

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ

**Державний заклад
«Південноукраїнський національний педагогічний університет
імені К. Д. Ушинського»**

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***Іноземна мова (англійська)
за професійним спрямуванням
для студентів Інституту фізичної культури, спорту
та реабілітації
(Навчальний посібник)***

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Даний навчальний посібник базується на комплексному підході до
вивчення англійської мови за фахом та відповідає сучасним вимогам
методики викладання англійської мови у вищому навчальному закладі
освіти.

Мета навчального посібника полягає у розвитку і вдосконаленні
вмінь і навичок усного та писемного мовлення, читання, слухання та
перекладу студентів, що набувають спеціальність «Фізична культура і
спорт».

ЗМІСТ

Передмова	4
Unit ONE	6
Unit TWO	22
Unit THREE	38
Unit FOUR	58
Unit FIVE	76
Unit SIX	95
Unit SEVEN	113
Unit EIGHT	133
Unit NINE	153
Unit TEN	173
Словник-довідник англо-українських спортивних	197
Рекомендована навчально-методична література	203

ПЕРЕДМОВА

Навчальний посібник «Іноземна мова (англійська) за професійним спрямуванням для студентів Інституту фізичної культури, спорту та реабілітації» адресований студентам першого курсу, які навчаються за напрямом підготовки бакалаврів зі спеціальності «Фізична культура і спорт». Він може бути використаний в курсі вивчення англійської мови в магістратурі і аспірантурі, а також науковцями, що займаються проблемами дослідження англійської мови за фахом.

У навчальному посібнику дотримано спадкоємність шкільної і вузівської курсів навчання іноземної мови, співвідношення видів мовленнєвої діяльності по етапах навчання, реалізовано вимогу професійно орієнтованого навчання.

Головною метою даного навчального посібника, поряд сформуванням основних видів мовленнєвої діяльності – говоріння, читання, письмо та переклад, стає розвиток креативності студента. Завдяки цілій низці завдань, що поступово ускладнюються, відбувається підвищення начального рівня володіння студентами іноземною мовою, досягнутого на попередній ступені освіти, а також оволодіння ними необхідним і достатнім рівнем комунікативної компетенції для вирішення соціально-комунікативних завдань у професійній і науковій діяльності при спілкуванні з зарубіжними партнерами, а також для подальшої самоосвіти.

Під час розробки навчального посібника ми виходили з концепції взаємопов'язаного навчання основним видам іншомовної мовленнєвої діяльності. Цей підхід визначив структуру і зміст навчального посібника.

Навчальний посібник спрямований на формування у студентів навичок і умінь читання літератури за фахом на матеріалі оригінальних текстів, а також розвитку у них навичок і умінь аудіювання, усного та писемного іншомовного мовлення.

Навчальний посібник побудовано на матеріалі оригінальних спеціалізованих текстів, які охоплюють цілий спектр актуальних професійно орієнтованих тем, які знайшли своє втілення в низці тематичних уроків.

Художнє оформлення, різноманітність наглядного та ілюстративного матеріалу, а також доступна побудова юнітів, сприяють підвищенню мотивації учнів.

Навчальний посібник налічує ключові слова до кожного з уроків, що дозволяє студентам об'єктивно оцінювати досягнуті результати, і забезпечує зворотний зв'язок.

Також у навчальний посібник входить словник-довідник професійних термінів. Він охоплює велику кулькусть основних термінів, що зустрічаються в текстах навчального посібника. Словник-довідник було побудовано за алфавітно-гніздовою системою. Провідні терміни розташовані в алфавітному порядку та за тематикою.

У кінці навчального посібника наведено рекомендовану навчально-методична літературу за спеціальністю.

UNIT ONE

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. advent	['ædvənt]	поява
2. ancient	['eɪnfənt]	стародавній
3. basic skills	['beɪsɪk skɪlz]	основні уміння
4. cheating	['tʃi:tɪŋ]	шахрайство, обман
5. development	[dɪ'veləpmənt]	розвиток
6. equestrian	[i'kwestriən]	кінний; верховий
7. exercise	['eksəsaɪz]	вправа, тренування, фізична зарядка
8. fair play	[feə'pleɪ]	гра за правилами; перен. чесна гра
9. humanity	[hju:'mænəti]	людство
10. invention	[ɪn'venʃ(ə)n]	винахід
11. javelin throwing	['dʒæv(ə)lɪnθrəʊɪŋ]	кидання спису
12. mass media	[mæs'mi:diə]	засоби масової інформації
13. military culture	['mɪlɪt(ə)rɪ kʌltʃə]	військова культура
14. monuments	[mɒnjʊmənts]	пам'ятники
15. preparation	[prepə'reɪʃən]	підготовка
16. professional athletes	[prə'feʃ(ə)n(ə)l 'æθli:ts]	спортсмени-професіонали
17. spear	[spiə]	спис; дротик, гарпун
18. sporting activities	['spɔ:tɪŋ æk'tɪvɪtɪz]	спортивна діяльність
19. stake	[steɪk]	жердина, кол
20. team sports	[ti:m spɔ:ts]	командні види спорту

2. Translate into your native language.

1. The motto of this marathon is «Can a sportsman's dream inspire a solution for humanity's most important problem – access to drinking water?» 2. We usually celebrate the International Day of Sport for Development and Peace every year. 3. You know exercise is good for you, but do you know how good? 4. To learn, practice and master the basic skills of sport is our main task. 5. The aim of technical preparation is to create and improve sports skills. 6. Spearfishing is an ancient method of fishing. 7. The stake activities committee usually plans more than just one sporting activity. 8. Talking about the sport of javelin throwing brings back memories of school sports days. 9. This book is important because it shows the history of the equestrian peoples and their

attitude to military culture. 10. Cheating is always around in team sports. 11. With the advent of mass media, professional athletes became more popular. 12. Fair play means honest and just play. 13. This magazine contains so-called 'Monuments' devoted to the invention of this game.

3. Guess what?

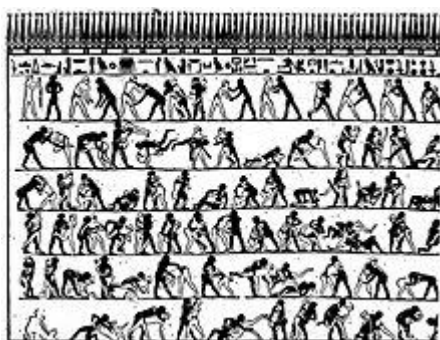
For example: They play an important role in the life of society. – Mass media.

1. It is generally used for the breaking of rules. 2. The fundamentals of the sport. 3. All forms of usually competitive physical activity. 4. To do something without breaking the rules. 5. They include any sport which involves players working together. 6. It is when using one arm, a metal-tipped javelin is thrown as far as possible.

4. Read and translate the text.

FROM THE HISTORY OF SPORT

Sport is probably as old as the humanity itself. The history of sport can teach us a great deal about social changes and about the nature of sport itself. Sport seems to involve the development and exercise of basic human skills for their own sake. All over the world people of different ages are very fond of sports and games. Sport not only helps people to become strong and to develop physically but also makes them more organized and better disciplined in their daily activities. Sports help people to keep in good health.



The early history of sports often involved the preparation and training for war or hunting. Hence there were sports games that involved the throwing of spears, stakes, and rocks, and of course lots of play-fighting. There are artifacts and structures that suggest that

the Chinese engaged in sporting activities as early as 2000 BC. Gymnastics appears to have been a popular sport in China's ancient past. Monuments to the Pharaohs indicate that a number of sports, including swimming and fishing, were well-developed and regulated several thousands of years ago in ancient Egypt. Other Egyptian sports

included javelin throwing, high jump, and wrestling. A wide range of sports were already established by the time of Ancient Greece and the military culture and the development of sports in Greece influenced one another considerably. Sports became such a prominent part of their culture that the Greeks created the Olympic Games, which in ancient times were held every four years in a small village called Olympia.



Some historians – most notably Bernard Lewis – claim that team sports as we know them today are primarily an invention of Western culture. European colonialism certainly helped spread particular games

around the world, especially cricket, football of various sorts, bowling in a number of forms, cue sports, hockey and its derivatives, equestrian (originally of Middle Eastern origin), tennis and many winter sports.

With the advent of mass media and global communication, professionalism became prevalent in sports, and this furthered sports popularity in general. With the increasing values placed on those who won also came the increased desire to cheat. Some of the most common ways of cheating today involve the use of steroids. The use of these drugs has always been frowned on but in recent history there have also been agencies set up to monitor professional athletes and ensure fair play in the sport.

5. Read the word - combinations and the sentences. Cover the left side and translate the right one into English.

- | | |
|---|--|
| 1. social changes | соціальні зміни |
| 2. basic human skills | основні людські навички / вміння |
| 3. swimming and fishing | плавання та рибна ловля/рибалка |
| 4. well-developed | добре розвинений |
| 5. prominent part of their culture | видатна частина їх культури |
| 6. desire to cheat | бажання обдурити |
| 7. to ensure fair play | забезпечувати чесну гру |
| 8. All over the world people of different ages are very fond of | В усьому світі люди різного віку дуже любляють спорт/спортивні |

- | | |
|---|---|
| <p>sports and games.</p> <p>9. The early history of sports often involved the preparation and training for war or hunting.</p> <p>10. Some of the most common ways of cheating today involve the use of steroids.</p> | <p>змагання та ігри.</p> <p>Спорт на самому початку своєї історії часто мав на увазі підготовку і тренування до війни або полювання.</p> <p>Деякі з найпоширеніших способів обману сьогодні припускають використання стероїдів.</p> |
|---|---|

6. Point out paragraph of the text telling about:

1. People's attitude to sport.
2. Sport's origin.
3. Team sports' invention.
4. Cheating in sport.

and speak on them.

7. Translate the sentences with new words into English and write them down.

1. Ось список спортивної діяльності спортсменів-професіоналів нашого університету. 2. Засоби масової інформації оголошують про появу кінного спорту в програмі цих ігор. 3. Обман або чесна гра? Що вибираєте ви? Пам'ятайте, ваше майбутнє залежить від цього рішення. 4. Кидання спису, підводне полювання і полювання з кілочком – прадавні види спорту. 5. Розвиток командних видів спорту в нашій країні відбувається дуже швидко. 6. Бачиш цей пам'ятник? Він нагадує про історію військової культури. 7. Які твої основні уміння? 8. Ця вправа занадто складна для мене. 9. Мені здається, що кращий винахід людства – це спортивні ігри. 10. У вас є план підготовки до змагань? – На жаль, немає.

8. Tasks for independent and individual work:

1. Write down essay on theme «Sport» (200 words).
2. Find additional information about the history of sport and be ready to present it to your groupmates.

Lesson B GRAMMAR PRACTICE

1. Read the following information. Remember it.

The Noun (Іменник) – частина мови, що позначає предмет і відповідає на питання: хто це? (Who is this?) або що це? (What is this?)

Іменники бувають жіночого(a girl, a woman), чоловічого(a boy, a man) та середнього

(a baby) роду.

Plural (Форма множини) іменників утворюється додаванням букви **s** : *a girl – girls*.

Закінчення **-es** додається в таких випадках, як:

- коли форма однини закінчується на букви **s, ss, x, sh, ch, tch** : *a class – classes*;
- коли форма однини закінчується на букву **y** з попередньою приголосною; при цьому у множині буква **y** змінюється на букву **i** : *a story – stories*;
- коли форма однини закінчується на букву **o** : *a hero – heroes*.

Кінцеве **f** або **fe** , змінюється в множині на **ves** : *a life – lives*.

Кінцеве **th** змінюється у множині на **ths** : *a path – paths*

Такі іменники утворюють множину зміною голосної кореня: *a man – men*.

Іменники *sheep, deer (олень), means (засоби), fish* мають однакову форму в однині і множині: *a sheep – many sheep*

Множина іменників *child і ox (бик)* утворюється додаванням закінчення – **en** , причому в слові *child* змінюється також голосний основи: *child – children*.

Деякі іменники, запозичені з латинської і грецької мов, зберігають форми множини, які вони мали в цих мовах: *datum (дана величина) – data (дані про що-небудь)*.

В англійській мові є іменники, які мають тільки форму множини. До таких іменників належать слова, які означають парні предмети: *trousers – штани, брюки*.

Деякі іменники в англійській мові вживаються тільки в множині: *clothes* – одяг.

His clothes are quite clean (множина). *Його одяг зовсім чистий* (однина).

Є іменники, які вживаються тільки в формі однини. Такими є незчислювані іменники (абстрактні і речові): *friendship, peace, money*.

Деякі незчислювані іменники в англійській мові вживаються тільки в однині: *advice* – порада, поради; *knowledge* – знання (одн. і множ).

Збірні іменники *people* – люди, *police* – поліція, а також іменники, утворені від прикметників і дієприкметників, *the poor* – бідні, *the rich* – багаті, *the wounded* – поранені мають тільки форму однини, але завжди узгоджуються з дієсловом у множині: *Are there many people in the library? The wounded were taken to the nearest hospital.*

2. Put the nouns in plural. Use them in the sentences of your own.

A sportsman, a spectator, a record, a champion, an athlete, a match, a gymnasium, a game, a medal, a team, a tournament, a trainer, a ball, a victory.

3. Translate into your native language.

1. Кінні турніри дуже популярні у Британії. 2. Я вважаю, що кидання спису – це спорт тільки для чоловіків. 3. Ці вправи занадто складні для нього. 4. Цей одяг ідеально підходить для зимових видів спорту. 5. Знання військової культури допомогло мені вступити до університету. 6. Ці дані про спортивну діяльність нашого спортсмена-професіонала не вірні.

4. Read the following information. Remember it.

Possessive Case (Присвійний відмінок). Присвійний відмінок іменників використовується для відповіді на запитання *чий? чия? чие? чий?*. Він утворюється таким чином:

Іменник в однині 's: *boy* — *boy's*.

Іменник у множині, який має закінчення –s змінюється на s': boys — boys'.

Іменник у множині, який не має закінчення –s змінюється на 's: men — men's

5. Paraphrase the following word-combinations and sentences using the Possessive Case.

1. The clothes of the boys. 2. The prescription of my doctor. 3. The room of her father. 4. The voice of his sister. 5. The life of that boy. 6. The name of this boy is Tom. 7. The aim of that player is cheating.

6. Read the following information. Remember it.

The Article (Артикль).

Неозначений артикль(**a/an**) використовується в наступних випадках:

1. Коли артикль відносить предмет до певного класу або групи предметів:
There is a ball on the grass.
2. Коли артикль використовується у числовому значенні, виражаючи число «один»: I shall come in an hour.
3. Коли предмет, особа чи поняття вперше згадані в тексті: Suddenly I heard a loud cry.
4. Та у стійких словосполученнях: as a result, at a distance of , at a speed of , in a hurry.

Означений артикль (**the**) використовується в наступних випадках:

1. Коли предмет або особа вже згадувалися або він є відомим з контексту:
This is a map. The map is large.
2. Якщо іменник є єдиним у своєму роді або в даній ситуації: The Bengal tiger is on the brink of extinction.
3. Якщо перед іменником використовується порядковий числівник або прикметник у найвищому ступені: He is the third guy in this room.

4. Слова *next, following, last, very, only* вимагають вживання означеного артикля: *In the following month we are going to London.*

7. З іменниками в множині, якщо ті в однині мали означений артикль та в у випадках, коли на увазі маються всі члени однієї групи: *He liked the presents I bought.*

Крім вищезазначених ситуацій, означений артикль *the* використовується з наступними власними іменами:

- з назвами гір, річок, морів та океанів : *the Dnipro, the Black Sea, the Atlantic Ocean;*
- з частинами світу: *in the North, to the West;*
- з назвами деяких країн, пустель: *the USA, the United Kingdom, the Sahara;*
- з назвами судів, газет: *the Queen Elizabet, the Guardian.*

Нульовий артикль(**No article**). Артикль не використовується:

1. Якщо мав знаходитися неозначений артикль, але його немає, оскільки іменник вживається у множині: *I see people having fun.*

2. З власними назвами: *I hear Lucky scratching the door.*

3. Якщо з іменником використовуються присвійні, вказівні, питальні і невизначені займенники або ж іменники у присвійному відмінку: *I love her stories.*

7. Put in a/an or the where necessary. Leave a space (-) if the sentence is already complete.

1. I bought ... pair of shoes.
2. If you want to play ... table-tennis, you need ... table tennis table.
3. They are staying at ... hostel.
4. ... athletics is ... Olympic sport.
5. I do not like ... football.
6. That is ... problem I told you about.
7. ... night is quiet. Let's take a walk!
8. ... UEFA Cup is ... European football tournament.

9. John traveled to ... USA.
10. Juan is ... Portuguese.
11. I watched ... amazing movie yesterday.
12. My brother doesn't eat ... chicken.
13. ... regular aerobic exercise can help you to maintain a healthy weight.
14. ... price of gas keeps rising.
15. I think ... woman over there is very unfriendly.
16. Usain Bolt is ... Jamaican runner and ... Olympic gold medal winner.
17. Linda can play ... football.
18. There isn't ... airport near where I live. ... nearest airport is 70 miles away.
19. Footballers don't wear ... trousers when they play. They wear ... shorts.
20. I saw ... movie last night.

8. Translate into English:

1. Столиця Об'єднаного Королівства – Лондон.
2. Мій друг Джордж походить зі Сполучених Штатів.
4. Купи молоко, кілограм цукру та буханку хліба, будь – ласка.
5. Наша команда – найкраща в Україні.
6. Будинок моєї сестри дуже просторий та світлий.
7. Біля вікна стоїть маленька дівчинка.
8. Він – найрозумніший учень нашого університету.
9. Батько мого друга - спортсмен-професіонал.
10. Спортсмен – це людина, що займається спортом.
11. На жаль, він не присутній на вашій лекції.
12. Вона грає в тенніс дуже добре.
13. У мене болить голова, іди до університету без мене.
14. Вчитель на лекції? – Ні, він у відпустці.
15. Урок англійської мови починається о восьмій ранку.
16. Який високий хлопець! Напевно, він грає у баскетбол.
17. Її дочка дуже схожа на неї: вона виглядає точно так, як молода Катрін.

18. Вода є життєво необхідною речовиною для нашого життя.

19. Обережно! Собака може тебе вкусити!

20. Це великий європейський магазин спортивних товарів.

9. Tasks for independent and individual work:

1. Find more information about the formation of plural nouns. Be ready to present it to your groupmates.

2. Give commentaries on word order in English.

10. Test of grammar and vocabulary.

1. Put the question to the following answers:

f.e. Tom Brown. - What's your name?

Ukraine.

I'm 35.

42 Freynman Road.

Twenty past seven.

762333589.

My friend's name is Jack.

He is my fellow student.

I'm sorry, I don't know.

2. Which of the nouns cannot form the plural number:

f.e. sportsman – can

money –

water –

team –

sugar –

athletics –

committee –

thesis –

sheep –

3. Put in the or a where necessary.

Janet: Wow, ... this gym is great! What ... fantastic workout!

Susan: Yes, I like coming here very much. What other sports can you do?

J: Well, I can play ... tennis, I can do ... little karate and I go windsurfing in ... summer.

S: You're very fit! I can't do many sports. I like coming to ... gym because ... exercises are easy.

J: Listen, I have ... idea. Why don't you come to ... karate class with me?

S: No, I can't do ... karate...

J: But you can learn! ... karate is ... great sport. How about coming with me on Saturday?

S: Well, ok.

J: Great, why don't we meet at my house at 10 in ... morning?

S: Sure, that's ... good idea. (changing subjects) By the way, what other hobbies do you have?

J: I like going to ... cinema, and reading a little.

S: Do you like ... cooking, or ... baking?

J: No, I can't cook. I'm ... horrible cook!

S: Oh, I love cooking. I tell you what. Why don't I cook lunch after ... karate class?

J: Now that's ... great idea!

S: OK, karate and lunch on Saturday.

4. Translate the following sentences:

a) In this world, there are many ways to exercise. Some are actual sports; others are specific types of exercise; all will make you sweat, somehow.

b) We all need to exercise. Even if you don't plan to make a career in sport you still have to practice. Regular exercises give you more energy.

c) Professional sport is also paid much attention to in our republic. There are different sporting societies clubs and complexes.

d) Every child likes to play games. When you are faster and stronger than your friends you win. So sport helps to build strong character.

- e) Sport helps you to understand life better. It helps to taste a sweet feeling of victory and teaches to lose with dignity; it helps to form new friendships and teaches you to be a true friend.
- f) Physical training is an important subject at school. Pupils have got physical training lessons twice a week.
- g) There are summer and winter sports. My favourite sport is swimming. I go to the swimming - pool twice a week.
- h) Exercise makes you feel and look better. The best exercise is one, which is involved, in repeated movements: walking, jogging, swimming.
- i) To tell the truth I don't do sports regularly and it is not an essential part of my daily life. In the morning I do some exercises just to awake.
- j) One of my best friends is a professional tennis player. I'm very proud of her.

5. Answer the questions. Write complete sentences.

Why is sport so important in our life?

Do all the people need exercise?

What should people who suffer from general tiredness do?

How does exercise change you?

What kind of exercise is the best?

Lesson C
PRACTICE IN SPEAKING
ACADEMIC SPEAKING

1. Read and translate the text.

MY BIOGRAPHY

Let me introduce myself. My full name is Irina Koval. I'm 17 years old. I was born on December 11th, 1998 in Odessa. It is a large and beautiful city. I grew up and studied in this city. Many young people would want to be on my place as Odessa opens up numerous career opportunities.

The school where I studied was right behind our block of flats. My favourite subjects included Physical Training, Geography and Foreign languages. I liked to study at school and my impressions of it were rather pleasant. This year I've graduated from high school and now I'm a first-year student of the day-time department.

I have entered the South Ukrainian National Pedagogical University named after K. D. Ushynsky. You know, that was my dream to enter this University. I worked hard to pass my entrance examinations well. And now I've become a happy member of the great, young family of students. My department educates teachers of physical education, coaches and specialists in the field of rehabilitation, recreation and tourism; it is also a centre of scientific research and a sport centre.

I want to become a famous coach. I like to play tennis. I go to play tennis every day. Sport is very important part of my life. I have been playing tennis for 5 years. I also take part in different competitions. I like being a student. Although it is my first year at the university, I have already managed to practice teaching kids at the camp. It was a great experience.

Why do I go in for sports? Because I think that it is very important for a man to be strong and well-built. Sport is not for weak, because, you have to learn how to lose, and it's not easy. My favourite proverb says: «A sound mind in a sound body».

Many new things and notions came into my life when I became a student. At first, I didn't know what they meant. Now I became familiar with such words as «a

freshman», «a sophomore», «an undergraduate» and such terms as «a period», «a seminar», «labworks». I know what it means «to make notes» etc.

I'm a freshman, as they call the first-year students. Everyday I get a lot of support from the staff members and fellow students; how to orientate myself in the new surroundings and how to integrate in the everyday life of the university. I learn a lot of new things and meet a lot of people totally different from my former classmates. It is nice to meet students with different ideas and goals, I am sure it will extend my vision.

My parents support me too. They want me to be a good specialist. My parents care about children's education; they told me, «Knowledge is the most precious treasure for everyone!» I always remember those words in my mind.

Also, I want to travel around my country to know more about it and have fun. I am excited for the many opportunities I have here and I will have. I will study hard to be better every day.

2. Find the Ukrainian equivalents in the right-hand column for the following:

a student of the day-time department	студент старшого курсу
education by correspondence	однокурсник
a freshman	штатні співробітники
students' scientific society	різні ідеї та цілі
an undergraduate	студент першого курсу
fellow students	заочне відділення
staff members	можливості кар'єрного розвитку
different ideas and goals	студент денного відділення
career opportunities	вступні іспити
entrance examinations	студентський науковий гурток

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Find the antonyms in the text to words:

education by correspondence –	ugly –
difficult –	weak –
worse –	to win –
young –	to break up –
small –	to baffle –

5. Retell the text «My biography».

6. Work with your partner. Ask and answer the questions.

1. Where are you from?
2. Is your town/village large or small?
3. What are your parents' names?
4. What do your parents do for a living?
5. Are you the only child in the family?
6. How many students are there in your group?
7. What schools did your friends finish (specialized, private, state-run)?
8. What school did you finish?
9. At what age did you go to the secondary school?
10. What were your favorite subjects at school?
11. Why did you enter our university?
12. Why did you choose this speciality?
13. How much time do you devote to your studies?
14. Do you often go to the library?
15. Do you often use dictionaries and encyclopedias?

7. Translate into English.

Віктор - студент денного відділення. Він вивчає англійську мову. У нього є друг Андрій. Він теж студент. Андрій вчиться на факультеті фізичного виховання на заочному відділенні. Його майбутня професія – тренер з теннісу. Йому дуже подобається грати в тенніс. Він хоче бути тренером, тому що його батько теж

тренер. Він працює у спортивній школі. Віктор та Андрій приїхали до Одеси з невеличкого села. Вони мають різні ідеї та цілі, але об'єднує їх одне - мрія працювати в Одесі, адже тут є можливості кар'єрного розвитку.

UNIT TWO

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. boxing	['bɒksɪŋ]	бокс
2. calisthenics	[kælɪsθenɪks]	ритмічна гімнастика
3. enthusiast	[ɪn 'θju:ziæst]	ентузіаст
4. excellent opportunities	['eks(ə)l(ə)nt ɒpə'tju:nɪtɪz]	прекрасні можливості
5. founder	['faʊndə]	засновник
6. inactive	[ɪn 'æktɪv]	не активний
7. indoor games	['ɪndɔ:r]	ігри в закритому приміщенні
8. similar	['sɪmɪlə]	подібний
9. to be fond of smth.	[fʌnd]	любити, подобатися
10. to establish oneself in favor	[ɪs 'tæblɪʃ]	бути в шані
11. to go in for smth.	—	захоплюватися чим- небудь, займатися (спортом)
12. to indulge in smth.	[ɪn 'dʌldʒ]	захоплюватися чим- небудь, займатися (спортом)
13. to initiate into smth.	[ɪ 'nɪʃieɪt]	залучати когось до чогось
14. to keep fit	—	бути у формі
15. to make smb. kin	—	робити когось близьким
16. to take the first place	[fɜ:st]	займати перше місце
17. to unite	[ju: 'naɪt]	об'єднувати
18. track and field events	[,trækən(d) 'fi:ld]	легка атлетика
19. wrestling	['reslɪŋ]	боротьба

2. Translate into your native language.

1. And I thank god I didn't know just how huge this man is in the track and field world. 2. There are many opportunities to keep fit and stay healthy; first of all it is necessary to do exercises. 3. This kind of sport makes the whole world kin. 4. She always gets the first place in any competition. 5. We are able to unite and set this record. 6. In ancient Greece, wrestling was one of the most popular sports. 7. With these fun indoor and outdoor games, your child's next birthday party will be the best! 8. Who was the first man to initiate you into sport? 9. The boy is so inactive, he doesn't want to go in for sport and never indulges in noisy games. 10. Boxing and calisthenics establish

themselves in favor in Ukraine. 11. He is fond of any kind of sport. 12. Are there other sports that require similar skills to tennis? 13. James Naismith is the founder of basketball, he was a Canadian American sports coach and innovator. 14. Physical education and sport provide excellent opportunities for young people to learn to communicate, cooperate, work in teams. 15. An outdoor enthusiast is a person who enjoys sports and activities in nature and wilderness areas. Interests associated with outdoor enthusiasts include hiking, fishing, hunting, and climbing.

3. Guess what?

1. It is a collection of sports events that involve running, throwing and jumping.
2. It is someone who is really passionate and excited about sports.
3. It is a combat sport in which two people engage in a contest of strength, speed, reflexes, endurance and will, by throwing punches at each other, usually with gloved hands.
4. A form of exercise which consists of a variety of exercises, often rhythmical movements, generally without using equipment.
5. Do little or nothing.

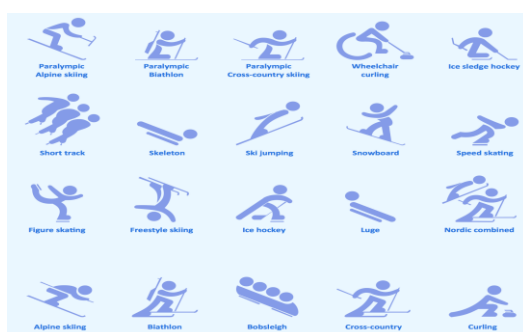
4. Read and translate the text.

SPORT AND GAMES



People all over the world are fond of sports and games. That is one of the things in which people of every nationality and class are united. All kinds of physical exercises are very useful to make our bodies strong enough to keep ourselves fit and healthy.

The most popular outdoor winter sports are shooting, hunting, hockey, in the countries where the weather is frosty and there is much snow – skating, skiing and tobogganing. Some people greatly enjoy figure-skating and ski-jumping. It's so nice to go to the skating-rink or to the forest



nice to go to the skating-on a frosty sunny day!



Summer affords excellent opportunities for swimming, boating, yachting, cycling,

gliding and many other sports. Among outdoor games football takes the first place in public interest; this game is played in all countries of the world. The other games that have firmly established themselves in favor in different countries are golf, lawn-tennis, cricket, volley-ball, basket-ball, and so on. Badminton is also very popular.

All the year round many people indulge in boxing, wrestling, athletics, gymnastics and track and field events. Scores of young girls and women go in for calisthenics. Over the last few years aerobics has become popular with young girls. It helps them to be slim, healthy and strong. The founder of this kind of sport was a well-known American actress Jane Fonda. Being a great enthusiast of aerobics she has been trying to initiate many young women all over the world into this sport.

Among indoor games the most popular are billiards, table-tennis, draughts and some others, but the great international game is chess, of course. The results of chess tournaments are studied and discussed by thousands of enthusiasts in different countries.

So we may say that sport is one of the things that makes people kin. To cut the long story short, we should admit that everyone must do all he can to be healthy. Physically inactive people get old earlier than those who have plenty of exercises. If you do daily exercises you feel refreshed, have a good posture, and that makes you feel good. Good health is better than the best medicine. You have «A sound mind in a sound body», as the old Latin saying goes. The English proverb «Sickness in the body brings sickness to the mind» expresses a similar idea, but from a different point of view.

5. Read the word - combinations and the sentences. Cover the left side and translate the right one into English.

1. public interest
2. slim, healthy and strong

громадський інтерес
стрункі, здорові та крепкі

3.	chess tournaments	шахові турніри
4.	physically inactive people	фізично неактивні люди
5.	get old earlier	старіти раніше
6.	do daily exercises	щодня робити вправи
7.	different point of view	інша точка зору
8.	Summer affords excellent opportunities for swimming, boating, yachting, cycling, gliding and many other sports.	Літо надає чудові можливості для плавання, веслування, яхтового спорту, поїздки на велосипеді, планеризма і багатьох інших спортивних змагань.
9.	The results of chess tournaments are studied and discussed by thousands of enthusiasts in different countries.	Результати шахових турнірів вивчаються і обговорюються тисячами ентузіастів у різних країнах.
10.	If you do daily exercises you feel refreshed, have a good posture, and that makes you feel good.	Якщо ви робите щоденні вправи, ви відчуваєте себе освіженим, у вас гарна осанка, і це сприяє вашому гарному самопочуттю.

6. Point out paragraph of the text telling about:

1. The things in which people are united.
2. Outdoor winter sports.
3. Excellent opportunities for many kinds of sport.
4. Outdoor games.
5. Calisthenics as a sport.
6. Indoor games.
7. The thing that makes people kin.

and speak on them.

7. Rearrange the following words into groups: a) winter kinds of sport; b) summer kinds of sport.

acrobatics, archery, badminton, baseball, basketball, boxing, calisthenics, chess, cycling – diving, fencing, football, hang-gliding, golf, grass-hockey, gymnastics, hockey, horsemanship ice-skating, mountaineering, parachutism, ping-pong = table-tennis, rowing, sailing, skating, skiing, soccer = football squash, surf-riding, swimming, track – and – field, volleyball, water – polo, weight – lifting, wrestling.

8. Say who does what?

e.g. sport/sportsman Someone who goes in for/does sports is a sportsman.

Someone who goes in for is a

acrobatics

fencing

badminton

judo

cycling

marksmanship

9. What do they do?

angler

diver

baseballer

glider

boxer

motor-racer

calisthenist

mountainist

10. Write down:

1. Five games where you can hit the ball (with various kinds of equipment).
2. Four games where you can pass the ball.
3. Three games where you can catch the ball.
4. Two games where you can kick the ball.
5. One game where you can head the ball.

11. Answer the questions:

1. Are there any games or sports that you watch but don't play?
2. Are there any games or sports you play/do yourself?
3. Are there any that you are good at?
4. Are there any that you hate?
5. Are there any that are not played much in your country?
6. Which game or sport is the most popular in your country?
7. Which of them is the most dangerous to your opinion?
8. Which game or sport requires the most strength?
9. Which one has the biggest crowds?

12. Translate the sentences with new words into English and write them down.

1. Один із найкращих засобів, які дають можливість оздоровити молодь, – це ритмічна гімнастика. 2. Ігри в приміщенні і на відкритому просторі дуже важливі для неактивних дітей різного віку. 3. Думаю, що саме ці ентузіасти найбільше заслуговують займати перше місце в групі. 4. Для тебе була різниця між молодіжним та дорослим боксом? – Звісно. 5. Цей турнір дає прекрасну можливість залучити майже всіх студентів, зробити їх близькими, допомогти їм досягати одного результату в команді. 6. Тренер має знати всі тонкощі свого виду спорту, а ще – вірити у майбутню зірку. Все це стосується засновника українського дзюдо Ярослава Волощука. 7. В Україні багато людей захоплюються яхтовим спортом. Мій друг приймає участь в змаганнях з цього виду спорту. Яхтовий спорт в країні новинка, а подібний турнір проводиться лише втретє. 8. Яким спортом ти захоплюєся? – Я люблю легку атлетику. 9. На початку ХХ століття в нашій країні були в шані такі види спорту як велоспорт, важка атлетика, боротьба й футбол. 10. В одеській області розпочинають проект «Будь у формі». Усі бажаючі можуть приймати в ньому участь. 11. Освіта має об'єднувати Україну, а не роз'єднувати. 12. Для того щоб стати здоровою і стрункою людиною, кожен повинен займатися спортом. 13. Рівень фізичної активності впливає на швидкість старіння організму людини. 14. Фізичні вправи в певному обсязі необхідні для здорового життя. 15. Без сумніву, плавання – один із найкорисніших видів спорту.

8. Task for independent and individual work:

Write down essay on theme «My favorite kind of sport» (200 words).

Lesson B

GRAMMAR PRACTICE

1. Read the following information. Remember it.

The Adjective(прикметник). **The Adverb**(прислівник).

Degrees of comparison(ступені порівняння).

Одно- та та деякі двоскладові прикметники та прислівники:

Positive (позитивний)	Comparative (вищий) - er	Superlative (найвищий) - est	Примітка
big великий	bigger більше	(the) biggest найбільший	Подвоєння приголосних на кінці слова з короткою корінною голосною.
early рано	earlier раніше	(the) earliest дуже рано	у (з попередньою приголосною) = і + -er/-est

Прикметники і прислівники з трьома і більше складами:

	more	most
interesting	more interesting	(the) most interesting

Нестандартні:

good/well	добрий, добре	better	(the) best
bad/badly	поганий, погано	worse	(the) worst
many, much	багато	more	(the) most
little	мало, маленький	less	(the) least
far	далеко, далекий	farther	(the) farthest
old	старий	older	(the) oldest

		elder	(the) eldest
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2. Form the degrees of comparison of the following adjectives:

short, bad, cold, yellow, heavy, loud, clean, large, comfortable, practical, modern, good, small, careful, interesting, difficult, weak, important, easy, fat, low.

3. Put the adjectives in brackets into the required degrees of comparison:

1. The twenty second of December is the (short) day of the year. 2. His plan is (practical) than yours. 3. Silver is (heavy) than copper. 4. I have (little) experience than you. 5. This book is (interesting) than the last one I read. 6. Why do you take the (far) way home? 7. London is the (large) city in England. 8. This student speaks English (good) than you.

4. Compare the objects according to the given example:

Example: A lemon – an apple (sour). A lemon is sourer than an apple. An apple is not so sour as a lemon. An apple is not as sour as a lemon.

The Black Sea – the White Sea (warm). 2. Oil – water (light). 3. Butter – caviar (cheap). 4. Stone – wood (heavy). 5. Carrots – cucumbers (useful). 6. China – Japan (large). 7. Meat – vegetables (expensive).

5. Make up Comparative or Superlative Degrees from the adverb in brackets:

1. Which of these two kinds of sport do you enjoy (much)? 2. Now I can see your result (clearly) than before. 3. He speaks English (correctly) of all in my class. 4. He is playing (badly) than usual. 5. She works (much) and (well) than she used to.

6. Memorize these proverbs with comparison and find Ukrainian equivalents:

1. The devil is not so black as he is.
2. East or west home is the best.

3. Better a glorious death than a shameful life.
4. Better late than never.
5. Four eyes see more than two.

7. Translate into English:

1. У мене є більший м'яч. 2. Наш учитель був найбільше задоволений результатами змагання. 3. Це завдання більш складне, ніж друге завдання. 4. Він такий же високий, як і його батько. 5. Хто може стрибнути якнайдалі?

8. Read the following information. Remember it.

The Pronouns (займенники).

1. *Personal (особові)*: I (я)/ me (мені, мене); you (ти)/ you (тобі, тебе); he/she/it (він, вона, воно)/ him / her / it (його, її, йому, їй); we (ми)/ us (нас, нам); you (ви)/ you (вас, вам); they (вони)/ them (їх, їм): Who did this?- Me. This car was bought for her;

2. *Possessive (присвійні)*: мій (my/mine), твій (you/yours), його, її (his/its,her/hers), наш (our/ours), ваш (your/yours), їхній (their/theirs): I have told my sister about that before. He is not a friend of mine;

3. *Reflexive (зворотні)*: себе (myself/yourself/himself/herself/itself/ourselves/themselves/ yourselves/oneself): Little Timmy fell and hurt himself. One must not live for oneself only;

4. *Interrogative (питальні)*: хто? (who?), що? (what?), чий? (whose?), який? (what?), котрий? (which? what?): Who knows the rule? Which of them is your brother?;

5. *Conjunctive (відносні)*: хто (who), що (what), чий (whose), який (what), котрий (which, what): The pencil that you gave me is very sharp. I know who you are;

6. *Demonstrative (вказівні)*: цей (this), той (that), такий (such): This happened not so long ago in contrast to that event;

7. *Defining (означальні)*: всякий, усякий (every; any), весь, увесь, ввесь (all; whole), кожний, кожен (every), інший (another), сам (self; alone), самий (the one; the same): Every student has to know schedule. He needs another Math tutor;

8. *Indefinite (неозначені):* хтось (somebody), щось (something), хто-небудь (somebody), будь-який (anything), будь-хто (anybody), будь-що (anything) etc.: I need to buy something. He will believe in anything.

9. *Negative (заперечні):* ніхто (nobody; no one), ніщо (nothing), ніякий (no; none; any), нічий (nobody's), ніскільки (not at all; not a bit; nothing): He doesn't remember anything. This wasn't a surprise for anyone.

9. Insert in each blank the form of pronouns which you consider correct: (I – me; we – us; you – you; he – him; she – her; it – it; they – them).

1. It was ... who helped me most.
2. They invited you and ... to the party.
3. Very few could do it faster than
4. This book was intended for you and
5. My friend, ... are mistaken.
6. They came to see
7. She told ... about her life.
8. When we make mistakes, our teacher corrects
9. It takes ... only 10 minutes to go home.

10. Fill in the blanks with proper possessive pronouns:

1. She has come to see ... mother.
2. Put on ... coat and go for a walk.
3. Tell him not to forget ... note-book.
4. If they inquire about me, tell ... that I am well.
5. Economics, like any other social science, has ... own vocabulary .
6. Students work hard to perfect ... language.
7. She has no children of ... own.
8. A friend of ... told me this.
9. The dog broke ... leg.

11. Translate into English using personal and possessive pronouns in the appropriate form:

1. Це моя ракетка, а то твоя, неси її сам. 2. Скажи це йому, а не мені. 3. Де вона? Я її не бачу. 4. Що з нею? Вона хвора. 5. Їй сьогодні краще. Скажи про це лікарю. 6. Учні повинні робити домашнє завдання самі. 7. Я не бачив його вчора. 8. Ми запитали його: «Як ваше прізвище?» 9. Погода була хороша, і діти попросили свою сестру повести їх в парк. 10. Я візьму ці журнали і прочитаю їх вдома.

12. Tasks for independent and individual work:

1. Find more information about pronoun one, relative and indefinite pronouns. Be ready to present it to your groupmates.
2. Give commentaries on translation rules of the construction “there is/there are”.

13. Test of grammar and vocabulary.

1. Fill in the correct form of the words in brackets (comparative or superlative).
 - a) This is (exciting) football match I have ever seen. b) She's (healthy) than me. c) And she's (slim) than me too. d) (Exciting) sport to watch for me is boxing with fighting spirit.
 - e) Hide and Seek goes down in the record books as probably (popular) outdoor game of all time. f) If you want to take the first place you must work (much).
2. Write the sentences of your own with the following comparisons
f.e. as easy as: The teacher says that to learn to swim is as easy as ABC.
as hungry as, as white as snow, as hot as fire, as clear as day, as green as grass, as cold as ice.
3. Put in the appropriate pronoun:
 - a) They injured ... during the rugby match.
 - b) I taught ... to play tennis.

- c) The author signed the book for me ...!
- d) My brothers always compete with ... in sport.
- e) It's not our fault. You can't blame
- f) Who repaired your bicycle for you? – Nobody. I repaired it
- g) We've got a problem. I hope you can help
- h) I need you and you need me. We need
- i) I don't know who will win but ... is sure to be a good match.
- j) It was a good idea of ... to go swimming this afternoon.

4. Answer the questions. Write complete sentences.

- a) Do you play any sports?
- b) Are you a good soccer player? Basketball player? Baseball player? Rugby player? Tennis player?
- c) Are you a member of any sports team?
- d) What sports are you good at?
- e) Do you think athletes earn enough money, not enough money or too much money?
- f) Do you think everybody should practice sports? Why?
- g) Do you think that parents are too involved in their children's sports activities?
- h) How often do you exercise?
- i) Is it good that professional sports are so commercial nowadays? Why?
- j) What do you think is the most popular sport in the world? Why?
- k) What do you think the top five most watched sports are in the world?
- l) What is the most dangerous sport? Why?
- m) What is the most expensive sport? Why?
- n) What do you do to keep fit?
- o) Sometimes sports teams ask the city to help them build a new stadium. Do you think the city should give money for this? Why or why not?

Lesson C
PRACTICE IN SPEAKING
ACADEMIC SPEAKING

1. Read and translate the text.

MY UNIVERSITY

I think everybody knows that education is necessary to be successful in our life. I would like to work in the field of physical culture and sports in future and to become a professional sportsman and a basketball coach. To get my profession I need a university graduation. So after finishing school I passed the entrance exams and entered the South Ukrainian National Pedagogical University, the faculty of physical education. It will be a long course – five years of hard and constant studies: lectures, seminars, practical classes and test periods. The academic year lasts for 10 months and there are vacations twice a year: in winter and summer. I feel proud of my faculty as among its graduates are the winners of many competitions and the world champions.

Our university is one of the oldest education institutions of Ukraine, the history of the University goes back to the Pedagogical Institute which was founded on the 2nd of May in 1817. It is the first Pedagogical establishment created in the south of Ukraine.

The international authority of the University in developing modern teacher training system, scientific research in fundamental and applied sciences is high enough. Our scientific researchers work on the perspective pedagogical technologies, basing on the world tendencies of the education development and achievements in the fields of Pedagogy, Psychology, History, Philosophy and natural Sciences. The University has significant experience in training high qualified specialists and acknowledged international reputation. It was the 1st Pedagogical Ukrainian University accepted to Association of European Universities. PNPU is a member of the International Association of Universities from 2008. Our educational establishment cooperates with different Universities of Europe, Asia and the USA. The instructors and professors of our university take into account the experience of West countries in the field of training specialists at the Universities of the USA, Germany.

Almost 100 thousand teachers, who work in our country and abroad, have been trained at the university during the period of its existence. The students, masters, postgraduate students, persons working for a doctor's degree from 23 countries are taught at the university. The overwhelming majority of the students receive state scholarship and are provided with hostel accommodation. The students have free access to the libraries, reading-rooms, laboratories, computing center, etc. The University has great sporting facilities including gyms, tennis courts, football pitches, a swimming pool and more.

The students and graduates are the pride of the University, among them there are 5 Heroes of Ukraine, National teachers, world known distinguished scholars, writers, artists, sportsmen, who won 22 gold medals in the Olympic Games.

2. Find the Ukrainian equivalents in the right-hand column for the following:

necessary to be successful	фундаментальні і прикладні науки
university graduation	визнана міжнародна репутація
establishment	переважна більшість
take into account	вільний доступ
international authority	проживання в гуртожитку
fundamental and applied sciences	закінчення університету
significant experience	отримувати державну стипендію
acknowledged	необхідно, щоб бути успішним
international reputation	
free access	приміщення (споруди) для зайняття спортом
overwhelming majority	установа
receive state scholarship	гордість університету
hostel accommodation	міжнародний авторитет
sport facilities	видатні вчені
pride of the University	взяти до відома

distinguished scholars

значний досвід

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Fill in the gaps with the following words:

freshman, college, schedule, semester, classes.

1. A complete listing of courses offered will be found in the class
2. A ... is someone in their first year of (an American) university.
3. Students must pay all their fees before the start of each
4. At university = At
5. How many ... are you taking this semester?

5. Retell the text «My university».

6. Work with your partner. Ask and answer the questions.

Why did you choose this university?

What clubs and societies are you involved in?

Is it easy to study at the university? Why?

Is it easy to get into the orchestra/chorus/play or athletic team of your choice?

When our educational establishment was founded?

What are the majority of the students provided with?

Where do the students have free access to?

Does the University have any sports facilities?

How long does the course of studies at the Institute last?

When do the students have an examination session?

What do the students have to submit at the end of their studies?

What do the instructors and professors take into account?

What do you like best/ hate the most about the university? Why?

7. Translate into English.

Університет для мене – та умова, яка необхідна, щоб бути успішним. Це величезні можливості для розвитку, для отримання значного досвіду. Найяскравіші моменти мого студентського життя пов'язані з лекціями видатних вчених, які є гордістю нашого університету.

Мій університет з визнаною міжнародною репутацією дав мені все: путівку в життя, освіту, місце роботи. Мої батьки, друзі – ми всі закінчили педагогічний університет з різних спеціальностей, але всі змогли знайти свій шлях в життя.

UNIT THREE

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. acceleration	[əkˌsələ'reɪʃ(ə)n]	прискорення
2. best prepared	[best pri'peəd]	підготовлений краще за усіх
3. dynamic vision	[daɪ'næmɪk'vɪʒ(ə)n]	динамічне зорове сприйняття
4. evaluation	[ɪˌvælju'eɪʃ(ə)n]	оцінювання
5. execution	[ˌɛksɪ'kju:ʃ(ə)n]	виконання
6. flexibility	[ˌfleksɪ'bɪləti]	гнучкість
7. get stronger	[get 'strɒŋɡə]	зміцніти, стати сильніше
8. goal setting	[gəʊl 'setɪŋ]	постановка мети
9. martial arts	[ˈmɑ:ɹʃəl 'ɑ:ts]	бойові мистецтва
10. planning	[ˈplæniŋ]	планування
11. power	[ˈpaʊə]	сила, потужність
12. reaction time	[rɪ'ækʃ(ə)n taɪm]	швидкість реакції, час /тривалість /реакції
13. rehabilitation specialists	[ˈri:əbɪlɪ'teɪʃən]	фахівці з відновлення працездатності
14. self confidence	[ˌself'kɒnfədəns]	самовпевненість
15. speed	[spi:d]	швидкість
16. sports nutrition	[spɔ:ts nju:'triʃ(ə)n]	спортивне живлення
17. sports psychologist	[spɔ:t saɪ'kɒlədʒɪst]	спортивний психолог
18. sport strategy	[spɔ:t 'strætədʒɪ]	спортивна стратегія
19. weight training	[weɪt 'treɪnɪŋ]	силова гімнастика

2. Translate into your native language.

1. His intention and execution are not very near each other. 2. She has enough flexibility to cope with the job. 3. Acceleration Sports Institute also works with high schools, sporting clubs and elite sport organisations to run testing, speed, agility, strength and conditioning programs. 4. Many people underestimate the positive impact that regular weight training can have on your day-to-day happiness and self-confidence. 5. Reaction time and agility are two elements which are part of our physical training in a martial art. 6. For the student-athletes out there, being best prepared for your competitive season is not something you can do a few weeks before the season starts. 7. Sports psychology coaching helps athletes understand how the mind influences performance

and apply sport strategies to help perform their best in competition. 8. Nancy Clark's Sports Nutrition Guidebook has become the all-time best selling sports nutrition planning. 9. Sports Rehab Specialists provides physical therapy for all ages. 10. Dynamic vision training is to train the eyes to track movements and objects. 11. The Power Sports Athletic Center is a Unique Gym with excellent training and certified coaching from the United States. 12. Your body adapts to training and gets stronger because of the muscular changes that are the result of chosen training stimulus. 13. Testing is the means of gathering information upon which subsequent performance evaluations and decisions are made. 14. Goal-setting can be an important part of any athlete's training plan, whether their goal is to improve their physical skills, mental skills, or just get more enjoyment out of their sport. 15. Setting goals can help athletes focus on what's most important, increase their effort and motivation to stick with their plan, consider new strategies regarding how to accomplish their goals and help them track their progress.

3. Guess what?

1. Codified systems and traditions of combat practices, which are practiced for a variety of reasons: self-defense, competition, physical health and fitness. 2. A fundamental component to long-term success. 3. A common type of strength training for developing the strength and size of skeletal muscles. 4. It is the belief in oneself and abilities. 5. It refers to the absolute range of movement in a joint or series of joints.

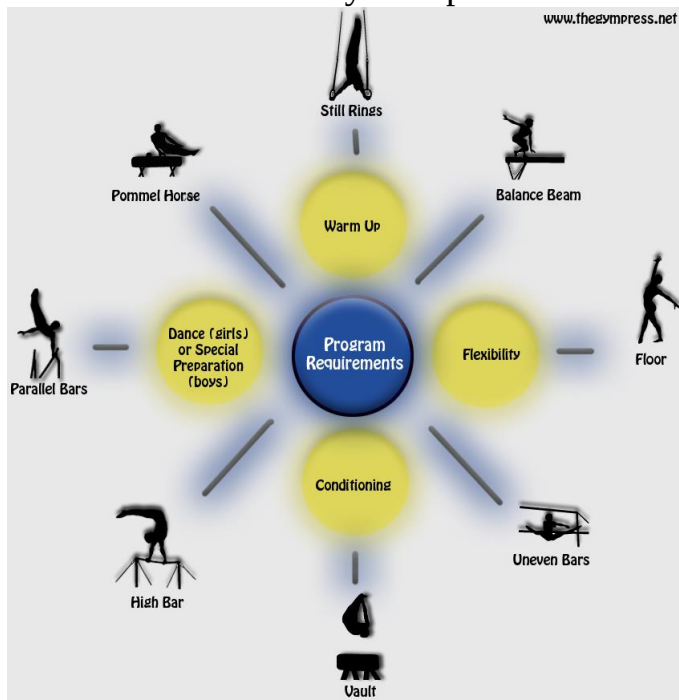
4. Read and translate the text.

SUCCESSS IN SPORTS

For many sportsmen, success in sports and in life is winning. It is considered to be the ultimate goal. According to most expert sports scientists and coaches, athletes must be prepared properly to be successful. This holds true in all areas of life. Success typically comes to those who are best prepared. Preparation requires goal setting, evaluation (you must first know where you are before you can figure out how to get

where you want to go), and planning. Once the planning is done, it is time for execution.

The Three Keys to Sports Success:



1. Physical Preparation (Physical Fitness, Sports Nutrition, Sleep, Sports Massage)

By definition, physical preparation is any type of training that addresses the physical elements (physical fitness) of sports such as mobility, flexibility, strength, speed,

power, acceleration, deceleration, dynamic vision, reaction time, and sports nutrition.

All of these elements need to be addressed to help best prepare an athlete or team for successful sports competition. «Success Goes To Those Who Are Most Prepared. Success Goes To the One with Superior Forces At The Point Of Contact» – Tzu, Art of War.

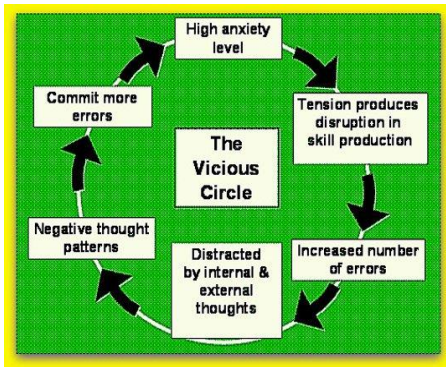
Our university provides a variety of sports and recreation facilities for the best physical preparation. All Full-time and Part-time students, staff and family members are welcome to use the facilities.

All facilities at the Indoor Sports Complex are fully air-conditioned. We have a large indoor sports hall of 1,600 square meters floor space for activities such as badminton, basketball, volleyball and handball; and other space set aside for table-tennis, fencing, dance, indoor archery, martial arts, weight training and fitness exercises.

Outdoor sport facilities include an artificial turf soccer pitch, a 400-meter track with 8 lanes, a hard-surface mini-soccer pitch, a basketball court, a lawn area and tennis

courts. A 50-meter outdoor pool and a 25-meter indoor pool are available for swimming and other aquatic activities.

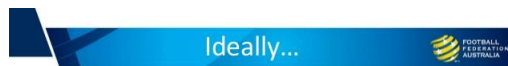
2. Mental Preparation (Goal Setting, Visualization, Motivation, Self Confidence)



Mental Preparation is best covered by a sports psychologist, but may be addressed by a sports coach or performance coach who has specific schooling in this area. Mental preparation techniques are used by all of the best athletes in the world.

3. Tactical/Technical Preparation (Sport strategy, Techniques, Methods)

Tactical/Technical Preparation should be addressed by the sports coach or coaches. The coach will instruct the athlete on position specific skills, teambuilding, and systems specific to the sport.



working with other medical and experience coaching knowledge needed to performance training

- Focusing on the Team
- Establish Team Principles
 - How you attack and score goals
 - How you defend and prevent goals
 - How you transition
- Technical/tactical preparation above physical preparation

Years of research, coaches, consulting with rehabilitation specialists, athletes has given us the create effective programs.

The main goal of the performance coach is to help the athletes/team prepare to win. You will not be a successful athlete without proper preparation. It takes hard work and time to properly prepare. As an athlete, you must be preparing in all three key areas, or you will not be performing at your highest level.

Playing volleyball or basketball on a year-round basis is great for addressing the tactical/technical element, but what are you doing to address your specific physical fitness needs? What are you doing to jump higher, run faster, rehab that bad shoulder, get stronger, eat better, sleep better, move better?

The best way to become a better athlete is to become better prepared in all three key areas. If you are not preparing for your next competitive season, what are you waiting for?

5. Read the word - combinations and the sentences. Cover the left side and translate the right one into English.

1. sports scientists and coaches	спортивні вчені і тренери
2. to be successful	бути успішним
3. time for execution	час для виконання
4. mobility, strength, deceleration	рухливість, сила, уповільнення
5. indoor archery space	приміщення для стрільби з лука
6. specific schooling	певна освіта
7. teambuilding	побудова команди
8. proper preparation	належна підготовка
9. Preparation requires goal setting, evaluation and planning.	Підготовка вимагає постановки мети, оцінювання і планування.
10. Mental preparation techniques are used by all of the best athletes in the world.	Технічні прийоми психологічної підготовки використовуються усіма кращими атлетами світу.
11. What are you doing to jump higher, run faster, rehab that bad shoulder, get stronger, eat better, sleep better, move better?	Що робите ви щоб стрибнути вище, побігти швидше, відновити те хворе плече, стати сильніше, їсти краще, спати краще, рухатися краще?

6. Point out paragraph of the text telling about:

1. The importance of being prepared.
2. Physical preparation.
3. Indoor Sports facilities.
4. Outdoor sport facilities.
5. Mental preparation.
6. Tactical/technical preparation.
7. Effective performance training programs.
8. The main goal of any coach and athlete.

9. The best way to become a better athlete.

and speak on them.

7. Rearrange the following actions into two groups: a) you should; b) you shouldn't.

go in for sport; go to bed late; exercise every day; eat a lot of fried food, drink alcohol, eat dairy products, eat different fruit and vegetables, eat fast food, eat a lot of sweets, drink only soft drinks, ride a bike, go on foot, take the lift, have a healthy weight, spend hours playing on computer, walk up stairs, smoke, sleep enough, spend the whole day indoors, do only sitting-down activities, limit screen time, spend enough time outdoors.

8. Read the dialogue at the leisure centre:

Mrs. Petrova: Excuse me.

Trainer: Yes?

Mrs. Petrova: Can you tell me about the facilities here, please?

Trainer: Yes. We have three main areas here at the leisure centre. There's a heated pool.

Mrs. Petrova: What size is the pool?

Trainer: It's 25 metres long. We also have a gym.

Mrs. Petrova: What equipment does it have?

Trainer: There are twelve exercise machines. We also have a spa.

Mrs. Petrova: What's in there?

Trainer: I'll show you. This is the spa.

Mrs Petrova: Oh, it's very big.

Trainer: Yes, we have a sauna and a steam room. We also have two small pools: one hot, one cold. And we offer massages here and beauty treatments.

Mrs Petrova: It sounds wonderful. How much is it to join?

Trainer: It's 10 000 grivnas for six month.

Mrs Petrova: What do you get for that?

Trainer: As a member, you can use all the facilities whenever you like: the gym, the swimming pool and the spa. We also offer a family membership for 20 000.

Mrs Petrova: Oh, that sounds just what we need. Yes, I'd like a family membership.

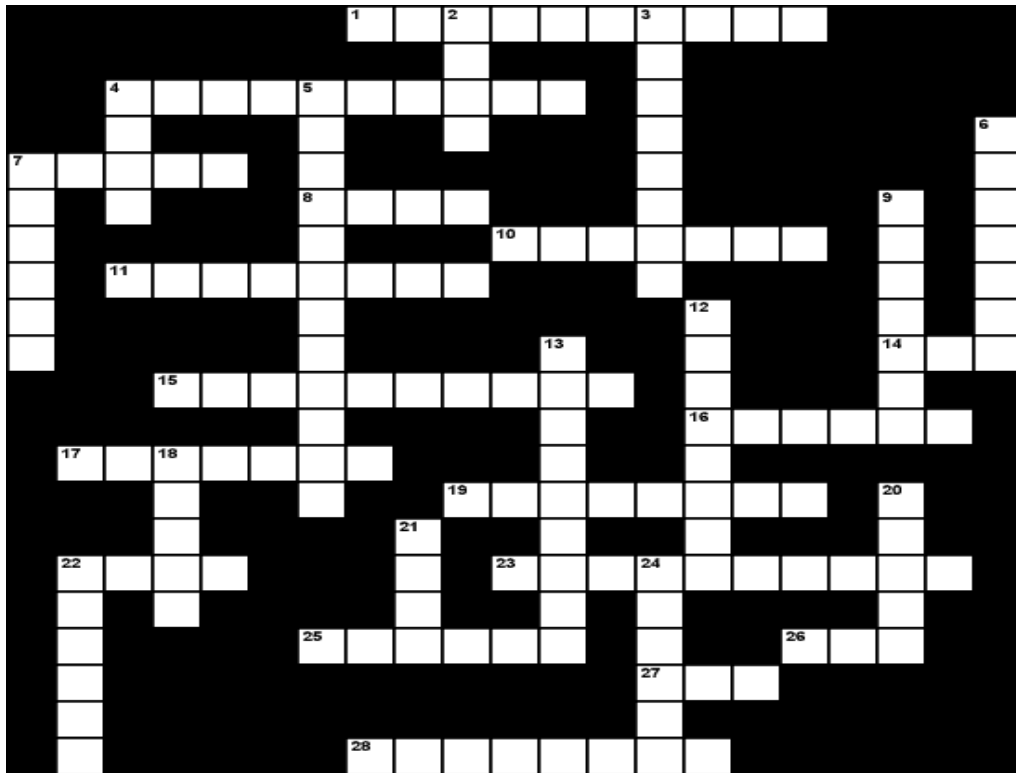
and answer the questions:

1. How many areas are there at the leisure centre? 2. What are they? 3. Is the pool 25 or 50 metres long? 4. What do they have at the spa area? 5. Which membership did Mrs. Petrova choose?

9. Translate the sentences with new words into English and write them down.

1. Він займається бойовими мистецтвами, щоб прискорити обмін речовин в організмі. 2. Цей боксер підготовлений краще за усіх до наступного сезону змагань. 3. На цій лекції студенти розглянули питання психофізіологічних особливостей зорового сприйняття усportі. 4. Цей спосіб оцінювання швидкості реакції спортсменів в ігрових видах спорту незрозумілий для мене. 5. Робота даного відділу спрямована на виконання Закону України «Про фізичну культуру і спорт». 6. Недостатній розвиток гнучкості в спортсменів приводить до травмування, а також до недосконалої техніки. 7. Стати сильніше – це просто! Вибирайте найпопулярніший спорт, пов'язаний з роботою із залізом – бодібілдинг. 8. Силова гімнастика містить у собі вправи, що дають навантаження на різні групи м'язів. 9. Завдяки допомозі спортивного психолога наша команда визначила основні складові стратегії фізкультурно-спортивних організацій з неолімпійських видів спорту. 10. Вона гадає, що основним критерієм правильної постановки мети є планування. 11. Кайтсерфінг – це можливість відчувати усю силу вітру та потужність водної стихії. 12. Вибір спортивного живлення у цьому магазині – найкращий в усьому місті. 13. Швидкість – це здатність людини виконувати різноманітні дії у мінімальний для даних умов відрізок часу. 14. Основною рисою роботи фахівців з відновлення працездатності у нашому університеті є високий професіоналізм. 15. У людей не завжди правильне уявлення про те, що таке самовпевненість; наприклад, вони не рідко плутають її з упевненістю в собі, завищеною самооцінкою і навіть пихатістю.

10. Solve the given crossword puzzle.



Across

1. A game played by two teams of five players each who throw a large ball through a basket to score points.
4. The outdoor area where golf is played, with nine or 18 holes.
7. Boot with wheels or a blade attached, worn to slide along
8. To travel by boat.
10. The game of rolling a ball on a flat surface.
11. One of 14 standard sticks used to hit a golf ball.
14. A long, rounded piece of metal or wood used to strike a baseball.
15. The sport of doing various acrobatic exercises to develop strength, balance, etc.
16. A sport of two teams of 11 players each, who kick a ball into nets at either end of a rectangular field (called «football» outside the USA).
17. The sport of using a bow to shoot arrows at targets.

19. In the USA, a sport played by two 11- person teams with the object of carrying
or passing the ball over the opponent's goal line.
22. A game in which people try to hit a small hard ball with a special stick (a club)
into a small hole over a large outdoor course.
23. A board with four wheels on which one stands and rolls along a surface.
25. A hitting of the ball back and forth between opponents.
26. To bend at the waist.
27. A material made of string, wire, etc., knotted or twisted together, used for a specific purpose.
28. One of two upright pieces of wood or metal used to mark the scoring area.

Down

2. To ride the ocean's waves as they break in approaching the shore, esp. while standing on a narrow board (surfboard).
3. A game played on a field by nine players on each team who hit the ball with a bat and run around four bases to score.
4. A score in some sports, such as soccer or hockey.
5. The sport of sliding down or across snowy surfaces on skis.
6. One of several types of machines that move skiers to the top of a hill or mountain.
7. The sport of sliding down or across snowy surfaces on skis.
9. To bounce (a basketball).
12. A boot with a sharpened steel blade used to move over ice.
13. An ice-skating sport in which one team uses curved sticks to shoot a small, round disk into the otherteam's goal.
18. To ride on a bicycle or motorcycle.
20. A long thin piece of wood, metal, or plastic with a point at one end and feathers at the other.
21. A swimming pool, usu. made of cement or stone.

22. A goalkeeper.

24. Game played on a court with two or four players who use rackets to hit the ball over a net, so that the opponent(s) cannot hit it back.

10. Tasks for independent and individual work:

1. Write down essay on theme «How Sports Can Prepare You for Success» (200 words).

2. Find information about incredible stories of success in sport and be ready to present it to your groupmates.

Lesson B GRAMMAR PRACTICE

1. Read the following information. Remember it.

Present Simple Tense (теперішній простий час). Утворюється за допомогою додавання до іменника дієслова у першій його формі без частки to. При цьому з займенниками 3 особи однини he, she, it до дієслова потрібно додавати закінчення -s. I play football. He/She plays football.

Заперечне речення утворюється за такою формулою: іменник + do/does + not + дієслово. Допоміжне дієслово does використовується лише з займенниками третьої особи однини. I do not play guitar. It doesn't make sense.

У питальних реченнях також використовуються допоміжні слова do/does. Формула утворення питального речення: Do/Does + іменник + дієслово. Do you go to the school? Does she swim?

Випадки, в яких **вживається** Present Simple:

1) повторювані дії, загальновідомі факти або узагальнення: I play tennis. The train leaves every morning at 8 AM. Cats like milk;

2) опис дії, що відбувається зараз (з дієсловами, що не використовуються у Present Continuous – to see, to hear, to know, to understand, to remember та ін.): Do you understand this sentence? I hear you well;

3) запланована подія в найближчому майбутньому, найбільше він використовується у такий спосіб в розмовах про розклад громадського транспорту: The bus does not arrive at 11 AM, it arrives at 11 PM. The party starts at 8 o'clock;

4) майбутня дія в підрядних реченнях умови та часу: If the weather is fine, we will go for a walk. He'll go to bed when he finishes his work.

2. Complete the sentences with one of the following verbs in the correct form:

do(es), cause(s), close(s), open(s), wake(s) up, speak(s), take(s), live(s), play(s), drink(s)

1. Mike ... football very well. 2. I never ... coffee. 3. The gym ... at 8:00 in the morning. 4. It ... at 10:00 P.M. 5. Bad driving ... many accidents. 6. My grandparents ... in a small flat. 7. The Olympic Games ... place every four years. 8. They are good pupils. They always ... their homework. 9. Her students ... a little French. 10. I always ... early in the morning.

3. Translate into English:

1. Якщо ти зателефонуєш мені, я спробую тобі допомогти. 2. Чому б нам не вийти? 3. Мені цікаво, чи обговорюєте ви спортивні новини кожного ранку? 4. Ми граємо в теніс чи волейбол кожного вівторка? 5. Чий батько там працює? 6. Чим ви займаєтесь? 7. Ти не втомлений? 8. Твоя молодша сестра ходить до школи? 9. Чий брат іде туди? 10. Він не впізнає мене.

4. Read the following information. Remember it.

Present Continuous (теперішній тривалий час). Стверджувальне речення утворюється за такою формулою: Іменник + am / is / are + дієслово у 1 формі з додаванням до нього закінчення –ing: I am playing football right now. They are fishing now.

Заперечне речення в Present Continuous утворюється за допомогою додавання до допоміжного дієслова am / is / are частки not, та дієслова у інговому закінченні (-ing): I'm not watching TV at the moment. They are going to the school now.

Для утворення питального речення у Present Continuous допоміжне дієслово потрібно помістити на початок речення: Are you doing your homework? Is she walking on the street right now?

Випадки, в яких **вживається** Present Continuous:

1) дія відбувається зараз, прямо в цей момент часу: You are learning English now. Are you sleeping?;

2) довготривалі дії в теперішньому часі: I am studying to become a doctor. Are you working on any special projects at work?;

3) домовленості або дії, що мають чи не мають відбутися в найближчому майбутньому При цьому необхідно вказувати час події: I am meeting some friends after work. Is he visiting his parents next weekend?;

4) повторення дій, що мають негативний відтінок: She is always coming to class late. I don't like them because they are always complaining;

5) майбутня довготривала дія в підрядних реченнях умови та часу: If I am sleeping when he comes, wake me up.

5. Put the verb into the correct form.

1. Listen to the football fans. They (sing) ... songs. 2. Look at him. He (try) ... to help her. 3. They feel happy because they (have) ... a good time here in this park. 4. I want to lose weight, so this week I (eat) ... lunch. 5. I think Paul and Ann have had an argument. They ... (speak) to each other.

6. Translate into English.

1. Що ти будеш робити ввечері? – Я поїду відвідати батьків. 2. Ти завжди обманюєш мене! 3. Чому ти смієшся? 4. Чому ти вічно перебиваєш людей? 5. Ми приземляємося в Хітроу за 20 хвилин. 6. Він будує новий будинок для своєї сестри. 7. Ми не граємо у футбол зараз. 8. Що ти пишеш? – Я пишу листа моєму другові.

7. Put the verb in the correct form, present continuous or present simple.

1. Let's go out. It ... (not/rain) now.
 2. Julia is very good at languages. She ... (speak) four languages very well.
 3. Hurry up! Everybody ... (wait) for you.
 4. ... (you/listen) to the radio? – No, you can turn it off.
 5. The river Nile ... (flow) into the Mediterranean.
 6. We usually ... (grow) vegetables in our garden but this year we ... (not/grow) any.
 7. How is your English? – Not bad. It ... (improve) slowly.

8. Ron is in London at the moment. He ... (stay) at the Park Hotel. He ... (always/stay) there when he's in London.
9. Can you drive? – I ... (learn). My father ... (teach) me.
10. Normally I ... (finish) work at 5.00, but this week I ... (work) until 6.00 to earn a bit more money.
11. Sonia ... (look) for a place to live. She ... (stay) with her sister until she ... (find) somewhere.
12. What ... (your/father/do)? – He's an architect but he ... (not/work) at the moment.
13. Can we stop walking soon? I ... (start) to feel tired.
14. The train is never late. It ... (always/leave) on time.
15. Jim is very untidy. He ... (always/leave) his things all over the place.

8. Tasks for independent and individual work:

Find more verbs that are not used in the continuous form.

9. Test of grammar and vocabulary.

1. Replace the infinitive in brackets by the Present Indefinite

- a) It (to awake) my interest to sport.
- b) She always (to get) good marks in English.
- c) My studies (to begin) at half past eight.
- d) I (to think) pedagogy is a promising field.
- e) Hard work usually (to lead) to good success.
- f) My working day (to last) six hours.
- g) He (to speak) English quite fluently.
- h) Everybody (to know) that they (to watch) TV every evening.
- i) My trainer (to say) he's 50 years old but nobody (to believe) him.
- j) Weight training (to be) important for losing weight, strengthening your bones and muscles and improving your fitness.

2. Complete the dialogue by putting the verbs into the correct form

Brian: I need to speak to Julia about her new coach. (you / know) where she is?

Diana: She – (not/work) on Fridays. She only – (have) a part-time job now.

Brian: Right. When – (she/come) to the university?

Diana: Well, she – (come) in from Monday to Thursday, but she – (not/stay) all day. She usually – (start) at 9.00 and – (go) home at about 2.15.

3. Put the words (underlined) into the Singular and make other changes if necessary

- a) They know the town well and can show you the way to the theatre.
- b) My friends live in Kyiv, they study at the University.
- c) Do these boys go to school in the morning or in the afternoon?
- d) They want to buy some English books which they need for their work.
- e) These girls sing well but they cannot play the piano.
- f) Housewives work very much at home.
- g) Two of my friends work at this plant, they are engineers.
- h) These little girls like when their brothers play with them.
- i) Children spend a lot of time out-of-doors.
- j) My cousins have families of their own.
- k) My sisters have breakfast at 8 o'clock and then they go to school. They return home only at 2 o'clock in the afternoon.
- l) They go to the library twice a month.
- m) Their teachers tell them that they make many mistakes because they are not attentive at the lessons.
- n) They go to work by bus and return home on foot.
- o) Two of my sisters are married, their husbands are workers.

4. Put the verbs in brackets into the Present Simple or the Present Continuous Tense.

- a) What ... you ... (to do) tonight, Ron? — Nick and I ... (to go) to the stadium to watch a football match. We sometimes ... (to watch) football matches together.— And what time ... the match ... (to start)? — Well, it... (to start) at half past six.
- b) ... you ... (to look) for somebody, Janet? — Oh, yes, I... (to look) for Daniel. We usually ... (to have.) lunch together.— I ...(not often to see) him in the office at this time.— You see, Tom, Daniel ... (to work) at a very important project these days, so he usually ... (to work) in the laboratory. But he ... (not to work) there at the moment.
- c)... Alan ... (to wait) for a bus? He ... (usually not to take) a bus to get to the university,— You're right, usually his elder brother Sam ... (to give) him a lift, but these days Sam ... (to repair) his car. Something ... (to be) wrong with its engine.
- d) Where ... David and Helen ... (to hurry) to? — They ... (to go) to the railway station right now to meet a delegation from Spain. They ... (to hurry)because the train ... (to arrive) at nine o'clock and there ... (not to be) much time left.
- e) How often ... Matthew ... (to train) in the tennis court? — He usually ... (to train) three times a week. But this week he ...(to prepare) for an international competition so he ... (to work) very hard.

5. Answer the questions. Write complete sentences.

- a) What do you think it takes to be successful in your career?
- b) How do you determine or evaluate success? Give me an example of one of your successful accomplishments
- c) Do you have the qualifications and personal characteristics necessary for success in your chosen career?
- d) What has been your most rewarding accomplishment?
- e) How would you describe yourself in terms of your ability to work as a member of a team?

Lesson C
PRACTICE IN SPEAKING
ACADEMIC SPEAKING

1. Read and translate the text.

MY FUTURE PROFESSION

«What should I choose as my future profession?» – this is a question that every young person asks himself entering the adult world. Of course, it's not an easy thing to choose a profession out of more than 2,000 existing in the world. It's especially difficult if you like doing different things, if you have different hobbies and interests.

As for me, I like sport. To my mind we can hardly overestimate the meaning of sport in our life and day-to-day activities, because its main purpose is to bring up the harmoniously developed generation – the generation of strong and healthy people. Sport makes our bodies strong, quickens our reaction, and shapes the wits. It also prevents us from getting too fat, gives us so valuable practice in making eyes, brain and muscles work together and makes us more self-organized and better disciplined. I'm absolutely sure that doing sports is the best way to keep fit. There is always a kind of sport which will suit you and there are many different kinds to choose from. If you like team games, try hockey, football, volleyball or basketball. Games for you to play with a friend include badminton, squash and tennis, and if you enjoy doing things on your own, you may take up swimming, riding, golf or athletics.

I personally can't imagine my life without sport. My parents always dreamt of making an athlete out of me and when I was five years old my father took me to the gymnasium for the first time. I had been going in for gymnastics for about five years and these five years were magic time for me. Since then gymnastics has become my beloved sport. You don't need any special equipment for this kind of sport, but if you want to take it seriously you should be enduring, adroit, strong and persistent. It goes without saying that gymnastics is one of the most beautiful and fascinating sports, it teaches you to be brave, try to do everything to achieve your goal and to overcome the difficulties in your way.

As a fan I do have my favourite sport which is figure-skating. I have never done it myself, but I like watching world and European championships. I am always fascinated by the grace, speed and skill of the skaters and how well they can dance on the ice. I like figure-skating, but honestly I like gymnastics much stronger, because the most pleasant moments of my life are connected with this kind of sport. And I'm sure it isn't a surprise that my favourite sportsmen are gymnasts. My favourite gymnast is Olga Korbut who has been called many things including the «first of the pixies», «a circus act» and «the queen of gymnastics». Despite a wide range of opinions about her the fact is that Olga Korbut changed women's gymnastics forever. She is my ideal person in the world of sport.

I know it for sure that it's very difficult to become a good and successful sportsman. To be a sportsman means constant hard work, lack of free time and almost absence of private life. Frankly speaking, if you want to achieve something in the sphere of professional sport, it has to become a style of life and even a sense of it.

And in conclusion I'd like to say that either as a player or merely as a spectator almost every person likes sport, because it is an essential part of our lives. It creates, so to speak, a healthy body for a healthy mind.

2. Find the Ukrainian equivalents in the right-hand column for the following:

adult world	невід'ємна частина
overestimate	робити речі на власний розсуд
day-to-day activities	улюблений спорт
doing things on your own	світ дорослих
beloved sport	долати труднощі
overcome the difficulties	повсякденна діяльність, трудові будні
essential part	переоцінювати

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Find word – associations with the following:

f.e. job - meeting new people, being useful to society.

salary –

experience –

working hours –

opportunities –

atmosphere at work –

career –

boss and colleagues –

5. Retell the text «My future profession».

6. Read and translate the dialogue.

Ann: Hi, Ben! May I ask you some questions?

Ben: Hi, Ann! Of course. You may.

Ann: Could you tell me what professions are popular among the young people?

Ben: I think it is an accountant or a lawyer because they get a lot of money.

Ann: And what about you? I mean what do you want to be?

Ben: Mm... Maybe I would be an interpreter. I hope.

Ann: Wow! Who helped you to choose a profession?

Ben: Sure my parents gave me advice but I choose it myself.

Ann: Do you find this profession interesting and why?

Ben: I am interested English language. As for me I am a friendly and talkative person that is why this occupation will be useful for me. And also I like travelling.

Ann: What is the best way to prepare for this job?

Ben: I am sure my skills are important for my future job but I have to improve my English. I am going to take part in any competitions and have extra lessons.

Ann: Ok. I wish you every success!

Ben: Thank you very much. Bye.

7. Work with your partner. Ask and answer the questions.

What kind of job would you like to do?

When did you start to think about your future profession?

Who helped you to choose a profession?

Do you find this profession interesting and why?

Are you ready to work hard to make a career?

Do you think you have the qualities required for the job you would like to do?

What are your parents' attitudes towards your choice? Why?

Would you like to work abroad? Why?

Would you like to be rich or famous?

What we should take into consideration with choosing a profession?

Is character important? Why?

As you know, at doing different jobs you need different skills. What skills do people need?

What are the most important professions do you know? Why are they important?

Do you regret that made this choice? Why?

8. Translate into English.

Людина проводить на роботі майже півжиття. Тому це дуже важливо – правильно обрати професію. Психологи вважають, що професію необхідно вибирати у відповідності з індивідуальними здібностями і талантами людини. Щоб зробити правильний вибір, ви повинні подумати, які у вас є здібності, що вам подобається робити, і спробувати зрозуміти, чого ви хочете досягнути в житті.

На мою думку, професія вчителя — одна з найважливіших. Усе починається з неї. Завдяки вчителям людина досягає чогось у житті. Жодна інша професія не ставить таких вимог до людини. Педагог запов'язаний бути яскравою, неповторною особистістю, носієм загальнолюдських цінностей, глибоких і різноманітних знань, високої культури.

UNIT FOUR

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. amateur	['æmətə]	любитель
2. competitor	[kəm'petɪtə]	учасник змагання, суперник
3. cooperation	[kəʊ,pərə'reɪʃ(ə)n]	товариство, суспільство, об'єднання
4. exhibition	[,eksɪ'brɪʃ(ə)n]	виставка
5. first record	[fɜːst'rekɔːd]	перший запис
6. fraternity	[frə'tɜːnəti]	братерство, співдружність
7. freedom of movement	['friːdəm'muːvmənt]	свобода руху
8. friendship	['frɛndʃɪp]	дружба, дружні стосунки
9. idea	[aɪ'diə]	ідея
10. international	[,ɪntə'næʃ(ə)n(ə)l]	інтернаціональний, міжнародний
11. location	[ləʊ'keɪʃən]	місце розташування; розташування
12. long-distance race	[,lɒŋ'dɪstəns reɪs]	біг на довгі дистанції
13. medal	['medəl]	медаль
14. national anthem	['næʃ(ə)n(ə)l'ænθəm]	національний гімн
15. participating countries	[pɑː'tɪsɪpeɪtɪŋ 'kʌntrɪz]	країни, що беруть участь
16. relay runner	['riːleɪ,rʌnə]	учасник естафети
17. spectacular reminder	[spek'tækjələ rɪ'maɪndə]	захоплююче нагадування/пам'ятка
18. supreme	[s(j)uː'pri:m]	величний, верховний
19. unifying bond	['juːnɪfaɪŋ bɒnd]	об'єднуючий зв'язок, узи
20. well known motto	[,wel'nəʊn'mɒtəʊ]	загальновідомий девіз

2. Translate into your native language.

1. This is the most popular group of amateur runners in a long-distance race in Switzerland. 2. Other participating countries with active fraternity-like organizations are the Netherlands, Switzerland and Sweden. 3. All relay runners must wear the official race cap. 4. At the age of seven, she is a competitor, and it is her first half marathon record. 5. Governments and cooperations can make use of this unifying bond by initiating 'sport for development' programs which combine sport and play with development objectives. 6. Here is a well known motto of our group – life is what

happens to you while you're working for your future. 7. One of the main benefits of attending an exhibition is that you can meet large numbers of useful people in one place. 8. Freedom of movement is one of the founding principles of the European Union. 9. These views are spectacular and a great reminder of Ukraine's amazing landscapes. 10. Supreme Sports Club is where family and friends gather for the best destination in health, wellness and recreation. 11. The British National Anthem dates back to the eighteenth century, 'God Save The King' was a patriotic song first publicly performed in London in 1745. 12. The Next Big Idea in Sport competition will encourage and support startup companies to explore innovation opportunities within the sports industry. 13. President's Medals Student Awards are considered the most prestigious and long-lasting awards in pedagogical education in the world. 14. The International Sports Federations are responsible for the integrity of their sport on the international level. 15. Are you looking for the nearest gym location? My brother is a sportsman, he can help you, if you want. 16. Friendship is extremely important for every person because everyone needs communication and understanding.

3. Guess what?

1. Any person or entity which is a rival against another. 2. Abstract concept that do not present as mental image. 3. It may be awarded to a person or organization as a form of recognition for sporting, military, scientific, academic, or various other achievements. 4. A person who engages in a study, sport, or other activity for pleasure rather than for financial benefit or professional reasons. 5. It is a relationship of mutual affection between two or more people.

4. Read and translate the text.

OLYMPIC GAMES



The Olympic Games are the greatest international sport event in the world, in which

thousands of athletes compete in different types of sports. The Olympic idea means friendship, fraternity and cooperation among the people of the world.

The Olympic Games are one of the most spectacular reminders of the debt we owe to the Greeks. The original Olympic Games were held every four years in honour of Zeus, the supreme god of Greek religion. The first record of the games dates from 776 B.C., but it is certain that they existed prior to that. They were held continuously for over 1.000 years until they were abolished in the reign of King Theodosius about 392 A.D. The Olympic festival was a great unifying bond between the independent city-states of Greece. The important sports in the original Olympic Games were running, jumping, wrestling, throwing the discus and throwing the javelin. Only men competed and they wore no clothes in order to have greater freedom of movement. Each competitor had to take the Olympic Oath – a promise to behave in a sportsman-like fashion.

The modern Olympic era began in 1894 when Frenchman Baron Pierre de Coubertin decided to revive the ancient Greek tradition of celebrating health, youth and peace with a sports festival. Baron de Coubertin created the International Olympic Committee (IOC) and the first modern Olympiad took place in Athens in 1896. Since then the Olympic Games have been held every four years with only two exceptions because of the two world wars.

Even though the modern Olympic Games embrace the whole world, the connection with Greece is still very strong. A lighted torch is brought all the way from



Greece, carried by a relay of runners, in order to light the Olympic Flame which burns all through the Games. As in ancient Greek times, the competitors still take the Olympic Oath. The long-distance race is still called the Marathon. Marathon was a village about 26 miles from

Athens.

Summer and Winter Games are held separately. There are always several cities wishing to host the Games. The most suitable is selected by the International Committee. After that the city of the Games starts preparations for the competitions,

constructs new sports facilities, stadiums, hotels, press centres. Thousands of athletes, journalists and guests come to the Games, and it takes great efforts to arrange everything. There is always an interesting cultural programme of concerts, exhibitions, festivals, etc., for each Games. After each event, medals are given to the first three athletes. They receive gold, silver and bronze medals. Their flags are raised and the national anthem of the winner's country is played.

One important rule of the Olympic Games is that the competitors must be amateurs. This rule has been under a lot of pressure in recent years because modern sport is so professional and competitive. Athletes train for years to take part in the Olympics and some countries spend much more than others on equipment and facilities. But despite these pressures, the amateur rule remains.

In modern times the Olympic movement has become an enormous and expensive organization. It's controlled by the International Olympic Committee, which consists of members from all the participating countries. The IOC is based in Lausanne,



CITIUS • ALTIUS • FORTIUS

Switzerland. It chooses the locations of both summer and winter games (both take place once every four years, with winter games half a year before summer Olympiads). It also controls the rules of the competitions and selects new Olympic sports. The famous flag of the IOC shows five rings of different colours linked together. The rings represent the five continents.

The Olympic motto is «Citius, Altius, Fortius», which is Latin for «Swifter, Higher, Stronger». The motto was proposed by Pierre de Coubertin and was introduced in 1924 at the Olympic Games in Paris. A more informal but well known motto, also introduced by De Coubertin, is «The most important thing is not to win but to take part!»

5. Read the word - combinations and the sentences. Cover the left side and translate the right one into English.

1. international sport event	міжнародна спортивна подія
2. independent city-states	незалежні міста-держави
3. to take the Olympic Oath	приймати олімпійську клятву
4. sports festival	спортивний фестиваль
5. cultural programme	культурна програма
6. enormous	величезний
7. The Olympic idea means friendship, fraternity and cooperation among the people of the world.	Олімпійська ідея полягає в дружбі, братерстві і співпраці народів світу.
8. Since then the Olympic Games have been held every four years with only two exceptions because of the two world wars.	Відтоді Олімпійські Ігри проводяться раз в чотири роки, за винятком двох разів, коли відбувалися дві світові війни.
9. A more informal but well known motto, also introduced by De Coubertin, is «The most important thing is not to win but to take part!»	Більш неофіційний, але добре відомий девіз, який також представив Кубертен – «Головне полягає не в тому, щоб виграти, а в тому, щоб взяти участь!»

6. Point out paragraph of the text telling about:

1. The greatest international sport event in the world.
2. The origin of ancient Olympic games.
3. Modern Olympic era.
4. Preparations for the competitions.
5. The important rule of the Olympic Games.
6. International Olympic Committee.
7. The Olympic motto.

and speak on them.

7. Do the following tasks:

- a) Discuss the meaning of the words win and lose.

b) Give examples that are impersonal, then personal, about winning and/or losing any competition (game, activity, contest, etc).

c) Discuss how an Olympian might feel about losing an event after training for so long and so hard. How about winning?

d) Finish each sentence:

Winning is –

Losing is –

Sharing is –

Honesty is –

Cooperation is –

A true individual is –

Team spirit is –

Self-confidence is –

8. Translate the sentences with new words into English and write them down.

1. Національний гімн – це один з символів держави, відображення душі народу та його історії. 2. Братерство, дружні стосунки, регулярні заняття спортом, дотримання здорового способу життя – це загальновідомий девіз нашої спортивної школи. 3. Я вважаю цього учасника бігу на довгі дистанції більше любителем, ніж професіоналом. 4. Нашому деканові подобається ідея міжнародної виставки, де кожна країна, що бере участь, представляє свої спортивні досягнення. 5. Перемога українських учасників естафети та отримання золотої медалі – це той величний, об'єднуючий зв'язок що потрібен нашим спортсменам. 6. Кращі спортсмени нашого університету беруть участь у роботі конференцій і конгресів, що скликаються спортивними об'єднаннями. 7. Місце розташування цього стадіону є дуже комфортним для багатьох дітей нашого міста. 8. Перший відео запис виступу мого брата – це захоплююча пам'ятка про початок його спортивної кар'єри. 9. Мій друг займається таким видом спорту, як паркур, тому що для нього головним є свобода руху.

10. Tasks for independent and individual work:

Create a new multi-event sport for the Olympic Games. Name this sport, describe each of its events, and provide a rationale for why it should be considered by the International Olympic Committee (IOC) as a new event for future Olympics.

Lesson B

GRAMMAR PRACTICE

1. Read the following information. Remember it.

Past Simple (простий неозначений час) Стверджувальне речення утворюється за допомогою додавання до дієслів закінчення *-ed* або ж використання їхньої другої форми (таблиця неправильних дієслів): I played football yesterday. I thought about that. Заперечне речення утворюється за допомогою дієслова *did* (2 форма дієслова *do*) та додавання після нього частки *not*. I did not play with my dog yeasterday.

Для створення питального речення допоміжне дієслово *did* виносимо на початок речення. Did you go to the cinema five days ago?

Випадки, в яких **вживається** Past Simple:

1) дія, що закінчилась у минулому: I didn't see a play yesterday. Last year, I traveled to Japan;

2) серія завершених дій: I finished work, walked to the beach, and found a nice place to swim. He arrived from the airport at 8:00, checked into the hotel at 9:00, and met the others at 10:00;

3) звички в минулому: I studied French when I was a child. Did you play a musical instrument when you were a kid?

2. Put the verb into the correct form.

1. I was very thirsty. I ... (drink) the water very quickly.
2. Paul and I ... (play) tennis yesterday. He's much better than me, so he ... (win) easily.
3. Don ... (fall) down the stairs this morning and ... (hurt) his leg.
4. Jimm ... (throw) the ball to Sue, who ... (catch) it.
5. Where ... (spend / she) her last holiday?

3. Write the past form of the following verbs:

Infinitive	Past Simple
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to be	
to begin	
to break	
to eat	
to fight	
to hit	
to meet	
to shoot	
to swim	
to teach	
to think	
to understand	
to win	

4. Translate into English:

1. Вона прийшла 10 хвилин тому. 2. Ми вчора зустрілись біля фонтану. 3. Ви повірили в це багато років тому. 4. Я бачила цей фільм у друзів. 5. Вчора ти забрав мою флешку. 6. Вона посварилась з ним минулого тижня. 7. Я не любив чай в дитинстві. 8. Ти не помічала його 2 роки тому. 9. Він не пояснив цей матеріал на минулому уроці. 10. Вона не пропустила вчора лекцію.

5. Read the following information. Remember it.

Past Continuous (минулий тривалий час). Стверджувальне речення **утворюється** за допомогою допоміжного дієслова *was/were* (це дієслово *to be* у 2 формі) та дієслова у першій формі з додаванням до нього закінчення *-ing*. Допоміжне дієслово *was* використовується лише з 1 та 3 особами однини, в інших випадках використовується *were*: When you called I was taking shower. I was watching TV at 5 o'clock yesterday.

У заперечному реченні також використовується допоміжне дієслово *was/were*, але до них в кінці додається частка *not*: In the evening I wasn't watching TV.

Для створення питального речення у Past Continuous допоміжні дієслова *was* та *were* ставляться на початку речення: Were you sitting here at 8 o'clock in the morning?

Випадки, в яких **вживається** Past Continuous:

1) перервана дія в минулому: I was listening to my iPod, so I didn't hear the fire alarm;

2) дія в минулому, що має прив'язку до часу або до паралельної дії: Last night at 6 PM, I was eating dinner. I was studying while he was making dinner;

3) передача повторюваних дій та роздратування: She was always coming to class late. He was constantly talking. He annoyed everyone.

6. Yesterday at 6 pm your family were doing different things. Write positive sentences in past simple.

My mother / read / a novel –

My father / watch / a movie –

My elder sister / writing / in her diary –

My two brothers / listen / to the radio –

My little sister and I / not / watch / a movie –

We / talk / about school –

7. Put questions to the following sentences. Use the words and phrases in brackets. Answer the questions.

f.e. After the lesson Victor was explaining the new rule, (to you)
— Was Victor explaining the new rule to you?

— Yes, he was. He was explaining the new rule to me.

a) When I went into the yard, the boys were playing, (football)

- b) When we were playing, Bob was shouting. (loudly)
- c) I met Victor in the street. He was running quickly, (where)
- d) The weather was fine, the sun was shining, (all day)
- e) Nick was watching his little sister in the garden. (why)
- f) His sister was helping him to pack his things when I came, (what things)
- g) They were cooking dinner at that time, (with whom)
- h) I was waiting for him at 3 o'clock yesterday. (where)
- i) He was looking for something when I came in. (what)
- j) They were laughing when I entered the classroom. (why)

8. Tasks for independent and individual work:

Find some information about prepositions with an explanation on their meaning and use. Be ready to present it to your groupmates.

9. Test of grammar and vocabulary.

1. Open the brackets using the past simple tense.

- a). My working day (to begin) at six o'clock.
- b). I (to get) up, (to switch) on the TV and (to brush) my teeth.
- c). It (to take) me about twenty minutes.
- d). I (to have) breakfast at seven o'clock.
- e). I (to leave) home at half past seven.
- f). I (to take) a bus to the institute.
- g). It usually (to take) me about fifteen minutes to get there.
- h). Classes (to begin) at eight.
- i). We usually (to have) four classes a day.
- j). I (to have) lunch at about 2 o'clock.

2. Choose Past Simple or Past Continuous.

- a) What ... (do) when I ... (call) you last night?
- b) I ... (sit) in a cafe when you ... (call).

- c) When you ... (arrive) at the party, who ... (be) there?
- d) Susie ... (watch) a film when she ... (hear) the noise.
- e) Yesterday I ... (go) to the library, next I ... (have) a swim, later I... (meet) Julie for coffee.
- f) We ... (play) tennis when John ... (hurt) his ankle.
- g) What ... (they/do) at 10pm last night - it was really noisy?
- h) He ... (take) a shower when the telephone ... (ring).
- i) He ... (be) in the shower when the telephone ... (ring).
- j) When I ... (walk) into the room, everyone ... (work).
- k) It ... (be) a day last September. The sun ... (shine) and the birds ... (sing) . I ... (walk) along the street when I ... (meet) an old friend.
- l) He ... (live) in Russia when the Revolution ... (start).
- m) When her train ... (get) to the station, we ... (wait) on the platform.
- n) He ... (be) so annoying! He ... (always leave) his things everywhere.
- o) On holiday we ... (visit) Rome, ... (see) the Vatican, and ... (spend) a few days at the beach.
- p) Why ... (stand) on a chair when I ... (come) into the room?
- q) They ... (lived) in Germany when they ... (be) young.
- r) At 7pm yesterday, we ... (listen) to music.
- s) When I ... (leave) the house, it ... (snow).
- t) He ... (work) in a bank when he ... (meet) his wife.

3. Use the past tenses (simple or continuous) instead of the present ones. Translate the text.

The challenge is ringing in my ears. I'm struggling with life and I need to make a change. I have no one who believes in me. But I'm a fighter to the end. I'm tired of waiting to be who I am. That's not me. My future is bright. This is my world, my stadium, my game, my life. And it's my turn to be successful.

4. Read the following questions and discuss them with your partner.

Do you watch the Olympic Games? Which Olympic sports do you like to watch on TV?
When and where were the best Olympic games? Did your country win any medals?
How many Olympic sports can you name?
Which sports is your favorite? Why?
How many medals did your country win in the last Olympics?
Which sport is your country good at?
Where are the next games?
How is a country chosen to hold the games?
Is holding the games a financial incentive?
Is it good for the country that holds the events?
Does your country do better at the summer or the winter Olympics?
Should professional athletes be allowed in the Olympics?
Do you think it's fair that an athlete who lives in one country and competes in another country can come back to his/her home country to be part of the Olympic team? Why?
What is the most difficult Olympic sport? Why?
Should all sports be included? Why?

Lesson C
PRACTICE IN SPEAKING
ACADEMIC SPEAKING

1. Read and translate the text.

MY WORKING DAY

I am sure that every person prefers weekends to working days, but working days are inevitable in our life. I have my working days from Monday to Friday. I am a first-year student of the South Ukrainian National Pedagogical University. My parents live in Vinnitsa and I study in Odessa so I need some housing. There are two opportunities for me: I can live in a dormitory (a students hostel), or to rent a flat (an apartment). I decided to rent a flat. To make the rent smaller, I also decided to share my flat with another boy — Oleg Popov. He studies at the university too, and he is my best friend now.

Now, let me describe my usual working day. My classes begin at 8:30. So on week-days I have to get up at 7:15. I turn on the radio and do my morning exercises while Oleg takes a shower. I don't take a bath in the morning because I don't have enough time for it. I take a cool shower (that's when I completely wake up), shave, brush my teeth. After that I go back to our room, get dressed and brush my hair. Then we have breakfast. Oleg makes breakfast every Monday, Wednesday and Friday. I have to serve breakfast on Tuesdays, Thursdays and Saturdays. I love to listen to the latest news on the radio while I am eating and Oleg prefers light music.

We leave the house at ten minutes past eight and walk to the nearest bus-stop. We live rather far from the university and it usually takes us about a quarter of an hour to get there by bus. Sometimes when the weather is fine and we have enough time we walk to the university. It is very healthy to walk much.

The classes begin at 8:30 in the morning and they end at 2:00 p.m. We have lectures in different subjects. As a rule we have three or four classes a day. Sometimes it is very hard to wait till they end. At 11:50 we have lunch. That's my favourite time. That is the time to share the latest news and to gossip. My friends and I prefer not to go to the canteen and we often have lunch in a small cafe not too far from the university. At

12:30 we have to be back to our classes. During the working day we also have several short breaks that last for ten minutes. Occasionally I have to stay at the university till 4 or even 5 o'clock in the evening because I go to the university gym. Our gym has a lot of new exercise equipment, including running machines and cycling machines. It helps me to keep fit. As a rule I have no free time on week-days. So by the end of the week I get very tired.

We come home at about 7 o'clock in the evening. We eat supper together and share the latest news. After supper we wash dishes, drink coffee or tee. At home I often made use of the Internet to collect information for my test papers and compositions. I can't imagine my life without computer and internet. Computers give access to a lot of information. It is possible to find data and descriptions, chapters from necessary books... to make a long story short, everything you need. I believe that computers can materially do our work easier and make people more educated. When I am through with my study I rest a little. Sometimes my friends call for me and we go for a walk. At about eleven at night I go to bed.

2. Find the Ukrainian equivalents in the right-hand column for the following:

inevitable	винаймати квартиру
housing	буденні дні
dormitory, students hostel	одягатися
to rent a flat (an apartment)	підготуватися
week-days	житло
to get dressed	досить часу
to get ready	неминучий
enough time	студентський гуртожиток

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Complete the following description with for, during, by, until, at, in or on.

Eleanor is a nurse who works the night shift. How does she manage? Well I finish work (1) ... 6.30 a.m. Then I go home, have a bath and try to be in bed (2) ... half past eight. (3) ... the same time as I'm getting ready for bed, Jeffrey, my husband, and our five-year-old daughter, Elaine, are getting up. Jeffrey takes her to nursery school. I usually sleep (4) ... about 3 o'clock (5) ... the afternoon. I have to be at the school (6) ... 3.30, to collect Elaine. We come home and I play with her, and try to get some housework done (7) the same time. When my husband comes home, we eat. If I'm lucky, I can relax (8) ... an hour before putting Elaine to bed. Then I do some housework that didn't get done (9) ... the day. I allow plenty of time to get to the hospital' because if I'm not there (10) ... time, another nurse will have to go on working (11) ... I arrive. I'm often very tired (12) ... the time I finish, but I don't really mind. There's a special atmosphere in the hospital (13) ... night. And the hours suit us, (14) ... the moment, anyway. I may want to work days when Elaine goes to a different school. Perhaps I'll be ready for a change (15) ... then.

5. Complete the questions, then answer them:

1. ... did the alarm clock ring? 2. ... did you go after classes yesterday? 3. ... did he do when he came home from work? 4. ... did it take you to get here? 5. ... did we go to the cinema last? 6. ... did you spend your weekend? 7. ... did you have your lunch today? 8. ... didn't she come on time? 9. ... met you at the station? 10. ... woke you up in the morning?

6. Use the verbs in the Past Simple Tense:

I (to get up) very late yesterday. I (to look) out of the window and (to see) that the weather (to be) bad. So I (to think) for some time and (to decide) that I (to have) time to myself. Suddenly the telephone (to ring). I (to come) up to the telephone and (to take) the receiver. My Friend Nick (to call). He (to say) that it (to be) his day off and (to

invite) me to his place. I (to spend) the whole day, there. First we (to talk) about our problems; then we (to watch) TV, there (to be) an interesting American film which we (to like), then we (to have) tea in the kitchen and (to talk) again. We (to listen) to some music and when I (to look) at the watch I (to see) that it (to be) 8 in the evening. I (to think) I must be off and (to say) goodbye to Nick. When I (to come) home my parents (to ask) me «You (to have) a good time?» «Yes,» I (to answer), «I certainly (to do).» But I (to be) sorry, I (not to write) a single page on that day.

6. Retell the text «My Working Day».

7. Work with your partner. Ask and answer the questions.

1. Who are you? Where do you study?
2. When did you enter the South Ukrainian National Pedagogical University?
3. What department do you study at?
4. When do you get up in the morning?
5. When do your classes begin?
6. When do you leave for the university?
7. Do you live far from the university?
8. How do you get to the university?
9. How much time does it take you to get to the university?
10. Do you attend all the classes?
11. How many classes do you have every day?
12. What type of classes do you have every day?
13. What do you do at lectures?
14. What do you do at practical classes?
15. What subjects do you study?
16. What is (are) your favorite subject(s)?
17. Why do you like it?
18. When are your classes usually over?
19. What do you do after the classes?

20. When do you answer your missed lessons?
21. When do you usually go home?
22. How many students are there in your group?
23. Is your group friendly?
24. When do you do your home task?
25. How much time does it take you to do your home task?
26. Do you have free time during your working days?
27. What do you do in your free time?
28. How do you usually spend your weekend?

8. Translate into English.

1. Коли ви зазвичай встаєте вранці? – Рівно о 7. 2. По неділях я часто ходжу в кіно або в театр. 3. Увечері я читаю книги, дивлюся фільми або слухаю музику. 4. Ми вечеряємо, як правило, о 7 годині. 5. Коли я приходжу додому, я йду в ванну, відкриваю кран, мию руки і витираю їх рушником. 6. Вам треба провітрити спальню і підмести підлогу. 7. Як ви добираєтеся до університету? – Автобусом. Але іноді доводиться йти пішки. 8. Давай підемо в парк! – Із задоволенням. 9. Скільки часу в тебе йде на те, щоб дістатися на роботу? – Біля півгодини. 10. Що ти збираєшся робити? – Я збираюся писати доповідь. 11. Я зазвичай ходжу в університет пішки, так як він знаходиться недалеко від нашого будинку. 12. Ви часто буваєте в театрі? – Ні, рідко. 13. Що ви робите вечорами? – Зазвичай буваємо вдома. Раз чи два на тиждень ми ходимо на ковзанку, зустрічаємося з друзями і ходимо в кіно або в театр. 14. Щодня Том робить ранкову зарядку. 15. Після занять Марія зазвичай робить домашнє завдання. Іноді вона ходить в бібліотеку, де читає книги і переглядає газети і журнали. 16. Ви лягаєте спати рано чи пізно? – Мені доводиться засиджуватися пізно. 17. Ви завжди приходите вчасно на заняття? – Так. 18. Як ви проводите вільний час? – З друзями, іноді з рідними

UNIT FIVE

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. batsman	[ˈbætsmən]	бетсмен, відбиваючий м'яч (у крикеті)
2. bottom teams	[ˈbɒtəm ti:mz]	команди, що знаходяться у кінці списку
3. challenging	[ˈtʃælɪndʒɪŋ]	стимулюючий, спонукаючий, вимагаючий напруги сил
4. championship	[ˈtʃæmpjənʃɪp]	чемпіонат, змагання, першість
5. conditioning	[kənˈdɪʃnɪŋ]	гартування, загальнорозвиваючі вправи, психологіч на підготовка, особливо з використанням у мовних рефлексів
6. Cup Final	[ˈkʌpfaml]	фінал розіграшу кубку
7. division	[dɪˈvɪʒ(ə)n]	група спортивних команд, ліга
8. famous trophy	[ˈfeɪməsˈtrəʊfi]	знаменитий трофей
9. foreigner	[ˈfɔːrənər]	іноземець
10. headlines	[ˈhedlaɪnz]	заголовки
11. lawn-tennis	[ˈlɔːnˈtenɪs]	спортивний теніс, теніс на траві
12. leisure time	[ˈliːʒər taɪm]	вільний час
13. major team sports	[ˈmeɪdʒə ti:m spɔːts]	головні види спортивних змагань між командами
14. national team	[ˌnæʃ(ə)nəlˈti:m]	збірна країни
15. performance	[pəˈfɔːmən(t)s]	виконання
16. physiology	[ˌfɪzɪˈɒlədʒɪ]	фізіологія
17. popularity	[ˌpɒpjəˈlærəti] [- ju-]	популярність
18. support services	[səˈpɔːrtˈsɜːvɪsɪz]	служби підтримки
19. to devote	[dɪˈvəʊt]	присвятити
20. World Cup	[wɜːld kʌp]	кубок світу

2. Translate into your native language.

1. Venus Williams put in one the best performances of her life to win the tournament. 2. The players carried the famous trophy over their heads as they ran around the stadium. 3. He's coaching me and some other men for the World Cup. 4. These children's leisure time centers don't devote much time to studies. 5. The main concerns for the batsmen are not to lose their wicket and to score as many runs as quickly as

possible. 6. For the first time in Men's National Team Championships history, the contest for the national title was between two non-Ivy institutions. 7. This is competitive lawn- tennis but always played in an enjoyable and friendly manner and followed by an excellent tea hosted by the home team. 8. Here is the list of all the bottom teams ever to reach their domestic Cup Finals. 9. This challenging situation will require everyone's patience. 10. Strength and conditioning coaches typically work with sports teams, but may also work with individuals. 11. Physiology aims to understand the mechanisms of living - how living things work. 12. What are major team sports in the USA? – I am not sure, maybe football and tennis. 13. In sports using a league system, a division consists of a group of teams who play a sport at a similar competitive level. 14. Our athletes and sports scholars have access to range of professional support services to aid performance. 15. Their coach supports proposals to limit the number of foreigners allowed to play for football teams in England. 16. Here you can check out the latest breaking UK, US and world sport news and headlines for football and cricket. 17. Soccer popularity continues to climb.

3. Guess what?

1. It is the player at bat in cricket and baseball. 2. It is a group of teams who compete against each other for a championship. 3. It is the scientific study of normal function in living systems. 4. A game in which two opposing players or pairs of players use tautly strung rackets to hit a ball of specified size and bounce over a net on a rectangular court. 5. It is a social phenomenon that dictates who or what is best liked, sometimes referred to as in vogue.

4. Read and translate the text.

SPORT IN GREAT BRITAIN

Sport is very important part of life in Great Britain. Thousands of people devote their leisure time to outdoor and indoor games.



England has its own national team in most team sports, but the United Kingdom sends a combined team to the Olympics. The English Institute of Sport is a nationwide network of support services, aimed at improving the standard of English athletes. Services include sports medicine, physiotherapy, sports massage, applied physiology, strength and conditioning, nutrition, psychology and Performance Lifestyle support. It is based at 8 regional hubs and other satellite centers. The Minister for Sport and Tourism and the Department for Culture, Media and Sport have responsibility for sport in England.

There are five major sports in Britain. Football, also known as «soccer». Cricket, a strange game that few foreigners like or can even understand. Rugby, also known sometimes as «football», lawn-tennis and swimming.

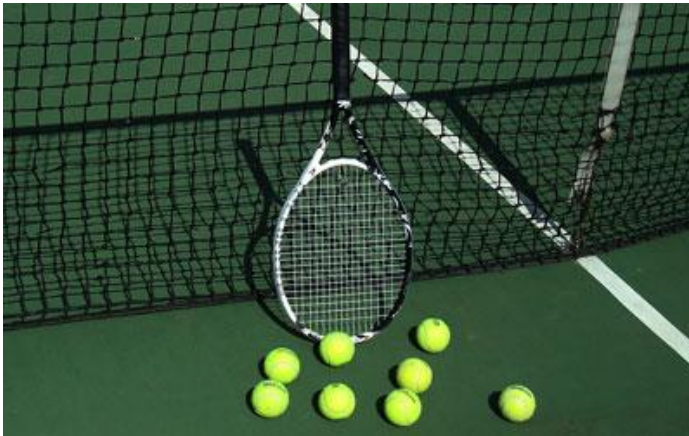
During the football season, one of the most important things on television is the football match shown on the BBC on Saturday evenings around ten o'clock. On Saturday afternoons, the big sports' day in Britain, some football grounds will have crowds of more than 40,000. Professional teams are organized into four divisions in England and Wales. Scotland has its own divisions. The bottom three teams or «clubs» of the First Division at the Second Division go into the First. They are «promoted». The same thing happens between the Second and Third Divisions. The Cup Final is one of the most important football matches of the year in England; it is always played at the Wembley stadium, near London. Recently football has been getting less popular. The

crowds are not so big. Some clubs are always in financial trouble. It is said that one reason for this is “violence on and off the field”. Players tackle each other very hard. They sometimes get into fights. After some matches shop windows near the grounds are smashed up. So are of the trains that carry football crowds.



The only game that comes anywhere near to challenging the popularity of football is rugby. It too is organized on a national scale and there are also numerous local leagues. Rugby is a game that is played rather than watched, however it does not attract anything like the same number of spectators as football.

Cricket is England's national summer game. Cricket seen more peaceful. A man with a small ball in his hand runs up to a spot and throws it. A few yards away a man with a bat, called a batsman, tries to hit it. The ball bounces in front of him. Sometimes it bounces up and hits him in the face. It is a very hard ball, and some batsmen have lost a few teeth this way or have had broken jaws. Cricket is played in the summer. The



oldest series of international matches is between England and Australia, and the team that wins takes home a famous trophy called The Ashes. And even today for cricket lovers in England and Australia winning The Ashes is like winning The World Cup for football! In England cricket is played in schools and

universities, and almost all towns have their cricket team which play regularly at least one match a week during the season – from May to September. There are thousands of cricket grounds all over England.

The number of people who play lawn-tennis is great. The tennis championships held at Wimbledon for two weeks at the end of June and at the beginning of July are the main event of the lawn-tennis season in Britain and, in fact in the world. These championships in which men and women of many nationalities compete, gather large crowds.

Many children in Britain learn to swim at school, or during the holidays at the seaside, and swimming pool as a summer pastime is enjoyed by millions of people. There are also indoor swimming pools which makes swimming possible all the year round. Swimming championships and competitions are widely reported in press and on TV. Attempts to swim the English channel have been made by swimmers of many nationalities every summer. Some of the attempts are successful.

The story is told of an American arriving in Britain for the first time. At Victoria Station he saw newspapers with headlines like «Great Crisis for England» and «England's Position Hopeless». He thought that a war is about to begin or that there was

another great economic crisis. In fact, the newspaper headlines were all about a test match being played between England and Australia.

5. Read the word - combinations and the sentences. Cover the left side and translate the right one into English.

1. less popular	менш популярний
2. football grounds	стадіони
3. in financial trouble	у скрутному грошовому становищі
4. violence on and off the field	хуліганські витівки на футбольному полі і на стадіоні
5. comes anywhere near challenging the popularity of football	за популярністю майже дорівнює футболу
6. broken jaws	зламані щелепи
7. it does not attract anything like the same number of spectators	не може притягнути стільки глядачів
8. Attempts to swim the English channel have been made by swimmers of many nationalities every summer.	Кожне літо плавці багатьох націй роблять спроби перепливати Ла-Манш.

6. Find the appropriate words to complete the sentences:

1. Wembley Stadium ... its first FA Cup Final in 1923.
2. English football fans ... most exciting games which are held between teams from the same city.
3. The game ... on a field 100 metres long and 80 metres wide.
4. There ... many cricket clubs in the country.
5. Do you ... any English football clubs?

7. Point out paragraph of the text telling about:

1. The English Institute of Sport.
2. Five major sports in Britain.
3. Football.
4. Rugby.

5. Cricket.
6. Lawn-tennis.
7. Swimming.
8. One funny story.

and speak on them.

8. Do the following tasks:

a) Find out the most popular british sportsmen of the given sports:

swimming –

golf –

cricket –

boxing –

hockey –

rugby –

running –

jumping –

grass-hockey –

baseball –

football –

tennis –

b) Name five sport games invented by the British.

c) Name three most popular participatory sports in Britain nowadays.

d) What are the three traditional English games still popular in Britain?

e) What are the two forms of horse racing?

f) What is the most popular boat race in Britain?

g) How many pins are to be knocked down in bowls?

9. Translate the sentences with new words into English and write them down.

1. Команди, що знаходяться у кінці списку до участі у чемпіонаті не допускаються. 2. В наш час бетсмени користуються захисним інвентарем, щоб уникнути травм. 3. Я пишаюсь тим, що група спортивних команд нашої країни здобула знаменитий трофей та популярність у глядачів. 4. Остаточне рішення про участь та склад збірної країни залежить від результатів змагань. 5. Кубок світу проводиться з 1978 року, а чемпіонати світу – з 1986 року. 6. Заголовки спортивних газет переконують нас у тому, що «плавання – стимулюючий фактор для всебічного розвитку студентської молоді». 7. Основною задачею нашої служби підтримки було надання психологічної підготовки з використанням умовних рефлексів. 8. Фінал кубку важко назвати інтригуючим. 9. Багато учасників цього турніру з великого тенісу – іноземці. 10. Головні види спортивних змагань між командами мають бути відбірковими. 11. Свій вільний час я присвячую вивченню англійської мови. 12. Різнобічне вивчення техніки виконання допомагає мені покращити свої результати. 13. В основі фізіології вправ і спорту лежать анатомія і фізіологія.

10. Tasks for independent and individual work:

Make an account on the latest sport news. Use the Internet or TV Sport Programmes (200 words).

Lesson B GRAMMAR PRACTICE

1. Read the following information. Remember it.

Present Perfect (теперішній доконаний час). Стверджувальне речення **утворюється** за допомогою допоміжного слова *have* (1 та 2 особи) або *has* (3 особа однини) та додаванням закінчення *-ed* до дієслова. Якщо дієслово неправильне, то використовується 3 форма – Past Participle: He has just finished playing football.

Для утворення запереченого речення в Present Perfect після допоміжного дієслова необхідно додати частку *not*: I haven't seen you for years!

Для утворення питального речення в Present Perfect допоміжне дієслово необхідно ставити наперед речення: Have you ever met him?

Випадки, в яких **вживається** Present Perfect:

1) дія, результат якої є в наявності в сьогоденні: I have been to France. Nobody has ever climbed that mountain;

2) замість Present Perfect Continuous (з дієсловами, що не використовуються у Present Continuous – to see, to hear, to know, to understand, to remember та ін.): Mary has loved chocolate since she was a little girl;

3) майбутня доконана дія в підрядних реченнях часу та умови: After I have read the book, I'll give it to you.

2. Write the Past Participle of the following verbs.

to begin –	to go –	to rise –	to teach –
to bring –	to hide –	to see –	to think –
to break –	to hold –	to shake –	to understand –
to catch –	to keep –	to shoot –	to wake –
to eat –	to lend –	to speak –	to win –
to fall –	to lose –	to strike –	to write –
to get –	to pay –	to take –	to give –

3. Make up the sentences using the Present Perfect Tense.

- a) He /just /to send/a letter/to his friend.
- b) We/already/to water/ the flowers/in the garden.
- c) I/never/to eat/oysters.
- d) They /to know/each other/for years.
- e) Sheila/to call/ me twice/today.
- f) The taxi/just/to arrive.
- g) You/just/to destroy/all my plans.
- h) Max/never/to ride/a motorbike.
- i) The Professor/to give/five lectures/this week.
- j) The seminar/ already/to start.
- k) We/to live/in this hotel/for three days/ already.
- l) The baby/just/to fall asleep.
- m) The Connors/to move/into a new house/already.
- n) I/to remind/Tom/about the meeting/three times/today.
- o) Andrew/to be/to Manchester/ three times/this year.

4. Translate into English.

1) Я щойно проглянув ці завдання з англійської мови. 2) Ви вже обговорили питання про його участь у чемпіонаті? – Ще ні. 3) Я ще не обідав. Йдемо до їдальні. 4) Ви коли-небудь були в Лондоні? – Ні, але я багато читав про нього. 5) Я не зустрічався з нею відколи закінчив школу.

5. Read the following information. Remember it.

Past Perfect (минулий доконаний час). Стверджувальне речення утворюється за допомогою використання допоміжного дієслова *to have* у третій формі (*had*) та дієслова у третій формі, якщо воно неправильне або ж простим додаванням до нього закінчення *-ed*: I called Jim too late, he had already left.

Заперечні речення в Past Perfect утворюються за тією ж формулою, що й стверджувальні, окрім того, що після допоміжного дієслова потрібно ставити частку not: We were not able to get a hotel room because we had not booked in advance.

Питальні речення в Past Perfect утворюються за допомогою переміщення допоміжного дієслова на перше місце в реченні: Had you washed your hands before you took the food?

Випадки, в яких вживається Past Perfect:

1) завершена дія перед дією в минулому: I did not have any money because I had lost my wallet;

2) тривала дія в минулому перед подією: By the time Alex finished his studies, he had been in London for over eight years.

6. Use the verbs in brackets to complete the sentences.

1. I lost the key that he (give) ... to me.
2. She told me that she (see) ... the film.
3. I went outside as I (hear) ... a noise.
4. She picked out the red dress, which she (not / wear) ... for ages.
5. Mike (not / swim) ... in the beach before that day.
6. His father was angry because he (not / help) ... him.
7. (you / have) ... dinner before you left the house?
8. (he / manage) ... to find a place to stay when he went to Paris?
9. Where (she / stay) ... before she moved to live with her boyfriend?
10. When Sarah arrived at the party, Paul (go) ... home.

7. Translate into English.

- 1) Він ніколи раніше не був в Оксфорді.
- 2) Мій кузен купив квитки до того, як ми прийшли.
- 3) Я занадто втомився, тому що мій робочий день розпочався в шість.
- 4) Джек закінчив тест до того, як продзвенів дзвінок.

- 5) Місіс Смит вже приготувала вечерю, коли її чоловік прийшов додому з роботи.
- 6) Їй не сподобався фільм, тому що вона прочитала до цього книгу.
- 7) В нашій квартирі був безлад, тому що у мене напередодні був день народження.
- 8) Ми не пішли в ресторан, оскільки витратили усі гроші на одяг.
- 9) Мері не могла кататися на ковзанах після того, як зламала ногу.
- 10) Ларрі запізнився, оскільки застряг в дорожній пробці.
- 11) Студент був щасливий, оскільки склав усі іспити.

8. Tasks for independent and individual work.

Find some information about numerals (cardinal and ordinal) and the way of their reading. Be ready to present it to your groupmates.

9. Test of grammar and vocabulary.

1. Match the two parts of the sentences

His parents were angry because ...	because we hadn't paid the bill.
The roses died because ...	the film had already started.
When we arrived at the cinema ...	he hadn't phoned them for several months.
Bob was late for the train ...	because he had passed all his exams.
The electricity was switched off ...	because he had forgotten his passport.
The student was happy ...	I hadn't watered them for several weeks.

2. Complete the sentences. Use the words in brackets.

- Do you know where Julia is? – Yes, I – her. (just/see)
- What time is David leaving? – He – (already/leave)
- What's in the newspaper today? – I don't know. I – (not/read/yet)
- Are your friends here yet? – Yes, they – (just/arrive)
- What does Tim think about your plan? – I – (not/tell/yet)

3. Choose the correct option.

She has /'s had a moped since she was 15.

We took /'ve taken a taxi to town that morning.

We played /'ve played volleyball last night I'm really hungry.

I didn't eat / haven't eaten since last night.

They visited/ 've visited Colorado last summer.

4. Put the verbs in brackets in the Past Simple or in the Present Perfect.

- 1). I (have, just) _____ a nice pot of coffee. Would you like a cup? 2). I (see, not) _____ Steve this morning yet. 3). Carol and I are old friends. I (know) _____ her since I (be) _____ a freshman in high school. 4). Maria (have) _____ a lot of problems since she (come) _____ to this country. 5). I (go) _____ to Paris in 2003 and 2006. 6). A car came round the corner and I (jump) _____ out of the way. 7). Don't throw the paper away because I (not to read) _____ it yet. 8). Is Jim going to eat lunch with us today? — No. He (eat) _____ (already). He (eat) _____ lunch an hour ago. 9). Since we (start) _____ doing this exercise, we (complete) _____ some sentences. 10). I (be) _____ never to Italy. 11). Maria (get) _____ some bad news last week. She (be) _____ sad since she (get) _____ the bad news. 12). I (start) _____ school when I was five years old. I (be) _____ at school since I (be) _____ five years old. 13). I (change) _____ my job three times this year. 14). I (change) _____ my job three times last year. 15). The weather was hot and dry for many weeks. But two days ago it (rain) _____. 16). Tom (break) _____ his leg five days ago. He's in hospital. He (be) _____ in hospital since he (break) _____ his leg. 17). Are you going to finish your work before you go to bed? — I (finish) _____ it (already). I (finish) _____ my work two hours ago. 18). He (have, not) _____ any problems since he (come) _____ here. 19). The baseball player (hit) _____ the ball out of the stadium yesterday. He (hit) _____ a lot of homeruns since he (join) _____ our team. 20). It's the first time I (be) _____ on a ship.

5. Translate into English.

Школи Англії пропонують дуже насичену програму навчання. З 8.30 до 17.30 (з перервою на обід) діти займаються уроками, спортом і позакласними заняттями в кружках. Потім – двогодинна перерва на вечерю та відпочинок. Приватні школи Англії пропонують для вивчення точні і природничі науки: математика, фізика, комп'ютери й програмування, хімія, анатомія і біологія людини; гуманітарні: англійська мова, англійська література, інші мови (французька, німецька, іспанська та ін.), історію. Особливу увагу школи в Англії приділяють спорту. Школи-пансіони мають розвинену інфраструктуру для занять десятками видів спорту, серед яких як розповсюджені скрізь футбол, баскетбол і плавання, так і типово британські види спорту – крикет, верхова їзда, регбі.

6. Answer the questions. Write complete sentences.

What sports were invented by the British?

What are the major spectator sports in Britain?

What are the major participatory sports?

How many people do regularly take part in sport or exercise in Britain?

When did golf originate?

When did cricket start?

What can players do with a ball in rugby?

When did rugby originate and how?

How many people go to football matches every year?

When and where is the final FA Cup played?

Where are the annual tennis championships held?

What is flat racing?

What is steeplechase?

What is the greatest attraction of races for most people?

When was the first boat race between Oxford and Cambridge held?

Where is it held now?

How is squash played?

How are darts played?

Name the European club David Beckham ended his career with?

What is the term used for an Oxford or Cambridge student who represents their university at any sporting event?

Lesson C
PRACTICE IN SPEAKING
ACADEMIC SPEAKING

1. Read and translate the text.

HIGHER EDUCATION IN UKRAINE

Higher education in Ukraine has a long and rich history. Its students, graduates and academics have long been known and appreciated worldwide. The pioneering research of scholars working in the country's higher education institutions and academies, such as Dmytro Mendelejev, Mykola Zhukovsky, and Yeugeniy Paton, are part of the universal history of scientific progress.

The first higher education institutions emerged in Ukraine during the late 16th and early 17th centuries. The first Ukrainian higher education institution was the Ostrozka School, established in 1576, similar to Western European higher education institutions of the time. The oldest university was the Kyiv Mohyla Academy, established in 1632.

Higher education is generally recognized as preparing individuals to realize more fully their human potential, enrich their understanding of life and make them more productive to society. Future specialists in various fields of science, technology, economics and art get a fundamental general and specialized training, all students regardless of their specialty study foreign languages.

Apart from educational work and schooling Ukrainian higher schools carry out a great deal of scientific work in all branches of knowledge. They have either a students' research Society (Club) or a Technological Design Bureau which provide excellent facilities for young researches. Our country needs specialists in all fields of science and all branches of industry and agriculture. Institutes exist not only in big cities like Kyiv, Kharkiv, Lviv, but in many towns of Ukraine like Irpin.

Being a participant of the Bologna process, Ukraine joined common European education system, as well as European academic research community. A new set of requirements for obtaining the Bachelor's Degree has been adapted to meet European

standards. Another important objective was to revise syllabuses and qualification requirements.

Higher educational establishments of our country fall into three main types. The first type includes the universities and institutes where there are only full-time students, which receive state grants. Students who do not live at home get accommodation in the hostels. The second and third types of higher schools provide educational facilities for factory and office workers who combine work with studies. The second type of higher education in establishments includes evening faculties and evening higher schools for those who study in their spare time.

The third type covers extra-mural higher schools where students take correspondence courses. Every year extra-mural students receive from 30 to 40 days' leave to prepare for their exams. The diplomas by the evening faculties and extra-mural higher schools have the same value as the diplomas of all other institutes and universities.

The period of study at higher schools is from 4 to 6 years. According to the subjects studied there exist three groups of higher schools' universities, polytechnic and specialized institutes.

2. Find the Ukrainian equivalents in the right-hand column for the following:

to realize more fully their human potential студенти стаціонару

to enrich their understanding of life
a great deal of scientific work

одержувати державні пільги
повніше реалізувати людський
потенціал

to provide excellent facilities
higher educational establishment
full-time students

вищий навчальний заклад
поєднувати роботу з навчанням
забезпечувати відмінні умови

to receive state grants

отримувати відпустку

to combine work with studies	навчатися заочно
to take correspondence courses	великий обсяг наукової роботи
to receive a leave	збагатити їхнє розуміння життя

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Complete the following sentences.

1). All students regardless of their speciality study 2). Ukrainian higher schools carry out a great deal of 3). Higher educational establishments of our country fall into 4). Students who do not live at home get 5). Extra - mural students receive from 30 to 40 days' 6). The diplomas by the evening faculties and extra-mural higher schools have ... 7). According to the subjects studied there exist 8). Another important ... was to revise syllabuses and qualification requirements.

5. Choose the correct variant:

It is hard to believe but Benjamin got ____ average marks in all his exams.

- 1). on high
- 2). over
- 3). above

Most of the students in my group are ____

- 1). bookworming
- 2). bookworm
- 3). bookworms

You should study hard during the term to ____ a credit for this philosophy course.

- 1). get
- 2). obtain
- 3). gain

These words are to be learnt ____ heart for the next lesson.

- 1). close to

2). by

3). towards

Deborah started working to learn about life in the school of ____ knocks.

1). tough

2). hard

3). severe

Have you ever thought about working your ____ through college?

1). path

2). road

3). way

6. Retell the text «Higher education in Ukraine».

7. Work with your partner. Ask and answer the questions.

When did the first higher education institutions in Ukraine emerge?

Does higher education help to develop your human potential and enrich your understanding of life? Why?

What training do the future specialists get?

What can you say about the role of foreign languages in gaining higher education?

What is the role of scientific work in training future specialists?

What specialists does our country need? Why?

Where do institutes and universities exist in our country?

How many types of higher educational establishments we have in our country?

What higher schools does the first type include?

Which is the second type?

What schools does the third type cover?

What do extra-mural students receive every year?

Is there any difference between the diplomas by the evening faculties, extra- mural schools and full-time schools?

How long does the period of studies at higher schools last?

What groups of higher schools exist?

8. Translate into English.

Система середньої освіти в Україні включає початкову школу, середні і старші класи. Діти звичайно йдуть до школи у віці шести чи семи років. Після дев'ятого класу учні можуть вступати до різних технікумів. Ті, хто хочуть вступати до вищих навчальних закладів, повинні закінчити десятий і одинадцятий класи. Студенти також можуть вступати до вищих навчальних закладів після спеціалізованих коледжів чи ліцеїв. Система вищої освіти представлена університетами, політехнічними інститутами, спеціалізованими інститутами. В університетах курс навчання п'ять років, там зазвичай від шести до дванадцяти факультетів. Інститути готують фахівців для промисловості, сільського господарства й економіки. Більшості з них був недавно наданий статус академії чи університету. Студенти можуть також вступити до аспірантури, займатися науково-дослідною роботою. Останнім часом з'явилася велика кількість приватних навчальних закладів. У деяких інститутах є платні групи чи факультети. Там студенти можуть одержати освіту на такому ж високому рівні, як і в державних інститутах.

UNIT SIX

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. all-around	[,ɔ:lə'raʊnd]	багатоборство
2. brave defenders	[breɪv dɪ'fendəz]	хоробрі захисники
3. choice	[tʃɔɪs]	вибір
4. descendants	[dɪ'sendənts]	нащадки
5. entire life	[ɪn'taɪə laɪf]	все життя
6. fame	[feɪm]	популярність
7. far beyond the country	[fɑ: bɪ'jɒnd 'kʌntri]	далеко за межами країни
8. fatherland	['fɑ:ðəlænd]	батьківщина
9. glory	['glɔ:ri]	слава
10. invincible warriors	[ɪn'vɪn(t)səbl 'wɒrɪəz]	непереможні воїни
11. leadership	['li:dəʃɪp]	лідерство
12. priority	[praɪ'ɔ:rəti]	пріоритет
13. record list	['rɛkɔ:d list]	перелік рекордів
14. represent	[,rɛprɪ'zent]	представляти
15. return	[rɪ'tɜ:n]	повернення, повторення
16. strongmen	['strɒŋgmæn]	силачі, сильні особи
17. successful career	[sək'sesf(ə)l kə'riə]	успішна кар'єра
18. to achieve the best results	[ə'tʃi:v best rɪ'zʌlts]	досягти найкращих результатів
19. to protect people	[prə'tekt'pi:pl]	захищати людей
20. to worship	['wɜ:ʃɪp]	поклонятися, шанувати

2. Translate into your native language.

1. This descendant of brave defenders of our fatherland has an extreme record list. 2. They addressed him in terms of worship extraordinary to a strongman ear. 3. All british students are eligible to represent the University in sporting competitions or volunteer their services in a variety of areas. 4. There are a lot of misconceptions about best results in achieving your athletic goals. 5. Very soon his fame as a great leader and invincible warrior was spread far beyond the country. 6. Who says you can't be great at everything? These five former professional athletes made successful careers both on and off the field. 7. Priority Sports & Entertainment is a full service sports agency, representing NBA and NFL players for over 25 years. 8. Marathon is something that can

be done almost an entire life. But it requires dedication and practice!

9. The Protecting Playing Fields funding programme is part of Sport England's strategy which is focused on helping more people acquire lifelong sporting habits. It is time for young people to protect yourself from health problems.

10. Sports Leaders qualifications give young people the experience they need to improve life skills through sports leadership.

11. Cycling offers the former sportsman a new path to glory.

12. World 400m champion Christine Ohuruogu will return to London's Olympic Stadium to compete in July's Anniversary Games.

13. At All Around Sports, our primary goal is to partner with universities to help them fund their athletic programs while providing inexpensive advertising solutions for the local merchants who support those universities.

14. You have no choice, you must compete!

3. Guess what?

1. A process of social influence in which a person can enlist the aid and support of others in the accomplishment of a common task.

2. It is the nation of one's «fathers», «forefathers» or «patriarchs».

3. It involves mentally making a decision: judging the merits of multiple options and selecting one or more of them.

4. It is the process of bring back.

5. A consanguinous (i.e. biological) relative directly related to a person.

4. Read and translate the text.

SPORT IN UKRAINE



Sport in Ukraine has been worshiped since ancient times. At the times of Kyiv Rus the world was covered with the fame of invincible warriors, who consider a duty to protect people and the fatherland. Centuries later, Cossacks – brave

defenders of independent state – got the same glory.

Ukraine was not once praised by strongmen – descendants of famous Cossacks – such as Ivan Poddubny – athlete of early 20th century who was considered as a follower of Cossacks kind. He was called «Iron John» and «Champion of Champions», as well as «Ukrainian Hercules». Today Vasyl Virastyuk holds the title of «the strongest man in the world», a constant world champion in force-around.

Ukraine is a country of sports and healthy lifestyle. It is not a modern craze, but rather – a matter of honor and the choice of everyone. Even at school children learn to love sport having physical training lessons. The sports programme in schools for youth includes swimming, volleyball, tennis, track and field and others. The most talented pupils continue to exercise as their main activity, making a pretty successful career going in for sports for the entire life.

As in most countries all over the world, football has the first priority among other sports. It is the most popular game among children and adults. Football is actively developed and maintained at all levels. Ukrainian football clubs and the national team proudly represent the honor of the country within the international arena, and the glory of brave Ukrainian players such as Andriy Shevchenko, Andriy Voronin, Oleg Blokhin and others extends far beyond the country.

Due attention is paid to the Ukrainian basketball and hockey. Men who represent these kinds of sport spend their lives training and working on themselves to achieve the best results. For example, a gymnast Anna Bessonova – the world champion in 2007, five times world champion and three times European champion. There are lots and lots of trophies in Anna Bessonova's record list: two times world champion in hoop and clubs types, the winner of gold medals at the World Cup, three times European champion in individual all-around types (hoop, clubs, ribbon), the absolute champion of the World in 2007, double bronze medalist in the Olympics and multiple World Championships, the silver medalist of Europe.

Special attention is given Ukrainian boxing as well. It's not a secret that Ukrainian brothers Vladimir and Vitaliy Klitschko are considered to be ones of the best boxers of the world;



they constantly prove their leadership and gain new champions belts. Vitaliy Klitschko won over Samuel Peter on 11 October 2008 having made an old dream of brothers come true: they both became world champions in the Heavyweight categories of professional boxing. Vitaliy regained the championship belt of WBC meanwhile Vladimir won WBO, IBF and

IBO champion belts. During the fight with Samuel Peter in 2009 Vitaliy Klitschko was awarded the prize of the World Academy of Sports «Laureus» as the «Return of the year».



The sport in Ukraine is primarily governed by 40 federations of various Olympic sports that are all part of the National Olympic Committee of Ukraine. The mass sport movement is driven by four main sports societies and two government sports committees of the Ministry of Education and the Armed Forces of Ukraine. All non-Olympic sports are governed by their respective federations of the Sports Committee of Ukraine.

5. Read the word - combinations and the sentences. Cover the left side and translate the right one into English.

- | | |
|-----------------------------------|------------------------------|
| 1. duty to protect people | обов'язок захищати людей |
| 2. independent state | незалежна держава |
| 3. descendants of famous Cossacks | нащадки знаменитих козаків |
| 4. the strongest man in the world | найсильніший чоловік у світі |
| 5. healthy lifestyle | здоровий стиль життя |
| 6. matter of honor | справа честі |
| 7. most talented | найталановитіший |
| 8. best boxers of the world | кращі боксери світу |
| 9. mass sport movement | масовий спортивний рух |
| 10. sports societies | спортивні товариства |

11. Sport in Ukraine has been worshiped since ancient times.	Спорт шанується в Україні з давніх часів.
12. Even at school children learn to love sport having physical training lessons.	Навіть в школах діти вчаться любити спорт на уроках фізкультури.
13. Men who represent these kinds of sport spend their lives training and working on themselves to achieve the best results.	Чоловіки, які представляють ці види спорту, проводять своє життя тренуючись та працюючи над собою, щоб досягти кращих результатів.
14. It's not a secret that Ukrainian brothers Vladimir and Vitaliy Klitschko are considered to be ones of the best boxers of the world; they constantly prove their leadership and gain new champions belts.	Ні для кого не секрет, що українські брати Володимир і Віталій Кличко вважаються одними з кращих боксерів світу; вони постійно доводять своє лідерство і здобувають нові пояси чемпіонів.

6. Find the appropriate words to complete the sentences:

1. Sport in Ukraine has been ... since ancient times.
2. Today Vasyl Virastyuk holds the title of « ... », a constant world champion in force around.
3. The sports ... in schools for youth includes swimming, volleyball, tennis, track and field and others.
4. ... who represent these kinds of sport spend their lives training and working on themselves to achieve the best results.
5. Vitaliy Klitschko won over Samuel Peter on 11 October 2008 having made an old dream of brothers come true: they both became world champions in the ... categories of professional boxing.

7. Point out paragraph of the text telling about:

1. Ukrainian sport in ancient times.
2. Descendants of famous Cossacks.
3. Children's attitude to sport.
4. Ukrainian football.

5. Anna Bessonova.
6. Ukrainian boxing.
7. Sports Committees of Ukraine.

and speak on them.

8. Do the following tasks:

a) Find out the most popular ukrainian sportsmen of the given sports:

swimming –

boxing –

running –

jumping –

baseball –

football –

tennis –

volleyball –

handball –

figure skating –

weightlifting –

b) Work in pairs. What do you need to be a winner? Look through the phrases below. Add to this list your own ideas and share them with your partner.

The graceful	Galina Prozumenshchykova
The walker	Leonid Zhabotynskyi
The gold medalist in swimming	Polina Astakhova
The weightlifter	Volodymyr Holubnychyi
The gold prizewinner in the high jump	Valerii Borzov
The yachtsman	Valentyn Mankin
The sprinter	Valerii Brumel
The outstanding pole-vaulter	Volodymyr Klychko
The figure skater	Kateryna Serebrianska

Olympic champion in free-style Oksana Baiul
gymnastics

The champion in boxing Serhii Bubka

It is important... I think one of the most important things is...

- to be confident
- to be at one's best in all situations
- to be an active participant
- to do morning exercises
- to train hard

c) Match the names and the sporting event.

9. Translate the sentences with new words into English and write them down.

1. В старовинних історичних джерелах розповідали про хоробрих захисників та їх нащадків, наділених надзвичайними можливостями для захисту простих людей. 2. Успішна кар'єра передбачає досягнення найкращих результатів, повагу, популярність та славу далеко за межами країни. 3. Ці силачі, непереможні воїни, які представляють нашу батьківщину мають значний перелік рекордів. 4. Шанувати традиції й ламати стереотипи є пріоритетом нашої команди з багатоборства. 5. Останнім часом однією з найпопулярніших книг є праця Збігнєва Бжезінського «Вибір: світове панування чи світове лідерство». 6. Все життя вона присвятила заснуванню спортивної школи, щоб повернути минулий успіх.

8. Tasks for independent and individual work:

1. Write down essay on theme «My favorite Ukrainian sportsman» (200 words).
2. Find additional information about popular sport in Ukraine and be ready to present it to your groupmates.

Lesson B

GRAMMAR PRACTICE

1. Read the following information. Remember it.

Future Simple (майбутній простий час) Стверджувальне речення утворюється за допомогою додавання допоміжних дієслів *shall / will* та першої форми дієслова: I will play football.

Для утворення заперечного речення необхідно після *shall / will* ставити частку *not*: Tomorrow he won't go to the school.

Питальне речення утворюється в наступний спосіб: *Shall / Will* + іменник + дієслово: Will you go with us?

Випадки, в яких **вживається** Future Simple:

- 1) обіцянка щось зробити: I will call you when I arrive;
- 2) передбачення майбутніх подій: John Smith will be the next Presiden;
- 3) миттєва реакція на щось: Will you help me move this heavy table?

2. Put the verb into the correct form.

- a) You (be) ... very happy.
- b) Jim (get) ... a lot of money if he sell his car.
- c) They (buy) ... a beautiful house very soon.
- d) Her friends (support) ... you.
- e) They (have) ... a meeting tomorrow.
- f) I (join) ... them soon.
- g) I (travel) ... around the world.
- h) John (do) ... this homework tomorrow.

3. Translate into English.

- a) Сподіваюся, вона нам допоможе.
- b) Вони перекладуть цей текст пізніше.
- c) Макс незабаром буде тут.
- d) Населення нашої країни збільшиться в 21-му столітті.
- e) Клімат потеплішає.

4. Read the following information. Remember it.

Future Continuous (майбутній тривалий час). Стверджувальні речення **утворюється** за допомогою допоміжних дієслів *shall /will* та *to be* (без інфінітива) і додаванням закінчення *-ing* до дієслова у першій формі: Don't disturb me in the evening, I'll be preparing for exam.

При утворенні заперечних речень після допоміжного дієслова *shall/will* додається частка *not*: At 6 I won't be sleeping yet.

Для утворення питального речення в Future Continuous *shall/will* ставляться на початку речення: Will you be playing the guitar at 6 o'clock in the evening?

Випадки, в яких **вживається** Future Continuous:

- 1) перервана дія в майбутньому: I will be watching TV when she arrives tonight;
- 2) дія в майбутньому відбувається в означений час: Tomorrow at 2 AM, they won't be playing in the club;
- 3) паралельні дії в майбутньому: While Ellen is reading, Tim will be watching television.

5. Use the verbs in brackets to complete the sentences.

- a) Tomorrow they (work) ... in the morning.
- b) Next week we (have) ... a party at 12 A.M.
- c) At midnight she (sleep)
- d) This evening I (watch) ... a football match.
- e) (visit / you) ... a friend this afternoon?
- f) He (not/drive) ... her to work tomorrow morning.

6. Translate the sentences.

- 1) С'ю буде робити домашнє завдання завтра в 5:00.
- 2) Ми будемо загоряти з 9 до 12 години завтрашнього ранку.
- 3) Нік і Джек буде їхати в Берлін в цей час наступного понеділка.
- 4) У нас буде конференція з 3 до 5 годин завтра.

- 5) Мій двоюрідний брат буде тренуватися в тренажерному залі в 7:00 завтра ввечері.
- 6) Неллі і Діана будуть відпочивати на Гаваях в цей час на наступному тижні.
- 7) Ми будемо танцювати на вечірці весь вечір завтрашнього дня.
- 8) Катя буде в гостях у своєї бабусі і дідуса весь день в наступну суботу.
- 9) Вони будуть готуватися до весілля весь наступний тиждень.
- 10) Я буду подорожувати по Канаді протягом двох тижнів в наступному місяці.

7. Read the following information. Remember it.

Future Perfect (майбутній доконаний час). Для утворення стверджувального речення використовуємо допоміжні слова *shall have* або *will have* перед дієсловом, до якого має додаватися закінчення *-ed*. Якщо дієслово неправильне, то використовується його 3 форма (Past Participle):
I will have finished my homework by 7 o'clock.

Для утворення заперечного речення в Future Perfect необхідно після допоміжних дієслів *shall/will* додати частку *not*: I will not have finished this test at 3 o'clock.

Для утворення питального речення в Future Perfect допоміжне дієслово *shall/will* необхідно поставити на перше місце в реченні:
Will you have read all these books by the exam time?

Випадки, в яких **вживається** Future Perfect:

- 1) Закінчена дія перед будь-яким моментом в майбутньому: By the time he gets home, she will have cleaned the entire house;
- 2) продовжена дія в майбутньому перед будь-якою подією: I will have been in London for six months by the time I leave.

8. Open the brackets. Use Future Perfect.

- a) By 8 o'clock, he (finish) ... his work.
- b) Pupils (leave) ... the classroom by the end of the hour.
- c) She (go) ... home by next month.

- d) We (return) ... from the excursion by eight o'clock in the evening.
- e) (buy / they) ... the new flat by December?
- f) The sun (not / rise) ... by 5 o'clock in the morning.
- g) (you/finish) ... the cleaning by 3 o'clock?

9. Translate into English.

- 1) Майк відремонтує ваше авто до вечора вівторка.
- 2) Ми не завершимо цей проект до кінця цього місяця.
- 3) Мій юрист підготує всі необхідні документи до четверга.
- 4) Ви отримаєте наше повідомлення до кінця робочого дня.
- 5) Олена приготує вечерю до сьомої вечора? — Так, вона все приготує, а ми накриємо на стіл до сьомої вечора.
- 6) Хто замовить квитки на літак до понеділка? — Джон їх замовить.
- 7) До якого часу завтра водій привезе обладнання? — Він привезе обладнання завтра до шостої вечора,
- 8) Ваш секретар надрукує звіт до наступного понеділка? — Так.
- 9) Що шкідливіше алкоголь або сигарети? — Я гадаю, і алкоголь і сигарети шкодять здоров'ю.
- 10) Вона напише статтю до п'ятниці? — Ні, вона до п'ятниці ще не повернеться з відрядження.

10. Task for independent and individual work.

Find some information about Future in the Past Tenses (Simple, Continuous, Perfect) and their use. Be ready to present it to your groupmates.

11. Test of grammar and vocabulary.

1. Read and find the sentences with mistakes. Underline the mistakes and correct them.

- a) I'll try to study better next semester.
- b) Alex will phones us later.

- c) Max will help me to catch that cat.
- d) Hurry up! You will to be late.
- e) Rita wills to be here soon.
- f) I'll clean the blackboard!
- g) They will call on us next Friday.
- h) Granny will receive a lot of letters one of these days.
- i) Tonight I'll to go to bed early.
- j) Max will is afraid of that dog again.

2. Open the brackets to complete the sentences.

- 1) At this time tomorrow we ... (to watch) a new play in the theatre.
- 2) 1 ... (to have) lunch with our business partners from 3 to 5 o'clock tomorrow.
- 3) Mike ... (to interview) a famous showman at 6 o'clock next Thursday,
- 4) We ... (to discuss) this project at our morning meeting next Wednesday.
- 5) My lawyer ... (to wait) for us in his office at 11 o'clock tomorrow morning.
- 6) The workers ... (to repair) the road in the city centre for two days next week.
- 7) The students ... (to write) a test from 9 a.m. till 1 p.m, next Tuesday.
- 8) My friends ... (to play) cricket from 5 till 7 o'clock next evening.
- 9) I ... (to fly) to Cairo at this time next Sunday.
- 10) Alice ... (to walk) in the park with her daughter at 7 o'clock tomorrow evening.

3. Put the verbs in brackets into the correct form.

- 1) Janet ... (to make) the cake by 3 o'clock tomorrow.
- 2) ... Chris ... (to book) a table in the restaurant by next Sunday? — Yes, he
- 3) Unfortunately, Sam ... (not to return) from his business trip by next Wednesday.
- 4) ... Cindy ... (to prepare) her speech by Monday? — Yes, she ... ,
- 5) ... the bookkeeper ... (to pay) all the bills by next Friday? — No, he
- 6) I ... (to write) a shopping list for you by tomorrow morning.
- 7) ... you ... (to speak) to your parents by tomorrow? — Yes, I
- 8) ... Tom ... (to pack) his rucksack by the time the bus arrives? — Yes, he

9) I'm afraid Molly ... (not to make) photocopies of all the documents by the end of the working day.

10) ... we ... (to reach) the camp by sunset? — I hope we

4. Replace the infinitives in brackets by the Future Indefinite or the Future Perfect.

- a) He (to receive) the telegram tomorrow.
- b) He (to receive) the telegram by tomorrow.
- c) I (to do) the exercises by seven o'clock.
- d) I (to do) the exercises in the afternoon.
- e) By this time you (to take your examination).
- f) You (to take) your examination next week.
- g) The teacher (to correct) our dictations in the evening.
- h) The teacher (to correct) our dictations by the next lesson.

5. Play a guessing game. Think of a popular sport in Ukraine, but don't tell anyone. Ask and answer questions with a partner. Your partner has to guess the sport.

f.e. – Do you need any special clothes? – Yes, you do.

Do you play it in winter? – No, you don't...

6. Answer the questions. Write complete sentences.

Is sport popular in Ukraine? Why?

What is the most popular sport in our country?

Do you know many Ukrainian famous sportsmen?

What sports do they represent?

Why are they famous all over the world?

Who is your favorite Ukrainian sportsman? Why?

Lesson C
PRACTICE IN SPEAKING
ACADEMIC SPEAKING

1. Read and translate the text.

HIGHER EDUCATION IN GREAT BRITAIN

When higher education of Great Britain is being spoken about the University education is generally meant. But in fact there is a considerable amount of past-school education, including part-time as well as full-time studies carried on in technical colleges teacher training colleges, art colleges, institutes of adult education and so on. Higher education, consisting of degree and equivalent courses, has experienced a dramatic expansion. The number of higher education students in Britain almost doubled between 1979 and 1993 to 1.5 million, so that today around 30 percent of young people enter full-time higher education.

The academic year in Britain's universities, Polytechnics, Colleges of education is divided into 3 terms, which usually run from the beginning of October to the middle of December, the middle of January to the end of March, from the middle of April to the end of June or the beginning of July. Good A-level results in at least 2 subjects are necessary to get a place at a university. However, good exam passes alone are not enough. Universities choose their students after interviews. For all British citizens a place at a university brings with it a grant from their local education authority.

There are some 90 universities, which enjoy academic freedom. Every University is autonomous and responsible to its governing body. The regulations differ from University to University. While there are similarities between them, they all differ from Oxford and Cambridge, where are a number of separate colleges, each with their own regulations and courses of studies. The new, so-called «red-brick» Universities are divided into various faculties: Faculty of Arts, Faculty of Science, Faculty of Social and Economic Studies, etc.

University degree courses are generally being taken for three, four or even five years. University teaching combines lectures practical classes and small group teaching

in either seminars or tutorials. The last is a traditional feature of the Universities of Oxford and Cambridge.

First degree courses are mainly full time and usually last three years, with longer courses in subjects such as medicine. Universities offer courses in a broad range of academic and vocational subjects, including traditional arts subjects, the humanities, and science and technology. The government encourages young people to choose degree courses in subjects, or combinations of subjects, that provide the knowledge and skills required by a technologically advanced economy.

Over 95 percent of students on first degree and comparable higher education courses receive government grants covering tuition and accommodation and other maintenance expenses. Parents also contribute, the amount depending on their income. In addition, students can take out loans to help pay their maintenance costs.

Some 80,000 overseas students study at British universities or further education colleges or train in nursing, law, banking or in industry.

2. Find the Ukrainian equivalents in the right-hand column for the following:

to take a course	покривати витрати на навчання
a broad range of academic and vocational subjects	педагогічні інститути
teacher training college	зазнати значного розширення
maintenance expenses	навчання з відривом від виробництва
to experience a dramatic expansion	вивчати курс
to be responsible to governing body	навчання без відриву від виробництва
to cover tuition	широкий вибір навчальних та професійних предметів
part-time studies	бути підпорядкованим керівному органу
full-time studies	витрати на утримання

to provide knowledge
to enjoy academic freedom

мати свободу вибору під час навчання
забезпечувати знання

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Fill in the blanks with prepositions or adverbs if necessary.

1. There is a demand ... a better and more democratic system ... education ... Great Britain.
2. The students of all the groups are responsible ... their dean.
3. The regulations differ ... university ... university ... Great Britain.
4. Our institute is divided ... various departments.
5. Our university degree courses are taken ... four or five years ... Ukraine.
6. The students were speaking ... their forthcoming exams.
7. Women as well as men have equal rights ... education ... our country.

5. Choose the words from the box to complete the sentences.

Universities	Open	higher	Britain	education
Master of Arts	staff	degree	Bachelor of Arts	Doctor of Philosophy

- 1) There are over a million students in the British ... education.
- 2) The aim is that 1 in 3 young people goes into higher
- 3) All Britain's ... enjoy complete academic freedom.
- 4) They appoint their own ... and decide what and how to teach.
- 5) The rest of ...'s 47 universities were set up in the last 200 years.
- 6) First ... courses usually last 3 or 4 years.
- 7) The ... University relies on distance-learning.
- 8) The first degree of ... is awarded after 3-4 years study.
- 9) The second degree is ... or Master of Sciences.
- 10) The third degree is the

6. Match the line in A with the line in B.

A

- 1) Bed
- 2) BA
- 3) B.Sc.
- 4) Ph.D.
- 5) freshman
- 6) tutor
- 7) «bumping»
- 8) cap and gown

B

- Bachelor of Science
- He arranges course of studies
- Bachelor of Education
- A new student
- Doctor of Philosophy
- Bachelor of Arts
- Academic dress
- The races for eight-oared boats

7. Scan for details and fill in the gaps with the following words:

beautiful squares colleges university chapel famous second few

- 1) Oxford and Cambridge are the most ... British Universities.
- 2) There are ... for men and women.
- 3) College Examinations are ... but very important.
- 4) If the student does not pass any of them he is not given a ... chance.
- 5) The final examinations are conducted by the ... and not by the colleges.
- 6) The colleges of both universities are very
- 7) The most famous is the ... of King's College, Cambridge.
- 8) Most of the colleges are built in the form of

8. Retell the text «Higher education in Great Britain».

9. Work with your partner. Ask and answer the questions.

What is the system of higher education in Great Britain?

What does higher education consist of?

What can you say about the increase of higher education students' number?

How many Universities are there in Great Britain at present?

Who is every university responsible to?

For how many years are university degree courses taken?

What does university teaching combine?

Where is a traditional feature of Cambridge and Oxford?

How many years do first degree courses last?

What courses does University offer?

Who does the government encourage?

Why does the government encourage young people?

What do students on first degree receive?

What do parents contribute?

What can students take out to help pay their maintenance costs?

10. Translate into English.

Професійна освіта Великобританії передбачає п'ять рівнів професійної компетенції: перший рівень — виконання простої одноманітної роботи; другий рівень — виконання роботи автономно і відповідально; третій рівень — виконання складних, комплексних і творчих видів діяльності з відповідальністю з широкого спектру діяльності в рамках професії (для деяких професій це найвищий рівень кваліфікації); четвертий рівень — виконання комплексних і спеціалізованих робіт, пов'язаних з вирішенням професійних проблем, плануванням, проектуванням і особистою відповідальністю за виконану роботу; п'ятий рівень — виконання робіт, які вимагають навичок менеджменту, особистої відповідальності та лідерських якостей (лише цей рівень є рівнем вищої професійної освіти).

UNIT SEVEN

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. all-rounder	[ˈɔ:lraʊnd ə]	усебічний спортсмен, багатоборець
2. approach	[əˈprəʊtʃ]	розгін
3. baton	[ˈbæt(ə)n]	естафетна паличка
4. cage	[keɪdʒ]	запобіжна сітка
5. clocking	[ˈklɒkɪŋ]	час (секундоміра)
6. combined event	[kəmˈbaɪnd ɪˈvent]	багатоборство
7. decathlon	[dɪˈkæθlən]	десятиборство
8. decathlete	[dɪˈkæθlənɪst]	десятиборець
9. flat races, the flat	[ˈflætreɪsɪz]	біг без перешкод
10. high-jumping	[haɪ ˈdʒʌmpɪŋ]	стрибки у висоту
11. hurdle races, the hurdles	[ˈhɜ:dlreɪsɪz]	бар'єрний біг
12. long-jumping	[lɔ:ŋ ˈdʒʌmpɪŋ]	стрибки в довжину
13. pentathlon	[penˈtæθlən]	п'ятиборство
14. pentathlete	[penˈtæθlənɪst]	п'ятиборець
15. pole-vaulting	[ˈpəʊl,vɔ:ltɪŋ]	стрибки з жердиною
16. relay	[ri:'leɪ]	естафетний біг
17. track	[træk]	бігова доріжка
18. trackman	[ˈtrækmən]	бігун
19. triple-jump	[ˈtrɪpl'dʒʌmp]	потрійний стрибок
20. walking	[ˈwɔ:kɪŋ]	спортивна ходьба

2. Translate into your native language.

1. Track and field jumping events consist of four events: high jump, long jump, pole vault and triple jump. 2. Do you have a track at home? – Unfortunately, no. 3. All-rounder Ben Raine has signed a new contract that will keep him at the club until at least the end of the 2017 season. 4. What do you prefer: the flat or the hurdles? – I like walking. 5. Who is a trackman? – It is a runner on a track team. 6. Foster recently bettered the long-standing Northern Ireland record with a 23.58 clocking at the European Team Championship meeting in Izmir. 7. Is your friend decathlete or pentathlete? – As far as I know he prefers decathlon. 8. The modern pentathlon, invented by Pierre de Coubertin, was a variation on the military aspect of the Ancient

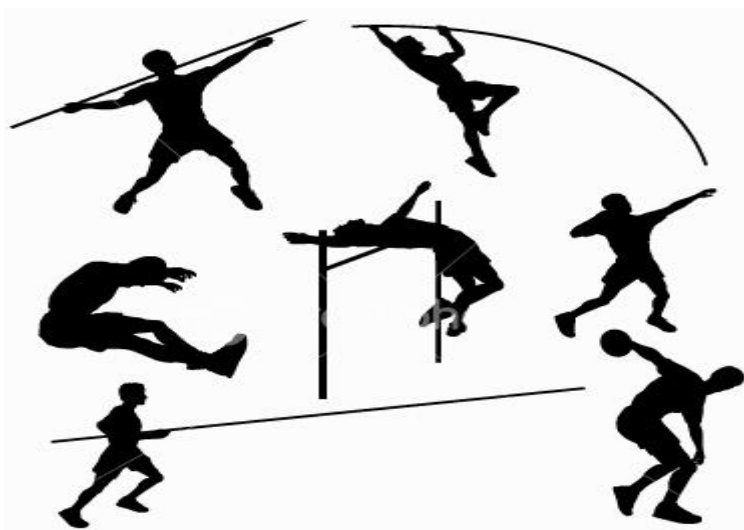
pentathlon. 9. Relay races take the form of professional races and amateur games. 10. Baton twirling requires skillful coordination and extraordinary control of the human body. 11. Despite moves to overturn the ban on using cages in mixed martial arts it remains the victim of demonisation. 12. The natural approach is a method of language teaching developed by Stephen Krashen in the late 1970s and early 1980s. It aims to foster naturalistic language acquisition in a classroom setting. 13. The French team won the European Cup Combined Events titles two year ago and will be hoping for the same this year in Aubagne.

3. Guess what?

1. It is a person or thing that is generally good at a wide range of things, either in one field or many. 2. It is unusual among track and field sports in that it requires a significant amount of specialized equipment in order to participate, even at a basic level. 3. It is a contest featuring five events. 4. It is an object transferred by runners in a relay race. 5. The competitions in which athletes participate in a number of track and field events, earning points for their performance in each event, which adds to a total points score.

4. Read and translate the text.

TRACK AND FIELD



Track and field – why such a name? It is because the main part of the events are contested either on the track or on the field of the stadium. The main part, but not all.

The track sees all the races both in running and walking. They distinguish flat races (the flat) and hurdle races (the hurdles). Both the

flat and the hurdles include a lot of distances. The most famous sprint distance is 100

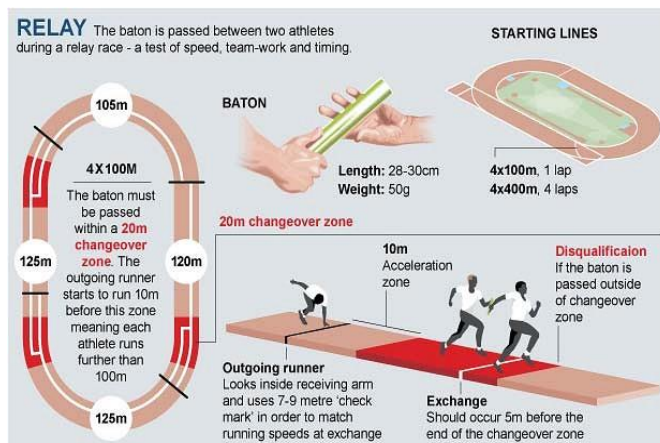
metres where an eyebrow-raising record of 10 seconds dead was registered some years ago. This formidable time makes such good clockings as 10.4 – 10.5 look humble. Medium-distance runners are offered to tick off record times at the distances of 800, 1500 and 3000 m.

Marathons runs and long-distance walking are just those exceptional events for which the stadium track turns out to be too small. Special routes are marked for them. Talking of flat races we should also make mention of relays and relay runners. Imagine four men or woman dashing along the runway

one after another with a small baton. The shorter the change – over, the better time is returned. So the passing of the baton happens in split – seconds. The tension reaches its peak at the anchor leg. The speediest trackmen are usually picked up to anchor the relay. As for the hurdlers, at first sight the distances they are supposed to cover do not look impressive. But in reality they appear a hard nut to crack for the athlete must not only run at full speed but kangaroo over the «sticks».

A sizable part of field events consists, figuratively, in getting rid of different objects. The farther you throw them away, the better for you. The object which can be tossed away farthest is the javelin. Another category of sportsman whose performance is fraught with «danger» are hammer – throwers. To minimize this danger the hammer – throwers are «caged». Now, let's pass over to the jumpers. All in all, there are four varieties of jumping: high-jumping, long-jumping, triple-jump and pole-vaulting. To arrive at good results a long-jumper must develop a powerful sprint-style approach and the ability to exactly hit the take-off board. Overstepping is strictly forbidden and is considered a foul. Therefore the jump with a foul is not recorded. The essence of the triple-jump gets clear from the other name for this event – hop, step and jump. 16 odd metres can be covered in such a way by a jumper in peak condition.

Track and field is justly called the queen of sports. And as you've seen the queen has a lot of courtiers. All of them glorify the queen only in one event but there are



some who do it in the combined event: men in the decathlon and women in the pentathlon. When a track and field match begins, ten events lie in store for decathlonists and five for pentathlonists. It takes the all-rounders two days to get through all of them. The decathlon is the most tasking of Olympic track and field events. One man must compete against the starter's clock and the metre stick. The ten trying events scheduled for two days are: 100m, 400m, 1500m, shot-put, discus, javelin, high-jump, long-jump, pole-vault, 110m. hurdles.

Points are awarded according to norms established for each event and at the end of the second day a sum total is given. The pinnacle of track and field achievement the world over is the winning of the grinding decathlon.

5. Read the word - combinations and the sentences. Cover the left side and translate the right one into English.

- | | |
|---|--|
| 1. ten seconds dead | рівно десять секунд |
| 2. to tick off a record time | показати рекордний час |
| 3. the passing of the baton | передача естафетної палички |
| 4. in split-seconds | у долі секунди |
| 5. to anchor the relay | замикати естафету |
| 6. to hit the take-off board | потрапити на планку |
| 7. to overstep | заступити (за планку) |
| 8. to record | защитати (про результат) |
| 9. sprint distance | спринтерська (коротка) дистанція |
| 10. anchor leg | останній відрізок, остання дистанція |
| 11. Talking of flat races we should also make mention of relays and relay runners. | Коли ми говоримо про біг без перешкод слід також згадати про естафетний біг та про учасників естафети. |
| 12. A sizable part of field events consists, figuratively, in getting rid of different objects. | Істотна частина змагань, що відбуваються на полі складається, образно кажучи, з позбавлення від різних предметів. |
| 13. When a track and field match begins, ten events lie in store for decathlonists and five for pentathlonists. | Коли починається матч з легкої атлетики, десять змагань з певного виду спорту чекають на десятиборців та п'ять на п'ятиборців. |
| 14. Points are awarded according to norms established for each event and at the end of the | Очками нагороджуються згідно норм, встановлених для кожного виду спорту і наприкінці другого дня надається загальна |

second day a sum total is given. | cyma.

6. Find the appropriate words to complete the sentences:

1. Track and field – why such ? 2. Both the flat and the ... include a lot of distances. 3. Marathons runs and ... are just those ... events for which the stadium track turns out to be too small. 4. The shorter the change – over, the ... time is returned. 5. When a track and field match begins, ten events lie in store for ... and five for

7. Make a dialogue between two athletes about a forthcoming track and field match. Use the given dialogue as an example.

- Sorry to have kept you waiting so long. Did I miss anything interesting?
- Yes, Ivanov cleared 2 metres 5 centimetres. What's more, he did it over first go.
- To what height did they lift the cross-bar for a new try?
- 208 centimetres.
- That's something, isn't it? What about the other jumpers?
- They weren't much good. Just a sub-par performance. They felled the bar way below 2 metres.
- Look here, Ivanov is making ready for a jump. Oh, what a pity! He dislodges the bar. Quite a flop.
- No hurry. He has two trials more.

8. Point out paragraph of the text telling about:

1. The origin of the name.
2. The flat and the hurdles.
3. Marathons.
4. Javelin, hammer – throwers and jumpers.
5. The queen of sports.

6. The pinnacle of track and field achievement.

and speak on them.

9. Translate the sentences with new words into English and write them down.

1. Бігова доріжка, насправді, дуже складний тренажер і на ньому потрібно вміти працювати. 2. Вперше володарем Кубку світу став український гімнаст-багатоборець. 3. Ознакою високого рівня технічної підготовки бар'єриста є різниця в часі у бар'єрному бігові та бігові без перешкод. 4. У змагання з легкої атлетики включаються чотири види стрибків: у висоту, у довжину, потрійний і з жердиною. Всі вони виконуються з розбігу. 5. В програму давніх Олімпійських ігор спортивна ходьба не входила. 6. У естафетному бігу до порушень правил відносяться також передача естафетної палички бігуном до кордону або після 20-метрової зони. 7. В особливо небезпечних місцях за межами траси встановлюються запобіжні сітки. 8. Спортивний клуб продовжує залучати студентів до активного саморозвитку, тому запускає серію спортивних змагань. Почнеться все з багатоборства із загальної фізичної підготовки. 9. До програми олімпіади було включено п'ятиборство і десятиборство. 10. Цей п'ятиборець з Луганську став найкращим молодим спортсменом в Україні. 11. Стало відомо, що український десятиборець опустився на п'яте місце на турнірі.

8. Tasks for independent and individual work:

Imagine that you have a lesson with foreign students. Write a plan of your class activities.

f.e. Exercise 1. Practice stepping-over a hurdle: I have pupils line up in equal numbers on the starting line behind the 4-rows(flights) of hurdles. One-by-one have them walk forward stepping over a flight of 3-hurdles...

Lesson B

GRAMMAR PRACTICE

1. Read the following information. Remember it.

Passive Voice (пасивний стан).

Для утворення пасивного стану у часі **Present Simple** необхідно перед дієсловом з закінченням *-ed* або у 3 формі (якщо воно неправильне) поставити допоміжне дієслово *am, is* або *are*: The house is built.

Для утворення пасивного стану у часі **Past Simple** необхідно перед дієсловом в минулому часі поставити допоміжне дієслово *was* або *were*: The car was repaired by Sam.

Для утворення пасивного стану у часі **Future Simple** необхідно перед дієсловом з закінченням *-ed* або у 3 формі поставити конструкцію *will be* або *shall be*: The house will be built.

Для утворення пасивного стану **Present Continuous** необхідно після допоміжного дієслова *am / is / are* додати допоміжне дієслово *being*, а до основного дієслова додати закінчення *-ed* або ж використати 3 форму: Right now, the letter is being written by Sarah.

Для утворення пасивного стану у часі **Past Continuous** необхідно перед дієсловом в минулому часі поставити допоміжні дієслова *was / were* та *being*, а дієслово вживати не з закінченням *-ing*, а з закінченням *-ed* або ж у 3 формі: The customer was being helped by the salesman when the thief came into the store.

Пасивний стан в **Future Continuous** утворюється додаванням допоміжного дієслова *being* після *be* та зміни закінчення дієслова: замість закінчення *-ing* додається закінчення *-ed* або використовується 3 форма: At 8:00 PM tonight, the dishes will be being washed by John.

Пасивний стан у **Present Perfect** створюється шляхом додавання допоміжного слова *been* після *has / have* та дієсловом у 3 формі або з закінченням *-ed*: That castle has been visited by many tourists.

Past Perfect Passive утворюється додаванням допоміжного слова *been*, що ставиться після had та дієсловом з закінченням *-ed* або у 3 формі: Many cars had been repaired by George before he received his mechanic's license.

Для утворення **Future Perfect Passive** необхідно додати вставити допоміжне дієслово *been*. Воно має розміщуватися після конструкції will/shall have та дієсловом з закінченням *-ed* або у 3 формі: The project will have been completed before the deadline.

2. Complete the sentences using one of these verbs in the correct form:

cause damage hold include invite make overtake show translate
write

1. Many accidents ... by dangerous driving.
2. Cheese ... from milk.
3. The roof of the building ... in a storm a few days ago.
4. There is no need to leave a tip. Service ... in the bill.
5. You ... to the wedding. Why didn't you go?
6. A cinema is a place where films
7. In the United States, election for President ... every four years.
8. Originally the book ... in Spanish and a few years ago it ... into English.
9. We were driving along quite fast but we ... by lots of other cars.

3. Rewrite these sentences. Use the passive.

- a) Somebody cleans the room every day. – ...
- b) They cancelled all flights because of fog. – ...
- c) People don't use this road very often. – ...
- d) Somebody accused me of stealing money. – ...
- e) How do people learn languages? – ...
- f) People advised us not to go out alone. – ...

4. Choose the correct grammar form to translate a predicate.

1. Курсовий проект був зроблений минулої середи.

- a) was being done
- b) has been done
- c) was done

2. Зараз тут будується новий супермаркет.

- a) is being built
- b) is building
- c) is built

3. На цьому тижні викладач пояснив новий матеріал.

- a) had been explained
- b) was explained
- c) has been explained

4. Нова будівля інституту була вже побудована, коли я поступила на юридичний факультет.

- a) was built
- b) has been built
- c) had been built

5. Студентів екзамнують два рази на рік.

- a) are being examined
- b) is examined
- c) are examined

6. «Ви були неуважні, коли пояснювалося це правило», – сказав викладач.

- a) was explained
- b) had been explained
- c) was being explained

7. Квіти вже политі.

- a) are watered
- b) have been watered
- c) were watered

8. Такі столи роблять з дорогого дерева.

- a) are being made
- b) have been made
- c) are made

9. Цей фільм ніколи не показували по телевізору.

- a) has never been shown
- b) was never shown
- c) 'had never been shown

10. Мою квартиру відремонтують до суботи.

- a) will be repaired
- b) will have been repaired
- c) is being repaired

11. Списки все ще друкуються.

- a) are typed
- b) are being typed
- c) have been typed

12. Їх ще не запросили.

- a) were not invited
- b) had not been invited
- c) have not been invited

13. Вам повідомлять про це завтра.

- a) will be informed
- b) will have been informed
- c) are informed

14. Коли я увійшов, обговорення було перервано.

- a) had been interrupted
- b) was interrupted
- c) has been interrupted

15. Земля була покрита снігом.

- a) was being covered

- b) was covered
- c) had been covered

5. Translate into English.

a) Такі вправи зазвичай виконуються нами в класі. b) Нам розповіли багато цікавих історій. c) На мене чекають мої друзі. d) Мені сказали про це тільки вчора. e) Всі сміються з неї через її бажання завжди перебільшувати свої можливості. f) Роман пишеться ним уже три місяці.

6. Task for independent and individual work.

Find some information about Passive Voice of Perfect Continuous Tenses and their use. Be ready to present it to your groupmates.

7. Test of grammar and vocabulary.

1. Fill in the gaps.

- a) A new book _____ by that company next year.
– will publish – will be published – is publishing
- b) When the manager arrived, the problem _____
– had already been solved – had already solved – had solved
- c) In more than 200 years the USA Constitution _____ 26 times.
– is amended – is being amended – has been amended
- d) They _____ this clock now.
– repair – are repairing – are being repaired
- e) It's a big company. It _____ two hundred people.
– is employed – employs – employing
- f) Our plan _____ by the members of the committee.
– considers – is being considered – is considered
- g) This is a large hall. Many parties _____ here.
– are held – are being held – has been held
- h) I don't think we must _____ everything tomorrow.

– finish – have finished – be finished

i) America's first college, Harvard, _____ in Massachusetts in 1636.

– is being founded – had been founded – was founded

j) The university of Michigan is one of the best universities in the United States and it _____ in Ann Arbor.

– located – location – is located

k) The secretary _____ to her new boss yesterday.

– introduced – was introduced – is introduced

l) A prize _____ to whoever solves this equation.

– will be giving – will be given – gives

m) Tom _____ his key.

– has lost – has been lost – was lost

n) A cinema is a place where films _____

– show – are shown – have been shown

o) A new supermarket _____ next year.

– will be built – will built – is building

2. Translate into Ukrainian.

a) I am invited.

b) Letters are written by us.

c) The problem is being discussed now.

d) The rule is being explained by the teacher.

e) The bike is being repaired.

f) The work has been finished.

g) Some wine has been spilt on the tablecloth..

h) The door has been closed.

i) The mail was delivered by Tom.

j) The window was broken last night.

k) The work was finished in silence.

l) A new school was being built in our town when I arrived.

- m) The letter had been written by me before you came.
- n) She showed me the article which had been translated by her brother.

3. Make up sentences in Present, Past, Future Indefinite Passive.

- a) This vegetable soup (to cook) two hours ago.
- b) What exercises (to show) by instructors tomorrow?
- c) These nutrition facts (to mention) in his last report.
- d) The advertisement of this fitness club (to place) in the newspaper next week.
- e) This nutritionist's lectures (to listen) to by thousands of people every year.
- f) I am afraid our salad (to spoil) by plenty of salt.
- g) When the vegetables (to buy) last?
- h) The article about vegetarians (to translate) by my friend next lesson.
- i) We (to show) a new film about the benefits of the sea food yesterday.
- j) The instruction on the diet (to give) to everybody every time at the end of the class.

4. Translate into English.

Вважається, що королева спорту користувалася великою популярністю на Британських островах. Починаючи з XII століття в різних містах і графствах відбувалися традиційні свята, в їх програму обов'язково входили спортивні змагання: біг на різні дистанції, стрибки у висоту, довжину і навіть з жердиною, а також метання різних тягарів. Вони-то і лягли в основу більшості сучасних видів легкої атлетики. Друге народження легка атлетика пережила в 1859 р., коли греки спробували відродити Олімпійські ігри. У програмі перших загальнонаціональних змагань основне місце посіла легка атлетика. У 1866 р. пройшов перший легкоатлетичний чемпіонат Великобританії, а через 10 років-чемпіонат США.

5. Choose the right answer.

Winning a gold medal in the 1968 Summer Olympics, American athlete Dick Fosbury was one of the most famous competitors in which event?

– High jump

- 110 hurdles
- Hammer throw
- 4x100m relay

There is a one second time penalty for knocking over a hurdles in all hurdling events.

- True
- False

Which one of these is a field event that involves running a short distance?

- Javelin throw
- Shot put
- Discus
- Fencing

Which of the following options is a modern day Olympic field event that involves hurling a steel ball attached to a wire?

- Chainsaw heave
- Hammer throw
- Wrench toss
- Ratchet hurl

Which of the following men is an American track and field athlete that held the world record long jump from 1968-1991?

- Jesse Owens
- Bob Beamon
- Michael Phelps
- Roger Bannister

Athletics is an umbrella term for a variety of sports including what is commonly referred to as track and field.

- True
- False

What is the name of the object handed off from runner to runner in relay races?

- Cudge
- Baton

- Truncheon
- Cosh

The origins of the field event are a matter of historical debate. Which one of these countries is often put forward as the origin of shot put?

- Australia
- China
- Scotland
- Peru

British track and field athlete Harold Abrahams won the Olympic gold medal in the 100 m sprint. Which of the following 1981 movies was about this moment in track and field history?

- Cool Runnings
- Field of Dreams
- Training rules
- Chariots of Fire

Which one of the following athletes was the first to run a mile in under four minutes?

- Roger Daltrey
- Roger Bannister
- Roger Federer
- Roger Moore

6. Answer the questions. Write complete sentences.

What is track and field?

What is the difference between the flat and the hurdles? What do you prefer?

Are you an all – rounder? Why?

What is combined event and how is the score or point in combined event determined?

Who is a trackman?

Do you like track and field? Why?

Lesson C

PRACTICE IN SPEAKING

ACADEMIC SPEAKING

1. Read and translate the text.

MEDICINES AND HEALTH

«Medicines are not meant to live on», an English proverb says. There is no denying the fact, we can only add that good health is better than the best medicine. And if your health is good, you are always in a good mood. Taking medicine is an unpleasant thing of course, and if we want to avoid it, we should go in for sport and keep ourselves fit.

Physical exercises to my mind are necessary. Physically inactive people catch cold more often than those who do plenty of exercises. Physical exercises are good pastime. There is no doubt, if a person doesn't take exercises, he can easily catch an illness. That is true that good health is better than the best medicine. If you do early exercises you feel refreshed you have a good posture and that makes you feel good, so pay attention to the way you stand, walk, sit. Here are some rules of good health:

- take long walks in the open air as often as you can;
- keep your body clean;
- keep your teeth clean;
- wear clean clothes;
- sleep with your window open;
- when you are reading or writing let the light come from your left shoulder;
- have plenty of fruits and vegetables all the year round: «An apple a day keeps the doctor away».

Certainly the progress of science is a wonderful thing, and I want to speak about the achievements of medical science. A hundred years ago there was no medicine for diphtheria, measles, scarlet fever, whooping-cough and other infectious diseases. A lot of people suffered from pain and nobody could help them. But nowadays the situation has changed and our medicine has succeeded in treating patients for contagious diseases. You can always go and see a doctor, and you are sure he will examine you and give an

advice. And if you have to have an operation he will send you to a hospital where they have all the necessary equipment.

The profession of a doctor is one of the most noble, respected and needed in the world, as we turn to a doctor for advice at the hardest moments of our life, when we fall ill or suffer from pain or some disorder in our body and soul. We complain of low medical treatment, poor equipment of hospitals, difficulties in getting this or that medicine and so on. What a pity we start to value our health only when it is necessary to take medicine. Of all things people probably have diseases most. There is nothing more unpleasant than being taking ill. If you are running a temperature, have a splitting headache feel dizzy or cough you go and see a doctor or send for him at once. She or he will come and feel your pulse, take your temperature, listen to your heart, tested your lungs, measure your blood pressure, etc. Certainly, he or she will prescribe some medicine which you can get made up at chemists (drug-store). At chemist's shop you can get different kinds of medicines: pulls, tablets, ointments and many other things.

If your eyes need attention, you go to the oculist, who will examine them, test your sight to see whether you are suffering from short-sight or long-sight, and will write out a prescription, which you take to an optician, who will then make the necessary glasses for you.

2. Find the Ukrainian equivalents in the right-hand column for the following:

to be in a good mood	щупати пульс
taking medicine	лікування пацієнтів
feel refreshed	цінувати наше здоров'я
treating patients	міряти кров'яний тиск
necessary equipment	бути в гарному настрої
to value our health	страждати від
to take medicine	міряти температуру
to feel pulse	призначати ліки

to take temperature	вживати ліки
to measure blood pressure	необхідне устаткування
to prescribe some medicine	прийняття ліків
to suffer from	почувати себе освіженим

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Read the story, put and answer the questions to it with your groupmates.

Describing symptoms.

Today I feel very sick. I think I have a cold. I have a headache and a sore throat. I have an earache and I'm coughing. I feel terrible. I can't go to work. I have an appointment with the doctor today at 2:00. I hope I feel better tomorrow.

5. Fill in the blanks with the following words:

Fever Symptoms Appointment Cough

A: Good morning. I would like to make an _____.

B: Sure. What is your name?

A: My name is Jack.

B: Why do you want to see the doctor? What are your _____?

A: I feel warm and my body hurts. I think I have a _____. I have also had a _____ for the past two weeks.

B: Ok. You have an appointment next Monday at 10:00 am. Please be here 15 minutes before your appointment. You will need to fill out some forms.

A: Thank you. Good bye.

6. The object of this task is to match up the symptom with the treatment.

SYMPTOM	TREATMENT
fever	Gargle with salt water, suck on throat lozenges.

stuffy nose	Use expectorant
runny nose	Take aspirin
cough	Chicken soup and lots of liquids
cold	Take a decongestant
hoarseness	Don't drink caffeine, tea or alcohol. Take an antacid.
sore throat	Take an antihistamines

nosebleed	Sip clear liquids or ginger ale
nausea	Rest your voice, drink water
heartburn	Take aspirin
headache	Squeeze the bridge of the nose with your thumb and finger for about five minutes. Sit with your head back, but don't lie down.

7. Retell the text «Medicines and health».

8. Work with your partner. Ask and answer the questions.

Are you a member of a health spa or gym?

Do you always eat healthy food?

Do you catch a cold more than once a year?

Do you ever read magazines or news articles about health? If yes, what subject(s) do you find the most interesting?

Do you exercise?

What kind of exercise do you do?

Do you go for regular medical check-ups?

Do you take medicine when you are sick?

Do you take vitamins or mineral supplements?

Do you think you are overweight?

Do you usually get enough sleep?

How would you recommend treating a cold?

What are some things people can do to keep healthy?

What are some ways you know that you can personally keep yourself healthy?

What do you think about getting old?

What foods do you think are healthy? What foods do you think are unhealthy?

Who do you think is responsible for the care of your health--you yourself, your parents, or your doctor and medical people?

Who is the healthiest person in your family? Who is the least healthy?

What is the health service like in your country?

How can the health service be improved?

What do you think of wellness institutions and their programs?

How do you deal with stress?

9. Translate into English.

Система охорони здоров'я нашої країни включає різні медичні установи. Медичне обслуговування буває двох видів. Деякі державні установи надають своїм працівникам медичне страхування. Воно гарантує людям безкоштовну медичну допомогу. Деякі медичні установи стягують плату за лікування. Вона може бути досить високою, але наше медичне обслуговування нині використовує сучасне устаткування і медикаменти, і забезпечує кваліфіковану медичну допомогу усім людям.

UNIT EIGHT

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. balance beam	['bælənsbi:m]	бум, колода
2. club	[klʌb]	булава
3. free exercises	[fri: 'eksəsaɪzɪs]	вільні вправи
4. gymnastics	[dʒɪm 'næstɪks]	гімнастика
5. hoop	[hu:p]	обруч
6. intellectual activity	[,ɪnt(ə) 'lektʃʊəl æk 'tɪvɪtɪ]	інтелектуальна діяльність
7. obligatory exercises	[ə 'blɪɡət(ə)rɪ 'eksəsaɪzɪs]	обов'язкові вправи
8. pommel horse	['pʌm(ə)l hɔ:s]	«козел»
9. skipping-rope	['skɪpɪŋ,rəʊp]	скакалка
10. somersault	['sʌməsɔ:lt]	кувирок
11. springboard	['sprɪŋbɔ:d]	трамплін
12. to debate	[dɪ 'beɪt]	обговорювати, дискутувати, сперечатися
13. to face	[feɪs]	стикатися
14. to flip	[flɪp]	робити сальто
15. to incorporate	[ɪn 'kɔ:rpə,reɪt]	з'єднати
16. to tumble	['tʌmbəl]	кувиркатися
17. try	[traɪ]	спроба
18. twist	[twɪst]	кручення, поворот
19. uneven bars	[ʌn 'i:vən bɑ:z]	різновисокі бруси
20. vault	[vɔ:lt]	опорний стрибок

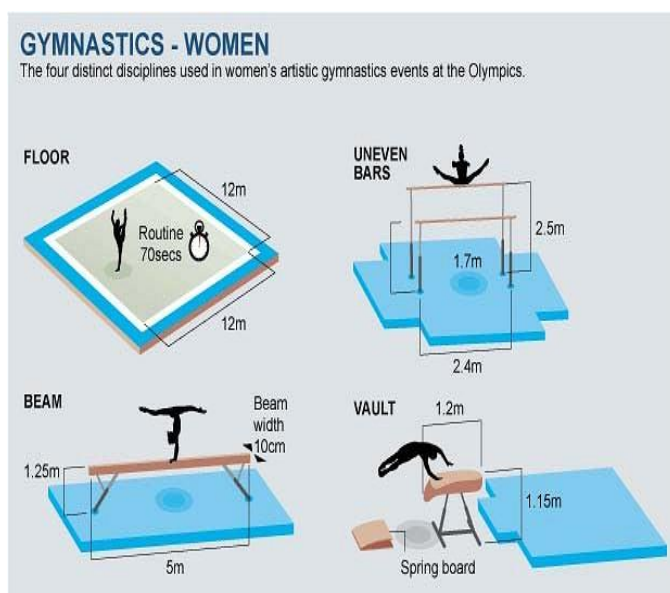
2. Translate into your native language.

1. The Springboard Women's Development Programme enables women to identify the clear, practical and realistic steps to make a better world for themselves. 2. This gymnastics set for children includes uneven bars, balance beam, pommel horse, incline mat and lighted blue spring floor for floor routines. 3. The ribbon, hoop, clubs and skipping-rope are separate and can be moved or changed between figures. 4. The Flip 2 It Sports Center Tumbling Program is created for students who want to work exclusively on the floor exercise. 5. What is equestrian vaulting? – It is a sport that combines gymnastics and dance on a moving horse. 6. A somersault can be performed either forwards, backwards, or sideways and can be executed in the air or on the

ground. 7. Obviously, the most effective practices incorporate proper drills that help players pursue excellence in the skill being taught. 8. Twist Organization is not just a place to train, it is a place to learn, a place to be challenged and a place to challenge yourself to get better, every day. 9. Don't worry! Just get another try! 10. The women's gymnastics team is preparing for the end of the season, and will have to face more than Arizona and Eastern Michigan on Friday night; they will have to face the emotions of senior night. 11. The Greeks believed symmetry between the mind and body was possible only when physical exercise was coupled with intellectual activity. 12. Every Olympics, there are inevitable debates about why certain events are deemed a sport, let alone one worthy of medals. 13. The Society of German Wheel Gymnastics published an updated version of the new obligatory exercises (compulsories). 14. When I used to compete in gymnastics, the floor exercise event was also known as «free exercise».

3. Guess what?

1. It is a primary tool used in the game of skipping played by children and many young adults. 2. It is a sport involving the performance of exercises requiring physical strength, flexibility, power, agility, coordination, grace, balance and control. 3. Gymnastics apparatus, a leather-covered form 1.6 metres long and about 115 cm from the floor with a support in its centre. 4. To fall forward while turning over. 5. It is a metal ring that is twirled around the waist, limbs or neck.



4. Read and translate the text.

GYMNASTICS

One of the oldest sports in the Olympics, gymnastics actually began in ancient Greece more than 2000 years ago, when warriors practiced similar moves to prepare for battle. Men

gathered at «gymnasiums» – the center of activity for the time – not only to practice the sport, but also to debate about art, literature and philosophy. The major focus of gymnastics focused on finding symmetry between the mind and body by pairing physical exercise with intellectual activity – Plato, Aristotle and Homer advocated strengthening qualities of gymnastic activity.

The only battle today's gymnasts will face is the competition for the gold medal. Athletes need to be very strong as they twist, flip, turn, and tumble. The gymnastics competition is divided into three sections: artistic, rhythmic, and for the first time ever, trampoline. The difference between artistic and rhythmic gymnastics is that in the artistic competitions athletes perform on something and in rhythmic gymnastics athletes perform with something.

Artistic Gymnastics. Artistic gymnastics has the athletes performing on things like the rings, the parallel bars, the balance beam, and even the floor. In this competition, men compete in six different events – the pommel horse, rings, vault, parallel bars, horizontal bar and floor. Women compete in four events: the vault, uneven bars, balance beam and floor. Athletes can only have one chance at each event except for the vault, where they can have two tries.

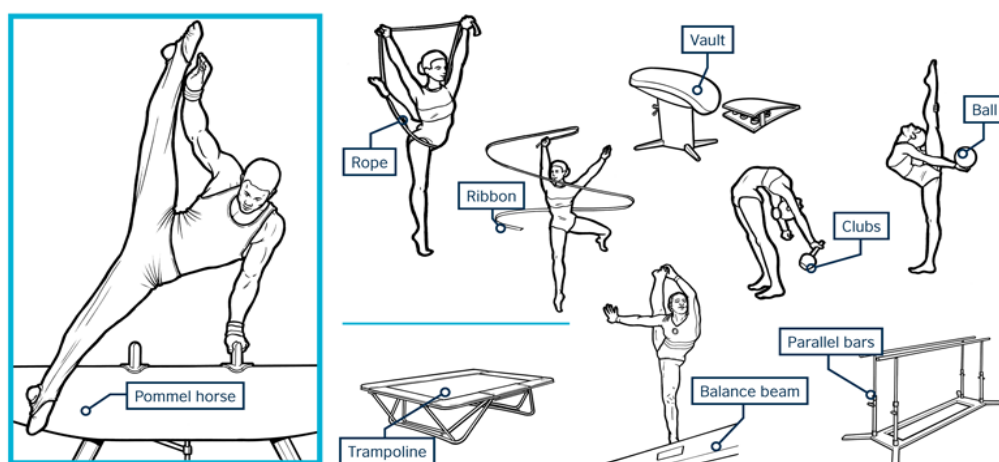
The Vault. Both men and women perform on the vault. The vault looks like a small beam, standing on two legs. The gymnast runs, jumps onto a springboard and flies in the air towards the vault. The gymnast must touch the vault with at least one hand and then either twists or somersaults before landing, feet first, on a mat.

The Floor. In the floor exercise, gymnasts tumble and perform acrobatics. Women's floor exercises use music, so they may incorporate more dancing into their routine. Both the men and women must use the whole floor, but they cannot step out of the marked boundaries.

Pommel Horse. The pommel horse is thought to be the most difficult men's event. The horse is like a small beam standing on two legs, with two handles sticking up on top. Athletes need to have super upper body strength. The gymnast lifts himself above the horse and swings himself around in non-stop circles and swings. He keeps 37

switching from one arm to the other, too. His feet cannot touch the horse at all and his legs need to stay straight.

Rings. The official name of this event is actually «Still» Rings because the rings need to stay completely still for the entire routine. The gymnasts swing from the rings. They move their body using lifts, and turns. It is really hard to keep the rings from moving because they are hanging from the roof by two straps. The gymnast needs to be really strong and must have lots of control.



As for the calisthenics, it is a combination of gymnastics and ballet and is executed by women. It is

performed to a musical accompaniment. Every girl-performer selects her own music. Many take Chopin, Chaikovsky, Gunod whereas others go in for modern rhythms. The girls start with obligatory exercises and wind up with free ones. Practically speaking there are two parts in performance: the exercises without any objects and with them. There can be such objects as hoops, balls, scarves, ribbons, clubs and skipping-ropes.

5. Read the word - combinations and the sentences. Cover the left side and translate the right one into English.

- | | |
|----------------------------|--------------------------------------|
| 1. to prepare for battle | готуватися для битви |
| 2. the center of activity | центр діяльності |
| 3. to practice the sport | практикувати спорт |
| 4. strengthening qualities | зміцнюючі якості |
| 5. artistic gymnastics | спортивна гімнастика |
| 6. different events | різні змагання з певного виду спорту |
| 7. to have one chance | мати одну можливість/один шанс |
| 8. to perform acrobatics | виконувати акробатичні трюки |

9. to use music	використовувати музику
10. marked boundaries	позначені межі
11. It is really hard to keep the rings from moving because they are hanging from the roof by two straps.	Утримання кілець від рухання – це дійсно складно через те, що вони звисають з даху на двох лямках.
12. As for the calisthenics, it is a combination of gymnastics and ballet and is executed by women.	Що ж до художньої гімнастики – це поєднання гімнастики і балету і виконується вона лише жінками.
13. Practically speaking there are two parts in performance: the exercises without any objects and with them.	По сутності у виступі є дві частини: вправи з будь-яким предметом і без нього.

6. Find the appropriate words to complete the sentences:

1. Men gathered at «...» – the center of activity for the time – not only to practice the sport, but also to debate about art, literature and philosophy. 2. The gymnastics competition is divided into three sections: ... , rhythmic, and for the first time ever, trampoline. 3. Women compete in four events: the vault, ... , balance beam and floor. 4. ... is thought to be the most difficult men's event. 5. There can be such objects as hoops, balls, ... , ribbons, clubs and

7. Discuss different kinds of gymnastics. Use adjectives to act out dialogues, as in the example.

exciting	хвилюючий
fastmoving	швидкісний
challenging	викликаючий
thrilling	захоплюючий
relaxing	розслабляючий
competitive	конкурентний
dangerous	небезпечний
frightening	лякаючий
risky	небезпечний

exhausting	виснажливий
demanding	вимагаючий
tiring	стомливий
interesting	цікавий
difficult	важкий

e.g. Dialogue

- I'd love to practice circles on pommel horse.
- Really? Why?
- I'm sure it would be exciting. What about you?
- No, I wouldn't like to try gymnastics. I think it would be too difficult.
- What would you like to try then?
- I think I'll try tennis there, because....

8. Point out paragraph of the text telling about:

1. The oldest sports in the Olympics.
2. Kinds of gymnastics.
3. Artistic Gymnastics.
4. The Vault.
5. The Floor.
6. Pommel Horse.
7. Rings.
8. Calisthenics.

and speak on them.

9. Translate the sentences with new words into English and write them down.

1. Вправи на різновисоких брусах виконують лише жінки.
2. На початку березня розпочнеться майстер-клас по техніці предмета (скакалка, обруч, м'яч,

булави) від відомої чемпіонки Європи і Кубку Світу. 3. Вправи на колоді повинні містити

поєднання артистизму, різноманітних акробатичних елементів, гімнастичних стрибків, поворотів, кроків, елементів балансу. 4. Чоловіча спортивна гімнастика включає вправи на поперечині, кільцях, брусах, вільні вправи, опорний стрибок через «козла». 5. На уроках фізкультури маленькі діти можуть не лише бігати та кувиркатися, а й навчитися робити сальто. 6. Трамплін використовується для того, щоб допомогти гімнастові стрибнути якнайдалі. 7. Рецепт гарного виступу-з'єднати кілька найпопулярніших фрагментів в один. 8. Кувирок використовують в гімнастиці та акробатиці. 9. Мабуть, кожен з нас хоч раз стикався з виконанням ранкової гімнастики з обов'язковими вправами. 10. У спеціальній літературі жваво дискутується питання про правовий режим результату інтелектуальної діяльності. 11. Мій друг невдало став на ногу і тепер кожна спроба йти швидше викликає біль.

8. Tasks for independent and individual work:

Make a story (200 words) about:

- the latest championship in gymnastics;
- gymnastics at your Institute;
- your likes and dislikes in gymnastics.

Lesson B

GRAMMAR PRACTICE

1. Read the following information. Remember it.

Sequence of tenses (Узгодження часів). Якщо дієслово в головному реченні стоїть в одному з минулих часів, то і дієслово підрядного речення повинно стояти в одному з минулих часів. В таких випадках **правило узгодження часів** має три основні варіанти:

1. Якщо дія в підрядному реченні відбувається одночасно з дією в головному реченні, то потрібно використовувати Past Simple або Past Continuous: She told him, «I am going to the cinema». – She told him that she was going to the cinema;

2. Якщо дія в підрядному реченні передує дії в головному реченні, то дієслово в підрядному використовується в Past Perfect або Past Perfect Continuous: I was told, «Boss was looking for you». – I was told that boss had been looking for me;

3. Якщо дія в підрядному реченні йде після дії в головному, то потрібно використовувати один з часів групи Future in the Past: They said: «We will call you tomorrow». – They said that they would call us tomorrow.

Слід пам'ятати, що після слова when завжди вживається Present Simple замість майбутнього часу, якщо мова йде про майбутнє: I will call you when I get home.

Також існують **виключення з правил**:

1. Час в підрядному реченні може не змінюватися, якщо в ньому зазначено точний час: He said us: «I was watching the final match of Champions League that took place in May, 24». – He said us that he was watching the final match of Champions League that took place in May, 24;

2. Або якщо мова йде про загальновідомий факт: The teacher told the children that water boils at 100 degrees centigrade.

2. Rewrite the sentences in the past tense. Pay attention to the sequence of tenses.

1. My uncle says he has just come back from the USA.
2. He says he has spent a fortnight in the USA.
3. He says it did him a lot of good.
4. He says he feels better now.
5. He says his wife and he spent most of their time on the beach.
6. He says they did a lot of sightseeing.
7. He says he has a good camera.
8. He says he took many photographs while travelling in the USA.
9. He says he will come to see us next Sunday.
10. He says he will bring and show us the photographs he took during his stay in the USA.

3. Open the brackets, paying attention to the sequence of tenses and translate the sentences into Ukrainian.

1. I knew they (to wait) for me at the metro station and I decided to hurry.
2. I didn't know that you already (to wind) up the clock.
3. I was afraid that the little girl (not to be) able to unlock the front door and (to go) upstairs to help her.
4. He says that he (to know) the laws of the country.
5. Sarie understood why Lanny (not to come) the previous evening.
6. She asked me whether I (to remember) the legend about a faithful lion.
7. He understood that the soldiers (to arrest) him.
8. He could not understand why people (not to want) to take water from that well.
9. I suppose they (to send) a dog after the burglar immediately.
10. He said he (to leave) tomorrow morning.
11. She says she already (to find) the book.
12. He stopped and listened: the clock (to strike) five.

13. She said she (can) not tell me the right time, her watch (to be) wrong.
14. I asked my neighbour if he ever (to travel) by air before.
15. The policeman asked George where he (to run) so early.
16. The delegates were told that the guide just (to go) out and (to be) back in ten minutes.

4. Change from direct into indirect speech.

1. The pupils said, «We study English».
2. The girl said, «I learned French at school».
3. The man said, «I am an engineer».
4. My aunt said, «I'll be at home at seven o'clock».
5. Mary said, «I was there with my parents».
6. The boy said, «I have done my homework».
7. His father said, «I don't speak Spanish».
8. The doctor said, «I'll come again in the morning».
9. The woman said, «I did not see Helen there».
10. The children said, «We had lunch at school».
11. The woman said, «I have three children».
12. Ann said, «I didn't buy anything at that shop».
13. The boy said, «I am not hungry at all».
14. The teacher said, «Nick does not know the rule».
15. My friend said, «I didn't recognize him».
16. The boy said, «My name is Paul».
17. The girl said, «I am doing my homework».
18. He said, «I was there in 1945».
19. She said, «I saw him at 5 o'clock».
20. The teacher said, «London is the capital of England».

5. Task for independent and individual work.

Find more information about Direct and Indirect Speech. Be ready to present it to your groupmates.

6. Test of grammar and vocabulary.

1. Choose the right form of the verb from the brackets. Mind the rule of sequence of tenses.

- a) I said, «I... you, and... probably persuade you to come» (know/ knows/ knew; can/ could/ will be able to).
- b) Miss Grier asked her several times what... (happens/ happen/ is happening/ has happened/ had happened).
- c) I asked her what her name ... and she said, «Roberta» (am/ is/ are/ was/ were).
- d) She said, she... happy on the farm (am not/ isn't/ aren't/ wasn't/ weren't).
- e) My wife dragged me here. She said, It ... good for the kids to get these lectures and shows (is/ are/ was/ were).
- f) He asked her if she... to be in London for long (is going/ was going/ were going).
- g) Mr. Warburton expected that his subordinatethe first opportunity to apologise for his rudeness (take/ takes/ will take/ would take).
- h) At last the boy came back and asked him if he ... for dinner (dresses/ will dress/ would dress).
- i) I didn't know you ... here (is/ was/ are/ were).
- j) He inspected his programme. It informed him that there.....one interval; before it there..... folk songs by the well-known singer Jenny Page (is/ will be/ would be; is/ was/ will be/ would be).
- k) On Saturday morning, Simon decided that he.....some gardening (do/ does/ did/ will do/ would do).
- l) She started asking if she... see me that evening (can/ could/ will be able to).

2. Change the sentences into reported speech.

- a) The teacher said to me: «Hand this note to your parents, please».

- b) Oleg said to his sister: «Put the letter into an envelope and give it to Kate».
- c) «Please help me with this work, Henry» said Robert.
- d) «Please bring me some fish soup», he said to the waitress.
- e) «Don't worry over such a small thing» she said to me.
- f) «Please don't mention it to anybody», Mary said to her friend.
- g) «Promise to come and see me» said Jane to Alice.
- h) He said to us: «Come here tomorrow».
- i) I said to Mike: «Send me a telegram as soon as you arrive».
- j) Father said to me: «Don't stay there long».
- k) Peter said to them: «Don't leave the room until I come back».
- l) «Take my luggage to Room 145», he said to the porter.
- m) He said to me: «Ring me up tomorrow».
- n) «Bring me a cup of black coffee», she said to the waiter.
- o) «Don't be late for dinner», said mother to us.
- p) Jane said to us: «Please tell me all you know about it».
- q) She said to Nick: «Please don't say anything about it to your sister».

3. Change the questions into reported speech. Begin your sentences with the words given in brackets.

- a) Have they sold the picture? (I did not know...)
- b) Do they know anything about it? (I wondered...)
- c) Has Jack given you his telephone number? (She asked me...)
- d) Is he coming back today? (I was not sure,...)
- e) Have you found the book? (She asked me...)
- f) Are there any more books here? (The man asked...)
- g) Did she go shopping yesterday (I wanted to know – ..)
- h) Has she bought the dictionary? (He I did not ask her...)
- i) Does she know the name of the man? (I doubted..–)
- j) Did Boris see the man this morning? (I asked...)

4. Translate into English.

Майстерність цієї студентки з Одеси росте з кожним роком, і на нинішньому чемпіонаті вона показала прекрасну, відточену техніку. Її виступи без предмета і з обручем нагадували тонкий, повітряний малюнок; легкість рухів підкорювала своєю простотою і невимушеністю, а стрімка акробатична комбінація була настільки сліпуча, що просто диву даєшся, як гімнастка зуміла так чітко розрахувати і точно виконати усі рухи.

Отже, на четвертому відкритому турнірі з художньої гімнастики «Золота осінь» настає час правильно оцінити її майстерність:

- «Десять балів» – вимовляє «вирок» диктор.
- «Десять балів» – звучить знову в залі після виконання Юлією обов'язкового стрибка.

5. Choose the right answer.

What is the width of the beam?

- 2 inches
- 5 inches
- 4 inches

How long can your floor music be?

- Maximum 2 minutes
- Maximum 1 minute
- Maximum 1 minute and 30 seconds

How short can your floor routine be?

- Minimum 20 seconds
- Minimum 30 seconds
- Minimum 50 seconds

What is a long hang pullover?

- A pullover on high bar
- A pullover after hanging

– A standing pullover

What is a back handspring?

– A skill on which you jump backwards and let your hands touch then pop off them and either step out or land on two feet

– A thing you do out of a round off

– Don't know

What event involves the most strength of these?

– Floor

– Vault

– Beam

What is the lowest competitive level?

– Level 4

– Level 3

– Level 7

What is the lowest level in which you can get to Nationals?

– Level 8

– Level 9

– Level 4

6. Answer the following questions. Write complete sentences.

Do you like gymnastics? Why?

What kind of gymnastics do you prefer? Why?

When was gymnastics first invented and where?

Who was the first athlete to win a championship in gymnastics?

In which events can men/women/both men and women compete?

What are the rules to perform on the vault?

Men's floor exercises use music, don't they?

What kinds of exercises should a gymnast perform on the pommel horse?

What is the official name of the ring event?

The use of ribbons, ropes, balls, clubs and hoops are all part of which type of gymnastics?

What is the name of the gymnastic apparatus used only by men?

Which men's apparatus consists of a single metal bar that is approximately nine feet above the floor?

In Olympic artistic gymnastics who competes on the vault - men or women?

What is the 'Starting Value' in gymnastics and why is it different for each gymnast?

What do the male gymnasts wear to keep their private parts in place while they perform?

What equipment is used in gymnastics?

What does Gymnastics help to improve?

What is the best way to describe your strengths and weaknesses?

Lesson C
PRACTICE IN SPEAKING
ACADEMIC SPEAKING

1. Read and translate the text.

TRAVELLING

Modern life is impossible without travelling. True, we often get tired of the same surroundings and daily routine. Hence some relaxation is essential to restore our mental and physical resources. That is why the best place of relaxation, in my opinion, is the one where you have never been before. And it is by means of travelling that you get to that place. To understand how true it is you've got to go to a railway station, a sea or a river port or an airport. There you are most likely to see hundreds of people hurrying to board a train, a ship or a plane. To be on the safe side and to spare yourself the trouble of standing long hours in the line, you'd better book tickets in advance. All you have to do is to ring up the airport or the railway station booking office and they will send your ticket to your place. And, of course, before getting off you have to make your preparations. You should settle all your business and visit your friends and relatives.

On the eve of your departure comes you call a taxi and go to the airport or the railway station. For some time you stay in the waiting-room. If you are hungry you take some refreshments. In some time the loud speaker announces that the train or the plane is in and the passengers are invited to take their seats. If you travel by train you find your carriage, enter the corridor and find your berth. It may be a lower berth, which is more convenient or an upper one. You put your suitcase into a special box under the lower seat. Then you arrange your smaller packages on the racks. In some minutes the train starts off. Travelling by train is slower than by plane, but it has its advantages. You can see the country you are travelling through and enjoy the beautiful nature. It may be an express train or a passenger one. There is no doubt it's much more convenient to travel by an express train, because it does not stop at small stations and it takes you less time to get to your destination.

But if you are in a hurry and want to save your time you'd better travel by plane, because it is the fastest way of travelling. After the procedure of registration you

board the plane at last. You sit down in comfortable armchair and in a few minutes you are already above the clouds. The land can be seen below between the clouds and it looks like a geographical map. After the plane gained its regular height the stewardess brings in some mineral water. You can sit and read a book or a magazine, look through the window to watch the passing clouds change their color from white to black.

Some people prefer to travel by ship when possible. A sea voyage is very enjoyable, indeed. But to my mind the best way of travelling is by car. The advantages of this way of spending your holiday are that you don't have to buy a ticket, you can stop wherever you wish, where there is something interesting to see. And for this reason travelling by car is popular for pleasure trips while people usually take a train or a plane when they are travelling on business.

When you get tired of relaxation, you become home-sick and feel like returning home. You realize that «East or West – home is best», as the saying goes.

2. Find the Ukrainian equivalents in the right-hand column for the following:

surrounding	місце (для лежання)
to be essential	стояти в черзі
to board a train (ship, etc.)	готуватися, робити приготування
to be on the safe side	околиці, середовище
to spare oneself the trouble of	хотіти повернутися додому
to stand in the line	сісти на потяг (корабель і так далі)
in advance	позбавити себе від клопоту
berth	бути необхідним
to make one's preparations	про всяк випадок
to settle one's business	завчасно
destination	утрясати справи
to feel like returning home	місце призначення; мета (подорожі)

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Make a dialogue. Use the given questions.

What's the best way to get to town?

Where can I buy a ticket?

What time is the next train?

Which platform does the train leave from?

When does the next bus leave?

Why is the bus late?

5. Do the following tasks:

a) There are many different reasons why we might make a journey, visit a destination or travel to other countries. Individually, think about journeys that you, your friends or family have made in the last year. Record in the table below:

- where the journey was to
- the person or people travelling
- their reasons for each journey.

Where was the visit to?	Who was travelling?	What was the reason for the journey?
E.g. Manchester	E.g. Me and my coach	E.g. To take part in a competition

b) In pairs or small groups, think about different reasons why people travel, and write down a reason for each letter of the alphabet.

6. Retell the text «Travelling».

7. Work with your partner. Ask and answer the questions.

Do you often travel?

How often do you have a holiday abroad?

Do you prefer holiday abroad or in your country? Why?

When was the last time you were on holiday? Can you say something about it?

Do you prefer summer or winter holiday? Why?

What kind of activities do you enjoy doing when you are on holiday?

How do you prefer to travel, by car, plane, train, coach etc.? Why?

What is the holiday of your dreams?

What is your holiday nightmare?

What is the most beautiful place you have ever visited? Most exotic?

What kind of bad things (accidents, emergencies) can happen on holiday? Has anything like that ever happened to you?

What are the advantages and disadvantages of travelling in peak season / out of season?

What kind of things do you usually take with you when you go on holiday? Why?

Do you usually take anything to entertain yourself with? (TV, games, books, magazines etc.)

What kind of things do you usually buy / bring back home with you? (souvenirs etc.)

When you were abroad on holiday, what kind of lifestyle did you see there? How different was it from your lifestyle?

What were your first impressions of the countries you have visited?

How do you communicate with foreign people when you are abroad? Do you usually try to learn their language? Do you ever have problems with making yourself understood?

What plans do you have for your next holiday?

Do you usually need visa to visit a foreign country? How/where can you get it?

When you travel, do you usually feel homesick?

Is there anything you hate about tourists visiting your country?

What impact does tourism have on a country / region / city?

What rules do you think tourists should keep, when they are visiting a foreign country?

8. Translate into English.

Сьогодні перша частина збірної команди з гірськолижного спорту вирушила у подорож на чемпіонат світу. Дмитро Мицак, Тетяна Тікун і тренер Алеш Брезавчек стартували з Європи, де команда проходила заключний тренувальний збір та брала участь у міжнародних змаганнях, до Денвера. Складні фінансові реалії сьогодення майже поставили під загрозу представництво команди на чемпіонаті світу з гірськолижного спорту. Підтримку у вирішенні окремих питань надали управління з фізичної культури і спорту Львівської, Закарпатської та Івано-Франківської областей. На вирішення проблеми також відгукнулось Посольство України у США та Українсько-американський спортивний центр «Тризуб», який погодився надати спонсорську допомогу для української команди. «Нашими першочерговими завданнями є збереження, просування та прославлення нашої спадщини та українського спортивного духу» – відзначив Ден Нищ. – «Ми будемо слідкувати за розвитком подій на чемпіонаті світу і наші серця будуть з ними на змаганнях».

UNIT NINE

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. dodge	[dɒdʒ]	ухилення від удару
2. duck	[dʌk]	нирок
3. endurance	[ɪnˈdjʊər(ə)n(t)s] [ɛn-]	витривалість
4. eyebrow-cut	[ˈaɪbrəʊ kʌt]	розтин брови
5. feint	[feɪnt]	оманливий випад
6. fighter	[ˈfaɪtə]	борець
7. fist fighting	[fɪstˈfaɪtɪŋ]	кулачний бій
8. gloves	[glʌvz]	рукавички
9. headgear	[ˈhɛdɡɪə]	шолом
10. mouth guard	[maʊθ ɡɑːd]	каппа
11. opponents	[əˈpəʊnənts]	суперники
12. panel of judges	[ˈpæn(ə)lˈdʒʌdʒɪz]	суддівська колегія
13. parry	[ˈpæri]	відбивання
14. punch	[pʌntʃ]	удар кулаком
15. retreat	[rɪˈtri:t]	відхід назад
16. ring	[rɪŋ]	ринг
17. ring craft	[rɪŋ kra:ft]	боксерське мистецтво
18. round	[raʊnd]	раунд
19. scoring points	[skɔ:ɪŋ pɔɪnts]	набираючи очки
20. side-step	[saɪd step]	відхід

2. Translate into your native language.

1. Seeing that I meant to dodge, he also paused; and a moment or two passed in feints on his part and corresponding movements upon mine. 2. An eager student, he learned everything from lock picking to disguise techniques, swordsmanship to fist fighting, and precious metals to poisons. 3. Headgear, sparring gloves, mouth guards – we have all the protection you need for boxing. 4. There are some fighters who, when they receive a few punches, lose all control of their own temper, and go at their adversary like a bull at a gate. 5. A real boxer has an extensive knowledge of boxing, can duck, retreat, sidestep, parry and feint with his opponent. 6. Each fighter has an assigned corner of the ring, where his or her coach may administer to the fighter at the

beginning of the fight and between rounds. 7. Boxing is a sport that requires muscle strength, speed and endurance. It builds confidence and provides many athletes with full-rounded training as well as an outlet for stress relief. 8. These rules did allow the fighters an advantage not enjoyed by today's boxers; they permitted the fighter to drop to one knee to begin a 30-second count at any time, intentionally going down in modern boxing will cause the recovering fighter to lose points in the scoring system. 9. Boxing judge John Keane of Great Britain is ill and will be unable to make the trip to Las Vegas to serve on the panel that will score the welterweight title rematch between titleholder Timothy Bradley Jr. and Manny Pacquiao on Saturday night. 10. If you have a clean cut above your eyebrow, those are the easiest to repair and will heal nicely. 11. Ring craft depends upon knowledge, skill, physical condition, and experience to guarantee good performance.

3. Guess what?

1. It is the ability to meet and successfully solve problems as they arise in the ring.
2. It is the ability of an organism to exert itself and remain active for a long period of time.
3. A person who is on an opposing side in a game, contest, controversy.
4. It is the name given to any element of clothing which is worn on one's head.
5. A strike made using the hand closed into a fist.

4. Read and translate the text.

BOXING



The earliest known depiction of boxing comes from a Sumerian relief from the 3rd millennium BC. The earliest evidence for fist fighting with any

kind of gloves can be found on Crete and on Sardinia. Boxing was a popular spectator sport in Ancient Rome. In order for the fighters to protect themselves against their opponents they wrapped leather thongs around their fists. Eventually harder leather was used and the thong soon became a weapon. The Romans even introduced metal studs to the thongs to make the cestus which then led to a more sinister weapon called the myrmex. Fighting events were held at Roman Amphitheatres. The Roman form of boxing was often a fight until death to please the spectators who gathered at such events. However, especially in later times, purchased slaves and trained combat performers were valuable commodities, and their lives were not given up without due consideration. Often slaves were used against one another in a circle marked on the floor. This is where the term ring came from. In AD 393, during the Roman gladiator period, boxing was abolished due to excessive brutality. It was not until the late 17th century that boxing re-surfaced in London.

Modern boxing is a martial art and combat sport in which two people engage in a contest of strength, speed, reflexes, endurance and will, by throwing punches at each other, usually with gloved hands. It is a competition between two men standing in a ring, a raised square platform. The object of the game is to score points by hitting different parts of the other person's body. There are rules about where you can and cannot hit someone, to prevent injury. To keep from getting hurt, boxers also wear equipment to protect themselves, mouth guards, headgear, and gloves. In the Sydney Olympics, players competed against each other by weight class. A weight class is a standardized weight range for boxers, the lower limit of a weight class is equal to the upper weight limit of the class below it, the top class, with no upper limit is called heavyweight in professional boxing and super heavyweight in amateur boxing. A



boxing match is usually scheduled for a fixed weight class, and each boxer's weight must not exceed the upper limit. Boxers play in two-minute rounds with one minute

between each round. Each round begins with the sound of a bell. Boxers win a game by scoring points. A panel of judges decides which hits get points.

Some people think that boxing is a cruel, roughneck, savage thing. Real boxing is a far cry from it. What pitiful figures cut those punchers whose fights are nothing more but a hurried exchange of hammer blows, blind attacks and poor defences. That's where eyebrow-cut and broken jaws come from. But what will happen if an experienced boxer is pitted against such an ill-starred muscleman? Good ring tactics will make it possible for the real boxer to avoid all blows by numerous ducks, side-steps, dodges, retreats and parries. Thus «selling the dummy» he'll make all the blows of the rival land wide of the mark. But it is misleading to think that the first boxer is only defensive-minded. He simply can't afford beating the thin air with his fists. He'll make the opponent open up by a series of feints and dispose of him handily. A moment passes and you see the referee counting the heavy puncher out. Next time when he puts on the gloves he will mind that boxing is not a ferocious milling by fists but an art calling for good ring craft and level-headedness.

5. Read the word-combinations and the sentences. Cover the left side and translate the right one into English.

1. leather thongs	шкіряні батоги
2. became a weapon	ставати зброєю
3. a fight until death	боротьба до смерті
4. combat performers	бойові виконавці
5. excessive brutality	надмірна жорстокість
6. to score points	вигравати очки
7. to prevent injury	запобігати ушкодженню
8. heavyweight	важкоатлет
9. amateur boxing	любительський бокс
10. hurried exchange	квапливий обмін
11. blind attack	сліпа атака
12. poor defences	жалюгідний захист
13. misleading	оманливо
14. Boxing was a popular spectator sport in Ancient Rome.	Бокс був популярним глядацьким спортом в Древньому Римі.
15. To keep from getting hurt,	Щоб запобігти пошкодженню, боксери

- | | |
|---|---|
| boxers also wear equipment to protect themselves, mouth guards, headgear, and gloves. | також носять устаткування для свого захисту – каппу, шолом і рукавички. |
| 16. Some people think that boxing is a cruel, roughneck, savage thing. | Деякі люди думають, що бокс – це жорстке, хуліганське, нещадне заняття. |

6. Find the appropriate words to complete the sentences:

1. The earliest ... for fist fighting with any kind of gloves can be found on Crete and on Sardinia. 2. However, especially in later times, purchased slaves and trained combat ... were valuable commodities, and their lives were not given up without due consideration. 3. It is a competition between two men standing in a ... , a raised square platform. 4. But what will happen if an ... boxer is pitted against such an ill-starred muscleman? 5. Next time when he puts on the gloves he will mind that boxing is not a ferocious milling by fists but an art calling for good ring ... and level-headedness.

7. Study the following idioms and think of the similar idioms in Ukrainian.

to be on the ropes = to be in serious trouble

to throw in the towel = to admit defeat or failure and give up trying

to box smb into a corner = to force someone into a position which is beyond someone's ability to cope with

8. Make up the dialogue, using the following phrases and sentences.

- Were you at the boxing match?
- Who is in the ring now?
- He knocked out the well-known boxer.
- He is good in the close fight.
- It was a hard blow (punch).
- He delivered a series of blows.
- He floored him in the second round.
- The referee is counting.
- It was not a flight; it was a massacre.

- The first and the second rounds were tame.
- It's a 10-round match, isn't it?
- How long does a round last?
- He confidently won the country title.
- He made a splendid showing in the All-Ukraine championship.

9. Point out paragraph of the text telling about:

1. The earliest depiction of boxing.
2. Modern boxing.
3. Good ring craft.

and speak on them.

10. Match the names with the nicknames

James Toney	«The Nigerian Nightmare»
Arturo Gatti	«Pacman»
Juan Lazcano	«Lights Out»
Andrew Lewis	«The Quiet Man»
Owen Beck	«Iron»
Mark Johnson	«The Hispanic Cousin' Panic»
Samuel Peter	«The Greatest»
Alexis Arguello	«Thunder»
Evander Holyfield	«The Explosive Thin Man»
Mike Tyson	«Six Heads»
John Ruiz	«The Real Deal»
Manny Pacquiao	«What the Heck»
Muhammad Ali	«Too Sharp»

9. Translate the sentences with new words into English and write them down.

1. Змагання проводила суддівська колегія кафедри фізичного виховання та кафедри спортивного вдосконалення. 2. Бокс – спортивне єдиноборство, кулачний бій двох суперників, що проводиться на рингу і розглядають його як цікаве змагання. 3. За рукавички Кличка та інших борців зібрали 200 тисяч гривень. 4. Діти переходять від одного завдання до іншого, набираючи очки. 5. Фізичну витримку, почуття відповідальності, цілеспрямованість в досягненні мети виховував батько у юних спортсменів з раннього дитинства; як результат – боксерське мистецтво підкорилося їм. 6. Уникнути ударів можна відходами назад і в сторони, ухилами тулуба і нирками. 7. За десять секунд до кінця зустрічі, невтомний боксер робить оманливий випад і вириває два вирішальних бали. 8. Удар кулаком часто приводить до розтину брови. 9. В ринг боксер обов'язково входить в шоломі та каппі. 10. Поєдинок триває, зазвичай, три раунди по 3 хвилини з перервами на 1 хвилину в «любительському» спорті і до 12 раундів у професійному. 11. Захист відходом (відскоком) — це спосіб переміщення, що дозволяє уникнути ударів суперника. 12. Відбивання певними, менш вразливими для удару, частинами тіла не дуже ефективно.

8. Tasks for independent and individual work:

- a) describe your attitude to boxing;
- b) write what you know about professional boxing in your country;
- c) make a radio feature of a box match;
- d) prepare a report about the most famous boxers, use some additional information from books, newspapers and the Internet.

Lesson B

GRAMMAR PRACTICE

1. Read the following information. Remember it.

The Infinitive. Інфінітив має 6 форм. Чотири для активного стану: простий інфінітив в активному стані, тривалий інфінітив, доконаний (перфектний) інфінітив, тривало-доконаний інфінітив в активному стані та два для пасивного: простий інфінітив в пасивному стані, доконаний інфінітив в пасивному стані.

Форма інфінітива	Активний стан	Пасивний стан
Simple	to write	to be written
Continuous	to be writing	-
Perfect	to have written	to have been written
Perfect Continuous	to have been writing	-

1) **Простий інфінітив в активному стані** використовується, коли дія, яку він висловлює, або відбувається одночасно з дією, що виражена дієсловом-присудком в особовій формі, або не прикріплена до часу здійснення дії: I like to go to Europe.

Також інфінітив використовується після таких слів, як: to desire, to expect, to hesitate, to intend, to mean, to try, to want, to manage та інших, включаючи модальні дієслова (в такому випадку частка to не використовується). Та після прикметників, що виражають ставлення, заохочення до чогось, захоплення від чогось та ін.: It was very kind of you to accompany me on a journey to Great Britain.

2) **Тривалий інфінітив в активному стані** підкреслює тривалість дії, що відбувається одночасно з дієсловом-присудком, що виражений в особистій формі або прикметником до якого належить інфінітив. Також тривалий інфінітив може використовуватися після модальних дієслів: Mike is busy now. He seems to be working on his project.

3) **Доконаний інфінітив в активному стані** вживається для позначення дії, що передусь дії, яка виражена дієсловом-присудком: He was sorry not to have prepared dinner. Доконаний інфінітив використовується у випадках, коли дія буде закінчена до певного часу в майбутньому: He hopes to have graduated from university until he turns 22 years old. Також він використовується після модальних дієслів: He might have been here. Після дієслів to expect, to intend, to hope, to mean доконаний інфінітив використовується для позначення дії, яка, всупереч наміру, очікуванню, надії, не здійснилася: She hoped to have met him in the cinema.

4) **Тривало-доконаний інфінітив в активному стані** вказує на те, що дія, виражена інфінітивом, розпочалася раніше дії, що виражена дієсловом-присудком, і продовжує -ться до цих пір: His brother seems to have been playing football since morning.

5) **Простий інфінітив в пасивному стані** використовується за таких же умов, що й активний, лише змінюється форма дієслова: She likes to be given presents.

6) **Доконаний інфінітив в пасивному стані** також не відрізняється від активного стану, лише змінюючи форму дієслова: He might have been driven by someone to the hotel.

2. Put the verb into the infinitive.

Verb	Infinitive
1. met	...
2. waking	...
3. shone	...
4. ran	...
5. wrote	...
6. lit	...
7. tore	...
8. blew	...

9. wore ...
10. crept ...

3. Complete each sentence with a suitable verb.

f.e. Don't forget *to post* the letter I gave you.

1. There was a lot of traffic but we managed ... to the airport in time.
2. Jill has decided not ... a car.
3. We've got a new computer in our office. I haven't learnt ... it yet.
4. I wonder where Sue is. She promised not ... late.
5. We were all too afraid to speak. Nobody dared ... anything.

4. Translate into Ukrainian.

1. I would like to come to the party with you.
2. I am learning to speak Spanish.
3. She helped me to carry my suitcases.
4. He decided to study biology.
5. He asked to come with us.
6. I promise to help you tomorrow.
7. She agreed to bring the pudding to the dinner.
8. We hope to visit Amsterdam next month.
9. They plan to start college in the autumn.
10. I don't want to leave yet.

5. Translate into Ukrainian. Use the appropriate form of the infinitive.

1. Я радий, що розповів вам цю історію.
2. Я радий, що мені розповіли цю історію.
3. Я хочу познайомити вас з цієї артисткою.
4. Я хочу, щоб мене познайомили з цієї артисткою.
5. Я радий, що зустрів її на станції.
6. Я радий, що мене зустріли на станції.

7. Ми дуже щасливі, що запросили його на вечір.
8. Ми дуже щасливі, що нас запросили на вечір.
9. Він буде щасливий відвідати цю знамениту картинну галерею.
10. Він був щасливий, що відвідав цю знамениту картинну галерею.
11. Діти люблять, коли їм розповідають казки.
12. Я не припускав зупинятися на цій станції.
13. Я не очікував, що мене зупинять.
14. Я шкодую, що заподіяв вам стільки занепокоєння.
15. Він не виносить, коли йому брешуть.
16. Я згадав, що вже зустрічав це слово в якійсь книзі.
17. Мені дуже шкода, що я пропустив цю цікаву лекцію.
18. Вона щаслива, що чула концерт відомого італійського диригента.
19. Вона рада, що була присутня на лекції.
20. Він дуже задоволений, що закінчив свою книгу.
21. Наші спортсмени пишаються тим, що виграли кубок.
22. Я тільки хочу, щоб мені дозволили допомогти вам.
23. Я був вдячний, що мені дали кімнату з великим вікном.
24. Він був щасливий, що повернувся додому.
25. Він був щасливий, що знову вдома.

6. Tasks for independent and individual work.

Find more information about:

- the verbs after which the infinitive is used;
 - the use of infinitive with and without to
- and be ready to present it to your groupmates.

7. Test of grammar and vocabulary.

1. Make a new sentence using the verb in brackets.

f.e. He has lost weight. (seem) – He seems to have lost weight.

a) Tom is worried about something. (appear) – ...

- b) You know a lot of people. (seem) – ...
- c) My English is getting better. (seem) – ...
- d) That car has broken down. (appear) – ...
- e) David forgets things. (tend) – ...
- f) They have solved the problem. (claim) – ...

2. Complete each sentence using what/how/whether + one of these verbs:

do go ride say use

f.e. Do you know *how to get* to John's house?

- a) Can you show me ... this washing machine?
- b) Would you know ... if there was a fire in the building?
- c) You'll never forget ... a bicycle once you have learned.
- d) I was really astonished. I didn't know
- e) I've been invited to the party but I don't know ... or not.

3. Open the brackets, using the appropriate form of the infinitive.

- a) They seemed (to quarrel): I could hear angry voices from behind the door.
- b) They are supposed (to work) at the problem for the last two months.
- c) The only sound (to hear) was the snoring of grandfather in the bedroom.
- d) Her ring was believed (to lose) until she happened (to find) it during the general cleaning. It turned out (to drop) between the sofa and the wall.
- e) They seemed (to wait) for ages.
- f) I hate (to bother) you, but the students are still waiting (to give) books for their work.
- g) He seized every opportunity (to appear) in public: he was so anxious (to talk) about.
- h) Is there anything else (to tell) her? I believe she deserves (to know) the state of her sick brother.
- i) He began writing books not because he wanted (to earn) a living. He wanted (to read) and not (to forget).
- j) I consider myself lucky (to be) to that famous exhibition and (to see) so many wonderful paintings.

- k) He seems (to know) French very well: he is said (to spend) his youth in Paris.
- l) The enemy army was reported (to overthrow) the defence lines and (to advance) towards the suburbs of the city.
- m) The woman pretended (to read) and (not to hear) the bell.
- n) You seem (to look) for trouble.
- o) It seemed (to snow) heavily since early morning: the ground was covered with a deep layer of snow.

4. Translate into English

Український боксер Василь Ломаченко (чемпіон світу за версією WBO в напівлегкій вазі) провів перший захист чемпіонського титулу за версією WBO, розгромивши тайця Чонлатарна Пірійяпінь. Бій пройшов з великою перевагою Ломаченка. В кінці четвертого раунду українець відправив свого суперника в нокдаун. Варто зазначити, що для тайця цей нокдаун став першим у кар'єрі. Василь впевнено контролював поєдинок і довів його до перемоги. Згідно зі статистикою, Ломаченко завдав 268 ударів у голову суперника проти 86 точних ударів суперника. Після бою Ломаченко зазначив: «З цього моменту я хочу битися тільки з чемпіонами, починаючи з Ніколаса Уолтерса. Аккерман і Україна – це все для вас!»

5. Choose the right answer.

What fight was nicknamed, «The Fight of the Century»?

- Sugar Ray Leonard vs. Hector Camacho
- Muhammad Ali vs. Joe Frazier
- Marvin Hagler vs. Thomas Hearns

What was the very 1st type of mouthguard to introduce to the sport?

- Towel
- An orange peel
- Plastic

«Pound for pound, the best fighter in the world» was first used by a sportswriter to describe who?

- Benny Leonard
- Sugar Ray Robinson
- Muhammad Ali

Where did the term «south paw» come from?

- Baseball
- Football
- Boxing

What was Muhammad Ali's career record as a pro?

- 95-14
- 25-6
- 56-5

It is little known that Ali is credited as writing the shortest recognized poem in the English language. What is this poem?

- I am the Greatest
- Rumble young man, Rumble
- We, Me

The WBC changed the length of its fights from 15 to 12 rounds in 1982. This was a result of the tragic death of which fighter?

- Benny Paret
- Duk Koo Kim
- Jimmy Doyle

6. Answer the following questions. Write complete sentences.

What do you know about boxing?

Do you like boxing? Why?

How do you train to be a good boxer?

Can you name any famous boxers?

What are the rules in boxing?

Is the boxing actually real? Or is it fake?

Do you score points in boxing? If so, how?

Why does the referee pull the fighters apart sometimes?

Is there anything you can't do in boxing?

Does a knockout actually mean you are knocked unconscious?

Can you quit in the middle the match if you want?

Can the ref or someone else force you to quit if they decide you're too injured?

Has anyone ever died during a boxing match?

In what year did the first ever professional women's boxing match take place?

Has women's boxing come of age?

Is the sport of boxing as a whole in its death throes?

In which decade was the WBO founded?

Who is the first and only boxer to win world titles in 8 different weight divisions?

Lesson C
PRACTICE IN SPEAKING
ACADEMIC SPEAKING

1. Read and translate the text.

TELEPHONE CONVERSATION

Having telephone conversations in a second language can be very stressful. If you don't know what to say, it is very common to feel nervous in any conversation. This is true even when speaking in your native tongue. One of the main reasons people get nervous is because they aren't prepared and know they might make mistakes during the conversation.

For some reason, phone calls in English are much more difficult than talking to people face to face. Maybe it's because you can't read the person's expressions or get cues about their meaning from their gestures. Or maybe it's because you're already nervous before the call starts. Preparing in advance for a phone call in English is one of the best ways to overcome these difficulties. Make a list of some vocabulary and phrases you will need to get the information you want. Finally, don't worry about asking people to repeat themselves or to speak more slowly when you're on the phone in English.

To improve confidence on the phone you must learn what to say. The first thing you should do to improve your telephone communication ability is to start out small by learning simple vocabulary and phrases. Start by knowing different greetings. It is so easy when learning English to try to do too much too soon and then get frustrated with not being able to speak as you had imagined. You have to start small, gradually developing skills and slowly working up to something more difficult.

Relax and enjoy yourself as well. Everyone knows learning a language can be frustrating! Don't worry if you make mistakes. Native speakers of English understand that you won't say everything the exact same way that they would. You shouldn't feel that you can't make any mistakes, no one expects you to be perfect.

When Americans answer the telephone, they say, «Hello». Not so in other countries. Germans methodically answer with their last names. Russians say, «I'm listening». The curious French say, «Hello, who's on the line?», Italians greet callers

with «Ready», the English answer with their phone number, and the Chinese say, «Hey, hey, who are you?» A telephone call from a friend is a joy, unless you are in the middle of a meal, having a bath or on the point of going out to an engagement for which you are already late. But even when you have time, a telephone conversation cannot be savored and rerun several times as a letter can. You cannot put a blue ribbon around a sentimental telephone call and keep it for years.

Asking questions during a phone conversation isn't something you do randomly. Or something that's not important. Asking the right questions and in the right order can make a lasting impression. It's also an essential part of being a great conversationalist.

2. Find the Ukrainian equivalents in the right-hand column for the following:

very stressful	обличчям до обличчя
to feel nervous	засмутитися
to make mistakes	підвищувати впевненість
face to face	робити навмання, випадково
to improve confidence	нервувати
to get frustrated	справити незабутнє враження
to do randomly	істотна/значна частина
to make a lasting impression	дуже напружений
essential part	робити помилки, помилятися

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Make possible telephone dialogues for each of the following situations:

- You need to cancel a trip to the cinema because your grandmother is coming for dinner.
- Arrange with a good friend to go shopping on Saturday at the shopping centre.
- You phone your best friend the morning of his/her birthday.

- Phone your parents to ask them if you can be late for dinner to stay for an extra drama class after school.
- Tell your friend that you're going to be late meeting them because of a train strike.
- Phone your friend to find out where they are. You've been waiting for them in a café for twenty minutes.

5. Fill in the blanks.

Reasons people use phones	Reasons you use your mobile phone	Conversation or text message
To let their people know where they are		
To flirt with someone		
As a clock		
To play games		
Just to say hello		
To arrange to meet friends		
To find out about the cinema or football results		

6. Retell the text «Telephone conversation».

7. Think about possible answers.

- Green Products. Can I help you?
-
- Hold on. I'll see if he is in. I'm sorry, he is on another line right now. Would you like to hold?
-
- What? I can't hear you!
-

– I can't hear you. This is a bad line. Would you mind dialing the number again?

–

8. Work with your partner. Ask and answer the questions.

What do you think when you hear a mobile phone ring – in class? / On the train? / In the street?

How has texting changed the way you communicate with your friends?

If you don't have a mobile phone do you think you communicate better with your friends and family?

Texting is said to be more of a teenage pastime rather than an adult one. Why do you think this is?

Some English teachers are worried that texting will make young people poor at spelling and grammar. Do you agree? Why / Why not?

If you don't like using your mobile phone for texting why not?

Some teenagers find they can't live without their mobile phone. Do you think this is excessive or can you understand why?

What are the advantages of texting over making a telephone call?

9. Translate into English.

– Здрастуйте, могу я поговорити з Олексієм, будь ласка?

– Це я.

– Привіт, як пройшло твоє тренування? Які враження?

– Коли я увійшов до залу тренування тільки почалося. У одному кутку високий хлопець обробляв набитий мішок швидкими різкими ударами. У іншому – кілька чоловік жваво обговорювало переваги «крюка» перед аперкотом. У мене склалося враження, що в залі зібралися справжні професіонали.

– Було важко?

– Так, особливо коли почалася розминка. З мене піт лив градом.

– Що було потім?

- Потім ми приступили до тренування. Після розучування ударів усі розбилися попарно і почався справжній бокс.
- Тобі сподобалося?
- Ні, мені перестав подобатися бокс.
- Зрозуміло, давай краще сходимо на футбольний матч в середу.
- Добре, домовились!

UNIT TEN

Lesson A

Key Words

1. Read and remember the following words and word-combinations:

1. adversary goal	[ˈædvəs(ə)rɪ gəʊl]	ворота суперника
2. crossbar	[ˈkrɒsbɑː]	перекладина
3. draw	[drɔː]	гра внічию
4. extra time	[ˈekstrə taɪm]	додатковий час
5. forward	[ˈfɔːwəd]	нападаючий
6. fullback	[ˈfʊlbæk]	захисник
7. goalkeeper	[ˈgəʊl,ki:pə]	воротар
8. goal line	[ˈgəʊllaɪn]	лінія воріт
9. halfback	[ˈhɑːfbæk]	півзахисник
10. halftime	[hɑːf taɪm]	перерва
11. internationally	[ɪntəˈnæʃ(ə)nəli]	міжнародно
12. kick	[kɪk]	удар ногою
13. league	[liːg]	ліга
14. penalty shootout	[ˈpenltɪˈʃuːtaʊt]	серія пенальті
15. post	[pəʊst]	штанга
16. prestigious	[preˈstɪdʒəs]	престижний
17. rectangular field	[rekˈtæŋɡjʊlə fiːld]	прямокутне поле
18. set of rules	[set əv ruːlz]	список правил
19. spherical ball	[ˈsferɪk,-ˈsferɪk(ə)l bɔːl]	кулеобразний, сферичний м'яч
20. to invent	[ɪnˈvent]	винаходити

2. Translate into your native language.

1. You are the goalkeeper of a Premier League team and your job is to stop the players from scoring. 2. If you feel a game is going to be a draw, why not bet on one team to be winning at half-time and then draw the game? 3. Messi, 26, had plundered the prestigious award for the last four years, but The Real Madrid forward Ronaldo wins FIFA's top gong this time and Pele bags the inaugural Ballon d'Or Prix d'Honneur, as no Premier League players make FIFA's best. 4. The first penalty shoot-out in a European Cup final occurred in the 1984 European Cup Final as Liverpool defeated A.S. Roma. 5. The laws were mostly based on the first set of rules formulated by the Football Association, England's football body, in 1863. 6. Association football is

governed internationally by the International Federation of Association Football which organises a World Cup every four years. 7. Each structure usually consists of two vertical posts, called the goal posts, supporting a horizontal crossbar. 8. A player shall be entitled to run with the ball towards his adversaries' goal if he makes a fair catch, or catches the ball on the first bound; but in case of a fair catch, if he makes his mark (to take a free kick) he shall not run. 9. The length of the touch line must be greater than the length of the goal line. 10. What are the differences between running backs, fullbacks, halfbacks and tailbacks? 11. Field must be rectangular and either natural or artificial. 12. Injury or stoppage time should not be confused with extra time. 13. Gaelic football is played with a spherical leather ball, roughly 25 cm in diameter and 69–74 cm in circumference. 14. The question of who invented soccer is a complicated one and there are a number of conflicting beliefs about how the beautiful game started out.

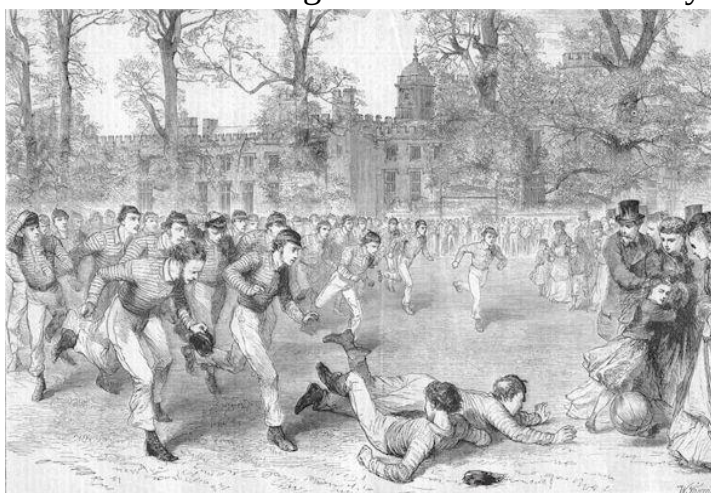
3. Guess what?

1. When a game or competition finishes with each player or team having the same score. 2. A player who is in an attacking position in a team. 3. A player who stands in the team's goal to try to stop the other team from scoring. 4. A horizontal bar, either the part that forms the top of a goal. 5. A period of time in a football game in which play continues if neither team has won in the usual time allowed for the game.

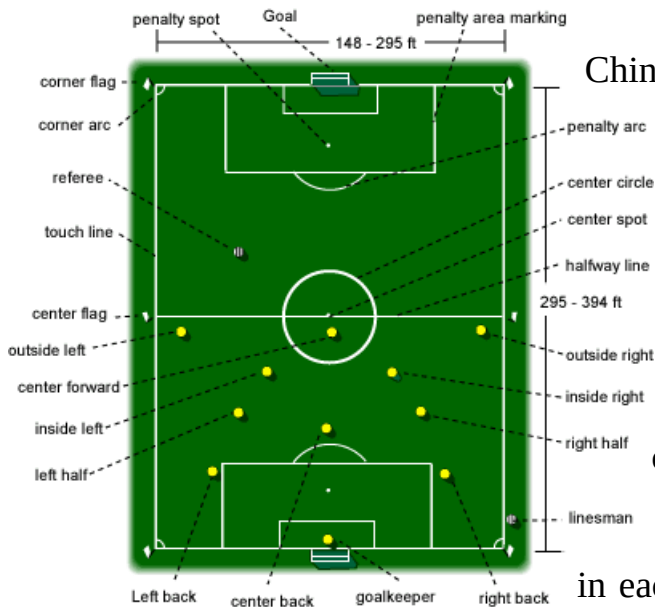
4. Read and translate the text.

FOOTBALL

Although modern football began in nineteenth-century England, the English didn't simply Human liked objects. thousand invent football: they gave it rules. beings have always kicking round Two and a half years ago the



FOOTBALL AT BUCKINGHAM PALACE



Chinese played a game called Tsu-Chu, which means 'to kick a ball made of leather with the feet'. There are records of football being played in the twelfth century on the streets of London. King Edward II stopped it in 1314, saying, 'There is a great noise in the city caused by fighting balls'. By the sixteenth century it had become very dangerous. Most games were played in villages with as many as 500 people in each team. They played from midday until sunset. By

the nineteenth century only the rich private schools were playing football. Each had its own set of rules which made games between schools impossible. In 1862 a set of rules was written down — five of these are in use today. The first competition cup, the Football Association Cup, was started in 1872. League football began in 1888 and teams formed all over England, involving everyone, not just the rich. By 1900 English sailors had taken the game to other countries. In 1930 the first World Cup match was played: it was won by Uruguay. England didn't enter until 1950.

So, football or soccer, which is considered to be the most popular sport in the world, is a team sport played between two teams of eleven players using a spherical ball. The object of the game, which is played on a wide rectangular field with a goal on each end of the field, is to score by putting the ball into the adversary goal.

As for the players — each team has 11 players: a goalkeeper (also called goalie) who tries to block the shots by the opposing team; the fullbacks (defense) who try to prevent the opposing team from scoring goals; the halfbacks (or midfielders) who play both offense and defense; the forwards (or strikers) who try to score goals for their team. The goal is kept by a goalkeeper who is allowed, at the exception of other players, to use his/her hands in the game. The winners are those who score the most goals. A goal is scored when the ball has crossed the goal line between the posts and under the crossbar. If the football (or soccer) match ends in a draw the two teams may be redirected to play extra time and/or penalty shootouts (each team taking turns to have a set number of

kicks at the goal). The game is played in two halves of 45 minutes each. At halftime the teams change ends.



The game is played now all over the world and competitions are organized nationally, continentally and internationally. The most prestigious of football competitions is the World Cup, which is held every four years. The current format of the competition involves a qualification phase, which currently takes place over the preceding three years, to determine which teams qualify for the tournament phase, which is often called the World Cup Finals. 32 teams, including the automatically qualifying host nation(s), compete in the tournament phase for the title at venues within the host nation(s) over a period of about a month. The 20 World Cup tournaments have been won by eight different national teams. Brazil have won five times, and they are the only team to have played in every tournament. The other World Cup winners are Italy and Germany, with four titles each; Argentina and inaugural winners Uruguay, with two titles each; and England, France and Spain, with one title each. The World Cup is the most widely viewed and followed sporting event in the world, exceeding even the Olympic Games; the cumulative audience of all matches of the 2006 FIFA World Cup was estimated to be 26.29 billion with an estimated 715.1 million people watching the final match, a ninth of the entire population of the planet.

5. Read the word - combinations and the sentences. Cover the left side and translate the right one into English.

- | | |
|--------------------------------------|------------------------------|
| 1. to kick a ball | бити м'яч ногою |
| 2. from midday until sunset | від полудня до заходу |
| 3. rich private schools | багаті приватні школи |
| 4. to be in use | бути у використанні |
| 5. involving everyone | залучаючи кожного |
| 6. opposing team | команда противника |
| 7. offense and defense | наступ та захист |
| 8. to score goals | забивати голи |
| 9. at the exception of other players | за виключенням інших гравців |
| 10. to play extra time | грати додатковий час |

- | | |
|---|---|
| <p>11. So, football or soccer, which is considered to be the most popular sport in the world, is a team sport played between two teams of eleven players using a spherical ball.</p> <p>12. The game is played now all over the world and competitions are organized nationally, continentally and internationally.</p> | <p>Отже, футбол який вважається найпопулярнішим видом спорту у світі, це командний вид спорту, в який використовуючи сферичний м'яч грають дві команди, що складаються з 11 гравців.</p> <p>У гру грають зараз по всьому світу і змагання організовують національні, континентальні і інтернаціональні.</p> |
|---|---|

6. Find the appropriate words to complete the sentences:

1. Two and a half thousand years ago the Chinese played a game called Tsu-Chu, which means ' ... '. 2. The object of the game, which is played on a wide rectangular field with a goal on each end of the field, is ... by putting the ball into the adversary goal. 3. As for the players - each team has 11 players: a ... (also called goalie) who tries to block the shots by the opposing team; the ... (defense) who try to prevent the opposing team from scoring goals; the ... (or midfielders) who play both offense and defense; the ... (or strikers) who try to score goals for their team. 4. The most prestigious of football ... is the World Cup, which is held every four years. 5. The 20 ... tournaments have been won by eight different national teams.

7. Study the following idioms and think of the similar idioms in Ukrainian.

to move the goalposts – to change the objectives which had been agreed;

to be on the ball – to be mentally alert, to respond immediately to new developments.

8. Make a dialogue in which you are to discuss:

1. a landslide victory for the visiting side with the final score 3:1;
2. a 3:3 draw;
3. a hard-earned victory for the young home team.

9. Match the words and their meanings.

goal area	сильний удар з далекої відстані
kick off	забити гол
goal mouth	забити гол головою
powerful long-range shot	пропустити м'яч
to put the ball in	зблизька
to push in to head the ball	з далекої відстані
to miss	передача
from well out	продовжити час гри
from close in	припинити гру
pass	робити обманні рухи
to dribble	суддя
to feint	тайм, період
to be in off-side	відбивати м'яч
to foil	бути поза грою
to concede a goal	воротарський майданчик
half	промазати
to extend the game	відстань між штангами
to suspend the game	вести м'яч
referee	закинути м'яч за межі поля

10. Point out paragraph of the text telling about:

1. Football's history.
 2. The most popular sport in the world.
 3. Players' tasks.
 5. World Cup.
- and speak on them.**

11. Translate the sentences with new words into English and write them down.

1. Як правило, до серії пенальті команди грають додатковий час — два додаткових тайми по 15 хвилин кожний. 2. «Динамо» і «Шахтар» зіграли внічию в матчі Прем'єр-ліги, жодна з команд не зуміла вразити ворота суперника. 3. Нападаючий «Барселони» побив рекорд престижного трофею, отримавши вдвічі більше голів, ніж минулорічний призер - Роналду. 4. Коли м'яч виходить за лінію воріт, воротар виконує вільний удар ногою. 5. М'яч має бути сферичним, з покриттям, зробленим з еластичної шкіри. 6. Для того щоб матч з футболу відбувся, потрібне рівне прямокутне поле з м'якою травою, приблизно 100 на 70 метрів площею. 8. Чубарова відсторонено на один матч за некоректну поведінку у перерві матчу та за умисний удар ногою суперника. 9. Він – кращий захисник, це визнано міжнародно. 10. Ворота – конструкція з двох штанг та перекладини на краю поля, куди гравці намагаються забити м'яч. 11. Півзахисник «Динамо» Сергій Рибалка вважає, що «Дніпро» зможе добитися потрібного результату в матчі-відповіді з Наполі. 12. Ви повинні вивчити цей список правил, якщо хочете професійно займатися футболем. 13. Сьогодні головні тренери команд не стали винаходити щось нове і виставили з перших хвилин на поле перевірених бійців.

12. Tasks for independent and individual work:

- a) describe your attitude to football;
- b) write what you know about football and professional football players in your country;
- c) make a radio feature of a football match;
- d) prepare a report about football stars, use some additional information from books, newspapers and the Internet.

Lesson B

GRAMMAR PRACTICE

1. Read the following information. Remember it.

The Gerund (Герундій). Неособова форма англійського дієслова з суфіксом -ing, що поєднує в собі риси іменника і дієслова й несе в собі відтінок значення деякого процесу.

Форма герундія	Дієслово в активному стані	Дієслово в пасивному стані
Indefinite Gerund	V+ing	being + V3
Perfect Gerund	having +V3 (третя форма дієслова)	having been + V3

Indefinite Gerund Active використовується:

- тоді, коли потрібно позначити дію, що відбувається у той же самий момент як і дія, що виражена присудком. Мова може йти про минуле, теперішнє чи майбутнє: I like having a lot of interesting places I can visit;
- також ця форма використовується для вираження дії, що відбудеться в майбутньому по відношенню до дії, вираженої присудком у реченні. В таких випадках герундій часто вживається після дієслів to insist, to suggest, to intend: Mike suggested going to the theatre;
- у випадках, коли потрібно виразити дію, що сталася раніше: I remember sending invitation to her;
- для позначення дії, що не має прив'язки до часу: Eating healthy food is good for your health;
- після слів to want, to need, to require, to deserve: She want playing tennis more.

Indefinite Gerund Passive використовується:

- коли він виражає дію, що вчиняється над особою чи предметом іншою стороною: She avoids being watched in streets.

Perfect Gerund Active використовується рідко. Перфектна форма герундія означає дію, що сталася раніше ніж дія, що виражена присудком у реченні: I thank him for having sent me a letter in time.

Perfect Gerund Passive використовується ще рідше, ніж активна форма перфектного герундія: I remember having been shown the price of the car.

2. Translate into English.

1. I understand perfectly your wishing to start the work at once.
2. Everybody will discuss the event, there is no preventing it.
3. At last he broke the silence by inviting everybody to walk into the dining room.
4. On being told the news, she turned pale.
5. The place is worth visiting.
6. Watching football matches may be exciting enough, but of course it is more exciting playing football.
7. She stopped coming to see us, and I wondered what had happened to her.
8. Can you remember having seen the man before?
9. She was terrified of having to speak to anybody, and even more, of being spoken to.
10. He was on the point of leaving the club, as the porter stopped him.
11. After being corrected by the teacher, the students' papers were returned to them.
12. I wondered at my mother's having allowed the journey.
13. Do you mind my asking you a difficult question?
14. Would you mind coming again in a day or two?
15. I cannot put off doing this translation.

3. Open the brackets.

1. He was very glad of (to help) in his difficulty.
2. On (to allow) to leave the room, the children immediately ran out into the yard and began (to play).
3. The results of the experiment must be checked and rechecked before (to publish).
4. David was tired of (to scold) all the time.

5. The watch requires (to repair).
6. The problem is not worth (to discuss).
7. Jane Eyre remembered (to lock) up in the red room for (to contradict) Mrs. Reed.
8. Why do you avoid (to speak) to me?
9. She tried to avoid (to speak) to.
10. The doctor insisted on (to send) the sick man to hospital.
11. The child insisted on (to send) home at once.
12. Do you mind him (to examine) by a heart specialist?
13. He showed no sign of (to recognize) me.
14. She showed no sign of (to surprise).
15. He had a strange habit of (to interfere) in other people's business.

4. Translate into English.

1. Він думав про те, щоб поступити в університет.
2. Він звинувачує мене в тому, що я йому не допомагаю.
3. Я не можу не відчувати сорому.
4. Вона не заперечує те, що живе в поганих умовах.
5. Продовжуйте розмовляти.
6. Я наполягаю на тому, щоб сказати йому правду.
7. Вони боялися спізнитися на поїзд.
8. Я не схвалюю те, що ти граєш у комп'ютерні ігри.
9. Ми залишили думку про поїздку за місто.
10. Вона кинула танці.
11. Мама заперечує проти того, що я привожу в будинок друзів.
12. Ви не заперечуєте, якщо я подзвоню вам?
13. Я не можу не любитися цією чудовою картиною.
14. Я схвалюю вашу наполегливу роботу.
15. Вона заперечувала, що допомогла їм.
16. Перестань дратувати кішку.
17. Я боюся застудитися.

18. Він звинувачує тебе в тому, що ти не пишеш йому листи.
 19. Ви не заперечуєте, якщо я ляжу спати?
 20. Продовжуйте тренуватися.

5. Read the following information. Remember it.

Participle (Дієприкметник). Неособова форма дієслова, що має властивості дієслова, прислівника та прикметника.

Форма	Активний стан	Пасивний стан
Participle I (Present Participle Simple)	дієслово + закінчення – ing asking – питаючи doing – роблячи	being + 3 форма дієслова being asked – бути запитаним being fool – бути обдуреним
Participle I (Present Participle Perfect)	having + 3 форма дієслова having asked – запитавши	having been + 3 форма дієслова having been asked - бути запитаним (вже)
Participle II	—————	допоміжне дієслово + 3 форма дієслова was written – був написаний

Participle I. Дієприкметник теперішнього часу у формі **Present Participle Simple** використовується у двох випадках:

1. Коли потрібно показати одночасність дії, що виражена дієприкметником з дією, що виражена дієсловом-присудком у минулому, теперішньому або майбутньому часі: Asking them what time it was he looked nervous.

2. Коли потрібно виразити дію, що відноситься до теперішнього часу, незалежно від того, в якому часі знаходиться дієслово-присудок: The man waiting for you outside called you yesterday.

Дієприкметник теперішнього часу у своїй доконаній формі **Present Participle Perfect** використовується у випадках, коли потрібно висловити дію,

що передувала дії, яка виражена дієсловом-присудком: Having played football he is returning home.

Participle II. У реченні дієприкметник минулого часу може виконувати такі функції:

1. Іменної частини складеного присудка після дієслів: to be, to feel, to look, to get, to become та ін: My car is broken.

2. Означення. При цьому дієприкметник може розташовуватися як перед іменником, так і після нього: Fred looked at the table filled with food. Fred looked at the filled by someone table with food.

3. Обставину часу або обставину причини. В таких випадках дієприкметник відповідає на питання *коли?* або *чому?* за якої *причини?*: When gone to his friend nobody opened door.

4. Складного додатка з іменником в загальному відмінку або займенником в об'єктному: He heard his name mentioned. Дієслово to have у зв'язці з дієприкметником минулого часу у ролі складного додатка означає, що дія відбувається не самим підметом (тобто тим, хто говорить), а кимось іншим: I had my car repaired.

6. Choose the correct participle.

1. My nephew was (amusing/amused) by the clown.
2. It's so (frustrating/frustrated)! No matter how much I study I can't seem to remember this vocabulary.
3. This book is so (boring/bored)!
4. I'm feeling (depressed/depressing), so I'm going to go home, eat some chocolate, and go to bed early with a good book.
5. I thought her new idea was absolutely (fascinated/fascinating).
6. This maths problem is so (confusing/confused). Can you help me?
7. He's very (interesting/interested) in history.
8. The journey was (exhausting/exhausted)! Twelve hours by bus.
9. My exam results were great! It's really (surprising/surprised) but good, of course

10. He was (frightening/frightened) when he saw the spider.
11. I was really (embarrassing/embarrassed) when I fell over in the street.
12. That film was so (depressing/depressed)! There was no happy ending for any of the characters.
13. I'm sorry, I can't come tonight. I'm completely (exhausting/exhausted).
14. We are going in a helicopter? How (exciting/excited)!
15. Don't show my baby photos to people, Mum! It's so (embarrassing/embarrassed)!
16. It's okay, it's only me. Don't be (alarming/alarmed).
17. My sister is so (exciting/excited) because she is going on holiday tomorrow.
18. I hate long flights, I'm always really (boring/bored).
19. She looked very (confusing/confused) when I told her we had to change the plan.
20. John was (fascinated/fascinating) by Mandarin when he first started learning languages. He decided to study more and now he can speak it fluently.

7. Translate the sentences into English, using the correct form of Participle.

1. Будьте обережні, коли переходите вулицю.
2. Я дивилася на дитину, яка посміхалася.
3. Коли спитали про її думку, вона почервоніла.
4. Кінотеатр, який будується тут, буде одним з найбільших у нашому місті.
5. Я роблю зачіску в перукарні кожну п'ятницю.
6. Вона пошила собі нове пальто.
7. Оскільки дув сильний вітер, погода була погана.
8. Так як в кімнаті було зовсім темно, я спочатку не зміг побачити промовця.
9. Вона витягнула давно забутий лист з його схованки.
10. Сказавши це, я чекаю на наслідки.
11. Написавши свою доповідь, він надіслав її поштою.
12. Того дня ми залишились вдома, дивлячись фільм по телебаченню.
13. Посміхаючись, вона показала мені лист.
14. Вона завжди була добре одягнена.
15. Хто-небудь бачив, як він брав книги?

16. Вам відремонтують телевізор до понеділка.
17. Якщо погода дозволить, ми поїдемо завтра за місто.
18. Чоловік, який розмовляє зі студентами, – наш викладач.
19. Зробивши домашнє завдання, він пішов на прогулянку.
20. Молодий чоловік, який стояв біля вікна, пильно подивився на мене.

8. Task for independent and individual work.

Find more information about modal verbs and their equivalents. Be ready to present it to your groupmates.

9. Test of grammar and vocabulary.

1. The following sentences about athletes and athletics have a missing gerund. Choose the most appropriate verb from the table below and make it a gerund to complete the sentences.

have wrap rain play soak rest pull yell get break lose be miss
fall

- a. Jason is a basketball player. He has a bad sprain, which requires _____ his ankle tightly before each practice.
- b. After a bruising football game, the players look forward to _____ in a hot tub.
- c. Many female athletes prefer _____ a female coach.
- d. The young baseball players aren't used to their coach's _____ at them every time they make a mistake.
- e. The baseball game has been interrupted again due to rain. They will resume _____ as soon as it stops.
- f. Chris was benched during the basketball game for _____ too many of his jump shots.
- g. Michael has tennis elbow. The doctor recommends his _____ his arm for three weeks.
- h. Soccer players have to stretch and warm up before each game to avoid _____ a hamstring.
- i. _____ a technical foul for one's temper is one way a coach can really hurt his team.
- j. A professional skier's worst nightmare is _____ on the ski slope and a leg.

2. Choose the right form of the Gerund.

- a. J. Galsworthy was no longer young when he started _____.
– being written
– writing
– having written
- b. I remember _____ aloud, and the laugh being carried by the wind away from me.
– laughing
– being laughed
– having been laughed
- c. His mother felt better for _____ the letter from her son.
– receiving
– being received
– having received
- d. His _____ to London was quite unexpected to us.
– sending
– being sent
– having sent
- e. Goether, however, thought that Irving made a mistake in _____ American themes in favour of European ones.
– neglecting
– having neglected
– having been neglected
- f. The author may tell a story in an objective way, without _____ into the minds of the characters.
– being gone
– having gone
– going
- g. They were sure of the bridge _____ during the stormy night.
– destroying
– having destroyed

– having been destroyed

h. All the essays in this volume are worth _____ .

– reprinting

– being reprinted

– having reprinted

i. Excuse my _____ you.

– being interrupted

– having interrupted

– having been interrupted

j. Language is capable of _____ practically any kind of information.

– being transmitted

– transmitting

– having transmitted

3. Open the brackets using Infinitive or Gerund.

a. I can't imagine Peter _____ (go) by bike.

b. He agreed _____ (buy) a new car.

c. The question is easy _____ (answer).

d. The man asked me how _____ (get) to the airport.

e. I look forward to _____ (see) you at the weekend.

f. Are you thinking of _____ (visit) London?

g. We decided _____ (run) through the forest.

h. The teacher expected Sarah (study)hard.

i. She doesn't mind _____ (work) the night shift.

j. I learned _____ (ride) the bike at the age of 5.

k. We decided _____ (buy) a new car.

l. They've got some work _____ (do).

m. Peter gave up _____ (smoke).

n. He'd like _____ (fly) an aeroplane.

o. I enjoy _____ (write) picture postcards.

- p. Do you know what_____ (do)if there's a fire in the shop?
- q. Avoid_____ (make) silly mistakes.
- r. My parents wanted me_____ (be) home at 11 o'clock.
- s. I dream about_____ (build) a big house.
- t. I'm hoping _____ (see) Lisa.

4. Translate the following sentences into English using various forms of the Participle.

- a. Не знаючи французької мови, вона не могла розуміти нас.
- b. Проведений аналіз дозволяє зробити висновки про оповідання Дж. Лондона.
- c. Під час написання твору англійською мовою я користувався українсько-англійським словником.
- d. Будучи зайнятою, вона не могла поговорити зі мною.
- e. Фіксуючи події і зображаючи героїв, письменник розвивав критичний напрямок в український літературі.
- f. Написавши листа, я взяв книгу і почав читати її.
- g. Після того як музика була виконана на багатьох концертах, вона стала популярною.
- h. Питання, обговорюване студентами, дуже важливе.
- i. В. Шекспір, використовуючи стилі, перетворював їх у своїй творчості, як тільки міг це робити він один.
- j. Як зазначалося у звіті, ця робота вже виконана.

5. Translate into English.

У центрі ліцензування тренерів Федерації футболу України розпочалося навчання за програмою «А» на диплом УЄФА для колишніх гравців. Претендентами на отримання тренерського диплома категорії «А» стали чимало відомих футболістів.

Навчання, зокрема, проходитимуть Андрій Березовчук, Сергій Валяєв, Віталій Рева, Максим Шацьких, В'ячеслав Шевчук, Віталій Рева та ряд гравців, котрі заробили собі ім'я в футболі.

Диплом УЄФА категорії «А» дає право працювати головним тренером в Першій і Другій лігах, а також асистентом головного тренера в команді Прем'єр-ліги.

Отримати диплом за даною програмою можуть лише гравці, які протягом п'яти років виступали в чемпіонаті України або мають на своєму рахунку 20 матчів за національну команду.

6. Answer the following questions. Write complete sentences.

What do you know about football?

Do you like football? Why?

How do you train to be good at football?

Can you name any football stars?

Who is/are your favorite football player/players? Why do you like him/them?

What are the rules in football?

Is there anything you can't do in football?

Which three Nations will England face in the 2015 U-21 Championships Group Stage?

Which was the only nine goal Premier League match during season 2014-15?

Which South American nation had the best performance at a FIFA Women's World Cup Finals?

Which three Norwich City players made over 100 Premier League appearances?

Who was the only Wimbledon FC player to wear their number five shirt in the Premier League?

Which four players appeared at FIFA World Cup Finals contracted to Crystal Palace?

Which three Belgians won the Premier League Player of the Month award?

Which three Premier League Manager of the Month winners were with Leicester City?

Which player made the most Premier League appearances for Fulham FC?

Which two non-South American teams will compete in the 2015 Copa America?

Who was the only Mallorca player to be Spanish La Liga's Highest Goalscorer?

Which four managers won the European Cup / Champions League with Bayern Munich?

Which four players contracted to Stoke City appeared at the 2014 FIFA World Cup Finals in Brazil?

What was the best performance from an Asian Nation at the FIFA Youth World Cup Finals?

Which three players were highest goalscorers at the 2011 Copa America?

Which three managers won the Inter-Cities Fairs Cup with English Clubs?

Lesson C
PRACTICE IN SPEAKING
ACADEMIC SPEAKING

1. Read and translate the text.

APPLYING FOR A JOB

The first step towards nabbing the job you want is knowing how to navigate the application process. With a little research, some finely tuned writing, and proactive communication, you can be well on your way to getting that call for an interview. Decide what kind of job you want. In order to streamline the job application process, examine what your needs and desires are for employment.

Even if the job you want doesn't require the submission of a traditional resume, having an up-to-date resume is highly recommended. Resumes not only outline your education and work history, but they can also point to specific projects you've worked on or awards you've won. Information to include on your resume should entail: your current contact information, your educational background, your work history for the past few years. The unofficial rule is one resume page per ten years of experience (be aware that large gaps in employment, or multiple jobs within a short amount of time, will be something you may be asked about in an interview; be sure to include dates of employment, the company name, your title, and a brief description of your activities), your relevant skills (this is your opportunity to list all the skills you have acquired through the years).

Contact the employer to ask about the application process. You will likely have your call routed to the hiring or human resources manager. If they have openings, they may ask you to either come in to fill out an application or that you send them your resume and cover letter by mail or e-mail. Be sure to note this contact's name, and address all future communication to this person, by name.

Get a second (or third) opinion. Ask friends or family members to review your resume and cover letter for typos. They may be able to point out things that are missing, or items that could be rephrased.

If possible, get advice from someone working in the field you are applying for. Speaking to recruiters or hiring managers may be beneficial as well, as they are familiar with the qualities and qualifications employers are looking for.

It is recommended that you secure at least three references. At least two of these references should be people whom you have worked with and who can speak to your job performance.

Be sure you have your references' updated contact information, including mailing and email addresses, phone number, current title, and current company.

Bring a packet containing all your materials to the prospective employer's workplace. It is recommended that you ask ahead of time for the best time to deliver your materials. When you arrive, ask to speak to the hiring manager and try to hand your materials to them personally. This allows the hiring manager to put a face to the name. It is recommended that you dress professionally and present yourself well.

When you do call or email the hiring manager, try to make the tone of your communication friendly. Avoid demanding comments like, «I haven't been contacted yet» Instead, ask questions such as «Have any decisions been made yet?» or «Can you tell me a little more about the hiring time frame?» Asking if you might contact them again in one week if no word has been given is a polite way to be proactive.

2. Find the Ukrainian equivalents in the right-hand column for the following:

to nab the job	специфічні проекти
examine your needs	бути діючими
require the submission	виконання роботи
specific projects	заповняти анкету
relevant skills	«упіймати» роботу
have openings	наймаючі керівники
to fill out an application	проінспекуйте ваші потреби
hiring managers	мати вакансії

job performance

доречні навички/уміння

to be proactive

вимагати подачі

3. Use the words and word combinations given in Ex. 2 in the sentences of your own.

4. Write your personal curriculum vitae, or CV.

CV

should

include:

- your full name, address, and contact details
- a personal profile emphasising your strengths, versatility and value to the future employer a list of your skills, achievements and key responsibilities
- your career history starting with the most recent
- your education and what qualifications were gained
- any professional qualifications you have
- relevant hobbies, interests or other skills
- details of referees (if requested).

5. You have a job interview. Write your possible answers.

Interviewer: Good afternoon.

You: ...

Interviewer: Please sit down. Did you find our offices all right?

You: ...

Interviewer: Right. Well, I can see from your CV that you like meeting people and enjoy being sociable.

You: ...

Interviewer: Well, that's exactly the kind of person we need. Why do you think you will be good at this job, though? You won't be meeting people in person, but only over the phone.

You: ...

Interviewer: Okay. As you know we need someone for at least three hours, three evenings a week. Will you be able to cope with this and your schoolwork as well?

You: ...

Interviewer: What do you know about our company? Have you got any questions for me?

You: ...

Interviewer: So tell me what are your three main strengths?

You: ...

Interviewer: Right, then. Shall we give you a trial period of say ... two weeks? If you'd like to come with me I'll introduce you to my floor manager who will show you the ropes.

You: ...

6. Retell the text «Applying for a job».

7. Work with your partner. Ask and answer the questions.

What is your most important thing for choosing the right career?

What is your greatest achievement in life?

What is the job of your dream? Why do you think you are suitable for it?

Are you planning to continue your studies?

Give an example of when you have worked on a team project. What was the outcome and what was your role in the team?

How do you cope with work pressure?

Are you willing to work nights / weekends / holidays?

At what point in life did you choose this profession?

Can you describe a time when your work was criticized and how did you handle it?

Do you consider yourself successful? How would you define success?

Do you have any language abilities that might assist you in performing this job?

Do you need additional training?

How do you propose to compensate for your lack of experience?

How would you describe your work style?

Do you work better in a team or alone?

If you could work for any company, where would you work?

Where do you see yourself in five years?

GLOSSARY OF ENGLISH-UKRAINIAN SPORTS TERMS

ВИДИ СПОРТУ

aerobics	аеробіка
American football	американський футбол
archery	стрільба з лука
athletics	атлетика
badminton	бадмінтон
baseball	бейсбол
basketball	баскетбол
beach volleyball	пляжний волейбол
bowls	гра в кулі, боулз
boxing	бокс
canoeing	веслування на каное
climbing	скелелазання
cricket	крикет
cycling	велоспорт
darts	дартс
diving	дайвінг
fishing	риболовля
football	футбол
go-karting	картинг
golf	гольф
gymnastics	гімнастика
handball	гандбол
hiking	піший туризм
hockey	хокей
horse racing	скачки
horse riding	верхова їзда
hunting	палювання
ice hockey	льодовий хокей
ice skating	катання на ковзанах
inline skating або rollerblading	катання на роликових ковзанах
jogging	оздоровчий біг
judo	дзюдо
karate	карате
kick boxing	кік-боксінг
lacrosse	лакрос
martial arts	бойові мистецтва
motor racing	автогонки
mountaineering	альпінізм
netball	нетбол
pool	більярд

rowing	веслування
rugby	регбі
running	біговий спорт
sailing	вітрильний спорт
scuba diving	дайвінг
shooting	стрільба
skateboarding	скейтбординг
skiing	лижний спорт
snooker	снукер
snowboarding	сноубординг
squash	сквош
surfing	серфінг
swimming	плавання
table tennis	настільний теніс
ten-pin bowling	боулінг
tennis	теніс
volleyball	волейбол
walking	ходьба
water polo	водне поло
water skiing	водні лижи
weightlifting	важка атлетика
windsurfing	віндсерфінг
wrestling	боротьба
yoga	йога

ФУТБОЛЬНІ ТЕРМІНИ

booking	попередження гравця жовтою карткою
corner kick або corner	кутовий удар
crossbar або bar	перекладина
fan	вболівальник
foul	фол
football club	футбольний клуб
free kick	штрафний удар
goal	гол
goal kick	удар від воріт
goalkeeper	воротар
goalpost або post	стійка воріт
half-way line	середня лінія
half-time	перерва між таймами
header	удар головою
linesman	суддя на лінії, помічник арбітра
net	сітка
offside	положення поза грою

pass	передача
player	гравець
penalty	пенальті
penalty area	штрафна зона
penalty spot	точка пенальті
red card	червона картка
referee	арбітр
shot	удар
supporter	той, хто підтримує
tackle	атака суперника
throw-in	вкидання м'яча
touchline	бічна лінія
yellow card	жовта картка
World Cup	Кубок світу
to kick the ball	ударити м'яч ногою
to head the ball	ударити м'яч головою
to pass the ball	передавати м'яч
to score a goal	забити гол
to send off	дискваліфікувати гравця (червоною картою)
to book	попередити гравця (жовтою картою)
to be sent off	бути дискваліфікованим
to shoot	посилати м'яч
to take a penalty	прийняти пенальті

СПОРТИВНІ ОБ'ЄКТИ

boxing ring	боксерський ринг
cricket ground	поле для крикету
football pitch	футбольне поле
golf course	поле для гольфу
gym	тренажерний зал, спортзал
ice rink	каток
racetrack	іподром
running track	бігова доріжка
squash court	корт для сквошу
swimming pool	басейн
tennis court	тенісний корт
stand	глядацька трибуна

СЛОВА, ПОВ'ЯЗАНІ З ВЕЛОСПОРТОМ

bell	дзвоник
bicycle pump	велосипедний насос
brake	гальмо

chain	цеп
gears	швидкості
handlebars	кермо, рукоятка
inner tube	їздова камера
pedal	педаль
puncture	прокол
puncture repair kit	ремонтний набір для герметизації шин
saddle	сидіння
spokes	спиці
tyre	шина
wheel	колесо
to have a puncture	проколоти шину
to ride a bicycle або to ride a bike	їхати на велосипеді

СПОРТИВНЕ ОБЛАДНАННЯ

badminton racquet	ракетка для бадмінтону
ball	м'яч
baseball bat	бейсбольна бита
cricket bat	крикетна бита
boxing glove	боксерська рукавиця
fishing rod	вудка
football	м'яч для футболу
football boots	бутси
golf club	гольф-клуб
hockey stick	хокейна ключка
ice skates	ковзани
pool cue	більярдний кий
rugby ball	м'яч для регбі
running shoes	кросівки
skateboard	скейтборд
skis	лижі
squash racquet	ракетка для сквошу
tennis racquet	тенісна ракетка

НАСТІЛЬНІ ІГРИ

board game	настільна гра
backgammon	нарди
chess	шахи
dominoes	доміно
draughts	шашки
go	го (стародавня китайська стратегічна гра)
table football	настільний футбол

КАРТКОВІ ІГРИ

blackjack	блекджек
bridge	бридж
poker	покер
card	карта
pack of cards	колода карт
hand	роздача
trick	фокус
to cut the cards	знімати карти
to deal the cards	здавати карти
to shuffle the cards	тасувати карти
suit	масть
hearts	чирва
clubs	трефа
diamonds	бубна
spades	піка
ace	туз
king	король
queen	королева
jack	валет
joker	джокер
your turn!	твоя черга!

ШАХИ

chessboard	шахівниця
piece	шахова фігура
king	король
queen	королева
bishop	слон
knight	кінь
rook або castle	тура
pawn	пішак
move	пересування
check	шах
checkmate	мат
stalemate	пат
to take або to capture	захоплювати
to castle	робити рокіровку
to move	робити хід
to resign	здаватися
your move!	твій хід!

good move!

гарний хід!

ЛЕГКА АТЛЕТИКА

100 metres

біг на 100 метрів

1500 metres

біг на 1500 метрів

discus throw

метання диска

hammer throw

метання молота

high jump

стрибки у висоту

hurdles

бар'єрний біг

javelin throw

метання списа

long jump

стрибки в довжину

marathon

марафонський біг

pole vault

стрибки з жердиною

shot put

штовхання ядра

triple jump

потрійний стрибок

ІНШІ СЛОВА, ПОВ'ЯЗАНІ ЗІ СПОРТОМ

to play

грати

to win

перемогти

to lose

програти

to draw

зіграти в нічию

to watch

дивитися

game

гра

fixture

пристрій

match

матч

competition

змагання

league table

турнірна таблиця

score

рахунок

result

результат

winner

переможець

loser

той, що зазнав поразки

opponent

суперник

umpire

суддя

spectator

глядач

win

перемога

loss

програш

victory

перемога

defeat

поразка

draw

нічия

to play away

грати за кордоном

to play at home

грати вдома

Olympic Games

Олімпійські Ігри

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