У відповідності до рішення Олімпійського комітету, наступним містом, в якому в 2016 році будуть проведені Олімпійські ігри, стане Ріо-де-Жанейро. Місто проведення наступних ігор довгий час було приводом для багатьох дискусій, які, нарешті, закінчилися на користь міста. 4. Перші згадки про проведення ігор міжнародного значення ми знаходимо ще в давньогрецьких рукописах. На деякий час ігри було припинено, але пізніше, барон П'єр де Кубертен започаткував сучасні Олімпійські ігри, що проводяться й донині. 5. Паралімпійські ігри, що були засновані як аналог Олімпійських ігор, мають, подібно до перших, своїх чемпіонів та медалістів. Суттєвою відмінною ознакою цих ігор є дотримання норм поведінки та відносно чесна гра, що частіше порушується на традиційних змаганнях. Останнім часом Паралімпіади привертають до себе все більше глядачів та вболівальників, що є великим підбадьоренням та радістю для учасників.

SELF-GUIDED ASSIGNMENTS

1. Read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line.

Sport on Television

Television has (1) affected the world of sport and the way we get to enjoy it. In recent decades it has become virtually (2) to watch sport live on television without the constant (3) of replays.

Any time a referee makes a slightly controversial decision, we are (4) shown an instant replay. We are so accustomed to this that if we don't see the instant replay, we're left with the (5) that we've missed out on something important.

Television has also been a major factor in making top (6)..... sports people extremely wealthy. Leading figures in sports may enjoy enormous fame and (7) as a result of television coverage. Their fees may easily reach millions of pounds for a single TV commercial or magazine (8)

Many consider these amounts scandalous, but others argue that TV sport is beneficial overall, because it provides (9) for more people to take part in healthy lifestyle.

SIGNIFICANT

POSSIBLE

INTERRUPT

IMMEDIATE

SUSPECT

PROFESSION

POPULAR

ADVERTISE

ENCOURAGE

2. Read the text below and think of the word which best fits each gap. Use only *one* word in each gap.

Stress and Athletic Success

Success, in any field, is often a matter of (1) well a person is 2)to control the amount of stress they experience. As stress increases, their performance often improves, but there is a certain point beyond (3) their performance begins to decline sharply. Sports psychologists now help Olympic athletes, (4) others, balance the good and bad effects of stress.

Before an athletic event, a high level of excitement can actually have a positive effect on the athlete. This excitement becomes harmful, (5), if negative thoughts take over. Psychologists help athletes manage to replace negative thoughts with positive (6)

Another useful technique before competing is to recognize your level of excitement and adjust it if necessary. Music may be helpful (7) these cases. If you're over-excited, listening to soft music can help to calm you down. If you feel you're not excited (8), you may want to listen to fast, powerful music to raise your spirits.

The key to success, in other words, is a person's knowledge of their ideal level of excitement. An ambulance either way could mean the difference (9) success and failure.

Work with Video



1. Watch the video about the history and symbols of modern Olympic Games. (You can find the video on at <https://www.youtube.com/watch?v=uSf7-LsmU3Y>).

2. Answer the following questions.

1. When did the first Olympics take place?
2. How many events used to be in the first Olympics?
3. Were winter sports included in the ancient Olympic Games?
4. What was the last sport added to the Olympics?

5. What were the winners awarded in the ancient Olympics?
6. When was the Olympic Committee created?
7. What age category is allowed to participate in the Youth Olympics?
8. Describe in English the symbol of the Olympics (rings).

3. When watching the video, try to find the next phrases.

- Перегони на колісницях –
- Запалювати факел –
- Проводити олімпійські ігри –
- Церемонія відкриття –
- Гасити факел –

4. Watch the next episode about the opening ceremony of winter Olympics in Pyeong Chang, 2018 (<https://www.youtube.com/watch?v=IDRszpCOs-U>). Write a review of the event.

Project Work

5. Your task is to prepare a colourful poster, presenting up to five Ukrainian Paralympics champions. Give their photo and state the field they present, the group of Paralympics sections and their most significant results.

TEXT-BASED DISCUSSION SECTION

1. Read the text given below.

Money in Sport

There is too much money in sports.

For many people around the world these are difficult times, many have lost their jobs, and others are fretting about losing them. Every day we see more companies go bankrupt and the whole world seems to be waiting for the crisis to end. Everyone in the world, except the sports industry, who are still wasting vast amounts of money on salaries, TV deals, agents, and advertisements. The world of sports is too influenced by money, and by means of reducing or even removing advertisements, decreasing the salaries of professional players, and lowering the price of tickets we can improve the spirit of competition, make sports more available to everyone, with the money saved improve the lives of people who are not as well off as the people in the western world.

Sportsmen and women are people with talent that stretches far above a normal human's ability, and for this they should naturally be rewarded. However, as much as the world's economy sways the salaries of professionals only seem to be increasing. In 2008 the highest paid athlete David Beckham earned more than 48 million in the 1970s when TV was not as influential to sport as it now is Pete Rose was able to negotiate a million per year contract. This clearly shows that the salaries have boomed incredibly over a short period. The average gross income for a citizen of the USA in 2005 was forty two thousand US dollars (United States Average Salaries and Income). Do athletes need forty million to survive? The amounts of money that go into the player's salary are not motivating them to strive for perfection. It only seems that more and more are doing it for the money in it, and this, ruins the healthy spirit of competition that makes sport so interesting to watch, and most importantly to play. Above all the most ridiculous amounts of money are wasted on player transfers; can anyone really be worth over a hundred million? This trend is not confined to only the players and the teams, the agents for

those players have also gotten major salary changes, “Mills estimates there were 50 or fewer agents when he started in 1967. He made \$3,900 on his deal for Owens. Today there are about 1,000 agents certified by the NFL Players Association. Agents now are allowed to charge 3 percent. “A player gets a \$10 million bonus, there’s \$300,000 for the agent,” he says.” This is definitely a good indicator of where a country’s interests lie; in most countries professional athletes earn more than triple the amount of a high ranking police officer, doctor, or teacher. Suppose instead of this high average pay people started paying athletes a much lower salary per year, let’s say 200,000\$, and then reward them for good performances. This would really separate a good athlete from a bad athlete and on top of that would make more athletes really put in that extra effort knowing they will be rewarded.

Fans are part of sports no matter how you look at it; they cheer, shout, sing, and show the immense passion that they feel for their team, they are the essence of sport. Unfortunately though they are becoming more restricted in their support because of the prices of tickets, the United Kingdom’s national football stadium cost a whopping 1.5 billion pounds and in order to counter these huge expenses ticket prices are raised. However it doesn’t seem fair that the hardcore supporters of those teams are not allowed to come to the matches because they cannot afford tickets. A true supporter will not mind standing in the rain for hours on end to watch a sports game on a muddy public pitch, because they do not care for the air-conditioned VIP boxes, a place they will probably never go to in their entire lives. Isn’t that what sports are all about, the raw passion and talent, not the rich posh businessmen impressing future clients who do not care for the game at all?

If one takes a moment to look at a professional football/soccer stadium, they would see a green piece of grass, seats, and advertisements, lots and lots of advertisements. It seems that there is no place that companies can’t get their names on. They are plastered on player’s shirts, all around the stadium, they even have them on the camera and security staff. Above all the most money is spent on TV advertisements, General Motors spent 578 million dollars on TV advertisements during sports games. Is this necessary? There seem to be fewer and fewer athletes

who do it just for the joy of playing, or simply to please their fans. If we can remove all the sponsors and advertisements in the sports industry, then sure there won't be the magnificent stadiums and million dollar TV contracts, there will be pure, focused, talent focused environment. Moreover, with the removal of advertisements player salaries will probably get a drop which will lead to more players that are focused on going down in the record books not for million dollar contracts, but because of their achievements.

Poverty is a huge world issue at the moment, many people are working hard voluntarily to help improve the standards of living in third world countries. If all the above measures are taken, there will be a huge sum of money left to spend. What better to spend it on than improving other less fortunate people's lives. Oxfam, a leading charity in the world, spent 46 million dollars in 2008, that's almost the same as David Beckhams salary! If we cut all players salaries we would have billions of dollars to spend on emergency relief and long term charity projects. After all what seems a morally better way to spend money, giving it to the poor or giving the already rich athletes even more money?

To conclude, sports have become too much about the money and less emphasis is put on player talent. Taking the above steps will ensure that sport stays competitive is available to all and is more pleasant to watch. On top of that the money that will be saved will go to charities that will improve the lives of others, although the economy of the rich countries will take a blow it might be restores when the LEDCs are improved by the charity and become more open to trade increasing economies globally. If all is performed this way, there aren't many downsides.

2. Discuss the following questions.

1. What does the author suggest doing about the ticket price? Do you think that cutting off the price may enable more spectators to see the games?
2. What are other ways can improve the spirit of competition in sport? What would you suggest?

3. What is the author's opinion about the salaries of professional sportspeople? What do you think? Give some arguments for and against the amount of money they get.
4. Does the author approve of the transfer fee? What is included into it, according to the article? Do you think it is a reasonable price? Why? / Why not?
5. What output may decrease in sportspeople's salary have, from the author's point of view? Do you agree?
6. What is the role of advertisements in sport? Do you think it should be reduced? Why? / Why not?
7. What does the article offer to spend the money saved from the sportspeople's salaries for? Do you think such option is worth considering? Why? / Why not?

* * *

3. Read the text given below.

Advertising in sport

By Paul Johnson

It's no longer whether you win or lose, it's how you pay for the game.

"A symbiosis has developed between sports and the mass media. Sports are used to promote newspaper sales, to sell advertising space, and to win lucrative contracts for television and radio. In turn, the media help to sell spectator sports and attendant sports-related consumer products to the public."

- Jay J. Coakley, Sport in Society

It seems ironic, but the periodic commercial annoyances that interrupt TV sports programs are the key to the presence of sports on television.

Everyone who thinks about it realizes that the viewers support the program. What's less obvious is the way sports advertising reflects the class structure of American society.

Sports became attractive to advertisers because of a few crucial demographic facts. To begin with, American males between 18 and 49 don't watch as much television as other groups. But they do watch sports. Therefore sports have become a palatable and profitable way to capture their attention.

This crucial audience, then, is further subdivided into sports for the masses (the big three — football, baseball and basketball), and sports for the classes — “upper crust” activities like tennis and golf which provide a berth for life insurance and personal computer ads aimed at the middle and upper class.

Buying Identity

Since advertisers pay the piper, they get to name the tune. Marketing issues predetermine what sports get scheduled for TV coverage, and sponsors' needs play a big role in these decisions. In general, decisions are based either on broad consumer interest in a particular sport or on a perceived match between the advertiser's wish for a certain type of audience and the demographics of fans of a particular sport. Matches made represent a particular set of values.

In addition, through advertising's images, viewers' self concepts are reinforced. When it comes to assessing the market, people who have a firm grip on the achievement ethic (i.e., that hard work will bring monetary rewards) are believed to follow certain sports. Fans of a lesser achievement level are believed to be attracted by others.

So events such as the Westchester Golf Classic feature sports cars, credit and financial advertisements. Professional wrestling or boxing, on the other hand, has commercials for less expensive cars, foot spray and orange juice. Their audience doesn't attract the same kind of large, corporate sponsors found in “richer” sports.

The 1970s and early 1980s were a period of great prosperity for network sports, sports franchises and athletes.

Sports advertising has been building up over the years, but many of today's dynamics can be tied to the financial package the National Football League owners worked out with the major networks in 1982. According to the deal, each NFL team would receive \$14 million a year in exchange for the right to televise games.

That package assured coverage of every team's payroll without selling one single ticket.

It's not whether you win or lose, but how you pay for the game

The whopping football contract meant money was available, but other factors served to boost the salaries of NFL players between 1983 and 1985. Competition for name players with the fledgling U.S. Football League drove up salaries for all players. And NFL players who demanded 55% of the gate receipts taken by owners when they went on strike in 1982 were calculating their chances of injury, short career expectancy and salaries paid other television performers. A parallel trend in baseball was helped along by the change to free agent status in 1976, which enabled athletes to bargain for the highest possible salaries once their contracts expired.

In general, legal changes giving players more bargaining power have raised salaries, although the owners' bargaining power is based on media competition for attractive sports packages. And sports was hot throughout the 1970s as rising ratings and competitions between the networks increased sports' attractiveness as a way to reach media-shy but sports-crazy 18-to-49-year-old males.

To further cash in on the sports bonanza, promoters created sports events such as celebrity opens, competitions for "the world's strongest man," and contests in which known athletes competed outside of their specialties. Special events like these, with a built-in audience, are becoming preferred packages in a sports media market that seems to have cooled off considerably in the last year or so.

Network sports departments, particularly, are tightening their belts as once-guaranteed advertising contracts begin to move to cable, syndication and non-sports programming.

The shrinking of the period is based on multiplication of media delivery systems and a possible change in the viewing; bits of young men, who seem to be turning to such non-sports outlets as video movies. The effects of these trends on advertising are typified by a major change in the media buying habits of Gillette, which for decades had paid top dollar for exclusive rights to the World Series and

other top games. Instead, in 1985 a new ad chief sought economy by buying discounted ads throughout the sports season and forsaking exclusivity each October.

Second Look

Given this financial climate, advertisers' urge to get the greatest value for their advertising dollar is forcing some changes in theft sports involvement.

According to Bob Tassie, vice-president for communications at CBS Sports, the usual pattern was simply to buy one or several spots within a given sports event. As costs went up and advertisers wanted to make more impact, they might try to enhance their advertising by including sports program inserts for extra recognition — e.g. “the seventh-inning stretch brought to you by Old Spice.”

Now Tassie sees a new trend: corporate underwriting of entire events, especially bowl games, celebrity tournaments and other made-for-media sports. “Any legitimate sport with the support of an underwriter can be televised,” he said, noting events like the “AT&T Pebble Beach Open” and the “John Hancock Sun Bowl.” This regard for the bottom line, says Tassie, might even result in bringing an upscale wonder like polo to television, and it will certainly result in the careful scanning of cherished — but expensive — traditions like Monday night football.

“Baseball is not just a sport anymore; we are a business. We are show business.

To compete for the enteratinment dollar you have to have more than nine guys playing baseball; you've got to have an attraction.”

- George Steinbrenner, Owner, New York Yankees

As advertisers jockey to separate affluent sports fans from the average Joe (and a few Janes), aware viewers should ask themselves what kind of message the sports they watch are presenting.

Mixed Messages

Programming and ads aimed at the upper income third tend to support the idea that hard work brings financial rewards — a dubious message at best. Obviously many poor people work hard but have little to show for it. On the other hand, those with much income often have prior advantages which they forget, and

advertising designed to perpetuate that self image reinforces that illusion in society.

This blind spot adds poignancy to an ad for Reebok basketball shoes that was shown during the 1986 National Basketball Association championships. The shoes were said to “take you as far as you want to go — from asphalt to polished floors,” implying that sports represent a likely road to success for underprivileged youngsters.

In contrast, a 1985 television special on the “Seduction of Sports” explained that the average black youngster has a greater chance of becoming a brain surgeon than a player in the National Basketball Association. Overall, the odds against making it in professional sports are 55,000 to 1. The idea that a shoe can take you as far as you want to go is simply not true. And the prevalence of drugs in the inner city implies that many of the youth there have got the message.

However, misleading the social implications of this ad, however, it does show an attempt to reach out to segments of the society that won’t be touched by ads for MasterCard or Dean Witter. In the issue of mass versus class, viewers mean numbers but one 18-to-49-year-old male isn’t necessarily equal to another. And the sports programming we get in the future may reflect this.

4. Discuss the following questions.

1. In what ways does, according to the article, advertising in sport reflect the structure of American society? Can the same be said your country?
2. What is the role of sports events, where celebrities should act outside their speciality? Are there any of such events in your country? What is your attitude to it?
3. What is the connection bof sport and video games? Do you regard it as an honest way of promoting the product? Why? Why not?
4. What is the point of a new trend –corporate underwriting of events? Does it influence usual spectators? If so, in what ways?

5. What is the message of the Reebok shoes' advertisement? Does this advertisement influence your personal opinion? Do you think it can have certain impact on teenagers? If so, how it may influence them?

* * *

5. Read the abridged scientific article given below.

Women in Sport: Gender Stereotypes in the Past and Present

Kristin Wilde

Society expects males and females to adopt, believe in, and fulfill specific gender roles and stereotypes that have been established. In the western world, males are expected to be strong, independent, and athletic, whereas females are expected to be quiet, obedient, attractive nurturers. Society demands compliance to the enforced gender order. When these gender norms are violated, it is common for labels to be given (i.e. lesbian), questions to be asked (“Are you sure that is not a boy in the net?”), and people to be ridiculed (“a girl playing football – what a butch”). While “traditional” gender stereotypes have remained fairly constant over the past few centuries, they have also been challenged and confronted by many women and feminists. One specific area in which traditional gender stereotypes have been evaluated and analyzed, is sports and physical activities. Comparing traditional female gender stereotypes with those of the 21st century women in sports, it is clear that female athletes are beginning to establish themselves in the sports world. Their ability to challenge sexist barriers and restrictive notions about women’s physical appearance, athletic ability, and participation in sports, is evident through their increased involvement in sports. However, it is also true that traditional female stereotypes continue to prevail. In this paper, female athletic stereotypes, women’s sensitivity to gender issues in sports, recommendations for increasing female participation in sports, and personal experiences with gender and sports, will be presented and discussed in relation to the impact female gender

stereotypes have on girls and women who participate in traditional and non-traditional sports.

Traditional Female Stereotypes

People are bombarded with gender stereotypes from birth until death. Once a new baby's sex is revealed, they are dressed in either blue or pink, given gifts of trucks and soldiers or dolls and animals, and referred to as strong and alert or soft and delicate. Actions and ideas such as these are only the first of many gender stereotypes that a new child will encounter throughout their lifetime. Males are expected to demonstrate certain characteristics and behaviours that are "masculine", while females are held accountable for being "feminine".

Traditionally, females have been expected to wear dresses, cook and clean, raise children, maintain a beautiful and delicate body, and remain passive, moral, and pure. Deemed to be the "weaker sex"- physically, mentally, and emotionally, women have been stereotyped as being feminine. Femininity is the issue of what is feminine in appearance and behaviour (i. e. being attractive, carefully groomed, submissive, nurturing women). When the principle of femininity is applied, females are expected to live up to these specific gender roles that are held by both men and women in mainstream society. This expectation of femininity often results in women being dissuaded from lifting weights, sweating, grunting, being aggressive, participating and competing in sports and physical activities. The main reason for this is because society expects women to be "ladylike", not demonstrate characteristics that are defined as being masculine. However, when women do "cross the line" and exhibit these so-called "manly traits", their gender identity, sexual orientation, values, and social roles are often questioned. Negative stigmas are often attached to athletic women, and consequently are used as a mechanism to control and limit women's participation in sports.

Female Athletic Stereotypes: Past and Present

Sports and athletics have traditionally been restricted to and associated with males, masculinity, and the "manly domain". Some scholars trace this pattern and highlight how sports have, over time, evolved for women. They point out that for

centuries, athletics, competition, strength, and team sportsmanship have been deemed appropriate traits within the “masculine domain”. As a result, many girls and women avoided taking part in sports. It was not until the mid 1800’s that women began to accompany their male relatives to specific sporting events (such as horse races and baseball games) and participate in mild exercise such as dancing and ice-skating. Then, after the Civil War in the late 1800’s, women were finally given the opportunity to participate in organized sports. Golf, archery, and croquet, were the first sports to gain acceptance among women because they did not involve physical contact or strain. Because perspiring, physical contact, and competition were not socially acceptable “ladylike” behaviours, women’s physical recreation activities and opportunities were limited. Furthermore, women were required to protect their reproductive systems, and activities such as these, allowed women to “play safely”.

Before the end of the 19th century, the invention of the bicycle began to revolutionize women and their participation in physical activities. It is during this time that women adopted a freer style of dress (they set aside their big hooped dresses in exchange for “bloomers” – wide pants that fit beneath a loose fitting dress) so they could enjoy cycling, and other activities such as horseback riding, gymnastics, and skating. This major change not only allowed women to consider pursuing athletics (i.e. participation in basketball, baseball, track and field), but it also liberated them in other areas such as attire, roles, and professions.

With these revolutionary changes, traditional gender stereotypes for females began to transform. The ideas that “girls don’t sweat”, “girls don’t run”, and “girls don’t get dirty”, began to be challenged and questioned in conjunction with being a female and being feminine. In the 1930’s, Mildred “Babe” Didrikson showed that women could successfully participate in competitive athletics (track and field, baseball, golf, swimming). After World War II women’s competitive collegiate sports began to emerge. And in the 1960 – 70’s, the women’s movement created new attitudes and demanded equal opportunities, funding, and facilities for women in sports. It was during this period that Billie Jean King defeated Bobby Riggs, a

former men's champion, in a tennis match called the Battle of the Sexes. In the early 1980's this women's tennis champion also admitted to a seven-year lesbian relationship. Her motivation for both of these significant actions was to prove that female athletes deserve respect. This helped pave the way for Martina Navratilova (another American tennis champion), to become the first professional female athlete to publicly embrace her lesbian identity and actively participate in the lesbian and gay civil rights movement.

More recently, increasing numbers of girls and women are participating in "traditional male sports". Scholars report that the number of girls and women participating in recreational and competitive football, boxing, and wrestling, has grown. They also state that female participation in extreme sports (or "X sports") such as snowboarding, skateboarding, and inline skating, has also increased. One factor that may contribute to this trend toward increased female athletes in a wider range of sports is the idea that borders between the sexes seem to be less patrolled among generation X'ers. Another factor may be that a broader definition of femininity is beginning to evolve as a result of women challenging the "traditional" gender stereotypes that used to define them. A broader definition allows for greater latitude in women's ability to claim their own definitions of "womanhood" and "femininity". A third factor may be that the presence of females in these types of sports helps break a lot of male-oriented and prescribed stereotypes and barriers; thus giving girls and women the courage and esteem to participate in a wide range of sports and physical activities.

Women's Sensitivity to Gender Issues in Sports

Society has been "trained" to think of sports in terms of "genderedness". Men are encouraged and taught to participate in strenuous, aggressive, competitive team sports, while women are commonly steered toward individual aesthetically pleasing activities such as gymnastics, figure skating, and synchronized swimming. Dividing sports along masculine and feminine lines encourages and allows women to accept physical limits that have been placed on them. Therefore, women can be reluctant to break free of traditional gender stereotypes.

Research shows that children have stigma consciousness of gender in sports and physical activities. In their study, scientists report that participation in sports perceived as gender specific was noticeably different between the two sexes. The authors had three significant findings. Firstly, they found that children curb their behaviours and sports participation to fit the social norms of appropriate behaviours based on gender. Secondly, gender neutral sports (such as swimming, running, soccer, and bicycling) had the highest participation rates for boys and girls. Thirdly, “*children as young as eight* are aware of and affected by gender stereotypes in sports and physical activities”. These findings indicate that although females in sports have come a long way, stereotypes of gender still persist in sports and physical activities. Sex-typing of sports is still alive.

Some authors explored the extent to which women intercollegiate athletes identify with and define gender issues. By exploring their experiences and perceptions in the sport context, study participants made three distinct identifications: 1) that their status in athletics is secondary to that of men, 2) that women’s sport “doesn’t really matter”, and 3) that societal perceptions of women athletes were stereotyped as being “lesbian”, “butch”, “tomboy”, or “masculine”. The majority of the participants also stated that: 1) they believe women athletes are beginning to be viewed more positively (especially as women athletes improve, develop to a higher level, and increase in number), 2) their participation in sports did challenge society’s perception and acceptance of women in sport, and 3) they tended to dissociate themselves from feminism and gender issues because of the negative perceptions society associates with the terms. These findings also indicate that women’s participation and experience in sports are influenced by gender stereotypes.

These two studies demonstrate that although society is more aware of gender stereotyping in sports and physical activities, traditional gender stereotypes for females persist. Female athletes have a subordinate position in the sports world, thereby perpetuating the idea that sports and athletics continue to be more appropriate in the masculine domain. This gender inequality can be paralleled to

the patriarchal nature of both society and sport. However, it can also continue to be challenged by encouraging girls and women to be physically active, involved with sports at all levels (i.e. athlete, coach, official, volunteer), and willing to confront traditional female stereotypes.

Recommendations for Increasing Female Participation in Sports

As is evident through the exploration of female stereotypes and participation in sports and physical activities throughout the past few decades, girls and women are making headway in sports and the sports world. This is largely due to the efforts that are being made to improve the number of females involved in all levels of sport. As described by the Canadian Association for Advancement of Women and Sport, numerous sporting organizations in Canada are implementing strategies to recruit females in the sports world. For example, the Canada Games Council has implemented gender equity in policies, the Canadian Amateur Wrestling Federation is providing equal funding to men and women on the national wrestling team, the Canadian Canoe Association is providing a full range of events within all national competitions, and the Canadian Freestyle Ski Association is providing funding for girl's camps, only if a female coach is attending the camp as well. These strategies, along with the Canadian Interuniversity Sport increasing financial rewards for female athletes to equal that of males, and Hockey Canada hosting a free Fun Day for females to try the sport of hockey, demonstrate that steps are being taken to increase girl's and women's involvement and presence in sport. It is only through measures such as these, that females will continue to make headway in the world of sports.

Personal Experiences with Gender and Sports

Throughout my life I have been involved in gymnastics. I began participating in the sport at the age of 3, and completed my competitive career at the age of 18. I was a strong and powerful gymnast who did well on the vault and bars, but had more difficulties with the graceful dancing aspects of the balance beam and floor exercise. To me, my larger, muscular body frame stood out among

most other gymnasts who were petite and graceful. However, this did not stop me from pursuing the sport I loved.

Before doing this paper, I never thought about gymnastics being a traditionally female sport. I knew Nadia Comaneci revolutionized the sport after the 1976 Olympics in Montreal. I knew it focuses on and highlights the aesthetic characteristics of females.

I also knew that gymnastics was mainly an individualized sport. But, what I have learned from doing this paper is that gymnastics is deemed a feminine sport largely because it lacks face-to-face competition and overt aggression. Although it combines strength and flexibility with grace and power, the aesthetic quality of the sport gender types it as being predominately feminine. However, with the amazing skills and strength male gymnasts demonstrate, I see that this sport sex-typing is beginning to change. Behaviour and participation in the sport seems to be more and more gender neutral, thereby encouraging both males and females to participate in gymnastics because it provides wonderful strength and flexibility fundamentals for girls and boys future sports involvement.

Conclusion

Historically, girls, women, and femininity have been defined in relation and contrast to men and masculinity. Sports and the sports world have been tied with the masculine domain, and there has been a legacy of bias against the female athlete. In the past few decades, this trend has been confronted and challenged. Girls and women have “tackled” narrow, negative, and limiting concepts and ideas that they should not participate in sports, sweat, show aggression, or compete, and begun to include physical strength and athletic prowess in the definition of femininity. As a result, traditional stereotypes for females have slowly been changing and evolving. This will likely continue once girls and women quit feeling that they need to choose between sports and femininity. While there is still a long way to go, females can obviously break free of traditional stereotypes.

6. Discuss the following questions.

1. What is included typically in the notion of femininity in modern society? Have you evidenced any of such stereotypes? Do they work, in your opinion?
2. How do you understand the statement, that sport is male domain? Do you think it is true for nowadays? If so, prove it.
3. What is the reason of evolving broader definition of femininity in contemporary society, according to the article? Is there a connection between women's inclusion into sport and general feminist movement?
4. Are children aware of gender stereotypes in sport, in the author's opinion? To your mind, should it be encouraged or avoided?
5. What are the characteristics of female sports? Do you think they are justified or not? Prove your point.

Useful phrases for discussion

1. Asking about or for an opinion

Could you tell me? What do you think about/of?

What's your opinion about ...? Do you think/feel?

How do you feel about? May I ask you?

2. Asking for an explanation

Could you explain to me? Could someone please tell me?

Just tell me the reason why? I don't really understand?

I just don't see why/what/how Are you saying that?

What do you mean by that? I beg your pardon?

I didn't quite get that. Excuse me, did you say that?

3. Giving your opinion

In my opinion/view If you ask me

As far as I can see/*I'm concerned* It seems to me that

I have the/a feeling that I think/feel/reckon/believe

Well, I'd say If you want my opinion
 You can take it from me that First of all/*To start with* I'd like to point out ...
 What we have to decide is There can be no doubt that
 It's a fact that Nobody will deny that
 The way/*As I see it* Everyone knows
 Let me put it this/*another way* Let's get this clear (first)
 Sorry to interrupt you, but The point I'm trying to make is
 Personally (speaking) I think I'm absolutely convinced that
 My view/*point of view* is that The way I look at/*see* it is this
 What I actually meant was

4. Giving an explanation

Look, it's like this: What I mean is
 The reason for this is The main problem is
 Just let me explain Well, the reason is
 Well, the thing is Above all we must keep in mind that

5. Agreeing with an opinion

I (quite) agree. I agree completely/entirely.
 I couldn't agree (with you) more. I entirely/completely agree with you on that.
 That's true/right. That's just it.
 Quite/Exactly/Precisely/Right/Certainly/Definitely. You're quite/so right.
 I think so, too. I don't think so either.
 That's just my feeling/opinion. That's just how I see it/*feel about it, too*.
 That's a very good/important point. You've got a good point there.
 Yes, of course/*definitely/absolutely* Marvelous.
 That's exactly what I mean/say. Yes, that's obvious.
 That's exactly how I see it. That's what I think
 How very true. So do I/So am I

Yes, indeed.

I'm all in favor of what you've been saying.

6. Qualified agreement

Yes, perhaps, but

Yes, possibly, although

Yes, but on the other hand

Yes, up to a point.

I agree up to a certain point, but

Yes, in a way.

Maybe, I suppose so.

Well, it depends.

I don't think it's as simple as that .. I see what you mean, but I think that's not the whole story

You may be right there.

Yes, but there's also another aspect to consider

7. Polite disagreement

I disagree (with you), I'm afraid. No, I really can't agree, I'm afraid.

I don't quite agree there.

I'm not so certain/*at all sure* if that's true/correct

I'm not (quite) so sure (really). I'm sorry I can't agree.

Do you really think so/*believe that*? I'm not convinced that

Well, that's one way of looking at it, (but) Well, I have my doubts about that

You can't really mean that.

You don't really mean that, do you?

I wouldn't say so.

I don't think so.

I don't think you're right/*that's right*.

Surely you don't mean that?

I don't want to argue with you, but

I can't go all the way with you on that

point.

Are you seriously suggesting that ...?

I have my problems with what you're

saying

8. Strong disagreement

I doubt that very much I think you got that wrong

You're pulling my leg! On the contrary!

That doesn't convince me at all. You're contradicting yourself.

I've never heard of such a thing. You're wrong, you know.
You can't be serious! It's not like that at all!
That's not correct You're contradicting yourself
You don't understand. I'm afraid, I don't think you quite understand.
I don't think so, really! That's not fair!
That's out of the question I can't believe that I'm afraid
I can't accept your view, that Do you really think that's a good idea?
I'm afraid, I can't agree with you there Well, you would, wouldn't you?
That's (simply) not true! I don't think, you can say
Surely you're not serious, are you? I doubt it/that very much
You can't be serious! Oh, come on, think about what you've just said!
I doubt if ... I've got my doubts about that.
I don't agree with you at all. I disagree entirely/completely.
Oh, come on, you must be joking/kidding! That's out of the question
That's not how I see it It's not as simple as that!
That's no excuse I believe you're mistaken
That doesn't make sense to me Let's be sensible about this
You're hopeless/wrong You won't listen to reason
I think you got that wrong I'm not impressed
For heaven's sake! Well that's one way of looking at it, but

9. Making a complaint

I can't quite understand how/why I've come to complain about ...
I'm disappointed with I'm fed up with
It really is terrible/ridiculous that I'm sorry I have to say this, but
Forgive me for mentioning it, but That's what I want to know.
Do you realize that? Are you aware that?
I'm disappointed to hear that. What are you going to do about it?
Something ought to be done about it. Look, I really must protest about
Can't something be done to/about

10. Reacting to a complaint

I'm (awfully) sorry to hear that I really must apologize for this.

Well, there's nothing we can do about that, I'm afraid

This isn't my/our fault, you know.

What do you expect us/me to do? I'll find out what has happened

I'm sorry you should take it that way. I'll see what I can do.

SUMMARIZING A NEWSPAPER ARTICLE

1. Read the information about how to write summary of the article given below.

How to write a summary

Writing a summary is a great way to process the information you read, whether it's an article or a book. It usually includes some steps.

1. Find main idea.

In a summary, you want to identify the main idea of the article and put this information in your own words. Plan to read the article several times. In the first reading you want to get the general notion of the essay. Write that down after you finish reading. That will be the thesis of your summary. Include the author's first and last name and the title of the article.

To figure out the central idea, you should ask yourself why this essay was written and published. Clues to help determine this are:

- The title.
- The place it was published (which can help you determine the intended audience).
- The date of publication.
- The type of essay.
- The tone of the piece.
- Notions which seem to be repeated throughout.

2. Reread the piece, taking notes on the major points of it. Once you know for sure what the author's main point is, reread the piece, looking for the ways they support that point. You can find supporting material by looking for details that refer to the title, surprises in the argument or plot, repetition, or a lot of attention to detail. Write down each time something like this occurs.

3. Write the summary in your own words.

- Start with the source's information. You should start every summary with the author and the article's title. This lets your reader know that you're

summarizing what someone else has written. For example, you can start with something like “George Shaw’s ‘Pygmalion’ is a play that addresses issues of class and culture in early twentieth-century England.”

- Work from memory to write the main point of each section. Without looking at your notes, write a first draft that includes the main point of each section in your own words. A summary shouldn’t just repeat what the original author said, so using your own words is very important. To put something in your own words, write it down as if you were explaining or describing it to a friend. In that case, you wouldn’t just read what the author wrote. If you absolutely must use the original author’s words, put them in quotation marks. This tells your reader those words aren’t yours. Not doing this is academic plagiarism, and it can get you in a lot of trouble.
- Present the material using the author’s point of view. As you write, make sure you’re only summarizing the original piece of writing. You shouldn’t be inserting your own opinions of the piece or of the events the piece covers. Instead, summarize what the original author said and retain their tone and point of view. For this purpose you will need to use author tags (the list is given below).

Author Tags Verb List

said	explain	comments
persuades	suggests	understands
argues	reminds	helps us understand
elucidates	presents	intimates
concludes	presents the idea	creates the impression
criticizes	defines	highlights
concedes	shows	states
thinks	admits	lists
notes	analyzes	disagrees
observes	points out	emphasizes
discusses	identifies	implies
insists	responds	shows
proves	rejects	suggests

Adverbs to Use with Author Tags

conclusively	expressively	realistically
tightly	angrily	radically
clearly	dutifully	evenly
occasionally	quickly	ironically
honestly	eagerly	elegantly
sharply	rarely	loosely
exactly	happily	hastily
perfectly	sternly	unexpectedly
sometimes	never	justly
devotedly	finally	warily
wearily	completely	fully
doggedly	iconically	sarcastically
seriously	carefully	politely

4. *Revising your draft into a coherent summary.* Reread the draft you wrote from memory against your notes. Take your notes out and compare them to your from-memory draft. If there's anything major you forgot to include, put it in your second draft.

2. Write summaries of the following articles.

In 2026 World Cup Bids, Bold Promises and Fuzzy Math



The New York Times, June 4, 2018

By Tariq Panja

ZURICH — The North American bid to stage soccer's World Cup in 2026 is talking to FIFA members in a language they understand: money.

The United States-led offer, in partnership with Mexico and Canada, is promising revenues double that of a rival bid from Morocco — its only competition to host the quadrennial

soccer competition — and more than three times as much as FIFA generated from the 2014 World Cup in Brazil.

The projections — in a 530-page document created by the so-called United Bid and trumpeted by the United States Soccer Federation president Carlos Cordeiro and his counterparts from Mexico and Canada as they travel the world trying to win voters' support in the June 13 vote on the host — outline staggering figures: \$14 billion in revenue for what will be an enlarged 48-team format, and a surplus for FIFA of \$11 billion.

“That has to sink in,” Cordeiro said during a recent pit stop in Europe, where he explicitly detailed the small fortune that national federations could expect from a North American World Cup. “In terms of value, it could mean 50 million more per association.”

Whether those record projections are attainable, however, remains the subject of some debate. A confidential FIFA document detailing the revenue and cost implications of expanding the World Cup from its current format of 32 teams and reviewed by The New York Times suggests the United Bid's forecast may be too optimistic.

FIFA draws the largest chunk of its revenues from selling media rights for the World Cup. The organization estimates broadcast rights for 2026 will be worth \$3.6 billion, far less than the \$5.5 billion the Americans are promising.

Choosing North America would inflate the media revenues by \$300 million as part of a 2015 agreement FIFA signed with NBC Universal's Telemundo and Fox Sports. And FIFA already has sold 40 percent of the rights to the tournament, with deals also concluded for the Middle East and South America.

But making the United Bid's media revenue target harder to reach is the challenge of time zones. In certain key markets in Europe and Asia, many kickoff times for a World Cup in North America would be out of prime time, a fact that Morocco's bid team has highlighted frequently.

But Morocco, which has failed in four previous efforts to host the World Cup, has its own billion-dollar challenges. FIFA's technical committee last week awarded Morocco's bid 2.7 points out of 5 — a level deemed merely “sufficient” by the organization's rating system — and deemed its plan a “high” risk as it related to stadiums, accommodations and transportation. Anything less than two would have led to Morocco's elimination from the

bidding. (The United Bid received a rating of 4 out of 5, and a glowing appraisal in much of the report, which FIFA released Friday.)

Morocco's financial estimates also have drawn scrutiny. The country would need to build nine stadiums and renovate five others for the tournament, work it says can be accomplished for as little as \$3 billion. The North African country also would have to commit billions of additional dollars to construct a raft of transport and hotel facilities. Its bid book acknowledged \$15.8 billion in projected expenses, a total that includes the improbably low figure for stadium construction. It is promising a \$7.2 billion surplus to FIFA and its members.

"We believe the figures we have provided are accurate and achievable," the Morocco bid's chief executive, Hicham el Amrani, said in a telephone interview. He insisted FIFA members would focus on more than just dollar signs and consider the importance of returning the tournament to Africa, which has played host to the event just once.

Should the United Bid win, the North Americans will almost certainly deliver a record-breaking tournament. The United States still holds the record for the number of World Cup tickets sold, set in 1994 for a 24-team, 52-match event. In 2026, the United Bid is predicting as much as \$2.5 billion in ticket sales, plus \$1.5 billion in hospitality revenue — 10 times the amount FIFA calculated for the value of those hospitality packages. The bid's figure is based on the \$150 million in hospitality sales at the last Super Bowl, according to a person familiar with the bid's calculations.

Adding to the bonanza, according to the bid's estimates, would be \$3.6 billion in sponsorship sales and \$1.4 billion from other activities. Bid officials say that refers to unspecified events around the tournament outside of games.

A spokesman for the North America bid said the organization stood behind its projections. Others are more skeptical.

"It surprises me because they don't really need to exaggerate it," said Patrick Nally, who oversaw FIFA's first commercial sales program in the late 1970s. Nally said that based on the markets remaining, a Morocco World Cup would probably lead to better offers from television companies because of the chance of broadcasting more games in prime time in Europe.

But the prospect of inflated revenues, and thus larger payments to FIFA members, is nothing new. FIFA's president Gianni Infantino used a similar cash-soaked blueprint to win election in 2016, when voters were swayed, in part, by his offer to quadruple the amount of money FIFA's 211 member nations would receive as development funds. In an interview on Monday, Infantino made light of what he called the "optimistic" numbers projected by both bids.

"I'm pretty sure we can have quite a significant increase because in 2026 first it will be 48 teams so will include many more countries in the world," he said. "This also generates a boost from the commercial world."

Infantino revealed that FIFA already had surpassed its estimates for Russia; he will announce revenues of about \$6 billion for this year's World Cup at FIFA's Congress next week in Moscow.

Moroccan officials, and other African soccer leaders, have privately fumed that Infantino appeared to favor the American bid. Infantino has denied that, but he gave another indication where his preferences may lie Monday.

In an hour long meeting with a small group of reporters at FIFA's headquarters, he repeatedly reiterated that voters should lean on the technical report.

"What I'm saying to everyone," he said, "is look at the report, what is good for football, for the development of football all over the world. Then take your decision on your convictions."

Mexico Taking Rafael Márquez to World Cup, but Cloud May Follow Him



Rafael Márquez is the only Mexican player who trains without the team's sponsors on his shirt.

By Kevin Draper

The New York Times, June 4, 2018

Rafael Márquez was named to Mexico's World Cup roster on Monday, giving the veteran defender the chance to become only the third player to play in five World Cups. He will be the first to do so while under sanction from the United States Treasury Department.

Márquez, 39, will travel to Russia this month under a strange cloud related to a designation applied to him last August by the Treasury Department, which has accused him and several of his businesses of holding assets and acting as fronts for a man it says is the leader of a drug trafficking organization. A position on the list generally prohibits Americans or companies that operate in the United States from business dealings with individuals in any way.

That status had kept Márquez off Mexico's national team for most of the past year, and the team's sponsors are clearly skittish about appearing to do business with him. While the rest of the team trained at a camp in Mexico last month in jerseys featuring the logos of several companies that support the team — including Coca-Cola, Banamex and Movistar — Márquez worked out in a version without any of the brands' names.

"A lot of these companies have operations in the U.S., and they take the 'better to be safe than sorry' approach," said Farhad Alavi, a Washington-based lawyer and expert on American sanctions.

In a statement last month, Mexico's soccer federation said its decision to remove the logos from Márquez's gear was made to allow him to focus "100 percent on sports."

Márquez has denied any links to drug traffickers. His troubles began in August, when the Treasury Department placed Márquez on the Office of Foreign Assets Control's list of so-called specially designated nationals, accusing him and related businesses of holding assets

and acting as fronts for Raúl Flores Hernández, who is suspected of leading a drug trafficking organization.

In addition to prohibiting American companies from doing business with him, the designation freezes Márquez assets in the United States and makes it difficult for him to travel. Márquez missed the team's exhibition game against Wales in Los Angeles last week, almost certainly because he was not allowed to enter the United States.

In the immediate aftermath, Márquez didn't play for his club team, Atlas, for two months. His first game for the national team since the sanctions was Saturday, when he made a substitute appearance in a friendly against Scotland. He wore the captain's armband after entering the match.

Nevertheless, Márquez will be going to Russia. In April, his Mexican lawyer told ESPN there was "no impediment to stop him going to play with the Mexican national team," and in May, Mexico's soccer officials defended his presence in camp by saying they had consulted with "experts" who had assured them that Márquez's presence did not pose any risks for him or the federation.

Still, having Márquez train in an unmarked practice jersey mitigates both the legal and reputational risks for Mexico's sponsors. The companies' sponsorship agreements are with Mexico's soccer federation, not Márquez.

Doug Jacobson, a lawyer at international trade firm Jacobson Burton Kelley, said Monday that investigators at the Office of Foreign Assets Control receive a lot of their information through the public domain, and so news reports or photographs of Márquez pictured with sponsors could pique their interest.

"Perhaps they could issue an administrative subpoena, ask for further information on the scope of the relationship," Jacobson said. "Is there any direct payment to the players, or do they directly profit from sponsorship funds? Which could lead to embarrassing questions and information requests a company doesn't want to deal with."

Márquez's lawyer told ESPN that "the actions before the U.S. authorities are advancing," implying Márquez is working to remove himself from the list of specially designated nationals. Clif Burns, a lawyer who has gotten individuals removed from that list, said that there were two ways to do it.

The first is to argue that an individual did not do the things cited as reasons for the presence on the list — in effect making the argument that the Treasury Department is wrong. This rarely works, Burns said, and the Office of Foreign Assets Control is unlikely to explain itself or reveal its evidence.

The other strategy is to immediately stop doing what a person or business has been accused of doing; to show evidence that the individual or business has stopped; and offer to open financial records to compliance monitoring.

“That’s easy to say the day after you’ve been designated, but they need to see a pattern,” Burns said.

Márquez has ended his professional career, and he has said he will retire after the World Cup.

The N.F.L. Still Has a Trump Problem



By Ken Belson

The New York Times, June 5, 2018

You can’t say the N.F.L. wasn’t warned to stay away from President Trump – by one of its own owners, no less.

Yet time and again, the N.F.L. has been cowed by a president willing to use his bully pulpit to win political points and exact a measure of revenge on a league that rejected his efforts to buy a team.

The latest admonishment came Monday night when the president disinvited the Super Bowl champion Philadelphia Eagles from visiting the White House less than 24 hours before they were supposed to arrive. Some players had said they would not attend, unhappy with how

the president had criticized them for peacefully protesting during the playing of the national anthem.

Mr. Trump said that if the entire team was not going to be there, then they need not show up at all.

That's the thanks the N.F.L. got for trying to appease the president.

Last month, the league, spooked by Mr. Trump's repeated attacks, changed its policy so that players who kneel during the national anthem can now be punished, or their teams could face possible financial penalties. Players will be given the option of staying in the locker room during the pregame ceremony, as if they have to hide in shame.

Mr. Trump applauded the move, but the players have resisted, setting up the showdown over the White House visit. It's worth noting that no Eagles players knelt during the national anthem last season.

The owners could have avoided this headache months ago had they listened to one of their own, the owner of the Eagles, who urged them not to get sucked into the president's vortex.

That warning came last October, weeks after the president blasted the owners for not firing protesting players. About three dozen owners, players and league executives met in New York to discuss how to address the crisis, which had divided fans, sponsors and entire teams. Some owners implored the players to back down, lest the president keep up his attacks on the league. It was bad for business, said Terry Pegula of the Buffalo Bills at the meeting, a recording of which was obtained by The New York Times. Bob McNair, the owner of the Houston Texans, said he supported the players' efforts to address social injustice, but they had to "stop that other business."

Jeffrey Lurie, owner of the Eagles, took a different view. Don't pander to the president, he said, by clamping down on the players. Work with the players and tune out the noise. The president will do what he does regardless.

"We've got to be careful not to be baited by Trump or whomever else," he said at the meeting. "We have to find a way to not be divided and not get baited."

Most of the owners took the bait anyway. Not long after the meeting, everyone from Commissioner Roger Goodell on down said they preferred if the players stood for the

anthem. Behind closed doors, they debated how to change the league's policy to force, not suggest, that players stand.

The owners changed that policy in May, infuriating the players, including many who did not protest during the national anthem last season.

Right on cue, the president declared victory. Mr. Trump said he was pleased with the N.F.L.'s new policy, but said he did not think the players should even be staying in the locker room in protest. If a player is not standing for the national anthem, Mr. Trump said, "Maybe you shouldn't be in the country."

If the owners thought the problem would be solved by tweaking their policy, they were wrong. They should have known better, even without Mr. Lurie's warning. (Mr. Lurie took his own advice: In a statement issued Monday night, the Eagles thanked their fans but never mentioned the president.)

Mr. Trump has been fighting the league since the 1980s when, as the owner of the New Jersey Generals of the short-lived U.S.F.L., he successfully sued the league for violating antitrust laws. The victory was hollow. The upstart league won \$3 in damages and collapsed. Mr. Trump has tried to buy N.F.L. teams over the years, but has been spurned, though he does remain friends with several owners, most notably Robert K. Kraft of the New England Patriots. Things changed once he became president. He has attacked the league mercilessly, poking at Mr. Goodell and taking glee in the league's television ratings falling. He even floated the idea of removing some of the league's tax exemptions.

Had the other owners listened to Mr. Lurie, things might have turned out differently. Sure, Mr. Trump would continue to attack the league. But the protests – which only involved a handful of players by the end of last season – might have diminished on their own.

And while some fans might have continued to be upset with the league, the owners would have won points by supporting the players, a significant issue with contentious talks over the collective bargaining agreement looming.

Instead, they have the worst of all worlds – players are angry at the owners, and the president continues to attack the league. Not that they weren't warned.

Mexico Wages a Psychological Battle Against Its World Cup Demons



By Raúl Vilchis

The New York Times, June 6, 2018

ARLINGTON, Tex. — It is a legacy of World Cup consistency, but one in which Mexico no longer wants any part.

For six straight World Cups, Mexico has sent a team to the tournament. And for six straight World Cups, it has cheered its heroes through the first round only to see them crash out in the second.

One coach after another has tried to break the streak. A few emphasized hard work. One appealed to national pride. One even sought a new mind-set, and a different kind of ending, at the top of an ancient pyramid.

As Mexico arrives at the World Cup in Russia, it will be with the country's most promising lineup in decades. More than half the players on the roster have experience in top European teams or leagues. Several are Olympic gold medalists, and a couple of others were world champions as teenagers.

But the biggest hurdle facing El Tri is likely to be psychological: Does Mexico have the mental strength to go with its obvious soccer skill to overcome its troubling reputation for crashing out in the second round?

To break the spell, Mexico's soccer federation and its coach, Juan Carlos Osorio, have tried an untraditional solution: In 2016, they added Imanol Ibarondo to the coaching staff as what they called the team's mental coach. Osorio has defended the decision, amid fierce criticism from the unrelenting Mexican news media, as standard practice in modern sports.

"The United States is a top country in the world and all the athletes have mental help," Osorio said. "What is wrong with that?"

A Cultural Shift

While a focus on the mental approach was unusual for Mexico, it was not unprecedented. In 2006, the team's coach experimented with an amateur spiritual guide who took players to the top of the country's ancient pyramids to "charge energy."

Subsequent coaches shunned the importance of therapeutic practices, even as top clubs and other national teams embraced them, because of a tradition of viewing mental preparation with a degree of skepticism.

Ibarrondo is not a licensed psychologist. He was briefly a professional soccer player in his native Spain in the 1990s before retiring and reinventing himself as a sports leadership guru. In 2006, he founded Incoade, a coaching institute in Bilbao, Spain, with a mission of increasing "awareness and responsibility" so athletes, coaches and staff members can become the "protagonists of their own talent development." Ibarrondo wrote a book about his methods outlining seven pillars of teamwork, including focusing on empathy and positive thinking.

Despite some previous skepticism, Osorio and several players said, the team has embraced his presence. At a friendly here in March, defender Miguel Layún and strikers Javier Hernández and Marco Fabián were among the players who said they welcomed the decision to have someone around who was trying to break the team's old habits.

"Our confidence is now at the top," Fabián said. "He's made us feel that we are all in the same boat, working toward the same goal."

Osorio said that during Mexico's training camps, Ibarrondo organized two big activities for the team without the coaching staff. He said the sessions could get emotional. "It's good that the players show that, instead of anger toward the media," Osorio said.

"What's good about Ibarrondo is that he can motivate based on ideas that are rooted in soccer," said Francisco Palencia, a former forward who had worked with him before. "He knows how to talk about the game because he played it himself."

Ibarrondo, citing privacy concerns, declined to comment about his interactions for this article. But in a discussion with reporters on May 25 at the team's media day in Los Angeles, he said he was pushing the team not to focus on getting to the fifth game. "Let's talk about the first one, and the one after that, and then the one after that," he said. "I am not going to think about the third or the fourth because there is always one" to focus on.

His style is to use group meetings, and then one-on-one time with each player, in an effort to draw out his individual needs. “His process consists of transformative conversations,” Palencia said in a telephone interview from his home in Barcelona, Spain. “It encourages people to become the best version of themselves.”

But the team’s record since Ibarondo’s hiring is mixed. In Mexico’s first match after he took an official role, it broke a long losing streak against the United States by winning a World Cup qualifier in Columbus, Ohio. But the next summer, Mexico settled for a tie in the return match in Mexico City, then crashed out of the Confederations Cup in Russia weeks later with a humbling 4-1 loss to Germany.

Critics of the team, and of Osorio, pointed to the defeat as merely the latest example of a Mexican team crumbling in the late stages of a competition. Even as Mexican officials have put their faith in Ibarondo, Osorio acknowledged the difficulty of seeking a magic formula. The “players will acquire their mental strength by competing,” he said in May, when announcing his preliminary roster for the World Cup. But given Mexico’s recent history in the tournament — a run of disappointments that earned Mexico the nickname “el equipo del ya merito,” or “the just almost team” — a new approach seemed worth a try.

In 1994, Mexico lost to Bulgaria on penalty kicks in the second round. In 1998, it was eliminated at the same stage when it lost a late lead against Germany. And in 2002, the United States dashed El Tri’s hopes — and wounded the nation’s pride — by beating Mexico, 2-0, in Jeonju, South Korea.

Four years later, the Argentine coach Ricardo La Volpe, taking charge of Mexico’s team, was the first to acknowledge what seemed obvious to others: that no matter how much Mexico denied it, the team had an existential problem, a lack of confidence that was holding the players back.

“We shrink in situations when there is no reason to shrink,” La Volpe said in 2016.

An Outside Voice

La Volpe argued that Mexican players had little trouble performing at their peak for their club teams, but they seemed intimidated by the experience of more established opponents when they were called to represent their country.

“That’s when you need someone who understands psychology who can help,” La Volpe said.

La Volpe's solution was to hire Catalina Camacho, an architect he had met while coaching in Toluca, a suburb of Mexico City. La Volpe was impressed with Camacho's expertise in history and feng shui, the Chinese practice of harmonizing human surroundings with the natural world. He thought those skills could help metaphysically ground his players and build their self-esteem.

Camacho's unorthodox techniques included outfitting the coach with a tie for games decorated with a dragon — an effort to attract powerful energy — but she also took the team on a trip to the top of the massive pyramids of Teotihuacán, which she described as a place where men go to die only to be converted into gods.

The players were instructed to clasp hands in a circle and breathe together deeply, close their eyes and blow into the wind to the four directions, said Palencia, then still an active player. In a blog post about her practice, Camacho, who did not respond to requests for comment about her methods, described how she told the players to write down their deepest fears, put them in a coffin and then bury it. She contended the rituals would help players overcome their doubts and encourage team cohesion.

La Volpe said Camacho was integral to Mexico's success in qualifying for the 2006 World Cup in Germany. But in a tense game in the second round against Argentina, Mexico tied the South American powerhouse over 90 minutes only to lose in extra time.

Once again, it had failed to advance to the quarterfinals, and the experiment ended. La Volpe's successor, Javier Aguirre, flatly rejected the idea of bringing in outside help.

"If I bring a specialist, a sports psychologist, the players won't respect him," Aguirre told a television interviewer ahead of the tournament in South Africa. "They'll mock him, boycott him."

Yet Aguirre's team went out at the hands of Argentina in the second round, too. The same script played out again at the 2014 World Cup in Brazil, when Mexico brought in the firebrand Miguel Herrera but exited in the second round for the sixth straight World Cup. A year later, Herrera, too, was gone.

Osorio was unbeaten in his first 10 games in charge, but after a humiliating 7-0 loss to Chile in the Copa América Centenario in 2016, the team was once again facing questions about its

mental fortitude. That was when the federation suggested to Osorio that he bring Ibarondo onto the coaching staff. He said he found a team “in pain.”

Whether he can change its luck is another matter. Mexico was drawn into a first-round group with Germany this year. Still, most predict its talent will be enough to survive the group stage again.

Its most likely opponent there? Brazil.

FINAL TEST

Vocabulary

1. Choose the correct variant.

1. a kind of swimming in which one arm is pulled through the water while the other is carried over the surface is called:

- a) butterfly;
- b) crawl;
- c) backstroke

2. The act of running and jumping over an obstacle at speed is:

- a) marathon race;
- b) equestrian events;
- c) hurdling.

3. Dead heat is the same as:

- a) a shutout;
- b) a draw;
- c) extremely challenging contest.

4. The Tour de France is:

- a) a cycle race;
- b) a tennis tournament;
- c) a 24-hour car race.

5. The target is:

- a) the point at which competitors in biathlon are to shoot;
- b) one of the buoys in yachting;
- c) the final point in downhill races.

	2,5
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2. In which sport or game do you use the following?

- | | |
|--------------------------|------------------|
| 1. big round gloves..... | 6. arrow |
| 2. trampoline | 7. barbell |
| 3. sabre | 8. javelin..... |

4. rifle 9. bow
 5. net 10. rope

	2,5
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3. Fill the gaps in the gaps with the appropriate words relating to football.

1. Ais a type of free kick in association football, taken from twelve yards (approximately eleven metres) out from goal and with only the goalkeeper of the defending team between the taker and the goal.
2. In sports, ais an individual involved in the direction, instruction and training of the operations of a sports team or of individual sportspeople.
3. Ain football (soccer) is an unfair act by a player which is deemed by the referee to contravene one of the Laws of the Game.
4. Ais a method of starting a drive in American football or Canadian football. It occurs at the start of each half and before each overtime (in the National, Canadian, and Arena Football Leagues).
5. Strikers, also known as....., are the players on a team in association football (soccer) in the row nearest to the opposing team's goal, who are therefore principally responsible for scoring goals.
6.usually broadcast live during events in an essentially unscripted way although they may refer to prepared materials such as sports statistics. Spontaneity, enthusiasm, and partisan comments are sometimes valued by those watching or listening to sports.
7.is an observer of an event or person who looks on or watches; onlooker; observer.
8. Theis the line on either side of the playing area of a game of Rugby football and of the game of Association Football (soccer). In many other sports it is called a side-line.

9. If the teams remainafter the scores have been averaged out, the result of the game which involved the two teams will be seen as the deciding factor between the teams

10. Chelsea's England midfielder Frank Lampard is expected toLiverpool in the second leg of the Champions League semi-final at Stamford Bridge

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4. Paraphrase the sentences replacing the words in italics with the idioms, proverbs or sayings from all units.

1. If they ever try to fire her, she always *has some power to control it*, since she knows about the boss's unscrupulous business practices.

2. "So how was the party last night?" "Oh, it was great – we *enjoyed ourselves really a lot!*"

3. At the end of our tiresome expedition I suddenly *felt a burst of energy* into my entrails and was able to set out a new one.

4. *To do something in a hurry may bring to sad consequences.*

5. My business is not going pretty well now, and I *have some financial problems* at present.

6. It's difficult for him to make some decisions now. He allowed *the things go their own way*.

7. "Fred, you went too far. *You're risking* to irritate me," said Charlie.

8. We thought it hard that Mr. Smith's health should break down just as he had reached success; but we realized that *it was just his fortune*.

9. He had some negotiations with the leading members of the Chamber, and now the process *is set off*.

10. We have no time to discuss it now. Let's go and *be that as it may*.

	2
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5. Translate the sentences into English.

1. Лижні види спорту – це гірськолижний спорт, стрибки на лижах з трампліну, перегони на пересіченій місцевості та інші.

.....
.....
2. До літніх видів спорту відносяться легка атлетика, біг на коротку та близьку дистанцію, різні види стрибків, штовхання ядра, малий та великий теніс.

.....
.....
3. Одним з найбільш екстримальних видів спорту є повітряний спорт, такий як стрибки з парашютом, планеризм, дельтапланеризм, стрибки з мотузкою тощо.

	3
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Reading

Read the text and proceed to the tasks.

A Look at the Intriguing History of Snowboarding (By Keith Kingston)

To say who actually invented the sport of snowboarding would be impossible because people have always loved to slide down a snow-covered hill. Soaring through the snow on some kind of seat or board is nothing new. The ways to enjoy the snow are numerous, and people have devised ways to turn garbage can lids and cardboard into 'snow boards' to enjoy an afternoon frolic outdoors. The various ways to glide through snow have become more sophisticated and have evolved into using polished boards or skis in much the same manner as a surfboarder would ride a wave.

There have been many attempts at developing a modern snowboard. In 1965, the 'Snurfer' (a word play on 'snow' and 'surfer') was developed as a child's toy. Two skis were bound together and a rope was placed at the front end to afford control and stability. Over 500,000 'Snurfers' were sold in 1966 but they were never seen as more than a child's plaything even though organized competitions

began to take place. The year 1969 brought a slightly more sophisticated snowboard based on the principles of skiing combined with surfboard styling.

The ‘Flying Yellow Banana’ was developed in 1977. This was nothing more than a plastic shell covered with a top surface like that of a skateboard, but at the time it was considered a major advance in the little known sport of snowboarding. The first national snowboard race was held in the area outside Woodstock and was known as ‘The Suicide Six.’ The race consisted of a steep downhill run called The Face in which the main goal was probably mere survival.

Snowboarding continued to increase in popularity over the next several years. In 1985 the first magazine dedicated specifically to snowboarding hit the news stands with huge success and furthered the popularity of this exciting sport. Hoards of fans began to organize regional events and pretty soon snowboarding events were held in all parts of the world. In the year 1994 snowboarding was finally declared an Olympic event, much to the delight of fans. The not-so-new sport of snowboarding was finally recognized and meant a huge victory for serious snowboarders across the globe.

Retailers nation wide and around the world carry many types of snowboards, and the choice in specially made snowboarding gear is immense. Snowboarders have participated in the X Games and even charity events such as Boarding for Breast Cancer. From its early meager beginnings snowboarding has progressed into a fully recognized sport, and large numbers of people are turning to snowboarding for adventure, fun, and professional recognition.

6. a) Read the following statements and define whether they are true (T) or false (F).

1. The name of the inventor of snowboarding was difficult to state because of lack of documents.....T/F
2. ‘Snurfers’ were the prototypes of contemporary snowboardingT/F

3. The contestants of the 'The Suicide Six' aimed to come to the finish the first.....T/F
4. Snowboarding is nothing new and it has existed for many years.T/F
5. Sometimes snowboarding competitions are held as act of charity.T/F

b) Answer the following questions about the text.

1. What other sports does snowboarding resemble?
2. Why do a lot of people turn to snowboarding?
3. What are the predecessors of the contemporary form of snowboarding?
4. When was snowboarding firstly recognized as independent sport?
5. What was the earliest snowboarding equipment?

	5
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Listening

7. You will hear someone talking about the sport of elephant polo. For questions 1-10, complete the sentences.

Elephant Polo

Elephants are

 animals and so they enjoy elephant polo tournaments.

The

 of a goal in elephant polo is the same as in football.

A player and an elephant

 both sit on each elephant.

It is against the rules for the elephants to use their trunks to

 the ball.

A total of

 elephants are required for a game to take place.

The participants are in action for a total of

 during each game.

The stick used in the game is

 and

 .

The elephants sometimes want to

--

8

 in front of a goal.

An elephant with a bad

--

9

 will be taken out of a game.

African elephants are not used because

--

10

 cause a problem.

--

5

Writing

8. Write a short essay (up to 100 words) on the topic:

“Sport in Ukraine: Problems and Perspectives”.

--

5

General Progress:

--

30

ESSAY TOPICS

1. Should women sports get more coverage than the male sports? What is your opinion?
2. Dwell upon the problem of gender stratification through study of sports.
3. What proper measures can be taken to avoid sudden death in athletes during a game?
4. Dwell upon the problem of the sociological aspect of money and sportspeople.
5. Are sports drinks that safe? What do you think of the problem?
6. Children in professional sport: for and against.
7. Does corruption in FIFA have an impact on football fans? What is your opinion?
8. Should extreme sports be officially banned? Discuss both points of view and give your opinion.
9. Should there be any differences between sports for women and men? Give your opinion.
10. Recreational sports should be made must in offices to relieve excess stress. Do you agree with this?

ENGLISH-UKRAINIAN TOPICAL VOCABULARY

1. Sport. General Notions

- | | |
|---|---|
| 1. amateur sports – любительський спорт | 15. rivalry – суперництво, протистояння |
| 2. countryside activity – фізичні заняття на відкритій місцевості | 16. route – маршрут |
| 3. combat sports – єдиноборство | 17. run – біг, пробіг; захід, забіг |
| 4. dead heat – нічия | 18. (sports) scholarship – стипендія для подальшого заняття |
| 5. game – гра | 19. score – рахунок у грі |
| 6. indoor activity – заняття в приміщенні | 20. spectator – глядач |
| 7. leg – забіг, захід | 21. sport – спорт |
| 8. leisure activity – заняття у час дозвілля | 22. sports – види спорту |
| 9. outdoor activity – фізична діяльність поза межами приміщення | 23. summer sports – літні види спорту |
| 10. participatory sport – спорт, в якому береться безпосередня участь | 24. team sports – командні види спорту |
| 11. professional sport – професійний спорт | 25. winter sports – зимні види спорту |
| 12. race – перегони, гонки | |
| 13. record – рекорд | |
| 14. recreation – активний фізичний відпочинок, відновлення сил | |

2. Summer Sports

- | | |
|--|----------------------------------|
| 26. angling – спортивне рибальство | 30. basketball – баскетбол |
| 27. archery – стрільба з луку | 31. boating – катання на лодці |
| 28. athletics (track-and-field) – атлетика | 32. canoeing – плавання на каное |
| 29. badminton – бадмінтон | 33. motoracing – гонки на |

- автомобілі
34. mountain biking – велосипедний спорт у горах
35. parachuting – парашютний спорт
36. pentathlon – п'ятибор'я
37. pole vault – стрибки з шестом
38. cricket – крикет
39. cycling – їзда на велосипеді
40. decathlon – десятибор'я
41. equestrian events – конний спорт
42. football – футбол
43. gliding – планеризм
44. golf – гольф
45. gymnastics – гімнастика
46. handball – гандбол
47. hang gliding – дельтапланеризм
48. hiking – спортивна ходьба
49. hurdling=steeplechase – біг з перешкодами, бар'єрний біг
50. jogging – повільний біг
51. keeping fit – загальні вправи для того, щоб тримати себе у формі
52. lawn tennis – великий теніс
53. marathon – марафонський біг
54. rambling – пішохідний туризм
55. rifle marksmanship – стрільба у ціль із гвинтівки
56. rugby – регбі
57. sailing – плавання під парусом
58. shooting – змагання зі стрільби
59. shot-put – штовхання ядра
60. sky-diving – скайдайвінг
61. soccer – соккер, американський футбол
62. sprint – спринт, біг на коротку дистанцію
63. tennis – теніс
64. volleyball – волейбол
65. walking – ходьба пішки
66. water-polo – водне поло
67. water-skiing – катання на водних лижах
68. yachting – ходіння на яхті

3. Winter Sports

69. Alpine skiing – гірськолижний спорт
70. biathlon – біатлон
71. bobsleigh – бобслей
72. cross-country events – гонки на пересіченій місцевості
73. downhill (race) – швидкісний спуск на лижах з гори
74. figure-skating – фігурне катання
75. Nordic combination – лижне

двороборство
76. ski-jumping – стрибки на лижах з трампліну
77. skating – катання на ковзанах
78. skiing – ходіння на лижах
79. slalom – слалом
80. snowboarding – сноубординг

81. giant slalom – гігантський слалом
82. ice-hockey – хокей на льду
83. ice-yachting – ходіння на яхті у льодяній воді
84. supergiant slalom – супергігантський слалом
85. tobogganing – катання на санях, тоббогані

4. Indoor Activities

86. aerobics – аеробіка
87. billiard – більярд
88. boxing – бокс
89. chess – шахи
90. draughts – шашки
91. fencing – фехтування
92. judo - дзюдо

93. squash – сквош
94. table-tennis – малий теніс
95. Tai-Chi – тай-ші
96. weight-lifting – важка атлетика
97. wrestling – боротьба
98. yoga – йога

5. Equipment

99. arrow – стріла
100. axle – вісь
101. ball – м'яч
102. bar – брус
103. barbell – штанга
104. beam – перекладина
105. bobsled – бобслей (сані з рулем)
106. bow – лук
107. boxing gloves – боксерські рукавички
108. buoy – буй

109. canoe – каное
110. chessboard – шахматна дошка
111. discus – диск
112. draughtsman – шахматна фігура
113. epee – шпага
114. foil – рапіра
115. javelin – спис
116. jumping board – вишка для стрибків
117. hammer – топор, молот
118. leeward buoy – підвітрений буй

119. net – сітка

120. parachute – парашют

121. racket – ракетка

122. trampoline – батут

123. rifle – рушниця

124. rings – кільця

125. rope – канат, мотузка

126. saber – шабля

127. stick – клюшка

128. windward buoy – навітрений буй

6. Competitions

129. championship – чемпіонат

130. contest, competition – змагання

131. cup match – матч на кубок

132. match – матч

133. Paralympics – Паралімпійські ігри

134. tournament – турнір

135. World Cup – Кубок Світу

7. People in Sport

136. athlete – атлет

137. captain – капітан (команди)

138. challenger – претендент

139. coach – тренер

140. competitor, contestant – учасник змагання, конкурент

141. decathlete – декатлет (той, хто займається десятибор'єм)

142. fan – фан, шанувальник

143. goalkeeper (goalie) – вратар

144. medalist – медаліст

145. opponent – опонент, супротивник

146. outsider – аутсайдер

147. player – ігрок

148. record holder – рекордсмен

149. referee – суддя, рефері

150. sportsman (-woman) – спортсмен (-ка)

151. teammate – ігрок тієї ж команди

152. winner – переможець

8. Places and their Parts

153. all-seater stadium – стадіон з місцями для глядачів

154. court – корт

155. jumping tower – вишка для

стрибків

156. landing hill – спуск, на який опускаються після стрибка на лижах з трампліну

157. launching platform – платформа для стрибків з трампліну
158. pitch – нахил, скат
159. rink – каток
160. ring – ринг
161. semicircular crease – напівкругла межа, границя
162. spectator area – місця для глядачів
163. sport-centre – спортивний центр
164. swimming pool – басейн
165. track – траса

9. Sport Clothes and Items

166. anorak – анорак, куртка з капюшоном
167. armband – наручна пов'язка
168. breeches – бриджі
169. cap – кепка
170. chest guard – захисний жилет
171. elbow pad – налокотник
172. gaiters – гамаші, гетри
173. gloves – рукавиці
174. goggle – захисні темні окуляри
175. helmet – шолом
176. knee-pad – наколінник
177. padded shorts – шорти з м'якою устілкою
178. ski-boots – лижні боти
179. stocking – панчоха
180. sweater – свитер
181. track suit – спортивний костюм

10. Sport. Adjectives

182. exhausting – виснажливий
183. fair – чесний
184. honourable – почесний
185. martial – військовий
186. steep – крутий

11. Sport. Verbs and Verb combinations

187. beat – завдавати поразки
188. better the record – покращити рекорд
189. break the record – побити рекорд
190. cater (for) – надавати можливість, забезпечувати
191. chant slogans – скандувати, викрикувати репліки
192. compete, contest – змагатися
193. do some sports – займатися якомось видом спорту

194. end in a draw, } закінчуватися
 end in a dead heat } внічию
195. even the score – зрівняти проти / з кимось
 рахунок
196. get a surge of adrenalin – отримати сплеск адреналіну
197. give up sport – кидати спорт
198. keep (the) score – вести рахунок
199. go in for sports – займатися спортом
200. host – приймати до себе у гості
201. lose – програвати
202. originate – походити
203. play against (with) smb. – грати проти / з кимось
204. redress the balance – відновити рівновагу
205. set the record – встановити рекорд
206. score – набирати бали, очко
207. score a goal – забити гол
208. take the head – зайняти першість
209. take up sport – зайнятися спортом

12. Miscellaneous

210. accuracy of shooting – точність попадання в ціль
211. cheating – обман, шахрайство
212. crowd disorder – безлад у натовпі
213. penalty kick – штрафний бросок
214. pulse rate – швидкість пульсу

1 Tougher steroid fines for U.S. sport

A battle is ensuing in the American Congress and the corridors of power in major U.S. sporting organizations over steroid abuse among athletes. The biggest issue is the lenient stance baseball authorities take regarding the use of performance enhancing drugs. Baseball legend Hank Aaron, Major League Baseball commissioner Bud Selig and Republican Senator John McCain have all weighed in to try and get baseball to clean up its rather steroid-fuelled act. Their request is for tougher penalties to be meted out to players who illegally use drugs to boost their strength and power and get a competitive edge over their rivals. A Senate committee wants to standardize steroid policies in all professional sports, including the NFL, NBA and NHL.

At the center of the debate is the baseball player's union chief Donald Fehr. He is reluctant to move from the present 10-day ban for baseball players caught using steroids. Such a "penalty" would be laughable in any other sport and makes a mockery of baseball standards. Senator Jay Rockefeller singled out baseball players as the biggest violators of steroid abuse. He said: "They have negotiated reluctantly, if at all." A number of high profile baseball players have recently proved positive in drug tests but will probably continue their lucrative careers and accept the glory and accolades. Lawmakers are concerned that such trivial penalties for steroid abuse will send the message to children that cheating is OK.

2 Sport and Money

Speaker 1 Some people say sports stars are overpaid, but how you can really say that? I mean, who decides what people deserve to earn? It's all just a matter of opinion, isn't it? The fact is, sport generates a lot of money – because of TV rights as well as ticket sales. So the best players are worth a lot to their clubs. And they

can afford to pay them big salaries. So basically, why shouldn't they? It doesn't make economic sense to pay them any less! They'd just go to a different club. It's called competition.

Speaker 2 Personally, I think it's ridiculous that you can earn millions just for kicking a ball around, throwing it through a hoop or hitting it with a stick! I mean, think of all the really worthwhile jobs that people do – doctors, nurses, teachers – and ask yourself why a golfer should earn twenty times more than they do. If you ask me, it's completely crazy! People's income should reflect how much they contribute to society, how many people they help, that kind of thing.

Speaker 3 From all the fuss about it, you'd think footballers were the only people who earned a lot of money. What about bankers? Property developers? Chief executives? Some of these people earn even more! The way I look at it, sports stars deserve their money because they've got real talent. We've all tried to play tennis, or golf, or football – we know how difficult it is. These men and women are the best! To my way of thinking, they deserve their high salaries. And remember, they don't have very long careers – sometimes they're finished by the time they get into their early thirties.

Speaker 4 I don't mind them earning a decent amount of money. There's no doubt about it, they do have to train hard. But millions? That's completely unnecessary. There are people all over the world who don't even have enough money for food, and yet the top footballers, for example, are paid thousands of pounds a day. It's obscene, really. The way I see it, nobody should earn thousands a day when people around them are starving. That kind of inequality is just plain wrong.

Speaker 5 I don't understand why people moan about how much money sports stars earn. Why does it matter? They do a good job – they entertain us, don't they? Let's face it, it's envy, isn't it? That's why people complain. Basically, they just want all those things the sports stars have got but they haven't – the fast cars, the lifestyle. The bottom line is, these people are massive, global celebrities – so of course they're going to earn big money, just like film stars and pop stars.



3 Indoor skydiving

Presenter: OK, now we come to our regular spot on extreme sports. And this week our fearless reporter Tom Walker has been trying out something called indoor skydiving. And he's with me now. Tom, what's this all about?

Reporter: Well, it's the same as skydiving jumping from an airplane and freefalling through the air without opening your parachute for some time except that you do it in an indoor wind tunnel. And there's no plane, and no parachute, and, so I was told no danger! So it gives you a taste of doing an extreme sport, but it isn't quite so extreme

Presenter: Right, now where did you do it?

Reporter: Did it in a vertical wind tunnel at an adventure sports centre called Runway.

Presenter: What exactly is a vertical wind tunnel?

Reporter: Well, it's a tunnel that gets filled with air. The air is provided by four enormous industrial fans of a kind that usually provide air for underground systems. These fans produce a column of air that rushes through the tunnel from below more than 160 kilometers per hour. When you're in the tunnel, you float on this air. The machine has been described as being like an enormous hairdryer. It allows you to fly as if you had fallen from a plane. But you are only two meters off the ground.

Presenter: And it's completely safe, is it?

Reporter: Yes. There are bars across the top of the tunnel to stop you flying off up and out of the tunnel. The tunnel is four meters wide and has glass walls. The only small problem you might have is that you keep bashing into these walls. But you're not really going to hurt yourself a lot by doing this; the only injuries you are likely to get are sore elbows and knees. In fact, it's so safe that the centre is open to anyone over the age of four. In America, where the idea was invented by the military in 1994, pensioners in their eighties regularly have a go.

Presenter: Wow! So how did you get on when you went there?

Reporter: Well when got there I watched the training instructors running through their routine. They were doing all sorts of moves in the tunnel, such as barrel rolls, something they call helicopters spinning on their heads in mid-air, and back flips. Watching them do all that before went into the tunnel left me feeling. And the roar of the electric motors that power the fans like a plane taking off and so loud you need ear-plugs. Added to my fear...

Presenter: What happened when you went into the tunnel?

Reporter: Like all beginners. was given a couple of two-minute sessions in the tunnel, which seems short, but since the average freefall from a plane lasts only one minute. You realize it is more than plenty. Held down by my instructor, floated in the position I was told to keep to with my hands out in front of me as if was holding a ball of air for the whole session. The only time he had to correct me was on the occasions threatened to out of reach or, as if by instinct disappear out of the entry-exit door.

Presenter: Sounds exciting **Reporter:** Yeah, it's great fun. In fact the person who came up with the idea and set up the centre calls it a mile machine, because nobody can go into the tunnel without smiling.

Presenter: So you recommend it?

Reporter: Yes, it's just like real skydiving. Except that you don't have the view or the expense! And it's good both for beginners and extreme skydivers. In fact, in some places it has developed into its own sport, known as body flying. There are already competitions in that sport **Presenter:** Thanks. Tom, if you want to find out more about the wind tunnel. (Fade)



4 Once in a gym

4.1

Candidate 1 The man in the centre of the photo seems to be enjoying the exercise class – I guess it's an exercise class in a gym. He appears relaxed, and doesn't look too tired. All the people in the class are wearing T-shirts or vest tops and shorts or leggings because I guess the class is hard work, physically. It looks like most of

them are men, except for the woman in the blue top. But I'm not completely sure – their faces are out of focus. They're all holding weights. The instructor is out of shot, but there must be one there because they're all doing the same thing at the same time.

Candidate 2 This photo shows an exercise class, most likely at a gym. It's quite busy – we can see maybe seven people in the photo but there are probably more in the class, and they're standing in rows. I can just make out a few more faces in the background. I can also see a mirror, I think, although it isn't clear. They're wearing sports clothes – shorts, vest tops and T-shirts. Everyone in the photo is holding weights. They look quite heavy! The man in the centre of the photo looks relaxed and focused, and I think the woman behind him is calm too, although her face is partly hidden. The other people in the photo look as though they're concentrating. Although the man with the blue T-shirt could be looking out of the window – I'm not sure because his face is blurred.

4.2

Candidate 1 I think it's important to be quite fit, yes. First and foremost, being fit makes it more likely that you'll live to an old age and won't have problems with your heart. Secondly, if you're fit, you can do more things without getting tired – for example, you can play sports. Even day-to-day things like running for a bus are easier if you're fit. And thirdly, people look better when they're fit – slimmer and healthier – and this is good for confidence. I'd even say that fit people are happier than unfit people. So, all in all, yes, it's important to be fit.

Candidate 2 I don't think it's particularly important to be fit. For a start, there's a difference between being fit and being healthy. Sure, good health is important. But unless you are a professional sportsperson, I don't think you need to be extra fit. Also, let's not forget that fitness is a big industry. They want you to think it's essential to be super-fit, but basically, they're just trying to sell you their kit, their sports drink, their clothes and so on. And most importantly, I think people should

worry less about their body and more about their mind. Don't go to an aerobics class, read a book – that would be my advice!

4.3

Candidate 3 I recently took part in a five-kilometre run for charity. It's not the kind of thing I'd normally do, but I did with a group of friends who really wanted me to take part. They were school friends. So I said yes. I'm not very fit, so the run itself was really hard work for me. In fact, I stopped half-way and sat down! I was feeling really miserable. But then, when I stood up, some of the spectators started cheering me – and that gave me the strength to finish the course. Looking back, I feel really proud of myself for finishing it. The run took place in a large park near the edge of town. It happened about ... oh, six months ago, I suppose. Yes, I was last summer.



5 Is Running a Sport?

Speaker: As someone who didn't even own a pair of running shoes until I was in my twenties, I think I'm well placed to talk about the virtues of taking up running. After a childhood and youth spent – or misspent – avoiding physical activity and sport at all costs, I am now, a decade and a half on, fitter and healthier than ever, and have completed more than 100 races, including ten marathons. Through my running I have gained a wonderful sense of independence, greater confidence, discipline and focus, a sanctuary from daily stresses and some great friendships. I can't quite remember what it was that first motivated me to go guffing and puffing my way around the block – but whatever it was, I'm thankful for it now. And that's why I am so keen to persuade you to do the same.

You will find out that no other exercise variety gets results as fast as running. Give it a go and I promise you three things. Firstly, every muscle from the waist down will become stronger, tighter and firmer while excess body fat will be sent marching. Secondly, you'll feel great about yourself. You'll have more energy, you'll feel alert and confident and you'll experience a real sense of

accomplishment as you gradually become fitter and stronger. Finally, you'll find that running is very easy to fit into your life. Unlike that exercise class, you don't have to be somewhere dead on six o'clock, unlike swimming you don't have to get to the pool before closing time, unlike tennis or squash, you don't have to rely on someone else to make it happen. You can go for fifteen minutes at lunchtime, or grab half an hour in the morning. You can hit the city streets or head for the park. All in all you can make running fit into your life without too much effort. And when you do, you'll be helping yourself not only to a healthier life, but a longer and happier one, too.

Is that a 'but' I can hear? 'But I'm too old/overweight/embarrassed..., etc.'. These are worries that people often reveal when they are faced with the prospect of taking up exercise. Well, I can't categorically say to each and everyone of you 'no, you are not right', but I can tell you I know people who have become runners in their 40s, 50s and 60s, and only wished they'd done it sooner. I know people who've gone out running in the streets in bad weather and risked funny looks from passers-by, in order to give running a go, and now wouldn't give it up for the world. After all, one of the greatest pleasures in life is overcoming fears and obstacles.

There is one warning, though. To reap these benefits, you have to approach running with patience and respect. Try to achieve too much too soon and you'll end up aching, disillusioned and possibly even injured. The golden rule is to start slow, and progress one step at a time. Some people improve quicker than others, too, so don't compare your progress to anyone else's.

Now we come to technique. If you remember only one thing about running technique when you're out there, remember to relax! It's impossible to run if you aren't relaxed. Unclench your fists, relax your jaw, keep your shoulders loose. Think 'up' before moving forwards. This helps you stay light on your feet, and makes you run tall rather than sinking into the hips. Remember to use your arms. Picture them as pistons, propelling you forwards. Keep them bent to roughly 90 degrees. It's particularly important to think about your arms if you hit an incline –

increasing the arm effort will help you get up the hill easier. What about breathing? Always a good idea, I find! Despite all the weird and wonderful theories about breathing in through your nose and out through your mouth, or breathing in time your footfall, I recommend just getting the oxygen in whatever way feels more comfortable for you.

Now, I'm going to give you the details of the Get Running Programme. This provides an 8-week schedule...



6 Statistics in Sport

Speaker 1 These statistics show the pattern of offending over the past three years, depending on age group and gender. For me, the most interesting aspect is the comparison between the numbers in columns three and four. I didn't realize that so many shoplifters were female. I think it's also surprising – and worrying – that there has been a sharp rise in the total number of offences carried out by women.

Speaker 2 This chart shows the result of a survey in which people were asked one simple question about their use of online services. It's easy to see at a glance that the vast majority of people are online every day – whether they're looking for information or wanting to make a purchase. According to the chart, very few people have no online access at all; and roughly equal numbers of people claim to use the Internet about once a week or once a month.

Speaker 3 I suppose the information itself isn't that surprising, but seeing it in this form really brings home to you how important things like solar energy and wind power have become in recent years. There's a definite trend away from conventional power stations and towards alternative forms. In particular, power companies which advertise their green credentials are definitely attracting a lot of customers.

Speaker 4 This chart shows how many people have left and entered the country every year for the past decade. As far as emigration is concerned, the rate has remained quite stable throughout that period. When we look at the trend for immigration, we can see that there has been a slight increase in numbers of

immigrants from other European countries and a slight decrease in numbers from developing countries. This is significant because it contradicts the assumptions which many people make about the situation.



7 Elephant Polo

Elephant polo player: Of course, polo is normally played on horses, and it's a very fast game. Well, we don't claim that elephant polo is the fastest game in the world, but we always maintain it's the biggest. The elephants do actually enjoy polo. Definitely it's a lot of fun for them because they're social animals, and a polo tournament is a week when dozens of elephants meet up, many from the same family, like a reunion. And of course they get fed extremely well—better than in their normal life. They use up a lot of energy and get through masses of sugar cane, especially at half-time.

The players sit on elephants and hit a white wooden ball using a long bamboo stick that has a polo mallet head on the end of it. The pitch is three-quarters about the length of a football pitch, and the goals are the same width as football goals. There's a basic saddle and the players are strapped onto the elephants. We've never had a serious accident. A mahout (an elephant handler) sits behind each player and guides the elephant. Sometimes the mahouts have their own games, guiding the elephant and hitting the ball as well. That takes incredible skill.

During a game, if the ball hits an elephant, that's fine. Their legs are quite thick and they do get in the way. Quite often they will kick the ball so that they can run after it. They're not allowed to pick up the ball with their trunks, though they sometimes try. That would be a free hit to the other side.

There are four elephants per team in a tournament. Plus the referee's elephant that's nine on the pitch at any one time. We usually have sixteen animals available on any given day, in four teams. There are two halves, called chukkas, in a game of elephant polo, the same as in normal polo. We play ten minutes of actual play. Whenever the whistle blows, the clock stops. A novice team might score one or two goals, if they're lucky, while an advanced team might score about ten

The polo rules are that a man can only hold the stick with his right arm, even if he is left-handed. Women can use both hands. Using the stick is hard work, because it's long and the head is heavy. By the end of the game, your arm will be aching. But it's an easy game to pick up with a little practice.

During the game, you chase after the ball on your elephant, going quite quickly, and you can easily miss it, though the elephant will often help you out with his foot. The elephants usually supply the entertainment. They might decide to lie down across the goal for fun but that's an absolute no-no.

Ultimately it's about elephants charging up and down the pitch, scoring great goals themselves and having a lot of fun. If the elephants didn't enjoy it, or if there was any form of misbehaving. They would be removed from the game sent off, if you like. It's not worth risking an elephant with an attitude problem

You get all sorts. You get big elephants that are a bit older and wiser, and we use a lot of small ones that can be exceptionally quick. We try to remove what you might call the elephant factor by swapping elephants and mahouts with the other team at halftime. If you've got elephants that don't normally live together, there can be some tension. The sport always uses Indian elephants. The problem with African ones is that their ears get in the way. And they're much taller.

Visual Section















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