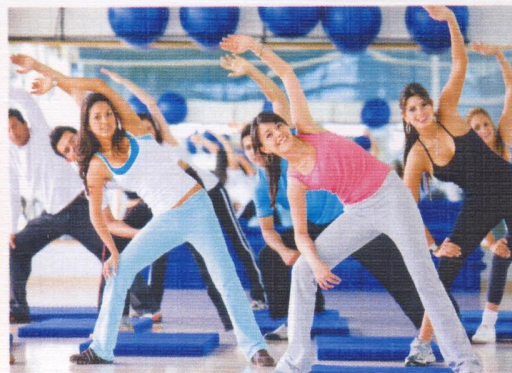


Н.В. Щеглова

HEALTHY LIFESTYLE

Учебное пособие



Краснодар
2011

Министерство спорта, туризма и молодежной политики
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ФИЗИЧЕСКОЙ КУЛЬТУРЫ, СПОРТА И ТУРИЗМА

Н.В. ЩЕГЛОВА

HEALTHY LIFESTYLE

Учебное пособие

Под редакцией
кандидата филологических наук, профессора
Л.Г. Ярмолинец

Краснодар
2011

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Представленное учебное пособие направлено на формирование навыков чтения текстов профессиональной направленности с целью извлечения необходимой информации, овладение спортивной терминологией, а также на расширение кругозора и повышение общей культуры студентов. Пособие содержит три тематических раздела («Healthy lifestyle», «World of sport», «Sport and disability»), отражающих профессиональную сферу и тематику общения, библиографический список, глоссарий и приложение.

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ВВЕДЕНИЕ

В последние десятилетия в российском обществе произошли существенные изменения, в связи с чем значительно повысились требования, предъявляемые к работникам всех сфер деятельности. Сегодня наряду с высоким профессионализмом специалист должен обладать инициативностью, рационализмом, динамичностью, способностью быстро реагировать на актуальную ситуацию, отличаться здоровым оптимизмом и коммуникабельностью.

Иностранный язык как учебный предмет имеет большое значение, так как овладение иностранным языком способствует формированию важных для будущего специалиста деловых качеств и профессиональных умений делового общения. Будучи тесно связанным со всеми сферами жизни общества – экономикой, политикой, искусством, образованием, иностранный язык отражает менталитет, культуру, традиции страны. Кроме того, иностранный язык служит средством не только межличностного, но и межнационального, межгосударственного общения. Без знания иностранного языка, особенно английского, в наше время невозможно успешное продвижение по карьерной лестнице, контакты с зарубежными специалистами в выбранной профессиональной сфере деятельности, знакомство с новейшими достижениями в интересующей области.

Необходимость издания представленного учебного пособия обусловлена недостаточной разработкой новых практических пособий, облегчающих изучение теоретического курса и отвечающих современным реалиям.

Данное издание подготовлено в рамках изучения дисциплины «Иностранный язык» (цикл СГЭ – общие гуманитарные и социально-экономические дисциплины) и соответствует основной образовательной программе подготовки бакалавров по направлению «Физическая культура» (034300). Учебное пособие направлено на формирование навыков чтения текстов профессиональной направленности с целью извлечения необходимой

информации, овладение спортивной терминологией, а также на расширение кругозора и повышение общей культуры студентов. Тексты пособия соответствуют сферам общения при обучении иностранным языкам: повседневно-бытовой («A fascinating world of sport», «Physical activity in teenagers», «Physical fitness and its benefits» и др.), социокультурной («Sports related careers», «Healthy lifestyle» и др.) и профессиональной («Health and fitness trends», «Active ageing», «Rehabilitation», «Sports nutrition», «Doping», «Sports injuries and their prevention», «Spirit in motion», «Let me win!», «Sport and disability»). При подборе текстов автор руководствовался их новизной и информативностью. Данные тексты могут быть использованы в качестве дополнительного материала к базовым учебникам, рекомендованным для подготовки бакалавров по направлению «Физическая культура» (034300).

Пособие содержит три тематических раздела («Healthy lifestyle», «World of sport», «Sport and disability»), отражающих профессиональную сферу и тематику общения, библиографический список, глоссарий и приложение. Каждый урок состоит из:

- предтекстового вводного задания, направленного на выявление знаний по определенной тематике;
- аутентичного основного текста и глоссария, который содержит слова и выражения, необходимые для связного высказывания на заданную тематику;
- послетекстовых заданий, нацеленных на проверку понимания прочитанного и контролирующих степень сформированности умений использования полученной информации;
- дополнительного текста по схожей тематике и упражнений к нему;
- итогового задания, предполагающего самостоятельную работу студентов (подготовку презентаций, докладов, проектных работ).

Информативная ценность текстов и их профессиональная направленность дают возможность подготовить будущих специалистов к практическому использованию иностранного языка в профессиональной сфере.

MODULE 1

Healthy lifestyle



1 A SOUND MIND IN A SOUND BODY

Before reading

Look at the pictures and answer the following questions:

1. What pictures a healthy lifestyle is represented on?
2. Do you adhere to the principles of a healthy lifestyle?



Start reading

 Read the text and make a summary.

HEALTHY LIFESTYLE

What does a healthy lifestyle *mean*? According to the dictionary, lifestyle is a way of life or style of living that *reflects* the *attitudes* and

value of a person or group. A healthy lifestyle would be a way of living that would *result* in a healthy mind, body and spirit.

A healthy lifestyle *comprises* of many components.

Healthy eating means eating food that are nutritional and good for the body like fresh fruits and vegetables, low fat diets, *unrefined* carbohydrates, etc. It includes avoiding food that is bad for you like refined carbohydrates, fatty foods, alcohol, etc. Eating in *moderation* is the essential component of healthy eating.

Regular exercise is an important part of a healthy lifestyle. Aerobic exercise is good for your heart and your body. Yoga has a therapeutic affect and also helps to *reduce* your stress level. Pilates are great for strengthening your «*core*» muscles which are situated around your *midsection*. You could consider some other forms of exercise like Tai Chi, martial arts and Qi Gong. It is essential that you *incorporate* any kind of exercises in to your daily life to help keep you fit and *maintain* your weight at a healthy level.

Managing stress *efficiently* is a critical part of a healthy lifestyle. *Failure* to manage stress effectively can *harm* your body and *affect* your relationship with others. If left unattended, stress can also lead to alcohol or drug *addiction*.

Sleeping right, having a positive *outlook* about life and having a balanced life are also the necessary components of a healthy lifestyle. If you go without sleep for a period of time, every area of your life will be ultimately affected. If it becomes a regular *pattern* in your life, you could *endanger* your health and reduce your overall performance. This can ultimately affect all other areas of your life, personal *as well as* professional.

Living a healthy lifestyle takes discipline. You must *make up your mind* and choose things that are good for you and your loved ones. Living a healthy lifestyle involves *taking care* of your physical, mental and spiritual health. You need to *arm* yourself with appropriate knowledge that will *ensure* that you get the result you want.

The physical, mental and spiritual aspects of your life are *intertwined*. To be happy and healthy, you need to keep all these aspects of your life balanced.

Wordbank

mean *v* значить
reflect *v* отражать
attitude *n* отношение
result *v* иметь результатом
comprise *v* включать в себя
unrefined *p.p.* нерафинированный
moderation *n* умеренность
reduce *v* снижать
core *n* туловище
midsection *n* средняя линия
incorporate *v* включать
maintain *v* поддерживать
efficiently *adv* эффективно
manage *v* справляться
failure *n* неспособность
harm *v* вредить
affect *v* наносить ущерб
addiction *n* пагубная привычка
outlook *n* взгляд
pattern *n* модель
endanger *v* подвергать опасности
as well as так же, как
make up one's mind принимать решение
take care заботиться
arm *v* вооружаться
ensure *v* гарантировать
intertwine *v* переплетаться

After reading

1. Find in the text and translate in written form the paragraphs with information about:
 - a) the importance of sleeping well;
 - b) the definition of a healthy lifestyle;
 - c) different physical activities

2. Answer the questions.

1. How can you define a healthy lifestyle?
2. What components a healthy lifestyle comprises of?
3. What food should be avoided?
4. What kind of exercises should you incorporate in your daily life?
5. How can stress affect your life?
6. Is it important to have a positive outlook about life?
7. What living a healthy lifestyle involves?

3. Find in the text equivalents of the following words and word combinations:

нерафинированные углеводы; здоровый образ жизни; принимать решение; позитивный взгляд на жизнь; наиболее важная часть; мышцы туловища; поддерживать вес; душевное здоровье

4. Complete the sentences with the statements from the text.

1. Lifestyle is a way of life that ...
2. To be happy and healthy, you need ...
3. Healthy eating means ...
4. You should incorporate any kind of exercises in to your daily life to ...
5. Failure to manage stress effectively ...
6. Living a healthy lifestyle involves ...

5. Complete the sentences with the words from the box.

to make up one's mind; to incorporate; to arm; efficiently; to reduce; to take care; to maintain; to comprise; outlook; to result; to ensure; to intertwine

1. The physical, mental and spiritual aspects of your life
2. A healthy lifestyle would be a way of living that would ... in a healthy mind, body and spirit.

3. Sleeping right, having a positive ... about life and having a balanced life are also the necessary components of a healthy lifestyle.

4. Yoga has a therapeutic affect and also helps to ... your stress level.

5. Living a healthy lifestyle involves ... of your physical, mental and spiritual health.

6. Managing stress ... is a critical part of a healthy lifestyle.

7. It is essential that you ... any kind of exercises in to your daily life to help keep you fit and ... your weight at a healthy level.

8. You need to ... yourself with appropriate knowledge that will ... that you get the result you want.

9. A healthy lifestyle ... of many components.

10. You must ... and choose things that are good for you and your loved ones.

6. Match the headings with right articles.

Drug misuse
and addiction

Overcoming
alcohol addiction

Smoking: cutting down
or quitting

1

The therapy in these groups takes place without the interference (*вмешательство*) of public bodies, doctors, psychologists or other professionals. Attending the meetings is on a voluntary basis. The only

2

Some drugs – for example heroin, cocaine and certain sleeping pills or painkillers (*болеутоляющее*) – are physically addictive. They have a specific effect on the body which leads to tolerance (*привыкание*) and with-

requirement (*требование*) is an honest (*искренний*) desire to quit (*бросать*) drinking. You will meet people who have been through (*испытывать*) the same hardships (*трудность*) as yourself.

drawal symptoms (*абстиненция*). Other drugs may lead to a psychological addiction if people have a craving for (*страстно желать*) the effect that the drug causes.

3

Addiction to tobacco is both physical and psychological. Every smoker knows how difficult it is to stop smoking or even cut down (*снижать*). Reducing the amount (*количество*) you smoke is a start – and better than nothing, but the ultimate goal should be to quit altogether. And, as many ex-smokers will tell you, it is possible.

7. Read the article about how alcohol affects men’s health.

Alcohol is not an ordinary *commodity* (*продукт*). It has been part of human civilization for thousands of years, and while it *is linked* (*связывать*) with connotations of pleasure and *sociability* (*коммуникабельность*) in the minds of many, its use also has harmful *consequences* (*последствия*).

When a person drinks alcohol, it is absorbed by the stomach, enters the bloodstream, and goes to all the *tissues* (*ткань*). Most people who have alcohol-related health problems aren’t alcoholics. They’re simply people who have regularly drunk more than the recommended levels for some years. Alcohol’s *hidden* (*скрытый*) *harms* (*вред*) usually only *emerge* (*появляться*) after a number of years. And by then, serious health problems can have developed.



A series of diseases *are* entirely *caused* (*вызывать*) by alcohol, such as alcohol dependence and alcoholic *liver cirrhosis* (*цирроз печени*). Alcohol *consumption* (*потребление*) also clearly *increases* (*увеличи-*

вать) the risk of some *cancers* (рак) (including lip, tongue, throat, esophagus, liver, and breast cancer). Depending on the drinking pattern, alcohol can have a damaging or a protective role in the development of diseases of the heart and *blood vessels* (кровеносный сосуд).

The *fetus* (эмбрион) is at risk when the mother consumes alcohol during *pregnancy* (беременность). Effects *range* (колебаться) from slow growth to birth defects and *mental retardation* (задержка умственного развития). Maternal drinking can also cause spontaneous abortion or *premature* (преждевременный) birth.

There is also a link between drinking too much alcohol and mental health problems such as depression. Heavy long-term drinking can also risk problems with *memory loss* (потеря памяти).

About 2 billion people across the world consume alcoholic drinks. Alcohol consumption can harm health as well as social relations, but the nature and the *severity* (серьезность) of the effects depend on both the amount of alcohol consumed over time, and the pattern of drinking.

8. Read the statements and mark them as true (T) or false (F).

1. Alcohol consumption can harm health as well as social relations.	<input type="checkbox"/>
2. Alcohol is linked with connotations of pleasure and sociability.	<input type="checkbox"/>
3. The effects of alcohol on your health will depend on how much you drink.	<input type="checkbox"/>
4. Most people who have alcohol-related health problems are alcoholics.	<input type="checkbox"/>
5. Alcohol consumption increases the risk of some cancers.	<input type="checkbox"/>
6. Health effects of alcohol have been observed in nearly every organ of the body.	<input type="checkbox"/>
7. Moderate alcohol consumption has been shown to lower some specific health risks.	<input type="checkbox"/>

9. Find information on a healthy lifestyle. Speak on your experience of maintaining your health.

2

YOU ARE WHAT YOU EAT

Before reading

Look at the pictures and answer the following questions:

1. What products that you can see in the pictures can be defined as unhealthy?
2. What products prevail in your diet?



Start reading

 Read the text and make a summary.

HEALTHY EATING

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables and *whole grains* and cutting back on foods that have a lot of fat, salt and sugar.

To feel great, have more energy, and keep yourself as healthy as possible – all of which can be achieved by learning some *nutritional* basics and using them in a way that works for you.

A change to healthier eating also includes learning about balance, variety, and moderation. Most days eat from each food group – vegetables and fruit, grain products, milk and *alternatives*, meat and alter-



natives. Listen to your body. Eat when you're hungry. Stop when you feel *satisfied*. Be *adventurous*. Choose different foods in each food group. For example, don't *reach for* an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the *nutrients* you need. Don't have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be okay.

Healthy eating will help you get the right balance of vitamins, minerals, and other nutrients. It will help you feel your best and have *plenty of* energy. It can help you *handle* stress better.

Healthy eating is one of the best things you can do to *prevent* and control many health problems, such as: heart disease, high *blood pressure*, type 2 diabetes, some types of cancer.

Healthy eating is not a diet. It means making changes you can live with and enjoy for the *rest of* your life. Diets are *temporary*. Because you *give up* so much when you diet, you may be hungry and think about food all the time. And after you stop dieting, you also may *overeate* to *make up* for what you *missed*.

Eating a healthy, balanced variety of foods is far more satisfying. And if you *match* that with more physical activity, you *are* more *likely* to get to a healthy weight and stay there than if you diet.

Wordbank

whole grains цельное зерно
nutritional *adj* относящийся к питанию
alternative *n* альтернатива
satisfied *p.p.* удовлетворенный
adventurous *adj* оригинальный
reach for тянуться
nutrients *n* питательные вещества
plenty of множество
handle *v* справляться
prevent *v* предотвращать
blood pressure кровяное давление
rest of остаток
temporary *adj* временный
give up отказаться
overeat *v* переесть
make up компенсировать
miss *v* потерять
match *v* согласовать
be likely вероятно

After reading

1. Find in the text and translate in written form the paragraphs with information about:
 - a) the difference between healthy eating and keeping a diet;
 - b) the best pattern of healthy eating;
 - c) direct recommendations of a balanced diet

2. Answer the questions.

1. What healthy eating starts with?
2. What food should be excluded from your diet?
3. What are the main principles of healthy eating?
4. How can you get all the nutrients you need?
5. Do you agree that healthy eating can prevent some health problems?
6. What's the difference between healthy eating and being on a diet?

3. Complete the sentences.

1. A change to healthier eating includes ...
2. Healthy eating starts with ...
3. Eating a variety of foods each day ...
4. Healthy eating will help you get ...
5. Healthy eating can help you ...
6. If you match healthy eating with more physical activity ...

4. Find in the text equivalents of the following words and word combinations:

передать, здоровое питание, быть удовлетворенным, справляться, компенсировать, высокое кровяное давление, временный, множество, терять, цельное зерно, питательные вещества, остаток.

5. Fill in the gaps with the words from the box.

to miss; temporary; to be likely; nutrients; to prevent; satisfied; to give up; to make up; to handle; blood pressure; to match; whole grains; to overeat; rest of; adventurous

1. Healthy eating means making changes you can live with and enjoy for the ... your life.
2. Stop when you feel Be
3. Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and
4. Because you ... so much when you diet, you may be hungry and think about food all the time.
5. Healthy eating is one of the best things you can do to ... and control many health problems, such as: heart disease, high ..., type 2 diabetes, some types of cancer.
6. Eating a variety of foods each day will help you get all the ... you need.
7. After you stop dieting, you also may ... to ... for what you

8. If you ... healthy eating with more physical activity, you ... more ... to get to a healthy weight and stay there than if you diet.
9. Healthy eating can help you ... stress better.
10. Diets are

6. Read the text and choose the right heading.

**Genetically Modified Foods:
Harmful or Helpful?**

Smart food choices

Advantages of genetic
engineering

The *term* (определение) GM foods or GMOs (genetically-modified organisms) is most commonly used to refer to *crop plants* (хлебные зерновые культуры) created for human or animal consumption using the latest molecular biology techniques. These plants have been modified in the laboratory *to enhance* (улучшать) desired *traits* (качество) such as increased resistance to herbicides or improved nutritional content (пищевая ценность). The enhancement of desired traits has traditionally been *undertaken* (осуществлять) through *breeding* (селекция), but *conventional* (традиционный) plant breeding methods can be very *time consuming* (длительный) and are often not very *accurate* (точный). Genetic engineering, *on the other hand* (с другой стороны), can create plants with the exact desired trait very *rapidly* (стремительно) and with great accuracy.

Genetically-modified food has the potential *to solve* (решать) many of the world's hunger and *malnutrition* (недоедание) problems, and to help to protect and preserve the environment by increasing *yield* (урожай) and reducing *reliance* (зависимость) upon chemical pesticides and herbicides. Yet there are many *challenges* (сложная задача) ahead for governments, especially in the areas of safety testing, regulation, international policy and *food labeling* (маркирование продуктов). It is true that genetically modified foods can *provide* (обеспечивать) benefits

such as increased nutrients, *spoilage* (порча) reduction, and a *decrease* (снижение) of chemical *contamination* (загрязнение). On the other hand, there are many potential *hazards* (опасность) that have not been fully *investigated* (исследовать), as well as long-term effects that cannot be *measured* (определять).

7. Read the statements and mark them as true (T) or false (F).

1. The term GMO is referred to crop plants created for human or animal consumption using the latest molecular biology techniques.	<input type="checkbox"/>
2. GM plants can't resist to herbicides.	<input type="checkbox"/>
3. Conventional plant breeding methods can create plants with the exact desired trait very rapidly and with great accuracy.	<input type="checkbox"/>
4. GM foods can solve many of the world's hunger and malnutrition problems.	<input type="checkbox"/>
5. GMOs help to reduce the reliance upon chemical pesticides and herbicides.	<input type="checkbox"/>
5. GM foods do not involve any risk to men's health.	<input type="checkbox"/>
6. Health effects of GM foods consumption are fully investigated.	<input type="checkbox"/>

8. Find information about food. Speak on the healthy eating.

3 LIFE IS MOTION

Before reading

Look at the pictures and answer the following questions:

1. Which of these activities can be defined as conducing to good health?
2. Are you physically active?



Start reading

 Read the text and make a summary.

PHYSICAL FITNESS AND ITS BENEFITS

Individuals are physically fit when they can meet both the ordinary and the unusual *demands* of daily life safely and effectively without being overly *fatigued* and still have energy left for *leisure* and *recreational* activities. Physical fitness can be classified into health-related and skill-related fitness. Health-related fitness has four components: cardiorespiratory endurance, muscular strength and endurance, muscular *flexibility*, and *body composition*. The components of skill-related fitness are *agility*, balance, coordination, power, reaction

time, and speed. Skill-related fitness is crucial for success in sports and athletics, and it also contributes to *wellness*.

Physical activity is any activity that you may do to *improve* or maintain your physical fitness as well as your health in general. It can include everyday activities (e.g. walking or cycling to work or school, doing housework, gardening or any active or *manual* work that you may do as part of your job); active recreational activities (dancing, active play amongst children, walking or cycling for recreation); sport (exercise and fitness training at a gym or during an exercise class, swimming and competitive sports such as football, rugby and tennis etc.).

Adults should aim to do a mixture of *aerobic* activities and *muscle-strengthening* activities.

Aerobic activities are any activity that makes your heart and *lungs* work harder. To *gain* health benefits, it is suggested that you should do at least 30 minutes of moderate intensity physical activity on most days of the week. 30 minutes is probably the minimum to gain health benefits. However, you do not have to do this all at once. For example, cycling to work and back for 15 minutes each way adds up to 30 minutes. Moderate intensity physical activity means that you get warm, mildly *out of breath*, and mildly sweaty. For example, *brisk* walking, jogging, swimming, cycling, dancing, badminton, tennis, etc.

In addition to the above aerobic activities, adults should also aim to do a minimum of two sessions of muscle-strengthening activities per week, although these should not be on *consecutive* days.

Muscle-strengthening activities can include *climbing* stairs, walking uphill, lifting or carrying shopping, *digging* the garden, weight training, pilates, yoga or similar *resistance* exercises that use the major muscle groups. Ideally, the activities and exercises should not only aim to improve or maintain your muscle strength, but also aim to maintain or improve your flexibility and balance. A session at a gym is possibly ideal, but activities at home may be equally as good. For example, stair climbing, *stretching*



and resistance exercises can be done at home without any special clothing or *equipment*.

A *session* should be a minimum of 8–10 exercises using the major muscle groups. Ideally, to help build up your muscle strength, use some sort of resistance (such as a weight for arm exercises) and do 8–12 *repetitions* of each exercise. The level (weight) of each exercise should be so that you can do 8–12 repetitions before the muscle group gets *tired*. So, for example, for the upper arm muscles, hold a weight in your hand and *bend* your arm up and down 8–12 times. This should make your arm muscles tire.

Physical activity is thought to help ease stress, *boost* your energy levels and improve your general wellbeing and *self-esteem*.

Wordbank

demand *n* запрос

fatigued *p.p.* утомленный

leisure *n* отдых

recreational *adj* оздоровительный

endurance *n* выносливость

flexibility *n* гибкость

body composition композиция тела

agility *n* ловкость

wellness *n* хорошее здоровье

improve *v* улучшать

manual *adj* физический

aerobic *adj* аэробный

muscle-strengthening укрепление мышц

lungs *n* легкие

gain *v* добиваться

out of breath запыхавшийся

brisk *adj* энергичный

store up накапливать

consecutive *adj* следующий друг за другом

climb *v* взбираться

dig *v* копать

resistance *n* выносливость

stretching *n* растяжка

equipment *n* оборудование

session *n* тренировка

repetition *n* повтор
tired *p.p.* уставший
bend *v* сгибать
boost *v* увеличивать
self-esteem *n* самооценка

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) different types of physical activity;
- b) aerobic activities for adults;
- c) muscle-strengthening activities

2. Answer the questions.

1. How can be physical fitness classified into?
2. What are the main components of health-related fitness?
3. What are the main components of skill-related fitness?
4. How can you define physical activity?
5. What does physical activity include?
6. How much aerobic activity should adults have per day?
7. What aerobic activities can you enumerate?
8. What are muscle-strengthening activities?
9. How many exercises should a session include?
10. What are the benefits of physical activity?

3. Complete the sentences.

1. Individuals are physically fit when...
2. Physical fitness can be classified into...
3. Physical activity can include...
4. Physical activity is any activity that you may do...
5. Aerobic activities are...
6. Moderate intensity physical activity means...
7. Muscle-strengthening activities can include...
8. A session should be...
9. Physical activity helps...

4. Find in the text equivalents of the following words and word combinations:

связанный со здоровьем, композиция тела, физический труд, тренировка, быстрая ходьба, аэробные нагрузки, поднятие по ступеням, улучшать физическую подготовку, упражнения на выносливость, поддерживать гибкость, сгибать руку, выполнять 10 повторений, упражнения на укрепление мышц.

5. Fill in the gaps with the words from the box.

equipment; to bend; repetition; aerobic; to improve; flexibility; to gain; self-esteem; muscle-strengthening; session; to boost; stretching

1. Physical activity is thought to help ease stress, ... your energy levels and improve your general wellbeing and

2. Ideally, the activities and exercises should aim to maintain or improve your ... and balance.

3. A ... should be a minimum of 8–10 exercises using the major muscle groups.

4. Adults should aim to do a mixture of ... activities and ... activities.

5. Physical activity is any activity that you may do to ... or maintain your physical fitness as well as your health in general.

6. To help build up your muscle strength, use some sort of resistance and do 8–12 ... of each exercise.

7. Stair climbing ... and resistance exercises can be done at home without any special clothing or

8. For the upper arm muscles, hold a weight in your hand and ... your arm up and down 8–12 times.

9. To ... health benefits, it is suggested that you should do at least 30 minutes of moderate intensity physical activity on most days of the week.

6. Match the headings with right articles.

Children
and obesity

PUSH THE PEDALS

PHYSICAL ACTIVITY
AND OUR HEALTH

1

There are many benefits to regular physical activity for children. It helps with healthy *growth* (рост) and development and, if children are physically active, they are less likely to become *overweight* (с избыточным весом), or *obese* (полный), adults. A recent study found that teenagers who *carry* (носить) a *gene for obesity* (ген полноты) are less likely to become overweight or obese if they are physically active for an hour a day. If an overweight child becomes an overweight or obese adult, they are more likely *to suffer* (страдать) from health problems, including diabetes, stroke, heart disease and cancer. Regular physical activity also helps children *to socialise* (адаптироваться в обществе) and *mix* (общаться) with others and helps with their psychological wellbeing.

.....

2

A number of factors *influence* (влиять) the way in which sport and physical activity *impacts on* (воздействовать) health in different populations. Sport and physical activity in itself may not directly *lead* (вести) to benefits but, in combination with other factors, can *promote* (способствовать) healthy lifestyles. Sport and physical activity can make a *substantial* (существенный) *contribution* (вклад) to the wellbeing of people in all countries. Exercise, physical activity and sport have long been used in the *treatment* (лечение) and rehabilitation of *communicable* (передаваемый) and non-communicable diseases. Physical activity for individuals is a strong means for the prevention

of diseases and for nations is a *cost-effective* (рентабельный) method to improve public health across populations.

3

Riding a bicycle can be the most *satisfying* (доставляющий удовольствие) way to improve your health, get exercise, and get plenty of fresh air and sunshine when *compared* (сравнивать) to other forms of *recreation* (отдых). Not only does cycling do *wonders* (чудо) for your physical health, it will improve your mental and emotional health as well. Ask any good psychologist or psychiatrist what they recommend for their patients and they will tell you that they should get a relaxing hobby, *reduce* (снижать) or *eliminate* (устранять) the stress factors in their life, and find positive and creative ways to *release* (освободить) their stress. Cycling is relatively cheap, it's easy enough that anyone can do it, and it's a ton of fun. But best of all it's safe, it works, and there are no negative *side affects* (побочные эффекты)!

7. Read the text about the health benefits of walking.

WALKING: TRIM YOUR WAISTLINE, IMPROVE YOUR HEALTH

Walking is a *gentle* (спокойный), *low-impact* (с низким воздействием) exercise that can *ease* (осторожно устанавливать) you into a higher level of fitness and health. Walking is a form of exercise *accessible* (доступный) to just about everybody. It's safe, simple and doesn't *require* (требовать) practice. And the health benefits are many. Walking can help you *lower* (снижать) *low-density lipoprotein* (липопротеин низкой плотности) (LDL) cholesterol (the «bad» cholesterol), raise high-density lipoprotein (HDL) cholesterol (the «good» cholesterol), lower your blood pressure, reduce your risk of or manage type 2 diabetes,



manage (регулировать) your weight; improve your *mood* (настроение), stay strong and fit.

Walking is a great exercise because it's so simple to do. But using the correct posture (положение) and movements is *essential* (необходимый).

Spend about five minutes walking slowly to *warm up* (разогреть) your muscles. After warming up, *stretch* (растягивать) your muscles before walking. Include the *calf* (икра) stretch, *quadriceps* (четырехглавая мышца) stretch, *hamstring* (подколенное сухожилие) stretch and *side* (боковые мышцы) stretch. To reduce stress on your heart and muscles, *end* (заканчивать) each walking session by walking slowly for about five minutes. Then, repeat your stretches.

Measure (оценивать) the intensity of your *workout* (тренировка). As you walk, measure the intensity of your workout by checking your *heart rate* (пульс). Knowing your heart rate allows you to increase the intensity to maximize your workout or slow down *to avoid* (избегать) overdoing it.

8. Read the statements and mark them as true (T) or false (F).

1. Walking is a high-impact exercise.	<input type="checkbox"/>
2. Walking is a form of exercise accessible to just about everybody.	<input type="checkbox"/>
3. Walking requires practice.	<input type="checkbox"/>
4. Walking can help you to prevent different health problems.	<input type="checkbox"/>
5. You can start walking without warming up or stretching.	<input type="checkbox"/>
6. You should end each walking session by walking slowly for about five minutes.	<input type="checkbox"/>
7. To find out the right intensity of your workout, check your pulse.	<input type="checkbox"/>

9. Find more information about physical activities. Speak on another way of being fit and more active.

4

HEALTH AND FITNESS TRENDS

Before reading

Look at the pictures and answer the following questions:

1. What fitness techniques are shown in these pictures?
2. Have you ever practiced any of these techniques?



Start reading

 Read the text and make a summary.

HEALTH AND FITNESS TRENDS

There are lots of positive reasons for getting fitter, including meeting new people, discovering new interests and generally feeling better. Where exercise is *concerned*, there are a variety of *regimens* to choose from that promote physical fitness, health and wellness. Weight training, yoga and pilates are among the most common *work-outs* today.

Weight training is a type of *strength* training that uses weights for *resistance*. Weight training challenges your muscles by providing a stress to the muscle that causes it to adapt and get stronger. Weight training can be performed with free weights, such as *barbells* and *dumbbells*, or by using weight machines.

Many people associate strength (weight) training only with athletes. At one time, perhaps, strength training was reserved only for athletes. Certainly the world of muscle building (apart from body building) was *relatively* unknown. But all that has changed in the last few *generations* as the health benefits of muscle strength and endurance have become known for men and women of all ages.

Yoga is considered a mind-body type of *complementary* and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve *peacefulness* of body and mind, helping you relax and manage stress and *anxiety*.

Yoga has many styles, forms and intensities. Hatha yoga, *in particular*, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and some beginners find it easier to practice because of its slower *pace* and easier movements. But most people can benefit from any style of yoga – it's all about your personal *preferences*. The core components of hatha yoga and most general yoga classes are poses and *breathing*. Yoga poses, also called *postures*, are a series of movements designed to increase strength and flexibility. Poses *range* from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits. Controlling your breathing is an important part of yoga. In yoga, breath *signifies* your *vital* energy.

Pilates is named for its creator, Joseph Pilates, who developed the exercises in the early 1900s. It is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates *emphasizes* use of the *abdominals*, lower back, *hips* and *thighs*. A pilates *routine* typically includes 25 to 50 *repetitive* strength training exercises. Pilates is similar to calisthenics, such as sit-ups and push-ups. In fact, some people call pilates the ultimate form of calisthenics. By practicing pilates regularly, you can achieve a number of health benefits, including improvement of core stability, posture, balance, flexibility and *prevention* and treatment of back pain.

Wordbank

concern *v* затрагивать
regimen *n* режим
workout *n* тренировка
strength *n* сила
resistance *n* сопротивление
barbell *n* штанга
dumbbell *n* гантель
relatively *adv* сравнительно
generation *n* поколение
complementary *adj* дополнительный
peacefulness *n* миролюбие
anxiety *n* беспокойство
in particular в частности
pace *n* темп
preference *n* предпочтение
posture *n* поза
breathing *n* дыхание
range *v* варьироваться
signify *v* символизировать
vital *adj* жизненный
emphasize *v* акцентировать
abdominals *n* мышцы брюшного пресса
hips and thighs *n* бедра
routine *n* упражнение
repetitive *adj* повторяющийся
prevention *n* предупреждение

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) styles of yoga;
- b) main reasons for getting fitter;
- c) the method of exercise that consists of low-impact flexibility, muscular strength and endurance movements

2. Answer the questions.

1. What are the most common workouts today?
2. What is weight training?
3. What health benefit does weight training provide?
4. What kind of sports equipment weight training is performed with?
5. What is yoga?
6. What is the most popular style of yoga?
7. What core components of hatha yoga do you know?
8. Who is a creator of pilates?
9. What parts of the body are worked out in pilates?
10. What exercises does pilates include?

3. Complete the sentences.

1. Where exercise is concerned, there are a variety ...
2. Weight training is ...
3. Weight training can be performed with ...
4. Yoga is considered ...
5. The core components of hatha yoga are ...
6. Poses range from ...
7. Pilates is a method ...
8. By practicing pilates regularly, you can achieve ...
- 9.

4. Find in the text equivalents of the following words and word combinations:

позитивное основание, упражнения на развитие силы, свободный вес, отжимание, способствовать физическому здоровью, поколение, мышцы брюшного пресса, достигать гармонии тела и души, управление стрессом, предупреждение и лечение болей в спине, высшая форма, подъём туловища к коленям из положения лёжа на спине, основные компоненты, бедра, жизненная энергия.

5. Fill in the gaps with the words from the box.

to emphasize; workout; preference; peacefulness; abdominals; breathing; to signify; regimen; relatively; strength; routine; hips and thighs; to concern; repetitive; resistance; vital

1. A pilates ... typically includes 25 to 50 ... strength training exercises.
2. Where exercise ..., there are a variety of ... to choose from that promote physical fitness, health and wellness.
3. Most people can benefit from any style of yoga – it's all about your personal
4. The core components of hatha yoga and most general yoga classes are poses and
5. Weight training, yoga and pilates are among the most common ... today.
6. Pilates ... use of the ..., lower back,
7. Yoga brings together physical and mental disciplines to achieve ... of body and mind.
8. Weight training is a type of ... training that uses weights for
9. In yoga, breath ... your ... energy.
10. The world of muscle building (apart from body building) was ... unknown.

6. Read the text about massage and choose the right heading.

Massage: past and future

Massage: another health care tool

M a s s a g e t e c h n i q u e s

Massage is a «hands-on» treatment in which a therapist manipulates muscles and other soft tissues of the body to improve health and

well-being. Varieties of massage range from *gentle stroking* (поглаживание) and *kneading* (разминание) of muscles and other soft tissues to deeper manual techniques. Massage has been practiced as a *healing* (оздоровительная) therapy for centuries in nearly every culture around the world. It helps *relieve* (облегчать) muscle *tension* (напряжение), reduce stress, and *evoke* (вызывать) feelings of *calmness* (покой). Although massage affects the body *as a whole* (в целом), it particularly influences the activity of the musculoskeletal, circulatory, lymphatic, and nervous systems.

The use of massage for healing purposes dates back 4,000 years in Chinese medical literature and continues to be an important part of Traditional Chinese Medicine.

In the early 20th century, the rise of technology and *prescription* (предписывание) drugs began to *overshadow* (затмевать) massage therapy. For the next several decades, massage remained *dormant* (неприменяемый), with only a few therapists continuing to practice the ancient technique. During the 1970s, however, both the general public and the medical profession began *to take notice* (замечать) of alternative medicine and mind-body therapies, including massage therapy.

There are many different types of massage, including these common types.

Swedish massage is a *gentle* (спокойный) form of massage that uses long strokes, kneading, deep circular movements, vibration and *tapping* (постукивание) to help relax and energize you.

Deep-tissue massage technique uses slower, more *forceful* (сильный) strokes *to target* (целиться) the deeper layers of muscle and *connective tissue* (соединительная ткань), commonly to help with muscle damage from injuries.

Sports massage is similar to Swedish massage but is *geared* (приспособливать) toward people involved in sport activities to help prevent or treat injuries.

Trigger point (триггерная точка) massage focuses on trigger points, or sensitive areas of *tight* (напряженный) *muscle fibers* (мышечное волокно) that can form in your muscles after injuries or *over-use* (перегрузка).

7. Match the pictures with the health and fitness techniques.

- 1) aerobics
- 2) weight training
- 3) pilates
- 4) martial arts
- 5) yoga
- 6) massage



8. Find more information about health and fitness trends and speak on your favourite one.

5 MENTAL HEALTH

Before reading

Look at the pictures and answer the following questions:

1. Does our mental health relate to our wellbeing?
2. Do you know any methods to handle stress?



Start reading

 Read the text and make a summary.

STRESS MANAGEMENT

Stress may be considered as any physical, chemical, or emotional factor that *causes* bodily or mental *unrest* and that may be a factor in disease *causation*. Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort. Emotional causes of stress and *tension* are numerous and varied. While many people associate the term «stress» with psychological stress, scientists and physicians use this term to *denote* any *force* that *impairs* the stability and balance of bodily functions.

If stress *disrupts* body balance and function, then is all stress bad? Not necessarily. A *mild* degree of stress and tension can sometimes be beneficial. For example, feeling mildly stressed when *carrying out* a project or *assignment* often *compels* us to do a good job, focus better, and work energetically.

Likewise, exercising can produce a *temporary* stress on some body functions, but its health benefits are *indisputable*. It is only when stress is overwhelming, or poorly managed, that its negative effects appear.

An important goal for those under stress is the management of life stresses. *Elimination* of stress is unrealistic, since stress is a part of normal life. It's impossible to completely eliminate stress, and it would not be advisable to do so. *Instead*, we can learn to manage stress so that we have control over our stress and its effects on our physical and mental health.

Stress is related to both *external* and *internal* factors. External factors include your physical *environment*, your job, relationships with others, your home, and all the situations, challenges, difficulties, and *expectations* you're *confronted* with on a daily basis. Internal factors *determine* your body's ability to *respond* to, and *deal with*, the external stress-inducing factors. Internal factors which *influence* your ability to *handle* stress include your nutritional status, *overall* health and fitness levels, emotional well-being, and the amount of sleep and *rest* you get.



Managing stress, therefore, can *involve* making changes in the external factors which confront you or with internal factors which strengthen your ability to deal with what comes your way.

Wordbank

cause *v* вызывать
unrest *n* расстройство
causation *n* этиология
tension *n* напряжение
denote *v* обозначать
force *n* сила
impair *v* ослаблять
disrupt *v* подрывать
mild *adj* умеренный
carry out выполнять
assignment *n* задание
compel *v* заставлять
likewise *adv* подобным образом
temporary *adj* временный
indisputable *adj* бесспорный
elimination *n* устранение
instead *adv* вместо
external *adj* внешний
internal *adj* внутренний
environment *n* окружение
expectation *n* ожидание
confront *v* сталкиваться
determine *v* определять
respond *v* реагировать
deal *v* справляться
influence *n* влияние
handle *v* управлять
overall *adj* общий
rest *n* отдых
involve *v* заключать в себе

After reading

1. Find in the text and translate in written form the paragraphs with information about:
 - a) factors that can cause stress;
 - b) benefits of a mild degree of stress;
 - c) the definition of stress

2. Answer the questions.

1. What is definition of stress?
2. What physical and chemical factors can cause stress?
3. Is all stress bad for our health?
4. Is it necessary to eliminate stress from our life?
5. What external factors can influence people's mental health?
6. What are internal factors which influence our ability to handle stress?
7. What managing stress involves?

3. Complete the sentences.

1. Stress may be considered as ...
2. Scientists and physicians use the term «stress» to ...
3. Feeling mildly stressed often compels us to
4. Exercising can produce ...
5. Stress is related to ...
6. External factors include ...
7. Internal factors determine ...

4. Find in the text equivalents of the following words and word combinations:

управление стрессом, сталкиваться, физические и психические расстройства, внешние и внутренние факторы, справляться со стрессом, устранение стресса, окружение, подобным образом.

5. Fill in the gaps with the words from the box.

expectation; to handle; causation; assignment; elimination; external; to influence; to determine; indisputable; to confront; unrest; to carry out; rest; to deal with; environment; to involve; to respond; temporary; internal; to cause; overall; to compel

1. Managing stress can ... making changes in the external factors.
2. Stress may be considered as any physical, chemical, or emotional factor that ... bodily or mental

3. Stress is related to both ... and ... factors.
4. Feeling mildly stressed when ... a project or ... often ... us to do a good job, focus better, and work energetically.
5. Internal factors which ... your ability to ... stress include your nutritional status, ... health and fitness levels, emotional well-being, and the amount of sleep and ... you get.
6. Exercising can produce a ... stress on some body functions, but its health benefits are
7. ... of stress is unrealistic, since stress is a part of normal life.
8. External factors include your physical ..., your job, relationships with others, your home, and all the situations, challenges, difficulties, and ... you ... with on a daily basis.
9. Stress may be a factor in disease
10. Internal factors ... your body's ability to ... to, and ..., the external stress-inducing factors.

6. Read the following recommendations and divide them into two categories – things you should or shouldn't do to handle stress:

You should

You shouldn't

- 1) ... stay in bed;
- 2) ... seek out someone to talk;
- 3) ... listen to music;
- 4) ... go out and take a walk;
- 5) ... make a schedule to manage your time;
- 6) ... take good care of yourself;
- 7) ... write about the things that are bothering you;
- 8) ... make regular exercise;
- 9) ... let your feelings out;
- 10) ... do something positive for someone else.

7. Read the text and choose the right heading.

The Power of Smiling

Laugh Your Stress Away

Stress Management Techniques That Work!

Humor is a terrific stress-reducer and antidote to *all manner* of (всевозможный) *upsets* (неприятность). It has been clinically proven to be effective in combating *the worst* (самое плохое) of stress.

Experts know that a good laugh relaxes *tense* (напряженный) muscles, sends more oxygen into your system, *increase* (повышать) and *lowers* (снижать) your blood pressure.

So next time you feel yourself start to *tense up* (напрягаться), tune into your favorite comedy on television. Read a funny book. *Call up* (звонить) a good friend and laugh heartily for a few good minutes.

Research has proven that laughter can lower cortisol levels and *thereby* (таким образом) protects our immune system.

The emotions and *moods* (настроение) that we *are* all *subject to* (подверженный) directly effects our immune system. It makes perfect sense, then, that when we *cultivate* (способствовать) a mood of humor this allows us to *perceive* (воспринимать) and *appreciate* (улавливать) the everyday nuances of life through experiences of joy and *delight* (удовольствие).

Such positive states of mood and emotion *creates* (создавать) neurochemical changes that act to *buffer* (смягчать) the *immunosuppressive* (иммуноподавляющий) effects of stress.

It's certainly very difficult to *force* (заставлять) a laugh while in a stressful situation. However, that's *precisely* (определенно) the time when you need to laugh the most. Remember, the *trick* (фокус) is to take control over your environment or situation. Humor gives us an *entirely* (совершенно) different perspective on our problems. If we can perceive it in a lighter *frame* (рамка), it is no longer a threat

(угроза) to us. We have already *discounted* (снижать) its effect by lightening it. With such an *attitude* (отношение) we serve to self-protect and so control our environment.

8. Find more information about combating stress. Speak on other techniques to handle stress.

6 ACTIVE AGEING

Before reading

Look at the pictures and answer the following questions:

1. Does physical activity contribute to longevity?
2. Do senior members of your family lead an active life?



Start reading

 Read the text and make a summary.

ACTIVE AGEING

Active *ageing* is the process of optimizing opportunities for health, participation and *security* in order to *enhance* quality of life as people age. It *applies* to both individuals and population groups.

Active ageing allows people to realize their potential for physical, social, and mental well-being throughout the life *course* and to participate in society, while providing them with adequate protection, security and *care* when they need.

The word «active» *refers* to continuing participation in social, economic, cultural, *spiritual* and civic *affairs*, not just the ability to be physically active or to participate in the *labour force*. Older peo-

ple who *retire* from work, ill or live with disabilities can *remain* active *contributors* to their families, *peers*, communities and nations. Active ageing *aims* to extend healthy *life expectancy* and quality of life for all people as they age.

«Health» refers to physical, mental and social well being as expressed in the WHO* definition of health. Maintaining autonomy and *independence* for the older people is a *key goal* in the *policy framework* for active ageing.

Ageing takes place within the context of friends, *work associates*, *neighbours* and family members. This is why interdependence as well as intergenerational *solidarity* are important *tenets* of active ageing.

Wordbank

ageing *n* старение

security *n* благополучие

enhance *v* улучшать

apply *v* касаться

course *n* течение

care *n* забота

refer *v* относиться

spiritual *adj* духовный

affair *n* дело

labour force рабочая сила

retire *v* уходить на пенсию

remain *v* оставаться

contributor *n* помощник

peer *n* ровесник

aim *v* иметь целью

life expectancy продолжительность жизни

independence *n* независимость

key goal главная цель

policy framework направления политики

work associate коллега по работе

neighbour *n* сосед

tenet *n* принцип

* World Health Organization.

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) the definition of health;
- b) active ageing as a process;
- c) aims of active ageing

2. Answer the questions.

1. How can you define the term «active ageing»?
2. Whom does it apply to?
3. What areas can elderly people contribute to?
4. What is a key goal in the policy framework for active ageing?

3. Complete the sentences.

1. Health refers to ...
2. Ageing takes place ...
3. Active ageing allows people ...
4. Active ageing is the process ...
5. Older people can remain ...

4. Find in the text equivalents of the following words and word combinations:

улучшать качество жизни, взаимосвязь поколений, духовный, главная цель, течение жизни, иметь целью, забота, уходить на пенсию, рабочая сила, взаимозависимость, помощник.

5. Fill in the gaps with the words from the box.

policy framework; security; independence; life expectancy; work associate; solidarity; ageing; care; course; tenet; key goal; to aim; neighbour; to enhance

1. Ageing takes place within the context of friends, ..., ... and family members.

3. Active ageing ... to extend healthy ... and quality of life for all people as they age.

4. Active ageing allows people to realize their potential for physical, social, and mental well-being throughout the life

5. Active ... is the process of optimizing opportunities for health, participation and ... in order to ... quality of life as people age.

6. Maintaining autonomy and ... for the older people is a ... in the ... for active ageing.

7. Active ageing allows people to participate in society, while providing them with adequate protection, security and ... when they need.

8. Interdependence as well as intergenerational ... are important ... of active ageing.

6. Read the text.

HEALTHY LIVING FOR SENIORS

Getting older is *inevitable* (неизбежный). Just because your age is increasing, however, this does not mean that you need to *give in* (сдаваться) to the effects of age or to these conditions. Poor health is not a *consequence* (последствие) of age. *To a large extent* (в значительной степени), the *major* (главный) chronic disease killers – heart disease, cancer, stroke, and diabetes – are an extension of what people do, or not do, as they *go about* (заниматься) their daily lives. You can choose to do things in your daily life to live healthier and *decrease* (снижать) the chances of developing these conditions.



Living healthy begins with education, and it doesn't mean schooling. It means education about these conditions that can have a negative *impact* (воздействие) on the quality of life or *lifespan* (продолжитель-

ность жизни). An inactive lifestyle can cause older people to lose ground in four areas that are important for staying healthy and independent: strength, balance, flexibility, endurance. Fortunately, you can maintain or at least partly *restore* (восстанавливать) these four areas through exercise or through everyday physical activities (walking briskly to the bus stop, for example) that *accomplish* (выполнять) some of the same goals as exercise. What may seem like very small changes resulting from exercise and physical activity can have a big impact.

For health benefits, physical activity should be moderate or *vigorous* (интенсивный) and add up to (сводиться к) at least 30 minutes a day. You can even divide the 30 minutes into shorter periods of at least 10 minutes each.

Moderate physical activities include walking briskly (about 3½ miles per hour), dancing, bicycling (less than 10 miles per hour), weight training (general light workout), hiking, gardening.

Vigorous physical activities include running or jogging (5 miles per hour), bicycling (more than 10 miles per hour), swimming (freestyle laps), aerobics, walking very fast (4½ miles per hour), heavy yard work, such as *chopping* (рубка) wood, weight lifting (vigorous effort), basketball (competitive). Exercise should not hurt or make you feel really tired. You might feel some *soreness* (болезненность), a little discomfort, or a bit *weary* (утомленный), but you should not feel pain. In fact, in many ways, being active will probably make you feel better.

7. Read the statements and mark them as true (T) or false (F).

1. Poor health is a consequence of age.	<input type="checkbox"/>
2. The major chronic disease killers are heart disease, cancer, stroke, and diabetes.	<input type="checkbox"/>
3. Living healthy begins with conditions that can have a negative impact on the quality of life or lifespan.	<input type="checkbox"/>
4. Getting older you can't maintain your health.	<input type="checkbox"/>
5. Physical activity has a negative impact on the elderly people's health.	<input type="checkbox"/>

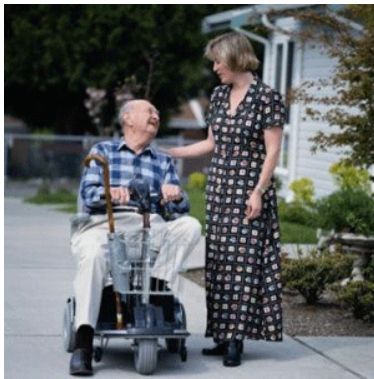
8. Find more information about healthy living for seniors. Speak on other activities for elderly people.

7 REHABILITATION

Before reading

Look at the pictures and answer the following questions:

1. Who are in need of rehabilitation?
2. Does physical activity hasten the rehabilitation process?



Start reading

 Read the text and make a summary.

OVERVIEW OF REHABILITATION

Rehabilitation is needed by people who have lost the ability to function normally, often because of trauma, a *stroke*, an infection, a *tumor*, *surgery*, or a progressive disorder. Physical therapy, *occupational therapy*, treatment of any pain and *inflammation*, and retraining to compensate for specific lost functions are the typical focuses of rehabilitation. Treatment usually involves continued sessions of one-on-one training for many weeks.

The need for rehabilitation *crosses* all age groups, although the type, level, and goals of rehabilitation often *differ* by age. For example, the goal of an older person who has severe *heart failure* and has had a stroke may simply be to *regain* the ability to do as many self-care activities such as eating, dressing, bathing, transferring between a bed and a chair, using the toilet, and controlling *bladder* and *bowel* function as possible. The goal of a younger person who has had a *fracture* is often to regain all functions as quickly as possible. *Nonetheless*, age alone is not a reason to *alter* goals or the intensity of rehabilitation, but the presence of other disorders or *limitations* may be.

After a major disorder, injury, or surgical procedure, people must follow the recommended rehabilitation program if they want to *recover* as fully as possible. Rehabilitation can be done in a doctor's office or at home as well as in rehabilitation centers.

Where rehabilitation takes place *depends* on the person's needs. Many people recovering from injuries can be treated as *outpatients* in a therapist's office. People with severe disabilities may need care in a hospital or *inpatient* rehabilitation center. In such *settings*, a rehabilitation team provides care. A team approach is best because *significant* loss of function can lead to other problems, such as depression, apathy, and financial problems.

The rehabilitation team or therapist sets both *short-term* and *long-term* goals for each problem. Short-term goals are set to provide an *immediate*, achievable *target*. Long-term goals are set to help people understand what they can expect from rehabilitation and where they can expect to be in several months. People are encouraged to achieve each short-term goal, and the team closely monitors the progress. The goals may be changed if people become *unwilling* or unable (financially or *otherwise*) to continue or if they progress more slowly or quickly than expected.

Care at home can be *appropriate* for people who cannot travel easily but who require less care, such as those who can transfer from bed to a chair or from a chair to a toilet. However, family members or friends must be willing to participate in the rehabilitation process. Pro-



viding rehabilitation at home with the help of family members is highly *desirable*, but it can be physically and emotionally *taxing* for all involved. Sometimes a visiting physical therapist or occupational therapist can help with home care.

Regardless of the *severity* of the disability or the skill of the rehabilitation team, the final outcome of rehabilitation depends on the person's motivation.

Wordbank

stroke *n* инсульт

tumor *n* опухоль

surgery *n* операция

occupational therapy трудотерапия

inflammation *n* воспаление

cross *v* встречаться

differ *v* различаться

heart failure сердечная недостаточность

regain *v* восстанавливать

bladder *n* мочевой пузырь

bowel *n (esp. pl.)* кишечник

fracture *n* перелом

nonetheless *adv* однако

alter *v* менять

limitation *n* ограничение

recover *v* поправляться

depend *v* зависеть

outpatient *n* амбулаторный больной

inpatient *n* стационарный больной

setting *n* учреждение

significant *adj* важный

short-term *adj* краткосрочный

long-term *adj* долгосрочный

immediate *adj* ближайший

target *n* цель

unwilling *adj* нежелающий

otherwise *adj* иной

appropriate *adj* подходящий

desirable *adj* желаемый

taxing *adj* требующий значительных усилий

regardless *adv* невзирая на
severity *n* серьёзность

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) short-term and long-term goals in rehabilitation;
- b) goals of rehabilitation according to age;
- c) rehabilitation at home

2 Answer the questions.

1. When people are in need of rehabilitation?
2. What therapy rehabilitation focuses on?
3. What determines the goal of rehabilitation?
4. Where can rehabilitation take place?
5. What are short-term and long-term goals in rehabilitation?
6. Is it necessary that family members take part in the rehabilitation process?
7. What determines the outcome of rehabilitation?

3. Find in the text the paragraph which describes:

- a) settings where rehabilitation can take place;
- b) health conditions which require rehabilitation;
- c) type, level, and goals of rehabilitation.

4. Find in the text equivalents of the following words and word combinations:

процесс реабилитации, невзирая на, мочевого пузыря, прогрессирующая болезнь, непрерывные тренировки, тяжелые формы заболевания, сердечная недостаточность, перелом, трудотерапия.

5. Fill in the gaps with the words from the box.

surgery; short-term; to cross; regardless; appropriate; inflammation; to depend; desirable; stroke; to alter; limitation; occupational therapy; inpatient; taxing; severity; long-term; to differ; tumor

1. Providing rehabilitation at home with the help of family members is highly ..., but it can be physically and emotionally ... for all involved.

2. Physical therapy, ..., treatment of any pain and ..., and retraining to compensate for specific lost functions are the typical focus of rehabilitation.

3. ... of the ... of the disability or the skill of the rehabilitation team, the final outcome of rehabilitation depends on the person's motivation.

4. Where rehabilitation takes place ... on the person's needs.

5. Care at home can be ... for people who cannot travel easily but who require less care.

6. The rehabilitation team or therapist sets both ... and ... goals for each problem.

7. People with severe disabilities may need care in a hospital or ... rehabilitation center.

8. The need for rehabilitation ... all age groups, although the type, level, and goals of rehabilitation often ... by age.

9. Rehabilitation is needed by people who have lost the ability to function normally, often because of trauma, a ..., an infection, a ..., ..., or a progressive disorder.

10. Age alone is not a reason ... goals or the intensity of rehabilitation, but the presence of other disorders or ... may be.

6. Match the rehabilitation occupations (a–c) with their definition (1–3).

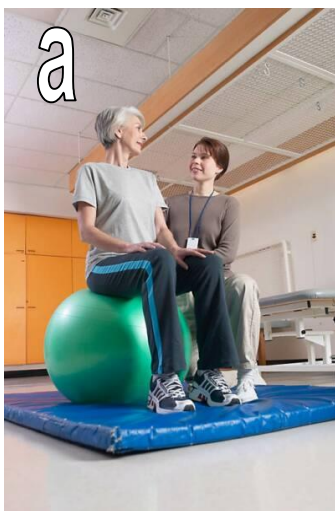
1	2
It is a health care profession that focuses on the relationship between the body's structure, mainly the <i>spine</i> (позвоночник), and its	Practitioner of this trend uses <i>precise</i> (определенный) manipulative and palpatory techniques to treat the <i>restrictions</i>

functioning. Although practitioners may use a variety of treatment approaches (подход), they primarily perform adjustments (manipulations) to the spine or other parts of the body with the goal of correcting *alignment* (выпрямление) problems, *alleviating* (облегчающий) pain, improving function, and supporting the body's natural ability to *heal* (исцелять) itself.

(нарушение) in the body thereby restoring *mobility* (подвижность) to different bodily systems, (musculo-skeletal, *circulatory* (кровеносный), *digestive* (пищеварительный), *pulmonary* (дыхательный) and nervous systems) thus improving the regulation and interactions of these systems.

3

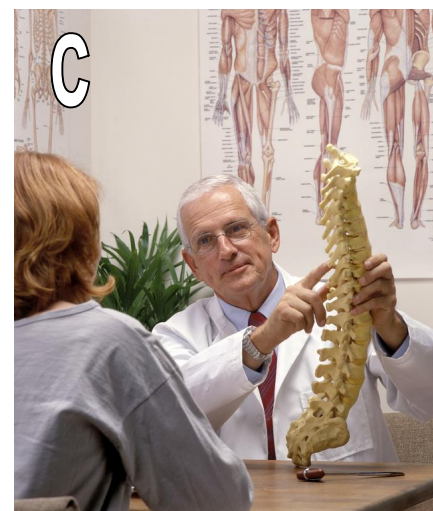
They treat patients with physical difficulties resulting from illness, injury, disability or ageing. They treat people of all ages including children, the elderly, stroke patients and people with sports injuries. They help *promote* (поддерживать) their patients' health and wellbeing, and assist the rehabilitation process by developing and restoring body systems, in particular the neuromuscular, musculoskeletal, cardiovascular and respiratory systems. They *devise* (разрабатывать) and *review* (проверять) treatment programmes, comprising (содержащий) manual therapy, movement, therapeutical exercise and the *application* (применение) of technological equipment, e.g. ultrasound.



physiotherapist



osteopath



chiropractor

7. Read the article and match the right heading.

Modern technologies in rehabilitation

Rehab Robots Lend Stroke Patients A Hand

Stroke Rehab Getting Patients Back On Their Feet

Robot-assisted therapy has *measurable* (умеренный) benefits for patients with a weaker arm *following* (после) a stroke. The *researches* (исследование) were carried out (проводить) by National Taiwan University, Chang Gung University, and Department of Physical Medicine and Rehabilitation, Taipei Hospital. They *aimed* (иметь целью) to investigate how robot-assisted therapy helps arm function to improve after a stroke.

Stroke patients usually have difficulties transferring *motor skills* (двигательные навыки) learned in therapy to their daily living environment because of *cognitive deficit* (нарушение познавательной способности). One of the key findings (выводы) of the study was that robot-assisted therapy, when combined with functional task training, helps functional arm use and improves bimanual arm activity in daily life. Patients following a stroke often have *weakness* (ослабленность) on one side of the upper body (hemiparesis), which can make daily life more difficult. Robotic rehabilitation is increasingly *available* (доступный), and holds promise for enhancing traditional post-stroke *interventions* (вмешательство). Because robots never *tire* (уставать), they can provide massive and intensive training in a *consistent* (постоянный) manner without *fatigue* (усталость), with programming *precisely* (точно) *tailored* (подходящий) to each patient's needs.

8. Find more information about rehabilitation and speak on new trends in this field.

REVISION

1. What are the main components of a healthy lifestyle?
2. What kind of addictions do you know?
3. How can be defined healthy eating?
4. What essential products should be included in your diet?
5. What are genetically modified foods?
6. What are the main components of health-related and skill-related fitness?
7. What is suggested minimum of aerobic activities for adults?
8. What activities muscle-strengthening include?
9. What are the most common workouts today?
10. What factors can cause stress?
11. What techniques can be used to manage stress?
12. What is active ageing?
12. What are the typical focuses of rehabilitation?
13. What are the main rehabilitation occupations?

MODULE 2

World of Sport

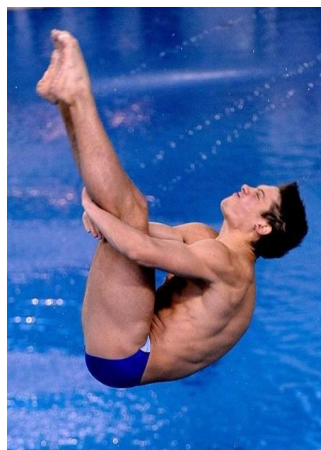


1 A FASCINATING WORLD OF SPORT

Before reading

Look at the pictures and answer the following questions:

1. Have you ever tried any of the sports in the pictures?
3. Do you prefer to compete individually or to be a part of the team?



Start reading

 Read the text and make a summary.

WHAT IS SPORT

A UNESCO Committee *defines* sport as: “Any physical activity which has the character of play and which *involves* a struggle with oneself or with others, or a confrontation with natural elements”. They added: “If this activity involves competition, it must then always be performed in a spirit of *sportsmanship*. There can be no true sports without the idea of *fair play*. Sport is governed by a set of rules or customs. In sports, the key factors are physical *capabilities* and *skills*

of the competitor when determining the *outcome* (winning or losing). Activities such as card games and *board games*, are classified as «mind sports» and some are recognized as Olympic sports, requiring primarily *mental* skills. Non-competitive activities, for example jogging or *playing catch* are usually classified as forms of *recreation*.

Physical activity such as scoring goals or crossing a line first often defines the result of a sport. However, the degree of skill and performance



in some sports is judged according to well-defined *criteria*. This is in contrast with other *judged* activities such as *beauty pageants* and body building, where skill does not have to be shown and the criteria are not as well defined.

Records are kept and *updated* for most sports, while failures and *accomplishments* are widely announced in sport news. Sports are most often played just for fun or for the simple fact that people need exercise to stay in good physical condition. However, professional sport is a major source of entertainment.

While practices may vary, sports participants are expected to display good sportsmanship, and to be *respectful* of *opponents* and officials.

Wordbank

define *v* давать определение (*какому-л. понятию*)

involve *v* включать в себя

sportsmanship *n* спортивное мастерство

fair play честная игра

capability *n* способность

skill *n* навык

outcome *n* результат

board games настольные игры

mental *adj* умственный

play catch играть в салки

recreation *n* отдых

criterion *n* мн. *criteria* критерий

judge *v* быть судьёй (*в споре, состязании*)

beauty pageant конкурс красоты

update *v* обновлять

accomplishment *n* достижение

respectful *adj* уважительный

opponent *n* соперник

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) physical activity that defines the result of a sport;
- b) records in sport;
- c) the key factors in sport

2. Answer the questions.

1. How can you define the word «sport»?
2. What are the key factors in sport?
3. Which activities are classified as «mind sports»?
4. What are the reasons one should go in for sports?

3. Find in the text equivalents of the following words and word combinations:

деятельность без элемента соревнования, пересечение линии, признаваться олимпийскими видами спорта, настольная игра, регулироваться правилами, ради развлечения, спортивное мастерство.

4. Complete the sentences with the words from the box.

recreation; to update; to judge; outcome; opponent; to involve; respectful; board games

1. ..., are classified as «mind sports» and some are recognized as Olympic sports.

2. In sports, the key factors are the physical capabilities and skills of the competitor when determining

3. The degree of skill and performance in some sports ... according to well-defined criteria.

4. Sports participants are expected to display good sportsmanship, and to be ... of ... and officials.

5. Sport is any physical activity which has the character of play and which ... a struggle with oneself or with others.

6. Records are kept and ... for most sports.

7. Non-competitive activities are usually classified as forms of

5. Match the event (1–6) with the pictures (a–f).

1) diving

2) rhythmic gymnastics

3) cycling

4) horse racing

5) speed skating

6) boat racing



6. Match the event from the previous exercise with the article. Write down the words or phrases which helped you make your decision.

1

“Today’s course was one of the biggest grand prix tracks I’ve seen for a long while, and it played to my horse’s *advantage* (преимущество) because that is the way he likes it,” said Maher. “The horse was never *lame* (хромой) last year, but he wasn’t happy and the vets decided he needed two months’ break mentally”.

3

Jones, 19, was earlier fourth in the *rope* (скакалка) final in Delhi, which was won by Cypriot Chrystalleni Trikomiti. The ball final was won by Australian Naazmi Johnston, with Jones fourth. And in the *ribbon* (лента) final Trikomiti took her second gold medal with a *superb* (великолепный) performance while Johnston won silver and Koon took bronze. Jones was sixth in that ribbon final with England’s Lynne Hutchinson dropping her ribbon twice and finishing in a disappointing eighth place.

5

The 17-year-old took part in the one metre springboard and the three metre synchro along

2

Cambridge University Boat Club has *appointed* (назначать) Australian Mark Beer as Assistant Coach to Steve Trapmore for the 2011 Xchanging Boat Race. Beer, a 29-year-old from Canberra, had been Head Coach at Jesus College, Cambridge for the past three years and began his rowing career in 1994.

4

“We *split* (делить) our training between the track, the road and the gym. Because we’re sprinters we do a lot of heavy lifting in the gym. We lift as much as 215–220 kg to the floor. We do two or three sessions of training every day. Normally we go to the gym in the morning, start for the track in the afternoon and perhaps finish off with a road ride afterwards. Some days you can be training for as much as 6 hours”.

6

“I can’t remember the last time I was that low in a race. I was last off in the first run, and

with Jack Laugher. Dingley told BBC Radio York: “It was an *amazing* (изумительный) experience. It’s one step on the *ladder* (лестница) to the Olympics”.

the ice had really *slowed down* (замедлять) in the 45 minutes since the first person went. It was really sticky. It takes a while to get fully back into the race routine”.

Sport	Word
1	
2	
3	
4	
5	
6	

8. Read the statements again and circle the right answer.

Statement 1

The ball final was won by:

- 1) Cypriot Chrystalleni Trikomiti;
- 2) Australian Naazmi Johnston.

Statement 2

Cambridge University Boat Club has appointed Australian Mark Beer as:

- 1) assistant coach;
- 2) manager.

Statement 3

Sprinters have every day:

- 1) one training session;
- 2) two or three training sessions.

Statement 4

The vets decided the horse needed:

- 1) two months' break;
- 2) two years' break.

Statement 5

The 17-year-old took part in the:

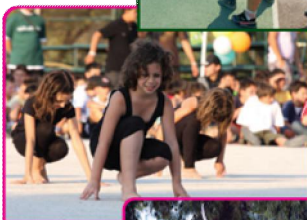
- 1) three metres springboard;
- 2) one metre springboard.

Statement 6

The athlete was last off in the first run:

- 1) because of the bad condition of the ice;
- 2) because of the injury.

9. Read the advertisement for a summer camp.



Since 1978, when Professor of Physical Education Tasos Karavoulis founded the first sport camp in Greece, our main goal (*цель*) has been to prop (*поддерживать*) children's physical and mental growth (*рост*). Professor Karavoulis has inspired (*воодушевлять*) us all with his commitment (*заинтересованность*) to create (*создавать*) a high quality camp and since then, we have all been devoted (*посвящать себя*) in operating and constantly improving the sport camp. Our commitment all these years helped in developing SPORTCAMP into one of the leading sport, and recreation centers, comprising a camp that operates during summer. We employ (*иметь в штате*) a group of standard staff, and have created fully equipped (*хорошо оборудованный*) Olympic size sport facilities and state-of-the-art (*новейший*) lodgings (*жилье*) and restaurant.

However, we do not let this progress overwhelm (*овладевать*) us. We guard our reputation (*поддерживать репутацию*) and do all our best (*делать все возможное*) to preserve (*сохранять*) the high quality of our services. SPORTCAMP is recognized as a distinguished (*известный*) camp with loyal friends (*верный друг*) all over Greece, where campers have tons of fun and are educated at the same time.

10. Read the statements and mark them as true (T) or false (F).

1. The camp is situated in Spain.	<input type="checkbox"/>
2. The first sport camp in Greece was founded in 1990.	<input type="checkbox"/>
3. There are fully equipped Olympic size sport facilities in the camp.	<input type="checkbox"/>
4. The main goal of the camp is to prop children's physical and mental growth.	<input type="checkbox"/>
5. It is boring to stay in the camp.	<input type="checkbox"/>
6. SPORTCAMP is recognized as a distinguished camp.	<input type="checkbox"/>

11. Find interesting facts and speak on the history of sport.

2

DO YOU GO IN FOR SPORT?

Before reading

Look at the pictures and answer the following questions:

1. Which picture shows the healthiest way of life for children?
2. What is the easiest way for children to become healthy?



Start reading

 Read the text and make a summary.

PHYSICAL ACTIVITY IN TEENAGERS

A negative health *consequence* of not *engaging* in *adequate* amounts of physical activity is *obesity*. It is important in today's society to continue to be physically active in order to *maintain* a healthy body. Several studies have found a positive association between the time spent viewing television and increased *prevalence* of obesity in children. In order to maintain a healthy body children and teenagers need an hour of physical activity a day. However, the recommended hour of physical

activity does not have to be all at one time. Doing smaller tasks *throughout* the day also *count* as physical activity. To be more active in their lives teens need to find fun and easy ways to become more active: walk to school, ride a bike, play a sport, etc. The most important thing is to start developing healthy *behaviors* now that they can maintain throughout their lives.



Teens need more physical activity to *avoid* health problems in the future. Teens that are obese are extremely likely to become obese adults. This leads to many health problems such as: diabetes, cancers, and many *cardiovascular* diseases.

Excessive time spent in front of a *screen* has its *adverse* effects. Research has shown that high levels of electronic media can lead to school problems, attention difficulties, sleep disorders, eating disorders, and obesity from a *lack* of physical activity.

There are many *benefits* to physical activity outside of the obvious obesity problems. Physical activity can help teens to perform better in school, feel better about themselves, develop skills in sports, build strength and *endurance*. To have more sports is a great way to become active and develop other skills such as leadership and teamwork.

However not everyone wants to play a sport because of time commitments or other various reasons. There are many other ways to get the amount of physical activity that you need. Some of the more simple ideas for daily activity include taking a walk, dancing, walking the dog, riding a bike, taking the stairs, playing ball in the back yard, washing cars, doing yard work, swimming, taking classes such as yoga or aerobics, weight lifting, going to the local park, or going *in-line skating*.

Wordbank

consequence *n* (по)следствие

engage *v* заниматься

adequate *adj* достаточный

obesity *n* ожирение

maintain *v* поддерживать

prevalence *n* распространенность

throughout *adv* на всем протяжении (о времени)

count *v* считать

behaviour *n* поведение

avoid *v* избегать

cardiovascular *adj.* сердечно-сосудистый

screen *n* экран

adverse *adj* вредный

lack *n* отсутствие (чего-л.)

benefit *n* польза

endurance *n* выносливость

in-line skating катание на роликовых коньках

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) skills that sport can develop;
- b) simple ideas for daily activity;
- c) healthy behaviors for teens

2. Answer the questions.

1. Is it important to be physically active? Why?
2. How much time children need to be fit?
3. What health problem is observed among children nowadays?
4. What are fun and easy ways for children to become more active?
5. What health problems obesity leads to?
6. What are the benefits of being engaged in sport for teens?

3. Read the statements and mark them as true (T) or false (F).

1. It is important in today's society to be physically active in order to maintain a healthy body.

2. Children and teenagers need four hours of physical activity a day.

3. Doing smaller tasks throughout the day doesn't count as physical activity.

4. Teens that are obese are extremely likely to become obese adults.

5. High levels of electronic media can lead to school problems, attention difficulties, sleep disorders, eating disorders among teens.

6. Physical activity builds strength and endurance.

7. We don't want to play a sport because of time commitments.



4. Find in the text equivalents of the following words and word combinations:

простой способ, проблемы со здоровьем, очевидный, достаточное количество, катание на роликах, расстройство сна, чрезмерный.

5. Complete the sentences with the words from the box.

to maintain; adverse; to avoid; adequate; benefits; obesity; endurance; throughout; screen; lack; consequence

1. There are many ... to physical activity outside of the obvious obesity problems.

2. Doing smaller tasks ... the day also counts as physical activity.

3. A negative health ... of not engaging in ... amounts of physical activity is

4. Physical activity can help teens to build strength and

5. In order ... a healthy body children and teenagers need an hour of physical activity a day.

6. Teens need more physical activity ... health problems in the future.

7. Excessive time spent in front of a ... has its ... effects.

8. Research has shown that high levels of electronic media can lead to school problems, eating disorders, and obesity from a ... of physical activity.

6. Read the text about the prominent athlete.

Born in Maryland on June 30, 1985, Michael Phelps started swimming when he was seven years old. At the age of 15, he placed fifth in the 200-meter butterfly at the 2000 Olympics, where he was the youngest male to compete in the games since 1932. At the 2001 Spring Nationals in the United States, Phelps became the youngest man ever to break a world record in swimming, at the age of 15 years and 9 months. Phelps also became the first swimmer in history to break five individual world records at one meet, at the 2003 World Championships in Barcelona. At the age of 18, in 2003, Phelps won the Sullivan Award as the top amateur athlete in the United States. He has been World Swimmer of the Year in 2003, 2004, 2006, 2007 and 2008; and has been American Swimmer of the Year for 2001, 2002, 2003, 2004, 2006, 2007 and 2008.



At the 2008 Summer Olympics in Beijing, Phelps won eight gold medals, breaking the record of seven golds in one Olympics set by Mark Spitz in 1972. He holds a total of 16 Olympic medals of which two are bronze and the rest gold.

7. Put the facts from Michael Phelps's career in right order.

He won eight gold medals in Beijing.

He became the first swimmer in history to break five individual world records at one meet.

He placed fifth in the 200-meter butterfly and became the youngest male to compete in the games since 1932.

8. Find information on a sport celebrity. Speak on your favourite sport celebrity.

3 CAREERS IN SPORT

Before reading

Look at the pictures and answer the following questions:

1. Do you know what are the occupations of these people?
2. Would you like to have any of these jobs?



Start reading

 Read the text and make a summary.

SPORTS RELATED CAREERS

Sports related careers are *aspired* by a huge number of people who are skilled and talented in some type of sport. There are a number of careers *related* to the various sports. Not only the sports persons or players can make a career in this very field, but also, the coaches, *umpires*, referees, physiotherapists etc. However, like the entertainment industry, the *rate* of success in this field entirely depends on the skill

of the professionals. The *tasks* of the professionals in sports related careers depend on the role and job type. The athletes, coaches, umpires, doctors, all have different tasks to perform.

The athletes are the *key aspect* of these careers. They are *required* to practice and perform thoroughly. They are supposed to *obey* their coaches and trainers for better results.

The coaches train and teach the players various tactics and techniques to win. They make them practice and help them to *enhance* their physical *stamina*. They induce unity and sportsmanship within the players. The coaches hold major part of the responsibility of the victory or *defeat* of the team.



Umpires (referees) are present on the ground along with the competing teams. They keep a *keen* observation on the players and declare decisions like *dismissals*, winning points, faults, *fines*, penalties etc. They play a crucial role in keeping the players in discipline and ensuring a fair play.

Doctors, physiotherapists and remaining medical team assist and accompany the players at all venues and locations. They *provide* immediate help to the players in case of injuries, *bruises*, *cramps*, muscle-pulls etc.

Team managers, board members are the professionals who take care of the official work and arrangements of the team, coaches and other assistances. They organize and *schedule* various events and leagues. They handle the department of *hiring* and *firing* the players and other professionals. They even take care of the *profits* and *losses* of the boards, leagues or business of the same.

Commentators are the professionals who give a live or recorded description of the sports events that are taking place, or which have already occurred. Their task is to give a *vivid* elaboration of all the action that took place in the game.

Wordbank

aspire *v* стремиться

coach *n* тренер

relate *v* иметь отношение

umpire *n* арбитр

rate *n* показатель

task *n* задача

key aspect ключевая фигура

require *v* требовать

obey *v* подчиняться

enhance *v* увеличивать

stamina *n* выносливость

defeat *n* поражение

keen *adj* проникательный

dismissal *n* удаление

fine *n* штраф; пенальти

provide *v* оказывать

bruise *n* ушиб

cramp *n* спазм

schedule *v* составлять график

hire *v* нанимать

fire *v* увольнять

profit *n* прибыль

loss *n* потеря

vivid *adj* яркий

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) the arrangements that team managers take care of;
- b) people who can make a career in sport;
- c) the professionals who give a description of the sports events

2. Answer the questions.

1. Are only sports persons or players can make a career in sport?
2. What is the main task of a coach?

3. Can you name any famous coach?
4. Who keeps the players in discipline and ensure a fair play?
5. What is the main task of the medical team?
6. Which issues a team manager deals with?

3. Complete the sentences with the statements from the text.

1. Sports related careers are aspired by...
2. The athletes are required to...
3. The coaches train and teach the players...
4. Umpires (referees) play a crucial role in...
5. The medical team provides...
6. Team managers, board members are...
7. The commentators' task is...

4. Read the statements and mark them as true (T) or false (F).

1. Only the sports persons or players can make a career in this very field.	<input type="checkbox"/>
2. The tasks of the professionals in sports related careers depend on the role and job type.	<input type="checkbox"/>
3. The athletes are the key aspect of sports careers.	<input type="checkbox"/>
4. The athletes hold major part of the responsibility of their victory or defeat.	<input type="checkbox"/>
5. The umpires (referees) play a crucial role in keeping the players in discipline and ensuring a fair play.	<input type="checkbox"/>

5. Find in the text equivalents of the following words and word combinations:

индустрия развлечений, связанный с различными видами спорта, четкий комментарий, решающая роль, соревнующиеся команды, физическая выносливость, в случае, профессии, связанные со спортом, заботиться, стимулировать единение, мероприятия.

6. Complete the sentences with the words from the box.

fine; key aspect; to obey; keen; hiring; stamina; to schedule; firing;
to enhance; dismissal; to be aspired

1. Sports related careers ... by a huge number of people who are skilled and talented in some type of sport.
2. Team managers organize and ... various events and leagues.
3. Umpires keep a observation on the players and declare decisions like ..., winning points, faults, ... penalties etc.
4. The coaches make them practice and help them to ... their physical
5. Team managers handle the department of ... and ... the players.
6. The athletes are the ... of sports careers.
7. The athletes are supposed to ... their coaches and trainers for better results.

7. Read the statements about careers in sport. Write on the line below each statement which job the statement is about.

<p style="text-align: center;">1</p> <p>They might be professional players for the same game. He or she are supposed to <i>be thorough</i> (осведомленный) with the rules and regulations of the game.</p> <p>.....</p>	<p style="text-align: center;">2</p> <p>They are generally the veteran or senior retired sports persons. They are <i>expected</i> (ожидать) to be highly experienced and successful in their past sports career.</p> <p>.....</p>
<p style="text-align: center;">3</p> <p>They are medical professionals who do the same job that they might do at a hospital or a clinic. They <i>possess</i> (обладать) degrees, diplomas and certifications in medicine and other specializations.</p> <p>.....</p>	<p style="text-align: center;">4</p> <p>Organizational skills, knowledge of business and analytic <i>approach</i> (подход) are <i>vital</i> (необходимый) for them. Most of the selectors in the board and leagues are retired players themselves.</p> <p>.....</p>

<p>5</p> <p>They are not expected much formal academic <i>achievement</i> (достижение). They must be highly skilled and trained in the sport that they wish to <i>pursue</i> (достигать) the career in.</p> <p>.....</p>	<p>6</p> <p>They must be fluent in multiple languages with pleasant voice and accent.</p> <p>.....</p>
--	--

8. Find some interesting information about sports related careers. Speak on a prominent coach.

4 SPORTS FANS

Before reading

Look at the pictures and answer the following questions:

1. What do you think these people have in common?
2. Do you have any experience of cheering your favorite team at the stadium?



Start reading

 Read the text and make a summary.

WE'LL FIGHT TO WIN, WE ARE THE BEST!

Sports fans can be described as enthusiasts for a *particular* athlete, team, sport, or all of organized sports as a whole. The sports fans often *attend* sporting events or *follow* them on television, as well as

through newspapers and internet websites. The mentality of the sports fans is often such that they will *experience* a game, or event while living vicariously through players or teams whom the fan *favors*. This behavior manifests itself in a number of different ways, depending on the *venue*.

At a stadium or arena, sports fans voice their pleasure with a particular play, player, or team by *cheering*, which consists of *clapping*, *fist-pumping*, or shouting positive *exclamations* toward the field of play and ultimately, the favorable object.



Likewise, *displeasure* toward a particular play, player, or team is met by fans with *jeers*, which consist of *booing*, shouting of *expletives*, and in occasional, extreme cases, throwing of bottles or even *garbage* cans onto the field of play in the hopes of injuring a particular participant. This *violent* type of fan reaction is often called hooliganism.

At sports bars, sports fans *gather* together with the purpose of following a particular sporting event on television as a group. Sports bars often *advertise* in hopes of drawing fans of a particular player or team to watch together to *increase* bonds between fans and *prevent* fights.

Wordbank

particular *adj* конкретный

attend *v* посещать

follow *v* следить

experience *v* переживать

favor *v* поддерживать

venue *n* место проведения

cheer *v* болеть

clap *v* хлопать

fist-pumping выражение одобрения

exclamation *n* восклицание

displeasure *n* недовольство

jeer *n* насмешка
boo *v* освистывать
expletive *n* ругательство
garbage *n* мусор
violent *adj* жестокий
gather *v* собирать(ся)
advertise *v* рекламировать
increase *v* усиливать
prevent *v* предотвращать

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) sports fans' mentality;
- b) violent types of fan reaction;
- c) places except stadiums where sports fans can cheer their team;
- d) different ways of showing fans' pleasure.

2. Answer the questions.

1. How can you define the word "fan"?
2. What is sports fans' mentality?
3. What are the ways sports fans support their favorite team?
4. What are the ways of showing displeasure among sports fans?
5. What is another place for attending sporting events except stadiums?

3. Read the statements and mark them as true (T) or false (F).

1. Sports fans support a particular athlete, team or sport.	<input type="checkbox"/>
2. Sports fans follow sporting events only on television.	<input type="checkbox"/>
3. At a stadium sports fans support their team by cheering, which consists of clapping, fist-pumping, or shouting positive exclamations.	<input type="checkbox"/>
4. Sports fans show their displeasure by booing, shouting of expletives.	<input type="checkbox"/>

- | | |
|--|--------------------------|
| 5. Sports fans never show their displeasure with a violent way. | <input type="checkbox"/> |
| 6. Following a sporting event at sports bars prevents fights between fans. | <input type="checkbox"/> |
| 7. Sports fans get information about sporting events through newspapers and internet websites. | <input type="checkbox"/> |

4. Find in the text equivalents of the following words and word combinations:

посещать спортивные мероприятия, склад ума, исключительный случай, укреплять связи, определенный, выражать, ругательства.

5. Complete the sentences with the words from the box.

to attend; to increase; venue; clapping; particular; cheering; violent; to gather; to follow; displeasure; to prevent; fist-pumping; to advertise; jeer; exclamation
--

1. ... toward a particular play, player, or team is met by fans with
2. Sports fans can describe enthusiasts for a ... athlete, team or sport.
3. At sports bars, sports fans ... together with the purpose of following a particular sporting event on television as a group.
4. The sports fans often ... sporting events or ... them on television.
5. Sports fans voice their pleasure with a particular play, player, or team by..., which consists of ..., ..., or shouting positive
6. This behavior manifests itself in a number of different ways, depending on the
7. Sports bars often ... in hopes of drawing fans of a particular player or team to watch together to ... bonds between fans and ... fights.
8. This ... type of fan reaction is often called hooliganism.

6. Match the headings with right articles.

Increase in young
football hooligans,
say police

England fans 'do Manchester
proud' after defeat

England fans
'well behaved'
in South Africa,
police say

Ten charged after Chesterfield
football disorder

1
Internal police *figures*
(данные) seen by the BBC
show there are now 290 teenag-
ers across the UK banned from
football grounds. Police are
worried about the possible
emergence (возникновение) of
a new generation of hooligans
and they say trouble is more fo-
cused on the lower leagues
where there are fewer resources
to control matches. While the
violence is not at the levels of
the 1970s and 1980s, the Asso-

2
British police in South Africa
have *praised* (хвалить) England
fans for their good behaviour during
the World Cup, with only one
football-related arrest. Pavlos
Joseph, 32, from London, is
accused (обвинять) of entering
England's dressing room after the
Algeria match. Assistant Chief
Constable Andy Holt said that the
travelling fans had "done their
country proud". But he *warned*
(предостерегать) there may be
"more tension" in the match against

ciation of Chief Police Officers (ACPO) says it is seeing disturbing *evidence* (доказательство) of younger fans becoming involved. Figures show that almost half (47%) of incidents of disorder last season in England, Wales and Northern Ireland involved youths.

.....
3

The disorder *broke out* (разразиться) after a League Two match between Chesterfield and Bradford City on 24 April. Derbyshire Police have *charged* (обвинять) 10 males, aged between 14 and 20 and all from the Chesterfield area, with *affray* (драка). They *are due* (обязанный) to appear before magistrates in the town on 9 August. As part of the operation, police also arrested four people from the Bradford area on *suspicion* (подозрение) of affray. They have been *interviewed* (допрашивать) and *bailed* (брать на поруки) *pending* (в ожидании) further inquiries.

.....

Germany on Sunday. Mr Holt, who is leading a team of 12 UK officers in South Africa, said he had never experienced a more friendly atmosphere and to have only one arrest at this stage of the competition was “unusual”. He said a “combination of factors” had had an impact, including 3,000 football banning orders.

.....
4

Despite (несмотря на) losing 4:1 to Germany, and having a goal disallowed, the supporters “did their city proud”. Councillor Mike Amesbury, executive member for culture and leisure, said: “I’d like to praise those football supporters for demonstrating what it means to be true fans and doing the city proud,” he said. Mr Amesbury added: “Despite our team losing, there was only one *minor* (незначительный) incident which was dealt with very quickly by security and police”.

.....

7. Find interesting facts about sports fans activities. Speak on about sports fans.

5

SPORTS FACILITIES AND EQUIPMENT

Before reading

Look at the pictures and answer the following questions:

1. Can you name the sports facilities in the pictures?
2. Do you know what sports are practiced there?



Start reading

 Read the text and make a summary.

SPORTS VENUES

A playing field is a field used for playing sports or games. They are generally outdoors, but many large structures exist to *enclose* playing fields from bad weather. Generally, playing fields are wide *expanses* of grass,

dirt or sand without many *obstructions*. There is a variety of different commonly used fields, including: American football field, Association football (soccer) *pitch* (field), Australian rules football playing field, Baseball field, Cricket field containing the cricket pitch, Lacrosse field, Rugby league playing field (pitch or *paddock*), Rugby union playing field (pitch or paddock). In other sports, the field of play is called a “court”: basketball court, tennis court, volleyball court.

Some sports take place on the outdoor or indoor tracks, for example cycling. A shooting range or firing range is a specialized facility designed for firearms practice. A hippodrome was a Greek stadium for horse racing and chariot racing. Some present-day horse racing tracks are also called hippodromes, for example the Central Moscow Hippodrome. Water sports are held in swimming pools.

As for winter sports there is also a wide variety of sports *venues*. Some sporting events are held on different types of *rinks* (speed skating, ice hockey, curling), tracks (luge, skeleton, bobsleigh) or on the natural *terrain* – smooth or bumpy (mogul, skiing, snowboarding etc.). An ice hockey rink is an ice rink that is specifically designed for ice hockey, a team sport. Rink, a Scottish word meaning “course”, was used as the name of a place where another game, curling, was played. Early in its history, ice hockey was played mostly on rinks constructed for curling. The name was *retained* after hockey-specific facilities were built. As for tracks there are a total of sixteen tracks in the world, in use for competitions in bobsleigh, luge, and skeleton. All of the tracks except St. Moritz, Switzerland, which is naturally refrigerated, are constructed of reinforced *concrete* and piped with ammonia refrigeration to cool the track down *prior to* its run.

Wordbank

enclose *v* огораживать

expanse *n* (широкое) пространство

obstruction *n* препятствие

pitch *n* поле

paddock *n* площадка

venue *n* место проведения

rink *n* каток

terrain *n* территория

retain *v* сохранять

concrete *n* бетон
prior to *adj* перед

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- sports venues for winter sports;
- playing fields in general;
- sports venues for firearms practice

2. Answer the questions.

- Why are some playing fields built indoors?
- What surfaces are used for playing fields?
- Which types of playing fields are mentioned in the text?
- What venues are winter sports held on?

3. Match the pictures with the sports venues from the text.





4. Find in the text equivalents of the following words and word combinations:

без препятствий, естественная местность, гонки на колесницах, общее количество, командный вид спорта, каток, за исключением, железобетон, стрельбище, широкое пространство, бассейн, современный, ровный, широкий выбор, специально разработанный.

5 Complete the sentences with the words from the box.

terrain; prior to; to retain; expanse; obstruction; concrete; to enclose; venue; rink

1. Playing fields are generally outdoors, but many large structures exist to ... playing fields from bad weather.

2. Some sporting events are held on different types of ..., tracks or on the natural

3. Playing fields are wide ... of grass, dirt or sand without many

4. All of the tracks except St. Moritz, Switzerland are constructed of reinforced ... and piped with ammonia refrigeration to cool the track down ... its run.

5. The name was ... after hockey-specific facilities were built.

6. As for winter sports there is also a wide variety of sports

6. Match the equipment with the sport it is used in.

artistic gymnastics; slalom skiing; rhythmic gymnastics; hockey; curling; boxing; lawn tennis; weightlifting; badminton; skiing; rugby; track and field events; baseball



weight



ball



clubs



skis



beam



hammer



rocks with a broom



parallel bars



rings



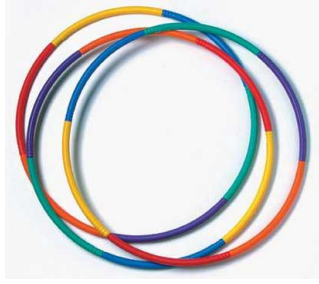
racket



poles



stick



hoop



pommel horse



gloves



bat



shuttlecock



discus

6. Read the text about curling rocks and choose the heading.

Rock the House:
The Hotties of
Olympic Curling

KAYS OF SCOTLAND –
CURLING STONE MAKERS

*Curling: Sport
Without Judges*

The centerpiece of curling is the curling stone, which has been called a «geometrical *masterpiece* (шедевр) of tooled geology». Kays

of Scotland has been making curling stones since 1851, when William Kay and his sons Andrew and Thomas *set up* (открывать) a *workshop* (мастерская) in Mauchline, Ayrshire, in southwest Scotland. Kays is still *owned* (владеть) by the relatives of the founder, and today it is the only curling stone maker left in Scotland.

Kays is also the only curling stone manufacturer to use granite from the legendary Ailsa Craig – a remarkable 1,100-foot high, 245-acre granite island located 11 miles off Girvan on Scotland’s west coast.

Each stone must *weigh* (весить) 44 pounds. Each must have a maximum diameter of 36 inches. Polishing is done by hand on a wheel using water, diamond-talcum powder, and *felt* (фетр). Finishing the stone’s «running edge» is done entirely by hand with *emery paper* (наждачная бумага) and a digital gauge (цифровой датчик) and *magnifying glass* (увеличительное стекло). Lastly, a *handle* (ручка) is *fitted* (устанавливать) into *countersunk* (потайной) holes on the top of the stone. Stones are computer-matched into pairs. Sixteen stones, 8 pairs, are needed for a game, and since curling rinks usually have 6 lanes, each rink needs 96 matched stones!

Kays is a small firm, employing fewer than ten *artisans* (мастер). Master craftsman and co-owner James Wyllie is skilled at all phases of curling stone making and is also an enthusiastic curler.

7. Read the statements and mark them as true (T) or false (F).

1. The centerpiece of curling is the curling stone.	<input type="checkbox"/>
2. Kays has been making curling stones since 1951.	<input type="checkbox"/>
3. William Kay and his sons Andrew and Thomas set up a workshop in Glasgow.	<input type="checkbox"/>
4. Kays is the only curling stone manufacturer to use granite from the Ben Nevis.	<input type="checkbox"/>
5. Each stone must weigh 44 pounds.	<input type="checkbox"/>
6. A handle is fitted into countersunk holes on the top of the stone.	<input type="checkbox"/>
7. Fourteen stones are needed for a game.	<input type="checkbox"/>
8. Kays is a small firm, employing fewer than ten artisans.	<input type="checkbox"/>

8. Find some interesting information about sports equipment.

6 SPORTS NUTRITION

Before reading

Look at the pictures and answer the following questions:

1. What products that you can see in the pictures are essential for athletes?
2. What products prevail in your diet?



Start reading

 Read the text and make a summary.

THE RIGHT BALANCE

Just as a car runs best with a full *gas tank*, your body needs the right kind of «nutritional *fuel*» for *peak* performance. Eating well for

your sport can be very simple. You do not need special foods or *supplements*. It is important to fuel your body with a balance of *carbohydrates, proteins, fats*, minerals, vitamins, and water.

Carbohydrates (found in pasta, bread, *cereal*, rice, potatoes, fruits, milk, yogurt, etc.) are especially important for athletes because they *supply* the body with glucose (blood sugar) for energy. Extra glucose is *stored* in the muscles and liver as glycogen. During short *bursts* of exercise such as sprinting, basketball, gymnastics, or soccer, your body primarily uses glycogen for energy. If you don't have enough glycogen you can feel very tired, which will *affect* your athletic performance. During longer exercise, your body uses the glycogen stores first and then uses fats stored in your body to fuel performance.

Fat is an important source of energy used to fuel longer exercise and *endurance* activities, such as hiking, cycling, and long-distance running. Eating a diet that is too low in dietary fat may *decrease* athletic performance and cause other health problems.

Protein is needed for your body to build and *repair* muscles. Small *amounts* of protein may also be used for energy.

Vitamins and minerals are not *sources* of energy, but they have many important functions in the body. For example, vitamin D and calcium are needed for strong bones, and iron is needed for *blood cells* to carry *oxygen* throughout your body. *Certain* minerals, like potassium, calcium, and sodium are called electrolytes. They are important during exercise because they affect the amount of water in your body and muscle activity. Athletes should eat a balanced diet with a variety of foods to make sure they get enough vitamins and minerals. It is fine to take a regular multivitamin, but supplements with high doses of vitamins and minerals do not improve performance and may actually be *harmful*.

Water is *essential* to keep you hydrated (when your body has enough fluids). Dehydration (when you don't have enough fluids) can cause muscle cramps and keep you from performing your best.

Wordbank

gas tank бензобак

fuel *n* топливо

peak *n* максимум

supplement *n* добавка
carbohydrates *n* углеводы
proteins *n* белки
fats *n* жиры
cereal *n* злак
supply *v* обеспечивать
store *v* накапливать
burst *n* взрыв
affect *v* влиять
endurance *n* продолжительность
decrease *v* сокращать
repair *v* восстанавливать
amount *n* количество
source *n* источник
blood cells клетки крови
oxygen *n* кислород
certain *adj* определенный
harmful *adj* вредный
essential *adj* необходимый

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) the importance of fluids;
- b) food that is rich in carbohydrates;
- c) vitamins and minerals

2. Answer the questions.

1. Why do athletes need the right balanced nutrition?
2. What are the main organic compounds that should be present in the right balanced nutrition?
3. What products contain carbohydrates?
4. Why is it important for athletes to have an adequate amount of carbohydrates in their diet?
5. What can happen if you do not have enough glycogen?
6. What causes the reduction of athletic performance?

7. Should the athletes enrich their diet with vitamins and minerals? Why?

8. What substance keeps us hydrated?

3. Complete the sentences with the statements from the text.

1. Your body needs...
2. It is important to fuel your body with...
3. Carbohydrates are especially important for athletes because...
4. If you don't have enough glycogen...
5. Fat is an important source of...
6. Protein is needed for your body...
7. Vitamin D and calcium are needed...
8. Athletes should eat a balanced diet...
9. Water is essential...

4. Find in the text equivalents of the following words and word combinations:

насыщать организм, влечь за собой, добавка, кровяные клетки, главным образом, калий, накапливаться, влиять, определенный, пищевой, источник энергии, углеводы, мышечные спазмы.

5. Complete the sentences with the words from the box.

proteins; fuel; to affect; harmful; to supply; carbohydrates; blood cells; certain; essential; source; peak; fats; to repair; oxygen; to decrease

1. Vitamins and minerals are not ... of energy, but they have many important functions in the body.

2. Water is ... to keep you hydrated.

3. Your body needs the right kind of «nutritional ...» for ... performance.

4. Protein is needed for your body to build and ... muscles.

5. Iron is needed for ... to carry ... throughout your body.

6. Supplements with high doses of vitamins and minerals do not improve performance and may actually be... .

7. It is important to fuel your body with a balance of ..., ..., ..., minerals, vitamins, and water.

8. ... minerals, like potassium, calcium, and sodium are called electrolytes.

9. If you don't have enough glycogen you can feel very tired, which will ... your athletic performance.

10. Carbohydrates are especially important for athletes because they ... the body with glucose (blood sugar) for energy.

11. Eating a diet that is too low in dietary fat may ... athletic performance and cause other health problems.

6. Read the abstract and match the right heading.

*Pre-competition Meals
for Athletes*

C a r b o h y d r a t e s
i n y o u r d i e t

Magic meal

Carbohydrates are the best pre-competition foods because they *digest* (перевариваться) quickly and are readily *available* (подходящий) for *fuel* (источник энергии). Your best choice is *cereal* (злаки), bread, *bagels* (бублик), crackers, potato and pasta. Protein-rich foods (eggs, tuna, steak, chicken, etc) take longer to digest and may *increase* (усиливать) the need to *urinate* (мочиться). Fats (fried foods, peanut butter, burgers, etc.) stay longest in the stomach and may feel heavy and uncomfortable.

Pay attention to meal timing. With morning events, eat a *hearty* (обильный), high carbohydrate dinner and bed-time *snack* (перекус) the night before. That morning, eat a light meal 2–3 hours before competition or *workout* (тренировка). For afternoon events, eat a hearty

breakfast and a light carbohydrate-based lunch 2–3 hours *prior to* (предшествующий) the exercise. With evening events, eat a hearty breakfast and lunch, then perhaps a light snack 1–2 hours prior. In general you should allow 3–4 hours for a large meal to digest; 2–3 hours for a smaller meal, 1–2 hours for a *liquid* (жидкий) meal and 0–1 hour for a small snack.

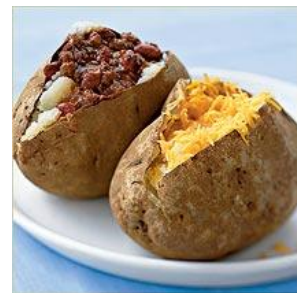
7. Look at the list and divide the food into two categories: that should be eaten before and after your exercise.



bagels



pasta



baked potatoes



rice



cereal with milk



fresh fruit



full sandwich



yogurt



baked beans

8. Match the headings with right articles.

Recommendations
for Calcium Intake
and Bone Health

F a s t F o o d F a c t s

Veggies, Fruits & Age-
Related Cognitive Change

1

Fast food restaurants are popular because they serve filling foods that taste good and don't cost a lot of money. However, fast food is usually *cheap* (дешевый) because it's often made with cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, *instead of* (вместо) nutritious foods such as *lean meat* (нежирное мясо), fresh fruits, and vegetables.

There is no such thing as a «bad» food, but there are some foods you should try not to have on a regular basis. Because fast food is high in sodium, *saturated fat* (жир с высоким содержанием насыщенных жирных кислот), trans fat, and cholesterol, eating too much over a long pe-

2

Adequate, lifelong dietary calcium *intake* (потребление) is necessary to reduce the risk of osteoporosis. Consuming adequate calcium and vitamin D and performing regular, weight-bearing exercise are also important to build maximum bone *density* (плотность) and strength. After age 30, these factors help slow bone loss, although they cannot completely *prevent* (предотвращать) bone loss due to aging. Milk and dairy products are a convenient source of calcium for many people. They are also a good source of protein and are fortified with vitamins D and A. At this time, however, the optimal intake of

riod of time can lead to health problems such as high blood pressure, heart disease, and obesity. Fast food also lacks many of the nutrients, vitamins, and minerals our bodies need. It's helpful to remember that with fast food, moderation is important. Too much fast food can lead to health problems such as high blood pressure, heart disease, and obesity.

.....

calcium is not clear, nor is the optimal source or sources of calcium. As noted earlier, the National Academy of Sciences currently recommends that people ages 19 to 50 consume 1,000 milligrams of calcium per day, and that those age 50 or over get 1,200 milligrams per day. Reaching 1,200 milligrams per day would usually require drinking two to three glasses of milk per day or taking calcium supplements over and above an *overall* (общий) healthy diet.

.....

3

We all know that we should be getting more fruits and vegetables in order to stay healthy. But can the *produce* (продукты) we eat help *ward off* (предотвращать) negative cognitive changes, such as short-term memory loss, as we grow older? Those who ate more than two vegetable servings a day had about 40% less mental decline than those who ate fewer or no veggies each day. Interestingly, fruit consumption did not yield similar benefits. The reason may be that vegetables contain larger amounts of vitamin E, an antioxidant thought to reduce cell damage. Veggies also contain healthy oils that promote cardiovascular health and decrease cholesterol levels, both of which contribute to brain health.

.....

9. Find information on food and nutrition for athletes and speak on sport diet.

7 DOPI NG

Before reading

Look at the pictures and answer the following questions:

1. What is your attitude to athletes who take doping?
2. Do you know how can performance-enhancing agents affect man's health?



Start reading

 Read the text and make a summary.

A DEADLY GAME

Doping in sport is not a new phenomenon. Athletes have taken *performance-enhancing agents* since the beginning of time. The legendary Arthurian *knights* supposedly drank magical *potions* from the cup of Merlin. Celtic tales describe the use of strengthening potions to aid *valour* in battle and the druids' use of narcotics is well documented by historians. The Ancient Olympics in Greece were *riddled*

with corruption and doping to the extent that the games had to be *dissolved*.

In Ancient Rome, gladiators drank *herbal* infusions to strengthen them before chariot races and going into battle. Almost two *millenia* later, the first documented report in the medical literature was published in 1865 in the British Medical Journal, citing *expulsion* of a swimmer from an Amsterdam canal race, for taking an unnamed performance-enhancing drug. The first doping death *occurred* in 1886 in cycling.

In the early 1900s, the most popular doping agent was a cocktail of alcohol and strychnine. The use of strychnine was *superseded* by amphetamine, following its development in the 1930s. In 1960, the Danish cyclist, Kurt Jensen, died after *overdosing* on amphetamine in an *attempt to seek* competitive *advantage* and the search for control measures began. Methods of anti-doping control were first *pioneered* in the 1960s, by Arnold Beckett, an academic pharmacist with a specialist interest in sports pharmacy, based at Kings College London. In 1968, the International Olympic Committee published the first banned list of drugs and *implemented* the first formal drug testing programme at the Montreal Olympics.

It is not just athletes who are involved in the doping games, however. Coaches, managers, team doctors and *fringe practitioners* have all been *implicated*.

Doping not only *contravenes* the spirit of *fair competition*, it can be seriously *detrimental* to health. Elite athletes who turn to doping take the greatest risks which seem to *pale* in contrast to their burning desire for gold. Anabolic steroids affect cardiovascular and mental health and are associated with an increased risk of neoplasms. Dietary supplements containing ephedra alkaloids have been *linked* to serious health risks including hypertension, tachycardia, stroke, seizures and death. The peptide hormones or so-called «sports-designer drugs» are thought to be the most dangerous, although the combination of amphetamines, anabolic steroids or antihypertensives combined with intense *exertion* in athletes are just as *hazardous*.

Sport goes beyond a *measure* of athletic excellence and the winning of trophies and medals. True winners are those who achieve their goals through talent, skill, training, motivation and rising to all the challenges their sports present.

Wordbank

performance-enhancing agents средства, улучшающие выступление
knight *n* рыцарь
potion *n* зелье
valour *n* бесстрашие
riddle *v* пронизывать
dissolve *v* отменять
herbal *adj* травяной
millennia *n* тысячелетие
expulsion *n* исключение из рядов
occur *v* происходить
supersede *v* заменять
overdosing передозировка
attempt *n* попытка
seek *v* добиваться
advantage *n* преимущество
pioneer *v* разрабатывать
implement *v* выполнять
fringe practitioners врачи, практикующие нетрадиционные методы в медицине
implicate *v* вовлекать
contravene *v* нарушать
fair competition честная борьба
detrimental *adj* причиняющий вред
pale *v* тускнеть
link *v* связывать
exertion *n* напряжение
hazardous *adj* опасный
measure *n* мера

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) side effects of taking performance-enhancing agents;
- b) intake of performance-enhancing agents documented by historians;
- c) first doping death.

2. Answer the questions.

1. What are the facts of consuming performance-enhancing agents in ancient times?
2. When was published the first report citing expulsion of an athlete?
3. What was the most popular doping agent in the early 1900s?
4. What event caused the search for anti-doping control?
5. Who pioneered the methods of anti-doping control and when?
6. When did the first formal drug testing programme implement?
7. What side effects of taking performance-enhancing agents do you know?
8. What are the main goals of a real athlete?

3. Find in the text equivalents of the following words and word combinations:

волшебное зелье, смертельная игра, добиваться преимущества, нарушать, так называемый, спортивное совершенство, честная борьба, два тысячелетия назад, подтвержденный историками, цель, список запрещенных веществ, вредный для здоровья.

4. Complete the sentences with the words from the box.

potion; to implement; overdosing; to contravene; exertion; valour; detrimental; advantage; to riddle; performance-enhancing agents; knight; measure; to supersede; attempt; hazardous; to seek; fair competition; to dissolve

1. Celtic tales describe the use of strengthening potions to aid in ... battle.
2. Sport goes beyond a ... of athletic excellence and the winning of trophies and medals.
3. Doping not only ... the spirit of ..., it can be seriously ... to health.

4. The legendary Arthurian ... supposedly drank magical ... from the cup of Merlin.

5. The combination of amphetamines, anabolic steroids or anti-hypertensives combined with intense ... in athletes are

6. In 1960, the Danish cyclist, Kurt Jensen, died after ... on amphetamine in an ... to ... competitive

7. The Ancient Olympics in Greece ... with corruption and doping to the extent that the games had to

8. In 1968, the International Olympic Committee ... the first formal drug testing programme at the Montreal Olympics.

9. Athletes have taken ... since the beginning of time.

10. The use of strychnine ... by amphetamine, following its development in the 1930s.

5. Read the text and choose the right heading.

Gene doping:
next temptation
for athletes

S p o r t e t h i c s

Sports authorities fear
gene doping not far off

Gene doping or *transfer* (перемещение) is based on the principles of gene therapy. Here a healthy gene is transplanted into *cells* (клетка) or directly into the genome to *replace* (заменять) a mutated or absent gene. Medical use of gene doping is currently being developed in an attempt to treat varying genetic conditions and diseases. For example, muscular dystrophy, which is caused by a genetic mutation or absence of one or more genes (dependant on the form of the disease) responsible for the structure and function of muscle cells.

This process of gene doping, in the future, is likely to be used by athletes in an attempt to improve the function of normal healthy cells. One possible scenario is the use of genes which produce the hormone IGF-1, transported into the cells and causing the body to produce higher *levels* (уровень) of IGF-1, important in the *growth* (рост) and development of musculoskeletal structures. This would be especially *beneficial* (выгодный) in injured athletes to speed the *repair* (восстанавливать) of muscles, *tendons* (сухожилие), *ligaments* (связка) etc.

The *detection* (определение) of gene doping will be difficult, but WADA* believe it will be possible. The detection process is likely to *look for* (искать) the *consequences* (последствие) of gene doping in blood *samples* (образец), rather than the gene transfer itself. For example increased presence of certain enzymes and proteins. A second possibility is the use of MRI** scans to detect areas of unusual gene expression.

6. Find information on doping in sport and speak on the ways to solve this problem.

* World Anti-Doping Agency.

** Magnetic resonance imaging.

REVISION

1. What activity can be defined as sport?
2. What are the key factors in sport?
3. What health problem is observed among children nowadays?
4. How much physical activity do teens need?
5. What sports related careers do you know?
6. What are the main venues for sports events?
7. What equipment can be used while practicing different sports?
8. What are the main compounds that should be present in the right balanced nutrition for athletes?
9. What are performance-enhancing agents?
10. Why is it important to combat doping in sport?
11. What organization promotes, coordinates and monitors the fight against doping in sport?

MODULE 3

Sport and Disability



1 SPORTS INJURIES

Before reading

Look at the pictures and answer the following questions:

1. Who are at greatest risk of sports injuries?
2. Do you know how can be prevented sports injuries?



Start reading

 Read the text and make a summary.

SPORTS INJURIES AND THEIR PREVENTION

The term «sports injury», *in the broadest sense*, refers to the kinds of injuries that most commonly occur during sports or exercise. Some sports injuries result from accidents; others are *due to* poor training practices, *improper* equipment, lack of conditioning, or *insufficient warmup* and stretching. Common types of sports injuries are muscle *sprains* and *strains*, *tears* of the ligaments that hold *joints* together, tears of the tendons that support joints and allow them to move, *dislocated* joints, *fractured* bones, including *vertebrae*.

Regardless of the specific structure affected, sports injuries can generally be classified in one of two ways: *acute* or chronic.

Acute injuries, such as a sprained *ankle*, strained back, or fractured hand, occur suddenly during activity. Signs of an acute injury include the following: sudden, severe pain, *swelling*, inability to place weight on a lower *limb*, extreme tenderness in an upper limb, inability to move a joint through its full range of motion, extreme limb weakness, *visible* dislocation or break of a bone.

Chronic injuries usually result from *overusing* one area of the body while playing a sport or exercising over a long period. The following are signs of a chronic injury: pain when performing an activity, a *dull ache* when at rest, swelling.



To stay safe whatever sport you play you can use some *tips*.

Be in proper physical condition to play a sport. If you play any sports, you should adequately train for that sport. It is a *mistake* to expect the sport itself to get you into shape. Many injuries can be prevented by following a regular conditioning program of exercises designed specifically for your sport. Know and *abide* by the rules of the sport. The rules are designed, in part, to keep things safe. This is extremely important for anyone who participates in a contact sport.

Protective *pads*, mouth *guards*, *helmets*, gloves and other equipment can save your knees, hands, teeth, eyes, and head. Never play without your safety gear.

Rest is a critical component of proper training. Athletes with high *consecutive* days of training, have more injuries. While many athletes think the more they train, the better they'll play, this is a *misconception*. Rest can make you stronger and prevent injuries of overuse, fatigue and poor judgement.

Always warm up before playing. Warm muscles are less *susceptible* to injuries. The proper warm up is essential for injury prevention. Make sure your warm up suits your sport. You may simply start your sport slowly, or practice specific stretching or mental *rehearsal* depending upon your activity.

Avoid playing when very tired or in pain. Pain indicates a problem. You need to *pay attention* to warning signs your body provides.

Wordbank

in the broadest sense в широком смысле слова

due to *prp* вследствие

improper *adj* неподходящий

insufficient *adj* недостаточный

warmup *n* разминка

sprain *n* растяжение

strain *n* растяжение

tear *n* разрыв

joint *n* сустав

dislocated *p.p.* вывихнутый

fractured *p.p.* сломанный

vertebra *n* позвонок

acute *adj* острый

ankle *n* лодыжка

swelling *n* припухлость

limb *n* конечность

visible *adj* видимый

overuse *v* чрезмерно использовать

dull ache ноющая боль

tip *n* полезный совет

mistake *n* ошибка

abide *v* соблюдать

tackle *n* подножка

enforce *v* осуществлять

protective gear защитное снаряжение

pad *n* наколенник, налокотник, наладошник

guard *n* защита

helmet *n* шлем

consecutive *adj* непрерывно следующий друг за другом

misconception *n* неправильное представление

susceptible *adj* восприимчивый

rehearsal *n* репетиция

pay attention to обращать внимание на

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) signs of a chronic injury;
- b) the importance of the proper warm up;
- c) common types of sports injuries

2. Answer the questions.

1. What the term «sport injury» refers to?
2. What are main causes of sports injuries?
3. What are common types of sports injuries?
4. What's the difference between acute and chronic injuries?
5. How can be prevented sports injuries?
6. What protective gear do you use in your sport?
- 7.

3. Complete the sentences.

1. The term «sports injury» refers to ...
2. Some sports injuries result from ...
3. Common types of sports injuries are ...
4. Sports injuries can be classified ...
5. Signs of an acute injury include ...
6. Signs of a chronic injury are ...

4. Find in the text equivalents of the following words and word combinations:

разрыв сухожилия, полезный совет, важный элемент, разминка, верхние конечности, обращать внимание, соблюдать правила, смещение, кондиционные упражнения, ноющая боль, защитное снаряжение, позвонок, в широком смысле слова, сустав.

5. Complete the sentences with the words from the box.

sprains and strains; tip; protective gear; mistake; in the broadest sense; tear; mistake; to pay attention to; susceptible; joint; acute; dislocated; fractured; vertebrae; to overuse

1. Common types of sports injuries are muscle ..., ... of the ligaments that hold ... together, tears of the tendons that support joints and allow them to move, ... joints, ... bones, including... .
2. It is a ... to expect the sport itself to get you into shape.
3. The term «sports injury», ..., refers to the kinds of injuries that most commonly occur during sports or exercise.
4. You need ... warning signs your body provides.
5. Sports injuries can generally be classified in one of two ways: ... or chronic.
6. Wear appropriate ... and equipment.
7. It is a ... to expect the sport itself to get you into shape.
8. Chronic injuries usually result from ... one area of the body while playing a sport or exercising over a long period.
9. Warm muscles are less ... to injuries.
10. To stay safe whatever sport you play you can use some

6. Look at the pictures and match them with techniques using in sports injuries treatment.

- | | |
|------------------------------|-----------------------|
| 1) immobilization | 5) electrostimulation |
| 2) surgery | 6) cryotherapy |
| 3) rehabilitation (exercise) | 7) acupuncture |
| 4) ultrasound | 8) massage |





7. Read the text and choose the right heading.

Sports Rehabilitation
for Injured Athletes

When and How to Treat at Home

Exercising is good for you, but sometimes you can injure yourself when you play sports or exercise. The most *common* (распространенный) sports injuries are sprains and strains, knee injuries, swollen mus-

cles, Achilles tendon injuries, fractures, dislocations. If you don't have any of the above health problems, it's *probably* (возможно) *safe* (безопасный) to treat the injury at home at least at first. If pain or other symptoms *worsen* (ухудшаться), it's best to check with your health care provider. Use the RICE method to relieve pain and inflammation and *speed* (ускорять) healing. Follow these four steps immediately after injury and continue for *at least* (по меньшей мере) 48 hours.

Rest. *Reduce* (снижать) regular exercise or activities of daily living as needed. If you cannot put weight on an ankle or knee, crutches (костыль) may help. If you use a *cane* (трость) or one crutch for an ankle injury, use it on the uninjured side to help you *lean away* (опираться) and *relieve* (уменьшить) weight on the injured ankle.

Ice. *Apply* (прикладывать) an ice pack to the injured area for 20 minutes at a time, four to eight times a day. A cold pack, ice bag, or plastic bag filled with crushed ice and *wrapped* (обернутый) in a towel can be used. To avoid cold injury and *frostbite* (обморожение), do not apply the ice for more than 20 minutes. (Do not use heat immediately after an injury. This *tends to* (приводить) increase internal bleeding or swelling. Heat can be used later on to relieve muscle tension and promote relaxation.)

Compression. Compression of the injured area may help reduce swelling. Compression can be achieved with *elastic wraps* (эластичный бинт), special boots, air casts, and *splints* (шина). Ask your health care provider for advice on which one to use.

Elevation. If possible, keep the injured ankle, knee, elbow, or wrist *elevated* (приподнятый) on a pillow, above the level of the heart, to help decrease swelling.

8. Match sport injury with its treatment.

- | | |
|-------------------------|------------------|
| a) muscle pull | f) tennis elbow |
| b) neck pain | g) runner's knee |
| c) shoulder impingement | h) shin splints |
| d) lower back strain | j) ankle sprain |
| e) Achilles tendinitis | k) arch pain |

1

Treatment involves strengthening and stretching the quadriceps muscle.

3

The universally held treatment is to apply ice and rest until the pain and swelling *subside* (утихать). The ice relaxes the muscle and helps relieve any spasm. Ice should be applied for about 20 minutes on, then 20 minutes off, as much as possible for a few days. As soon as *tolerable* (выносимый), begin gently stretching the muscle.

5

The *tried-and-true* (испытанный) treatment is RICE. The goal is to limit internal *bleeding* (кровотечение) and *cut down* (сократить) on swelling. As soon as tolerable, begin *range-of-motion* (способствующий гибкости) and strengthening exercises. These can help overcome *stiffness* (неподвижность) and restore mobility. To do this, sit in a chair and cross the *affected* (поврежденный) leg over the other leg at the

2

The key element of treatment is an arch support to *prop up* (поддерживать) the foot and prevent *excessive* (чрезмерный) *pronation* (вращение внутрь) and pull on the tendon.

4

The treatment is to put an *arch support* (стелька-супинатор) under the foot immediately to prevent the arch from *collapsing* (сплющивание) and *the plantar fascia* (подошвенная фасция) from stretching. Also, put an arch support in your *slippers* (тапочки) and wear them as soon as you rise. Even a few steps *barefoot* (босиком) without support can stretch the plantar fascia. Arch supports usually relieve pain within a few days.

6

Many doctors treat it with anti-inflammatory agents or corticosteroid *injections* (укол). If pain *lasts* (длиться) for more than a day a program of range-of-motion exercises can help strengthen the *rotator cuff* (вращательная манжета) muscles. Strengthening these muscles will help hold your shoulder *firmly* (надежно) in place, then the head will not slip out of the *socket* (суставная ямка) and the tendons will no longer become

knee. Using the big toe as a pointer, *trace* (выписывать) the *capital* (заглавный) letters of the alphabet from A to Z. Hold the big toe *rigid* (неподвижный) so all the motion comes from the ankle.

7

Cortisone injections, once the standard treatment, may reduce the inflammation around the *elbow* (локоть) and *ease* (облегчить) the pain, but they do not address the cause of the problem, which is over-stressing the *forearm* (предплечье) tendon. Exercises can help improve forearm strength. These exercises include *wrist* (запястье) *curls* (сгибание), flexing the wrist forward while holding a light dumbbell at the side with the *palm* (ладонь) facing forward, and *reverse* (обратный) wrist curls, the same exercise with the palm facing backward. Squeezing a soft rubber ball until the hand is fatigued also strengthens the forearm muscles.

9

You may need physical therapy which includes ice, then heat, electrical stimulation of muscles, stretching and deep-finger

inflamed or irritated. Physical therapy, ultrasound, *moist* (влажный) heat and electrical muscle stimulation followed by rehabilitative exercises are also recommended.

8

The treatment is to minimize physical activity until it feels better and to ice the tendon several times a day during this time. Anti-inflammatory agents help to relieve swelling and pain. Stretch the tendon as well by doing toe raises: stand on your toes for 10 seconds and then put your *heels* (пятка) flat (ровный) on the floor. Work up to doing three *sets* (подход) easily, then raise up on one foot at a time. When the tendon has healed, do heel drops. Stand with your *forefeet* (передняя часть стопы) on a *raised* (возвышающаяся) surface, such as the *edge* (край) of a step. Let your heels down below the level of the surface so that the back of the *calf* (икра) is stretched. Hold for 10 seconds. Repeat until the calf is *fatigued* (утомлять).

10

The *proper* (подходящий) treatment is to apply ice for 20 minutes at a time and gently stretch the neck. Severe pain may re-

massage. This should be followed by exercises to strengthen the back and *abdominals* (брюшной пресс).

quire prescription medication, such as a muscle relaxant or anti-inflammatory agents, and physical therapy.

9. Find more information about sports injuries and speak on their treatment.

2

BE A PART OF SPORT!

Before reading

Look at the pictures and answer the following questions:

1. What sport events are introduced in the pictures?
2. What disabled sports are practiced at your University?



Start reading

 Read the text and make a summary.

WHAT ARE DISABILITY SPORTS?

Anyone may *experience* disability at some point in his or her lifetime. *Disability* is a normal part of the human experience, and people with disabilities are part of all sectors of the *community*. There are numerous definitions of disability and the debate surrounding appropriate definitions of disability have *evolved* over time. The United Nations defines persons with disabilities as persons who have long-term physical, mental, intellectual or sensory *impairments*, which, in *inter-*

action with various barriers may *hinder* their full and effective participation in society on an equal basis with others.

Disabled or disability sports are played by persons with a disability, including physical and intellectual disabilities. Many of these are based on existing sports but *modified* to meet the needs of persons with a disability, they are also *referred to* as adapted sports. However, not all disabled sports are adapted; several sports that have been specifically created for persons with a disability have no equivalent in *able-bodied* sports. Being part of “sport” does not necessarily have to be in a playing context. Many people with disability also *contribute* as club administrators, officials, coaches, volunteers and spectators.

Organized sport for persons with physical disabilities developed out of rehabilitation programs. Following the Second World War, in response to the needs of large numbers injured ex-service members and civilians, sport was introduced as a key part of rehabilitation. Sport for rehabilitation grew into recreational sport and then into competitive sport. The pioneer of this *approach* was Sir Ludwig Guttmann of the Stoke Mandeville Hospital in England. In 1948, while the Olympic Games were being held in London, he organized a sports competition for *wheelchair* athletes at Stoke Mandeville. This was the origin of the Stoke Mandeville Games, which evolved into the modern Paralympic Games. Currently, Paralympic sport is governed by the International Paralympic Committee, in *conjunction* with a wide range of other international sport organizations.

While sport has *value* in everyone’s life, it is even more important in the life of a person with a disability. This is because of the rehabilitative *influence* sport can have not only on the physical body but also on rehabilitating people with a disability into society. Furthermore, sport teaches *independence*. Nowadays, people with a disability participate in high performance as well as in competitive and recreational sport.

The number of people with disabilities involved in sport and physical recreation is steadily increasing around the world. The organized sports for athletes with disabilities are divided into three main disability groups, sports for the *deaf*, sports for persons with physical disabilities, and sports for persons with intellectual disabilities.

Wordbank

experience *v* испытывать

disability *n* ограниченная способность

community *n* общество

evolve *v* устанавливать

impairment *n* нарушение

interaction *n* взаимодействие

hinder *v* препятствовать

modify *v* изменять

refer to *v* относиться

able-bodied

contribute *v* вносить вклад

approach *n* подход

wheelchair *n* кресло для передвижения людей с ограниченными способностями

conjunction *n* союз

influence *n* влияние

independence *n* независимость

value *n* ценность

deaf *adj* глухой

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) the increasing number of people with disabilities involved in sport;
- b) the definition of persons with disabilities;
- c) the origins of Paralympics;
- d) the importance of sport for people with disabilities;
- e) the subdivision of disabled sports.

2. Answer the questions.

1. What is the definition of disability?
2. What are disability sports?
3. What disability groups are sports divided into?

4. Who was the pioneer of rehabilitation programs in the 20th century?
5. What is the origin of the modern Paralympic Games?
6. What international organization Paralympic sport is governed by?

3. Find in the text equivalents of the following words and word combinations:

подразделяться на, многочисленные определения, реабилитационное влияние спорта, широкий спектр, постоянно возрастающий, не иметь эквивалента, умственные нарушения

4. Complete the sentences with the words from the box.

to refer to; impairment; to contribute; interaction; to experience; wheelchair; to modify; value; to hinder

1. While sport has ... in everyone's life, it is even more important in the life of a person with a disability.
2. Sir Ludwig Guttmann organized a sports competition for ... athletes at Stoke Mandeville.
3. Many people with disability also ... as club administrators, officials, coaches, volunteers and spectators.
4. Disability sports are based on existing sports but ... to meet the needs of persons with a disability.
5. The United Nations defines persons with disabilities as persons who have long-term physical, mental, intellectual or sensory ..., which, in ... with various barriers may ... their full and effective participation in society on an equal basis with others.
6. Anyone may ... disability at some point in his/her lifetime.
7. Disability sports also ... as adapted sports.

5. Read Ludwig Guttmann's profile.

Ludwig Guttmann was a neurosurgeon, born in Germany in 1899 into an Orthodox Jewish family. At the age of 17, he began working as a volunteer orderly at a hospital *treating* (лечить) victims of mining

accidents (несчастный случай), and it was here that he first met a patient whose spine had been *irreparably* (безнадёжно) *damaged* (повреждать). He later recalled (вспоминать) that as he started to write up some notes on the patient's file, one of the medics told him not to *bother* (беспокоиться): "He'll be dead in a few weeks". And that's exactly what happened.

It was known that there was no way of repairing the spinal cord (still true today), but there was also no *treatment* (лечение) of what seemed like inevitable (неизбежный) physical *complications* (осложнение); patients were left to die, and *life expectancy* (продолжительность жизни) after spinal cord injury was a *mere* (всего лишь) 3 months. Those few who did survive longer were *shut away* (прятать) in long-stay institutions for the chronically and *incurably ill* (неизлечимо больной), with little or no expectation that they could ever again be *fulfilled* (полноценный) and productive members of society.

Ludwig Guttmann *disapproved* (опровергать). *Deemed* (считать) *unfit* (непригодный) for service in the German Army, he trained as a doctor and spent the next few years working his way up the *ranks* (звание) of the medical profession, becoming a professor of neurology in 1930. Three years later, the National Socialists were elected to power in Germany, and Jewish doctors were banned from treating gentiles in the country's hospitals. It was a sign of things to come.

Guttmann continued working as a doctor in Germany until March 1939, when he came to Britain with his family, *escaping* (спасаться) the danger of deportation to the concentration camps. Only three years later, as preparations were being made at the highest levels of government for the *forthcoming* (грядущий) Second Front *offensive* (наступление), Guttmann was invited to establish a specialist centre to treat the many *anticipated* (ожидаемый) cases of spinal cord injury amongst wounded servicemen. He agreed, on condition that he would have complete autonomy to treat his patients as he saw fit and using regimes and methods that had never been tried with spinal cord injury before. This would become what is now the National Spinal Injury Centre at Stoke Mandeville Hospital in Buckinghamshire.

And so sport entered the world of the paraplegic and tetraplegic patients whom Guttmann started treating. He firmly and passionately believed in the *efficacy* (действенность) of sport in treating chroni-

cally ill individuals – not simply in the sense of physical therapy, but also in raising the person’s sense of *self-esteem* (самооценка) and emotional *wellbeing* (благополучие), of making him feel a sense of *pride* (гордость) and achievement.

6. Find and translate the paragraph which has information about:

- a) the main reason of being engaged in for sport for people with disabilities;
- b) Ludwig Guttmann’s first experience of treating the patients with spinal cord injuries.
- c) the life of patients with spinal cord injury;
- d) Ludwig Guttmann’s escape to Britain

7. Read the statements and mark them as true (T) or false (F).

1. Ludwig Guttmann was born in France.	<input type="checkbox"/>
2. He was 20 when he started working as a volunteer at a hospital.	<input type="checkbox"/>
3. Ludwig Guttmann treated victims of car accidents.	<input type="checkbox"/>
4. Those days patients with spinal cord injuries were left to die.	<input type="checkbox"/>
5. Life expectancy after spinal cord injury was a mere 6 months.	<input type="checkbox"/>
6. Ludwig Guttmann served in the German Army.	<input type="checkbox"/>
7. Jewish doctors were banned from treating gentiles in the country’s hospitals.	<input type="checkbox"/>
8. Guttmann came to Britain with his family in 1945.	<input type="checkbox"/>
9. Guttmann was invited to establish a specialist centre to treat the patients with spinal cord injuries.	<input type="checkbox"/>
10. Ludwig Guttmann believed in the efficacy of sport in treating chronically ill individuals.	<input type="checkbox"/>

8. Find more information and speak on the disabled sports.

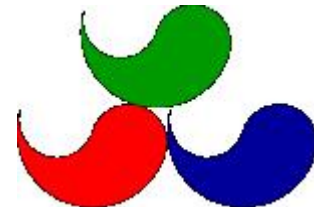
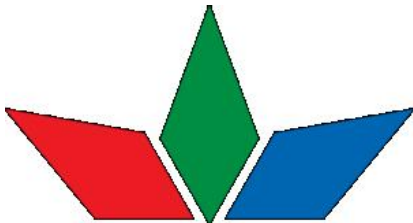
3

SPIRIT IN MOTION

Before reading

Look at the pictures and answer the following questions:

1. What is the current Paralympic symbol?
2. Do you know the meaning of this symbol?



Start reading

 Read the text and make a summary.

HISTORY OF THE PARALYMPIC MOVEMENT

The Paralympic Games are the second largest sporting event in the world today, the first largest being the Olympic Games. It is amazing to think that the Paralympic Games had their *humble* beginnings less than fifty years ago, in Stoke Mandeville Hospital in Aylesbury, England.

The earliest beginnings of the creation of athletic Games for people with disabilities can be *traced back* to World War II and the efforts of one man, a doctor from England named Ludwig Guttmann. Known as the «Father of Sport for People with Disabilities», Dr. Guttmann was a strong *advocate* of using sports therapy to *en-*

hance the quality of life for people who were injured or *wounded* during World War II.

Dr. Guttmann organized the 1948 International Wheelchair Games to coincide with the 1948 London Olympics. His dream was of a worldwide sports competition for people with disabilities to be held every four years as «the equivalent of the Olympic Games». Twelve years later, his dream became a reality.

The first Paralympic Games were held in Rome, Italy, in 1960 and involved 400 athletes from 23 countries. Originally only wheelchair athletes were invited to compete. Since that time, the Paralympic Games have grown dramatically. The present day Paralympic Games include six major classifications of athletes: persons with visual *im-pairments*, persons with physical disabilities, amputee athletes, people with cerebral *palsy*, people with *spinal cord* injuries, and Les Autres – athletes with a physical disability that are not included in the categories *mentioned* above (e.g. people with Muscular Dystrophy).

The Paralympics are held in two seasons: summer and winter. Athletes with disabilities have been competing in the Winter Games since 1976. Sweden hosted the first Winter Games, which included 12 countries competing in Alpine and Cross-country skiing events. In 1992, the four-year cycle was *modified* so that the winter and summer Paralympic Games coincide with the Olympics.

Sir Ludwig Guttmann died in 1980, but his vision of sport for athletes with disabilities continues today. Clearly the *value* of sport in the lives of athletes with disabilities *extends* far beyond its rehabilitative benefits. Sportsmanship, camaraderie, and an active lifestyle are other important benefits. The athletic talents of competitors with disabilities are becoming recognized worldwide, just as Dr. Guttmann *intended*. The skill and talent of high-performance athletics and competition are *evident* in the performance of today's Paralympians from all nations.

Wordbank

humble *adj* скромный

trace back *v* восходить к

advocate *n* сторонник; приверженец

enhance *v* улучшать

wound *v* ранить
impairment *n* ухудшение
palsy *n* паралич
spinal cord спинной мозг
mention *v* упоминать
modify *v* модифицировать
value *n* важность
extend *v* распространяться
intend *v* намереваться
evident *adj* очевидный

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) Sir Ludwig Guttmann's vision of sport for athletes with disabilities;
- b) the first Paralympic Games;
- c) the modification of the four-year cycle of the Paralympics

2. Answer the questions.

1. When and where can be found the origins of Paralympic Games?
2. Who was the encourager of Paralympic movement?
3. What was the aim of Paralympic movement at its very beginning?
4. What sporting event the 1948 London Olympics coincided with?
5. Where and when were the first Paralympic Games held?
6. What classifications of athletes the present day Paralympic Games include?
7. When was the four-year cycle of Paralympics modified?
8. Which are important benefits of participating in Paralympics?

3. Complete the sentences with the statements from the text.

1. The Paralympic Games had their humble beginnings...
2. The earliest beginnings of the Games can be traced back...
3. Dr. Guttmann was a strong advocate of...

4. Dr. Guttmann's dream was...
5. The first Paralympic Games were held...
6. The present day Paralympic Games include...
7. The value of sport in the lives of athletes with disabilities...

4. Complete the sentences with the words from the box.

spinal cord; to wound; to extend; humble; impairment; to enhance; value; advocate; palsy; to modify; to trace back; to intend

1. The athletic talents of competitors with disabilities are becoming recognized worldwide, just as Dr. Guttmann
2. It is amazing to think that the Paralympic Games had their ... beginnings less than fifty years ago.
3. The ... of sport in the lives of athletes with disabilities ... far beyond its rehabilitative benefits.
4. The earliest beginnings of the creation of athletic Games for people with disabilities can be ... to World War II.
5. In 1992, the four-year cycle
6. Dr. Guttmann was a strong ... of using sports therapy ... the quality of life for people who were injured or ... during World War II.
7. Among the participants of the present day Paralympic Games there are persons with visual ..., persons with physical disabilities, amputee athletes, people with cerebral ..., people with ... injuries.

5. Translate the abstracts and match right headings:

General philosophy
of Paralympics

The origins of the term

Great mission of Paralympic
movement

1

The general philosophy of the Paralympic Games is to *concur* (совпадать) with the rules of the Olympic sports as much as possible. This philosophy is *implied* (заключаться) in the name of the event. The term «Paralympic» is taken from the word «Olympic» and the *prefix* (приставка) «para», a Greek word that means «close to». The Paralympic Games is an elite sports event in terms of both the organisation and the actual competition.

2

The Paralympics is a great way of building the *visibility* (доступность) and *profile* (сведения) of persons with disabilities. Sports allow people to see that people with disabilities *possess* (обладать) amazing skills and are capable of great athletic performances. In fact, many Paralympic athletes compete at the same level as their able-bodied *counterparts* (коллега). Society needs to *provide* (предоставлять) people with disabilities with many opportunities in the sport world, from local *recreational* (развлекательный) sporting activities to elite international competition.

6. Red the text about the Australian Paralympic athlete.

A Queensland boy, it's not surprising that sailor Daniel Fitzgibbon feels *at one* (в согласии) with the water. At 32 years of age, he has raced sailboats his *entire* (весь) life and continues to do so, despite a sailing accident that left him a *quadriplegic* (паралич рук и ног).



After his accident, Daniel returned to his passion and won the 2004 Disabled Sailing World Championship in his class, showing his *drive* (стимул) and *determination* (решимость) to succeed. He went on to be named the 2004 Australian Sailor of the Year with a Disability and the 2004 Queensland Sailor of the Year.

Daniel's dream of winning Paralympic medals *came true* (осуществиться) in Beijing where he and his partner Rachael Cox won silver in the SKUD-18 two person *keelboat* (килевая яхта) event. He is extremely happy with the result and feels years of hard work and *relentlessly* (постоянно) travelling around the world to compete were *paid off* (окупиться). Daniel was surprised by the amount of local support at his first Paralympic Games and aims to compete again at the London Games but this time he wants gold.

7. Read the statements and mark them as true (T) or false (F).

- | | |
|---|--------------------------|
| 1. Daniel Fitzgibbon was born in South Australia. | <input type="checkbox"/> |
| 2. A sailing accident left him a hemiplegic. | <input type="checkbox"/> |
| 3. After his accident, Daniel stopped his sport career. | <input type="checkbox"/> |
| 4. Daniel went on to be named the 2004 Australian Sailor of the Year with a Disability. | <input type="checkbox"/> |
| 5. Daniel's dream of winning Paralympic medals came true in Athens. | <input type="checkbox"/> |
| 6. Daniel and his partner Rachael Cox won bronze in Beijing. | <input type="checkbox"/> |
| 7. Daniel aims to compete at the London Games. | <input type="checkbox"/> |

8. Speak on the prominent Paralympic athlete and his life in sport.

4

LET ME WIN!

Before reading

Look at the pictures and answer the following questions:

1. What is the official logo of Special Olympics?
2. Do you know who participate in this sporting event?



Start reading

 Read the text and make a summary.

A BRAVE ATTEMPT

Special Olympics and Paralympics are two separate organizations recognized by the International Olympic Committee (IOC). They are similar in that they both focus on sport for athletes with a disability and are run by international *non-profit* organizations. Apart from that, Special Olympics and the Paralympics *differ* in three main areas: the disability categories of the athletes that they work with; the criteria and philosophy under which athletes participate; the structure of their respective organizations. With a Headquarters in Washington D.C. Special Olympics happens year-round in seven regions of the world, 170 countries and has 228 Programs operating on a daily basis to pro-

vide empowerment through 30 Olympics-type sports. There is an International Governing Board of Directors.

Special Olympics, a non-profit organization, that was officially founded in 1968, giving form to the *vision* of it's founder, Eunice Kennedy-Shriver (1921–2009), sister of USA President John F. Kennedy. A vision born in June 1962 in a summer *camp* at Eunice's home, where children and *adults* with intellectual disabilities were invited in order to *explore* their abilities in various sports activities.

Only two years after the summer of 1968, took place in Illinois in the US the first International Special Olympics Summer Games with 1,000 participating athletes with intellectual disabilities from 26 states of the US and Canada, while in December 1971 Special Olympics received from the US Olympic Committee the *privilege* to be among the two organizations in America have the right to use the title «Olympics».

From then on until today, Special Olympics have *evolved* to a Global Movement that offers the opportunity to 3,1 million athletes with intellectual disabilities from 185 countries, mainly through sports, to *reinforce* their self-esteem, to discover their special abilities, and in this way become active and useful members of their societies.

Like the Olympic Games and the Paralympic Games, the Special Olympics World Games include summer and winter versions. The first International Special Olympics Winter Games were held in February 1977 in Steamboat Springs, Colorado, USA.

In the games held every two years by the Special Olympics movement in the world, offering the opportunity to take part in more than 30 Olympic-type summer and winter events, participate 550,000 athletes from the US, 500,000 from Europe, 700,000 from China, and 410,000 from India.

Wordbank

non-profit *adj* некоммерческий

differ *v* отличаться

headquarters штаб-квартира

vision *n* образ, представление

camp *n* лагерь

adult *n* взрослый

explore *v* изучать

privilege *n* исключительное право

evolve *v* развиваться

reinforce *v* усиливать

After reading

1. Find in the text and translate in written form the paragraphs with information about:

- a) the aim of Special Olympics;
- b) the origins of Special Olympics;
- c) the global involvement;
- d) the extension in the US;
- e) alternation of versions.

2. Answer the questions.

1. When was Special Olympics founded?
2. Who was the founder of Special Olympics?
3. How often are Special Olympics held?
4. When did the sporting event for disabled people get the right to use the title «Olympics»?
5. What is the mission of Special Olympics?
6. Do Special Olympics include winter version?

3. Find in the text equivalents of the following words and word combinations:

некоммерческая организация, раскрыть возможности, летний лагерь, предоставляющий возможность, иметь право, дети и взрослые, самооценка, представление.

4. Complete the sentences with the words from the box.

non-profit; to explore; to evolve; privilege; camp; to reinforce; adult

1. Special Olympics ... to a Global Movement that offers the opportunity to 3,1 million athletes through sports ... their self-esteem, to

discover their special abilities, and in this way become active and useful members of their societies.

2. Special Olympics is a ... organization.

3. In December 1971 Special Olympics received from the US Olympic Committee the ... to be among the two organizations in America have the right to use the title «Olympics».

4. A vision born in June 1962 in a summer ... at Eunice's home.

5. Eunice Kennedy-Shriver invited children and ... with intellectual disabilities were in order to ... their abilities in various sports activities.

5. Match the headings with right articles.

Connecting People Together

Be Part of
the Family

BUILDING SELF WORTH

From a Flicker to a Flame

1

Around the world, there is a growing *hunger* (жажда) for *civic engagement* (гражданская активность) and *belonging* (принадлежность). It's about transforming lives, including your own. It's about a spirit of giving and teamwork. It's about making your community and *neighborhood* (окружение) a more *welcoming* (гостеприим-

2

Coaches are a critical component of Special Olympics' work. A coach is a key figure in an athlete's life, providing the sports skills and *spirit* (дух) that *define* (отличать) a true athlete. Coaches serve as *role models* (пример для подражания) and character builders, giving Special Olympics athletes *awareness* (осведомленность) of

ный) and *accepting* (относящийся благосклонно) place. And it's about creating lifelong friendships and a new way of thinking about others. Those are rewards of immeasurable (неизмеримый) value.

.....

3

The *Law Enforcement* (правоохранительные органы) Torch Run began in 1981 when Wichita, Kansas (USA), Police Chief Richard LaMunyon saw an *urgent* (крайний) need to raise funds for and *increase* (увеличить) *awareness* (осведомленность) of Special Olympics. The Torch Run was quickly adopted by the International Association of Chiefs of Police. "What started in Kansas as a *flicker* (мерцание) of hope for Special Olympics has now become a roaring flame of stability for Special Olympics athletes worldwide", says LaMunyon.

.....

their *worth* (достоинство), ability, courage and *capacity* (способность) to grow and *improve* (совершенствоваться).

.....

4

Special Olympic College connects *hotspots* (точка) of college student *involvement* (вовлеченность) with individuals with intellectual disabilities and the social movement for their *benefit* (польза). Created by college students for college students, the network *seeks* (искать) the membership of campus groups who share (разделять) the common *goals* (цель) of enhancing the lives of people with intellectual disabilities and building a more accepting world for all.

.....

6. Read the text about the Special Olympic athlete.

THE POWER OF SPORT

When Dave and Karen Bailey, parents of Special Olympics athlete Mike Bailey, were given the official news that Mike had Down syndrome, they were *crushed* (раздавливаться). They thought many of their dreams were *shattered* (разрушать). However, after joining a Down

syndrome support group, they were *encouraged* (воодушевлять) to enroll Mike in an early intervention program*. Thereafter, the years started rolling by. At age seven Mike *attended* (посещать) grammar school at Garden Gate Elementary where his teacher, Sylvia Machamer, suggested he get involved in Special Olympics. Karen and Dave decided to take her advice. According to Dave and Karen, sport has *provided* (предоставлять) Mike the opportunity for *lifelong* (пожизненный) physical conditioning and socialization, as well as helped him build great friendships.



Today, Mike participates year round in a *variety* (множество) of sports from bocce ball to powerlifting. He enjoys every minute. One of the many *highlights* (яркие моменты) of his life came when Mike received a letter *notifying* (уведомлять) him that he was selected as the

San Jose Sports Authority 2007 Special Olympian of the Year. Still, there was more to come. Mike's latest *thrill* (волнение) was an invitation to run one *leg* (этап) of the Olympic Torch Run Relay in San Francisco to celebrate the 2008 Beijing Olympic Games. He was selected to run with former Gold Medal Swimming Olympian Mark Henderson. After the run was over Mark Henderson reported that «Mike's *constant* (постоянный) laughter and proclamations that “we are heroes” kept everyone smiling. We think most people would agree that Mike *embodied* (олицетворять) the true *excitement* (трепет) of what the torch represents».

* The New York State Early Intervention Program (EIP) is part of the national Early Intervention Program for infants and toddlers with disabilities and their families. First created by Congress in 1986 under the Individuals with Disabilities Education Act (IDEA), the EIP is administered by the New York State Department of Health through the Bureau of Early Intervention.

7. Read the statements and mark them as true (T) or false (F).

1. At age eleven Mike attended grammar school at Garden Gate Elementary.	<input type="checkbox"/>
2. Mike has Down syndrome.	<input type="checkbox"/>
3. It was his teacher, Sylvia Machamer, suggested he get involved in Special Olympics.	<input type="checkbox"/>
4. Mike participates only in powerlifting.	<input type="checkbox"/>
5. Mike was selected as the San Jose Sports Authority 2007 Special Olympian of the Year.	<input type="checkbox"/>
6. Mike was selected to run with Gold Medal Swimming Olympian Michael Phelps.	<input type="checkbox"/>
7. Mike is embodying the true excitement of what the torch represents.	<input type="checkbox"/>

8. Find information on a disabled sport celebrity. Speak on his/her sport experience.

REVISION

1. What are the most common injuries in sport?
2. What techniques are used in sports injuries treatment?
3. How can be prevented sports injuries?
4. What are disability sports?
5. What are the origins of the Paralympic Movement?
6. What is the aim of the Paralympic movement?
7. What is the classification of athletes who take part in present day Paralympic Games?
8. Which organization are Paralympic Games governed by? Where and when it was established?
9. How are the Paralympic Games different from the Special Olympics?
10. Who is eligible to participate in Special Olympics?

Vocabulary

MODULE 1

Lesson 1

mean *v* значить

reflect *v* отражать

attitude *n* отношение

result *v* иметь результатом

comprise *v* включать в себя

unrefined *p.p.* нерафинированный

moderation *n* умеренность

reduce *v* снижать

core *n* центр

midsection *n* средняя линия

incorporate *v* включать

maintain *v* поддерживать

efficiently *adv* эффективно

failure *n* неспособность

manage *v* справляться

harm *v* вредить

affect *v* наносить ущерб

addiction *n* пагубная привычка

outlook *n* взгляд

pattern *n* модель

endanger *v* подвергать опасности

as well as так же, как

make up one's mind принимать решение

take care заботиться

arm *v* вооружаться

ensure *v* гарантировать

intertwine *v* переплетаться

Lesson 2

whole grains цельное зерно
nutritional *adj* относящийся к питанию
alternative *n* альтернатива
satisfied *p.p.* удовлетворенный
adventurous *adj* оригинальный
reach for тянуться
nutrients *n* питательные вещества
plenty of множество
handle *v* справляться
prevent *v* предотвращать
blood pressure кровяное давление
rest of остаток
temporary *adj* временный
give up отказаться
overeat *v* переесть
make up компенсировать
miss *v* потерять
match *v* согласовать
be likely вероятно

Lesson 3

demand *n* запрос
fatigued *p.p.* утомленный
leisure *n* отдых
recreational *adj* оздоровительный
endurance *n* выносливость
flexibility *n* гибкость
body composition композиция тела
agility *n* ловкость
wellness *n* хорошее здоровье
improve *v* улучшать
manual *adj* физический
aerobic *adj* аэробный
muscle-strengthening укрепление мышц
lungs *n* легкие
gain *v* добиваться
out of breath запыхавшийся
brisk *adj* энергичный

store up накапливать
consecutive *adj* следующий друг за другом
climb *v* взбираться
dig *v* копать
resistance *n* выносливость
stretching *n* растяжка
equipment *n* оборудование
session *n* тренировка
repetition *n* повтор
tired *p.p.* уставший
bend *v* сгибать
boost *v* увеличивать
self-esteem *n* самооценка

Lesson 4

concern *v* затрагивать
regimen *n* режим
workout *n* тренировка
strength *n* сила
resistance *n* сопротивление
barbell *n* штанга
dumbbell *n* гантель
relatively *adv* сравнительно
generation *n* поколение
complementary *adj* дополнительный
peacefulness *n* миролюбие
anxiety *n* беспокойство
in particular в частности
pace *n* темп
preference *n* предпочтение
posture *n* поза
breathing *n* дыхание
range *v* варьироваться
signify *v* символизировать
vital *adj* жизненный
emphasize *v* акцентировать
abdominals *n* мышцы брюшного пресса
hips and thighs *n* бедра
routine *n* упражнение
repetitive *adj* повторяющийся
prevention *n* предупреждение

Lesson 5

cause *v* вызывать
unrest *n* расстройство
causation *n* этиология
tension *n* напряжение
denote *v* обозначать
force *n* сила
impair *v* ослаблять
disrupt *v* подрывать
mild *adj* умеренный
carry out выполнять
assignment *n* задание
compel *v* заставлять
likewise *adv* подобным образом
temporary *adj* временный
indisputable *adj* бесспорный
elimination *n* устранение
instead *adv* вместо
external *adj* внешний
internal *adj* внутренний
environment *n* окружение
expectation *n* ожидание
confront *v* сталкиваться
determine *v* определять
respond *v* реагировать
deal *v* справляться
influence *n* влияние
handle *v* управлять
overall *adj* общий
rest *n* отдых
involve *v* заключать в себе

Lesson 6

ageing *n* старение
security *n* благополучие
enhance *v* улучшать
apply *v* касаться
course *n* течение
care *n* забота

refer *v* относиться
spiritual *adj* духовный
affair *n* дело
labour force рабочая сила
retire *v* уходить на пенсию
remain *v* оставаться
contributor *n* помощник
peer *n* ровесник
aim *v* иметь целью
life expectancy продолжительность жизни
independence *n* независимость
key goal главная цель
policy framework направления политики
work associate коллега по работе
neighbour *n* сосед
tenet *n* принцип

Lesson 7

stroke *n* инсульт
tumor *n* опухоль
surgery *n* операция
occupational therapy трудотерапия
inflammation *n* воспаление
cross *v* встречаться
differ *v* различаться
heart failure сердечная недостаточность
regain *v* восстанавливать
bladder *n* мочевой пузырь
bowel *n* (*esp. pl.*) кишечник
fracture *n* перелом
nonetheless *adv* однако
alter *v* менять
limitation *n* ограничение
recover *v* поправляться
depend *v* зависеть
outpatient *n* амбулаторный больной
inpatient *n* стационарный больной
setting *n* учреждение
significant *adj* важный
short-term *adj* краткосрочный
long-term *adj* долгосрочный

immediate *adj* ближайший
target *n* цель
unwilling *adj* нежелающий
otherwise *adj* иной
appropriate *adj* подходящий
desirable *adj* желаемый
taxing *adj* требующий значительных усилий
regardless *adv* невзирая на
severity *n* серьёзность

MODULE 2

Lesson 1

define *v* давать определение (*какому-л. понятию*)
involve *v* включать в себя
sportsmanship *n* спортивное мастерство
fair play честная игра
capability *n* способность
skill *n* навык
outcome *n* результат
board games настольные игры
mental *adj* умственный
play catch играть в салки
recreation *n* отдых
criterion *n* мн. *criteria* критерий
judge *v* быть судьёй (*в споре, состязании*)
beauty pageant конкурс красоты
update *v* обновлять
accomplishment *n* достижение
respectful *adj* уважительный
opponent *n* соперник

Lesson 2

consequence *n* (по)следствие
engage *v* заниматься
adequate *adj* достаточный

obesity *n* ожирение
maintain *v* поддерживать
prevalence *n* распространенность
throughout *adv* на всем протяжении (*о времени*)
count *v* считать
behaviour *n* поведение
avoid *v* избегать
cardiovascular *adj.* сердечно-сосудистый
screen *n* экран
adverse *adj* вредный
lack *n* отсутствие (*чего-л.*)
benefit *n* польза
endurance *n* выносливость
in-line skating катание на роликовых коньках

Lesson 3

aspire *v* стремиться
coach *n* тренер
relate *v* иметь отношение
umpire *n* арбитр
rate *n* показатель
task *n* задача
key aspect ключевая фигура
require *v* требовать
obey *v* подчиняться
enhance *v* увеличивать
stamina *n* выносливость
defeat *n* поражение
keen *adj* проникательный
dismissal *n* удаление
fine *n* штраф; пенальти
provide *v* оказывать
bruise *n* ушиб
cramp *n* спазм
schedule *v* составлять график
hire *v* нанимать
fire *v* увольнять
profit *n* прибыль
loss *n* потеря
vivid *adj* яркий

Lesson 4

particular *adj* конкретный
attend *v* посещать
follow *v* следовать
experience *v* переживать
favor *v* поддерживать
venue *n* место проведения
cheer *v* болеть
clap *v* хлопать
fist-pumping выражение одобрения
exclamation *n* восклицание
displeasure *n* недовольство
jeer *n* насмешка
boo *v* освистывать
expletive *n* ругательство
garbage *n* мусор
violent *adj* жестокий
gather *v* собирать(ся)
advertise *v* рекламировать
increase *v* усиливать
prevent *v* предотвращать

Lesson 5

enclose *v* огораживать
expanse *n* (широкое) пространство
obstruction *n* препятствие
pitch *n* поле
paddock *n* площадка
venue *n* место проведения
rink *n* каток
terrain *n* территория
retain *v* сохранять
concrete *n* бетон
prior to *adj* перед

Lesson 6

gas tank бензобак
fuel *n* топливо

peak *n* максимум
supplement *n* добавка
carbohydrates *n* углеводы
proteins *n* белки
fats *n* жиры
cereal *n* злак
supply *v* обеспечивать
store *v* накапливать
burst *n* взрыв
affect *v* влиять
endurance *n* продолжительность
decrease *v* сокращать
repair *v* восстанавливать
amount *n* количество
source *n* источник
blood cells клетки крови
oxygen *n* кислород
certain *adj* определенный
harmful *adj* вредный
essential *adj* необходимый

Lesson 7

performance-enhancing agents средства, улучшающие выступление
knight *n* рыцарь
potion *n* зелье
valour *n* бесстрашие
riddle *v* пронизывать
dissolve *v* отменять
herbal *adj* травяной
millennia *n* тысячелетие
expulsion *n* исключение из рядов
occur *v* происходить
supersede *v* заменять
overdosing передозировка
attempt *n* попытка
seek *v* добиваться
advantage *n* преимущество
pioneer *v* разрабатывать
implement *v* выполнять

fringe practitioners врачи, практикующие нетрадиционные методы в медицине

implicate *v* вовлекать

contravene *v* нарушать

fair competition честная борьба

detrimental *adj* причиняющий вред

pale *v* тускнеть

link *v* связывать

exertion *n* напряжение

hazardous *adj* опасный

measure *n* мера

MODULE 3

Lesson 1

in the broadest sense в широком смысле слова

due to *prp* вследствие

improper *adj* неподходящий

insufficient *adj* недостаточный

warmup *n* разминка

sprain *n* растяжение

strain *n* растяжение

tear *n* разрыв

joint *n* сустав

dislocated *p.p.* вывихнутый

fractured *p.p.* сломанный

vertebra *n* позвонок

acute *adj* острый

ankle *n* лодыжка

swelling *n* припухлость

limb *n* конечность

visible *adj* видимый

overuse *v* чрезмерно использовать

dull ache ноющая боль

tip *n* полезный совет

mistake *n* ошибка

abide *v* соблюдать

tackle *n* подножка
enforce *v* осуществлять
protective gear защитное снаряжение
pad *n* наколенник, налокотник, наладошник
guard *n* защита
helmet *n* шлем
consecutive *adj* непрерывно следующий друг за другом
misconception *n* неправильное представление
susceptible *adj* восприимчивый
rehearsal *n* репетиция
pay attention to обращать внимание на

Lesson 2

experience *v* испытывать
disability *n* ограниченная способность
community *n* общество
evolve *v* устанавливать
impairment *n* нарушение
interaction *n* взаимодействие
hinder *v* препятствовать
modify *v* изменять
refer to *v* относиться
able-bodied
contribute *v* вносить вклад
approach *n* подход
wheelchair *n* кресло для передвижения людей с ограниченными способностями
conjunction *n* союз
influence *n* влияние
independence *n* независимость
value *n* ценность
deaf *adj* глухой

Lesson 3

humble *adj* скромный
trace back *v* восходить к
advocate *n* сторонник; приверженец
enhance *v* улучшать
wound *v* ранить

impairment *n* ухудшение
palsy *n* паралич
spinal cord спинной мозг
mention *v* упоминать
modify *v* модифицировать
value *n* важность
extend *v* распространяться
intend *v* намереваться
evident *adj* очевидный

Lesson 4

non-profit *adj* некоммерческий
differ *v* отличаться
headquarters штаб-квартира
vision *n* образ, представление
camp *n* лагерь
adult *n* взрослый
explore *v* изучать
privilege *n* исключительное право
evolve *v* развиваться
reinforce *v* усиливать

Glossary

Aerobic exercise – activity that requires oxygen to produce the necessary energy to carry out the activity.

Agility – the ability to change body position and direction quickly and efficiently. Agility is important in sports such as basketball, soccer, and racquetball, in which the participant must change direction rapidly and at the same time maintain proper body control.

Balance – the ability to maintain the body in equilibrium. Balance is vital in activities such as gymnastics, diving, ice skating, skiing, and even football and wrestling, in which the athlete attempts to upset the opponent's equilibrium.

Body composition – the fat and nonfat components of the human body.

Body mass index (BMI) – incorporates height and weight to estimate critical fat values at which risk for disease increases.

Cardiorespiratory endurance – the ability of the heart, lungs, and blood vessels to supply oxygen to the cells to meet the demands of prolonged physical activity (also referred to as aerobic exercise).

Coordination – integration of the nervous system and the muscular system to produce correct, graceful, and harmonious body movements. This component is important in a wide variety of motor activities such as golf, baseball, karate, soccer, and racquetball, in which hand/eye or foot/eye movements, or both, must be integrated.

Craniosacral therapy – a manual technique involving therapeutic touch to encourage physiological rebalancing, with the help of the natural healing energy of the patient's body. Craniosacral therapy is an effective method in the treatment of soft tissue injury, blood pressure problems, incontinence, digestive disorders, and stress and panic disorders.

Dynamic exercise – strength training with muscle contraction that produces movement.

Health-related fitness – a physical state encompassing cardiorespiratory endurance, muscular strength and endurance, muscular flexibility, and body composition.

Hydrotherapy – the use of water as a medical treatment. It takes advantage of water's buoyant and turbulent properties for therapeutic purposes. Patients are asked to stay within a specially-built pool of warm, agitated water. The moist heat generated by the pool is known to cause an increase in local metabolism in the patient and a decrease in pain sensations; it also encourages muscle relaxation, reduces swelling, and soothes sensory nerve endings, thereby increasing the permeability of the cells. This treatment is particularly beneficial for patients with neck and back problems, those with arthritis and gout, and those who are being treated for neurological diseases and disorders such as stroke, multiple sclerosis and Parkinson's disease.

Joint manipulation – a method which relies on the passive movement of skeletal joints, in an aim to achieve a therapeutic effect. Benefits of the treatment include temporary relief from musculoskeletal pain, a reduced recovery period in acute back sprains, and an increase in the range of motion. The treatment is delicate and may cause further injury if performed unsatisfactorily, especially on the joints on the spinal area.

Massage – the oldest and one of the most reliable treatment methods, though it still requires the services of trained practitioners in order to achieve a full therapeutic effect. Massage is commonly employed on areas which need stimulation in blood flow, drainage improvement, and soft tissue mobilization; it is also commonly employed for its sedative effects.

Muscular flexibility – the achievable range of motion at a joint or group of joints without causing injury.

Muscular strength and endurance – the ability of the muscles to generate force.

Paraffin baths – treatment techniques which use paraffin wax and mineral oil as applications on areas which are difficult to warm up without the use of liquid mediums. The treatment is commonly used on the hands and the feet; positive results may include an increase in metabolism and perspiration on the affected area, muscle relaxation, a

significant sedation of the nerve endings which lead to reduced pain, and softening of the skin.

Physical fitness – the general capacity to adapt and respond favorably to physical effort.

Physical fitness standard – required criteria to achieve a high level of physical fitness; ability to do moderate to vigorous physical activity without undue fatigue.

Power – the ability to produce maximum force in the shortest time.

Reaction time – the time required to initiate a response to a given stimulus. Good reaction time is important for starts in track and swimming; for quick reactions when playing tennis at the net; and in sports such as ping-pong, boxing, and karate.

Skill-related fitness – components of fitness important for successful motor performance in athletic events and in lifetime sports and activities.

Speed – the ability to propel the body or a part of the body rapidly from one point to another. Examples of activities that require good speed for success are soccer, basketball, stealing a base in baseball, and sprints in track.

Traction – a technique used in an effort to relieve pain and provide flexibility in the tissues, through a combination of distractive and gliding movements. These results may be achieved with the use of manual or electric traction units with halter and strap implements. Traction may result in a significant decrease in pain or sensation on the extremities or on the affected area, and an increase in muscle tone. It also is able to ease bulging, herniated, or protruding discs, and reduce muscle spasms.

Transcutaneous Electrical Nerve Stimulation methods – methods that used specifically for the purpose of pain management and relief through nerve stimulation. The equipment employed in the treatment involves a small, battery powered unit which sends electrical signals to the affected area through attached electrodes. These signals may be adjusted in terms of duration and frequency, depending on the patient's individual needs. The apparatus is an effective tool for pain relief since it interferes with the transmission of pain signals from the affected nerves and prevents it from reaching the brain, thereby mini-

mizing the pain sensation on the area, if not doing away with it entirely.

Ultrasound – a technique employing sound waves of very high frequency on human tissue, which are then absorbed by the treated area in the form of heat. The benefits of this method include muscle relaxation, an increased metabolism on the affected area, and a significant reduction of pain, due to the sedation of nerve endings. The treatment's therapeutic potential (due to its utilization of molecular vibration) can also cause an increase in the flexibility of connecting tissues such as those on the joint, ligament, and tendon areas, as well as a favorable improvement in tissue adhesion and scar recovery.

Wellness – the constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

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Appropriate Terminology in Paralympics and Special Olympics

Wright	Wrong
Participants in Special Olympics/Special Olympics athletes	Special Olympians
Individuals, persons or people with intellectual disabilities	Intellectually disabled people or the mentally retarded
A person has intellectual disability	A person is suffering from, is afflicted with or is a victim of intellectual disability
A person uses a wheelchair	A person is confined or restricted to a wheelchair
Down syndrome	Down's Syndrome
A person is physically challenged or disabled	crippled

Refer to participants in Special Olympics as athletes. In no case should the word athletes appear in quotation marks. When writing, refer to persons with a disability in the same style as people without a disability: full name on first reference and last name on subsequent references. Do not refer to an individual with intellectual disabilities as “Bill” rather than the journalistically correct “Bill Smith” or “Smith”. Use the words “Special Olympics” when referring to the worldwide Special Olympics movement. Distinguish between adults and children with intellectual disability. Use adults or children, or older or younger athletes.

Terminology to Avoid

Do not use the label “kids” when referring to Special Olympics athletes. Adult athletes are an integral part of the movement. Do not use the word “the” in front of Special Olympics unless describing a specific Special Olympics event or official. Do not use the adjective “unfortunate” when talking about persons with intellectual disabilities. Disabling conditions do not have to be life-defining in a negative way.

Do not sensationalize the accomplishments of persons with disabilities. While these accomplishments should be recognized and applauded, people in the disability rights movement have tried to make the public aware of the negative impact of referring to the achievements of physically or intellectually challenged people with excessive hyperbole. Use the word “special” with extreme care when talking about people with intellectual disabilities. The term, if used excessively in references to Special Olympics athletes and activities, can become a cliché.

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Щ е г л о в а Наталья Владиславовна

HEALTHY LIFESTYLE

Учебное пособие

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