

**КАЗАНСКИЙ ФЕДЕРАЛЬНЫЙ УНИВЕРСИТЕТ
ИНСТИТУТ МЕЖДУНАРОДНЫХ ОТНОШЕНИЙ,
ИСТОРИИ И ВОСТОКОВЕДЕНИЯ**

Л.А. Гизятова, Н.Ф. Плотникова

COGNITIVE ACTIVITY THROUGH ENGLISH

**КАЗАНЬ
2016**

УДК 811.111(075)
ББК 81.2Англ-923
Г46

*Печатается по решению учебно-методической комиссии
Института международных отношений, истории и востоковедения
Казанского (Приволжского) федерального университета*

Авторы:

преподаватель кафедры английского языка в сфере медицины и биоинженерии
Казанского (Приволжского) федерального университета **Л.А. Гизятова**;
кандидат педагогических наук, доцент кафедры
иностраных языков и перевода Казанского инновационного университета
имени В.Г. Тимирязова (ИЭУП) **Н.Ф. Плотникова**

Рецензенты:

кандидат филологических наук, доцент кафедры иностранных языков
и перевода Казанского инновационного университета имени В.Г. Тимирязова (ИЭУП)

К.Р. Вагнер;

кандидат филологических наук, доцент кафедры английского языка
в сфере медицины и биоинженерии
Казанского (Приволжского) федерального университета **А.Р. Заболотская**

Гизятова Л.А.

Г46 Cognitive activity through English: учебное пособие для студентов высших учебных заведений / Л.А. Гизятова, Н.Ф. Плотникова. – Казань: Изд-во Казан. ун-та, 2016. – 116 с.

Учебное пособие состоит из десяти уроков, включающих оригинальные тексты по спортивной тематике и упражнения к ним. Структура и содержание пособия соответствуют требованиям программы по английскому языку для неязыковых специальностей высших учебных заведений и предполагают совершенствование навыков чтения, устной и письменной речи по специальности.

Пособие рекомендуется для студентов физкультурных специальностей высших учебных заведений.

УДК 811.111(075)
ББК 81.2Англ-923

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ПРЕДИСЛОВИЕ

Настоящее пособие предназначено для студентов физкультурных специальностей первого и второго курсов. Пособие составлено в соответствии с требованиями программы по английскому языку для неязыковых специальностей высших учебных заведений и может быть рекомендовано к использованию, как для аудиторной, так и для самостоятельной работы.

Цель пособия – развитие коммуникативной компетенции студента, предполагающей формирование навыков:

- чтения профессионально ориентированных текстов и понимания прочитанного;
- говорения, что подразумевает умение поддерживать беседу на английском языке, а также выступления с сообщениями в рамках изучаемых тем;
- корректного перевода текстов по специальности среднего уровня сложности.

Необходимость решения поставленных задач предопределила структуру пособия.

Пособие состоит из двух разделов. Первый раздел включает десять уроков, в основе которых лежит текст. Все тексты, включенные в пособие, охватывают широкий диапазон спортивных специализаций. После каждого текста представлен список активной лексики, необходимой для последующего устного обсуждения. Закрепление активной лексики происходит в ходе выполнения послетекстовых лексических упражнений. Упражнения на перевод словосочетаний и небольших предложений с английского языка на русский и с русского на английский предполагают устную аудиторную работу со студентами. Пособие также включает лексические упражнения на письменный перевод текстов с русского языка на английский.

На каждый раздел пособия рекомендуется отводить по пять занятий, в зависимости от уровня подготовленности студентов. Первичное закрепление учебного материала проходит на первом и втором занятиях, которые включают

работу над основным текстом и словарем, чтение и перевод текста, выполнение лексических упражнений, и упражнений на понимание содержания прочитанного в виде вопросов и ответов. Вторичное закрепление материала (третье и четвертое занятия) включает работу над всем словарем урока. На этом этапе можно рекомендовать перевод и обсуждение дополнительных текстов, связанных с темой урока. На завершающем этапе (четвертое и пятое занятия) студентам предлагается воспроизвести основные положения текста, обсудить отдельные моменты изученной темы.

Все темы сопровождаются достаточным количеством упражнений, разнообразие которых служит как осуществлению задач по овладению лексикой, так и развитию коммуникативных навыков. Ряд упражнений предполагает творческое участие студентов в учебном процессе. Вариативность текстов и упражнений позволяет использовать индивидуальные и групповые формы работы при проведении учебных занятий.

Второй раздел содержит тексты для дополнительного чтения, предназначенные для самостоятельной работы студентов.

Учебное пособие может быть использовано как для аудиторной, так и для самостоятельной внеаудиторной работы студентов, а также в образовательных системах открытого образования и дистанционного обучения.

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Unit 1. Physical Activity, Physical Fitness and Exercise

1. Practise reading the following words:

interchangeably [ˌɪntə'tʃeɪndʒəblɪ]; muscle ['mʌsl]; measure ['meʒə]; expenditure [ɪks'pendɪtʃə]; formula ['fɔ:mju:lə]; thermogenesis [ˌθɜ:məʊ'dʒenɪsɪs]; leisure ['leɪʒə]; unevenly [ʌn'i:vnlɪ]; epidemiologic [ˌepɪˌdɪːmiə'lɒdʒɪk]; fatigue [fə'ti:g]; endurance [ɪn'dʒʊərəns]; vary ['veəri]; encumber [ɪn'kʌmbə]; aware [ə'weə]; predetermine [ˌpri:di'tɜ:mɪn]; achieve [ə'tʃi:v].

Glossary

alertness, <i>n.</i>	[ə'lɜ:tɪnis]	живость, проворство, резвость
ample, <i>adj.</i>	['æmpl]	большой; достаточный
basal metabolic rate	['beɪsl metə'bɒlɪk reɪt]	скорость обмена веществ
concert, <i>n.</i>	['kɒnsət]	согласованность, взаимодействие
contribution, <i>n.</i>	[ˌkɔ:ntrɪ'bju:ʃn]	вклад, содействие
contraction, <i>n.</i>	[kən'trækʃn]	сокращение
crucial, <i>adj.</i>	['kru:ʃ(ə)l]	важный, решающий
diet-induced thermogenesis	['daɪət ɪn'du:st θɜ:məʊ'dʒenɪsɪs]	диетический термогенез
health implication	[helθ ɪmplɪ'keɪʃn]	последствие для здоровья
instance, <i>n.</i>	['ɪnstəns]	пример, случай
maintenance, <i>n.</i>	['meɪntənəns]	поддержание, сохранение
partition, <i>v.</i>	[pɑ:r'tɪʃn]	разделять
pertain, <i>v.</i>	[pər'teɪn]	относиться; подходить
physical fitness	['fɪzɪkl fɪtnəs]	физическая форма, подготовленность
requirement, <i>n.</i>	[rɪ'kwaɪərmənt]	требование, необходимое условие
restrictive, <i>adj.</i>	[rɪ'strɪktɪv]	запрещающий, ограничительный
skeletal muscles	['skelətɪ mʌsəlz]	скелетная мускулатура
sustain, <i>v.</i>	[sə'steɪn]	поддерживать, не дать пре- кратиться
substitute, <i>v.</i>	['sʌbstɪtu:t]	замещать, заменять

2. Read the text and answer the questions:

1. What is physical activity?
2. What is the difference between physical activity and exercise?
3. How does physical fitness differ from physical activity?
4. What measure is commonly employed to estimate the amount of energy expended?
5. What are the possible ways of subdividing physical activity?
6. What essential condition has to be fulfilled when categorizing physical activity?
7. Can you name health-related components of physical fitness?

“Physical activity”, "exercise," and "physical fitness" are terms that describe different concepts. However, they are often confused with one another, and the terms are sometimes used interchangeably.

Physical activity is defined as any bodily movement produced by skeletal muscles that result in energy expenditure. The amount of energy required to accomplish an activity can be measured in kilojoules (kJ) or kilocalories (kcal); 4.184 kJ is essentially equivalent to 1 kcal. Technically, the kJ is preferred because it is a measure of energy expenditure; however, historically the kcal, a measure of heat, has been employed more often.

Expressed as a rate (kcal per unit time), the amount of energy expended by each person is a continuous variable, ranging from low to high. The total amount of caloric expenditure associated with physical activity is determined by the amount of muscle mass producing bodily movements and the intensity, duration, and frequency of muscular contractions. Everyone performs physical activity in order to sustain life; however, the amount is largely subject to personal choice and may vary considerably from person to person as well as for a given person over time. The most common units of time used to refer to kcals spent in physical activity are the week and the day. Physical activity during monthly, seasonal, or yearly periods may also be examined to establish the stability of physical activity for longer time periods.

Categories of physical activity. Physical activity can be categorized in a variety of ways. A commonly used approach is to segment physical activity on the basis of the identifiable portions of daily life during which the activity occurs. The simplest categorization identifies the physical activity that occurs while sleeping, at work, and at leisure. A simple formula can be used to express the caloric contribution of each category to the total energy expenditure due to physical activity:

$$Kcal(\textit{sleep}) + kcal(\textit{occupation}) + kcal(\textit{leisure}) = kcal(\textit{total daily physical activity})$$

The caloric contribution of each category to the total energy expenditure due to physical activity is above basal metabolic rate and does not include the effect of diet-induced thermogenesis (which is the energy expenditure above the metabolic rate in the resting state). The energy expenditure due to physical activity during sleep would, of course, be small. Leisure-time physical activity can be further sub-divided into categories such as sports, conditioning exercises, household tasks (for example, yardwork, cleaning, and home repair), and other activities. Substituting in the formula these subcategories for the leisure category previously used, the formula becomes:

$$Kcal(\textit{sleep}) + kcal(\textit{occupation}) + kcal(\textit{conditioning}) + kcal(\textit{household}) + kcal(\textit{other}) = kcal(\textit{total daily physical activity})$$

Physical activity is complex behavior, however, and may be meaningfully partitioned into other categories mutually exclusive of each other but not necessarily of those mentioned previously. Examples might be to divide all physical activities into those that are of light, moderate, or heavy intensity; those that are willful or compulsory; or those that are weekday or weekend activities.

All of these are acceptable ways of subdividing physical activity. The only requirement is that the subdivisions be mutually exclusive and that they sum to the total caloric expenditure due to physical activity.

There are undoubtedly many methods of categorizing daily physical activity. Each system would allow measurement not only of total calories expended but also of the calories expended in a variety of subcategories, any one of which may relate to a specific aspect of health. Distinction between an evenly accumulated total caloric ex-

penditure (that is, equivalent contribution from several categories) and an unevenly accumulated total expenditure (that is, major contribution from one category) is possible. In this manner, individuals and groups can be described by the absolute energy expenditure for a specific category, by the relative contribution of that category to total energy expenditure, or both. To the extent that each of the categories has different determinants and different health effects, these categorical distinctions have both epidemiologic utility and public health implications in terms of promotion and intervention strategies.

Exercise

The term "exercise" has been used interchangeably with "physical activity", and, in fact, both have a number of common elements. For example, both physical activity and exercise involve any bodily movement produced by skeletal muscles that expends energy, are measured by kilocalories ranging continuously from low to high, and are positively correlated with physical fitness as the intensity, duration, and frequency of movements increase. Exercise, however, is not synonymous with physical activity: it is a subcategory of physical activity. Exercise is physical activity that is planned, structured, repetitive, and purposive in the sense that improvement or maintenance of one or more components of physical fitness is an objective. The formula relating physical activity and exercise is:

$$kcal(exercise) + kcal(nonexercise) = kcal(total\ daily\ physical\ activity)$$

Exercise, then, is a subset of physical activity and may constitute all or part of each category of daily activity except sleep. However, it is more likely to be an important part of some categories of physical activity than of others. For example, virtually all conditioning and many sports activities are performed to improve or maintain components of physical fitness. In such instances they are planned, structured, and, more often than not, repetitive. Activities such as occupational, household and many daily tasks are typically performed in the most efficient manner possible. These physical activities are done with little regard to physical fitness and are often structured with conservation of energy expenditure as a goal. However, a worker may plan and structure the performance of some work tasks in a less efficient manner to develop

muscular strength or to "burn up" calories. Similarly, a person may plan and structure the performance of household or other tasks in a labor-producing rather than a labor-saving manner. Tasks regularly performed in this manner are considered exercise.

In contrast with physical activity, which is related to the movements that people perform, **physical fitness** is a set of attributes that people have or achieve. Being physically fit has been defined as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies". Although the definition may be conceptually sound, things such as vigor, alertness, fatigue, and enjoyment are not easily measured. On the other hand, a number of measurable components do contribute to physical fitness. The most frequently cited components fall into two groups: one related to health and the other related to skills that pertain more to athletic ability. The health-related components of physical fitness are cardiorespiratory endurance, muscular endurance, muscular strength, body composition, and flexibility.

Just as the amount of physical activity ranges from low to high, so does the level of physical fitness. Moreover, the levels of the five health-related components need not vary in concert; for example, a person may be strong but lack flexibility.

The definitions of physical activity and physical fitness contain useful parallels. Both physical activity and physical fitness vary among members of the population from low to high. No member has no activity just as no person has no fitness - all are active or fit to greater or lesser degrees. When it is necessary to categorize members of the population into those who achieve certain levels and those who do not, operational definitions can be used. In contrast, the definition of exercise is considerably more restrictive and focused than those in common use. A crucial element of this definition is that exercise be intended to improve or maintain components of physical fitness rather than to achieve or maintain an established level. Therefore, it is not necessary to determine the specific achievements necessary to become "physically fit," which will vary, at least, by age and sex. The proposed definition of exercise is not encumbered by questions concerning whether all of the five components of fitness are achieved, nor does it require the determination of whether the desired level

of fitness has, or even could be, achieved by the activity under consideration. In contrast, the definition of exercise requires only that the activity be intended to improve or maintain some component of fitness. The improvement or maintenance of fitness may be an intermediate objective, and the participant does not need to be continuously aware of it. The proposed definition applies at all levels of physical fitness and does not require predetermined levels of achievement.

(adopted from

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1424733/pdf/pubhealthrep00100-0016.pdf>)

Mark the following statements as true or false based on the information provided in the text:

1. Only physically fit people perform physical activity.
2. The terms physical activity, physical fitness and exercise are often used interchangeably because they are synonymous in meaning as refer to the same concepts.
3. The level of intensity of physical activity ranges from light to heavy.
4. Physical activity is a subcategory of exercise because they have much in common.
5. The main goal of exercise is intentional development or maintaining fitness or a skill.
6. Physical fitness can be defined as a set of health and performance related attributes that an individual may have in relation to his or her ability to perform physical activity.
7. The elements of physical fitness relating to health include alertness and vigor.

3. Suggest Russian equivalents for the following:

muscular contractions, cardiorespiratory endurance, body composition, energy expenditure, continuous variable, to perform physical activity, epidemiologic utility,

with little regard to, in contrast with, flexibility, muscular endurance, to be aware of smth., athletic ability, operational definition, of moderate intensity, conditioning exercise, be subject to, to fall into, an intermediate objective.

4. Give English equivalents from the text for the following Russian word combinations:

поддерживать жизнь, личный выбор, сжигать калории, развивать мускульную силу, справиться с непредвиденной ситуацией, важнейший элемент, поддержание физической формы, часто упоминаемый, распространенный подход, совокупность признаков, физически развитый, в большей или меньшей степени, уровень физической подготовки.

5. Match synonyms:

- | | |
|--------------|-----------|
| 1. Objective | a) way |
| 2. Use | b) change |
| 3. Vary | c) employ |
| 4. Manner | d) goal |
| 5. Partition | e) key |
| 6. Aspect | f) divide |
| 7. Crucial | g) facet |

6. Match the halves of word combinations and translate them into Russian.

- | | |
|-----------------------|---------------------|
| 1) body | a) unhealthy living |
| 2) sedentary | b) intensity |
| 3) low | c) nbehavior |
| 4) energy expenditure | d) heart attack |
| 5) regular | e) cause |

- | | |
|-------------------------|-------------------------|
| 6) life sustaining | f) movement |
| 7) avoid the hazards of | g) body weight |
| 8) the underlying | h) behavior |
| 9) the highest rate of | i) excess weight |
| 10) to maintain | j) differences |
| 11) become | k) emotional well-being |
| 12) a sense of | l) depressed |
| 13) to gain | m) participation |

7. Complete the text with the word combinations from ex.7:

Physical Inactivity is Hazardous to Your Health

In contrast to physical activity, inactivity occurs when **1)**..... is minimal, and can be defined as the amount of time spent in **2)**..... Sedentary behavior, like physical activity, can be considered over multiple dimensions: time (amount of time spent in inactivity) and type. By definition, sedentary behaviors are of **3)**.....; attempts to identify **4)**..... among distinct types of sedentary behavior have yielded mixed results. Types of sedentary activities include television viewing, reading, working at a computer, or talking with friends on the telephone while sitting.

Despite the well-established physical and emotional benefits associated with **5)**..... in moderate physical activity, many people are not getting enough of this important and **6)**..... to reduce their risk of various illnesses. One very important way to **7)**..... is to obtain a regular dose of physical activity. Here are a few reasons why:

1. Physical activity helps prevent insulin resistance, **8)** of type 2 diabetes. A recent study reported that for every 2 hours that a person watched TV, the risk of type 2 diabetes increased 14%.

2. People who are sedentary have **9)**..... In the Nurses' Health Study, women who were physically active 3 hours or more per week (half an hour daily) cut their risk of heart attack in half.

3. Lack of physical activity increases the loss of lean muscle tissue, making activities of daily living (dressing and bathing) and instrumental activities of daily living (grocery shopping, performing transfers) much more difficult to perform. Loss of vital lean muscle tissue also makes it more difficult **10)**.....

4. People who don't perform regular physical activity are more likely to **11)**..... Physical activity is a good way to reduce mood swings and helps a person maintain **12)**.....

5. People who don't get regular physical activity are more likely **13)**..... One study showed that an hour of walking daily cut the risk of obesity by 24%.

6. People who get regular physical activity have a more efficient immune system, which helps ward off various disease and illnesses such as colds and the flu.

(<http://www.nchpad.org>)

8. Complete the table with the correct form of the word:

Verb	Noun	Noun	Adjective
move			measurable
	expenditure	body	
vary			athletic
	contribution	purpose	
maintain			necessary
	distinction	flexibility	
improve			caloric

9. Translate into English:

1. Физическая активность – это телодвижение, производимое скелетной мускулатурой и требующее определенных затрат энергии.

2. Физическая активность обычно описывается с помощью следующих четырех параметров: частоты, продолжительности, интенсивности и вида деятельности.

3. Физическая активность – это сложное явление, на которое влияют многочисленные факторы.

4. Интенсивность физической деятельности определяется тем, сколько усилий или энергии тратится при ее выполнении, и, как правило, характеризуется как "низкая", "умеренная" или "энергичная".

5. Физические упражнения являются разновидностью физической активности и характеризуются структурированностью, плановостью и регулярной повторяемостью.

6. Уровень возможностей различных систем организма (сердечно-сосудистой, дыхательной, мышечной) и степень развитости основных физических качеств (силы, выносливости, быстроты, ловкости, гибкости) определяют физическую подготовленность.

7. Повседневные физические нагрузки, такие как выполнение домашних дел или прогулки помогут постоянно быть в движении и обеспечат рекомендуемое количество еженедельной физической активности.

8. Для жизнедеятельности человеческому организму необходима энергия, которая должна поступать вместе с приемом пищи. Продукты отличаются по количеству содержащихся в них килокалорий.

9. На один килограмм массы тела в час приходится 1 килокалория. На основе этих данных было установлено, что среднестатистический обмен у женщин составляет примерно 1500 килокалорий в день, у мужчин 1700 килокалорий в день.

10. Непосредственно во время сна человеческий организм также тратит энергию в результате протекания многочисленных процессов жизнедеятельности. Полноценный восьмичасовой сон помогает сжечь в среднем 350 калорий при условии среднего телосложения.

Unit 2. Sport and Physical Recreation

1. Practise reading the following:

recreation [rɛkrɪ'eɪʃən]; prowess ['praʊs]; flavour ['fleɪvə]; archery ['ɑ:tʃəri]; contingent [kən'tɪndʒənt]; surpass [sə:'pɑ:s]; engage [ɪn'geɪdʒ]; lucrative ['lu:krətɪv]; voluntarily ['vɒləntərɪli]; status ['steɪtəs]; institutionalized [ˌɪnstɪ'tju:ʃənəlaɪzd]; vary ['veəri]; effort ['ɛfət].

Glossary

archery, <i>n.</i>	['ɑ:tʃəri]	стрельба из лука
audience, <i>n.</i>	['ɔ:diəns]	зрители, публика, аудитория
avenue, <i>n.</i>	['æv(ə)nju:]	путь, средство <i>syn.</i> means, way
darts, <i>n.</i>	[dɑ:ts]	дартс
derive, <i>v.</i>	[dɪ'raɪv]	происходить, вести своё происхождение, быть следствием
emphasize, <i>v.</i>	['ɛmfəsaɪz]	подчеркивать, выделять, придавать значение
employment, <i>n.</i>	[ɪm'plɔɪm(ə)nt]	занятие, работа, профессия; применение, использование
encompass, <i>v.</i>	[ɪn'kʌmpəs]	заключать в себе <i>syn.</i> cover, embrace
exertion, <i>n.</i>	[ɪg'zɜ:ʃn]	усилие, старание; напряжение
inherent, <i>adj.</i>	[ɪn'hɛr(ə)nt]	врожденный; присущий; неотъемлимый
recede, <i>v.</i>	[rɪ'si:d]	идти на убыль, спадать
reward, <i>n.</i>	[rɪ'wɔ:d]	награда
rigorous, <i>adj.</i>	['rɪg(ə)rəs]	тщательный; строгий; точный; суровый
rollerblading, <i>n.</i>	['rɒlə,bleɪdɪŋ]	катание на роликовых коньках
skateboarding, <i>n.</i>	['skeɪtbɔ:ɪdɪŋ]	катание на роликовой доске (скейтборде)
snooker, <i>n.</i>	['snu:kə]	снукер <i>syn.</i> billiards
undertake, <i>v.</i>	[ʌndə'teɪk]	осуществлять, выполнять

2. Read the text and answer the questions:

1. How can one define sport?
2. In what way do cultural differences and individual preferences influence the definition of sport?
3. Sport includes only high intensity physical activities, doesn't it?
4. What constitutes the competitiveness in a sport?
5. What kind of motivation is prevailing in sport?
6. Can you identify the crucial feature of physical recreation?
7. Does physical recreation imply sedentary activities?
8. What is the leading motivation for engagement in recreational activities?

Sport and physical recreation, while related to physical activity, physical fitness and exercise, are different concepts and it is important that they are clearly distinguished. The scope and definition of sport is influenced by different contexts and individual disposition. Sport is not just a demonstration of physical prowess but also an avenue for employment, enjoyment or improving one's health and fitness.

Sport is an activity involving physical exertion, skill and/or hand-eye coordination as the primary focus of the activity, with elements of competition where rules and patterns of behavior governing the activity exist formally through organizations.

Sport includes organized sport but may also be undertaken outside a formal competition (e.g. recreationally) and/or using less formal rules which have been derived or adapted from organized sport. Sport may be undertaken as physical recreation (for enjoyment rather than performance). Sport may provide physical fitness benefits as exercise, but may also include low intensity physical activity (e.g. snooker, darts).

In formulating the definition of sport, consideration was given to its *physical*, *competitive* and *institutional* characteristics, as well as how sport is shaped by social and cultural influences. The idea of 'what is sport' will always vary over time and will reflect popular culture. Sport activities are constantly evolving, with new sports emerging and others receding and with considerable variation across countries.

Emerging sports may begin with popular physical recreation activities, like skateboarding and rollerblading, now developing as a sport governed by rules and competition. Sport may also have a very local flavour, with different societies preferring different types of sports (e.g. various forms of ice and snow sports are more prevalent in colder climates). Although there are many different activities that might be considered a 'sport' and some definitions vary, there are common elements that can be identified. Many definitions have emphasized that sport is an institutionalized type of competitive physical activity, and that it involves physical exertion and use of complex physical skills. In addition some definitions discuss the motivation of participants for internal or external rewards.

All sport has a 'physical' element. The display of physical power and skill is an important component in sport. However, there are numerous activities thought of as sport that may use these components singly or mutually at different levels. Activities such as archery, darts, billiards or pool, or fishing do not involve rigorous physical exertion, yet they do require complex physical coordination skills. It is difficult to specify the degree of rigour, complexity or physical exertion required to define a sport. Rather, the definition of sport presented here assumes that some degree of physical skill or hand-eye coordination is the primary focus of the activity.

That is, the success of the activity is solely contingent upon the demonstration of a physical skill and it is this skill that is the competitive element in a sport. Thus, playing darts requires the skill of hand-eye coordination to hit a bullseye. However, while playing a piano requires dexterity, it is more concerned with playing and interpreting music rather than demonstrating physical prowess. Being able to read and interpret music and to communicate music to an audience is the main focus of piano playing and thus it is not defined as a sport.

Sport has an inherent competitive nature, even when played socially. The competitiveness in sport can be viewed as individualistic when one is competing against another individual or trying to surpass a previous personal effort. It can also be viewed as cooperative when one is part of a team challenging another team. Another factor that influences this competitive nature is the rewards associated with winning.

These rewards can be satisfactions associated with exhibiting skills and winning the gold medal for one's country or it can be a contract with a professional sporting club and possible lucrative endorsement deals with commercial companies.

Thus, sport is often dominated by a motivation to demonstrate performance (to show physical skill, achieve a personal best or win an organized competition). However, people involved may have other motivations such as health, fitness, social status, enjoyment or even professional employment. The element of competition is only one motivation for sport and it is not always present for all individuals. In the definition of sport provided here, the competitive element is defined by the way the sport activity itself inherently requires competition (whether or not individuals are motivated to win). A component of the definition of sport must be that it is an activity that has a competitive element.

All sports are governed by rules that define how the activity may be played. These rules may vary in different contexts, and participants may bend the rules for informal participation. Generally, sports have a form of the game that exists in formal competition, where rules are clearly defined and strictly governed. Societies establish sporting competitions through varying types of sports organizations. That is, all sport has established rules and patterns of behavior governing the activity, enforced through organizations. The rules and regulations established through organized sport may be adapted for more informal, social or recreational sporting activity.

Physical recreation – an activity or experience that involves varying levels of physical exertion, prowess and/or skill, which may not be the main focus of the activity, and is voluntarily engaged in by an individual in leisure time for the purpose of mental and/or physical satisfaction.

Physical recreation is a concept often associated with fun and play. It may be physical activity that requires very little preparation and training and the type of activity may vary from kite flying to playing hide and seek. The physical nature of the activity may involve varying degrees of physical skill or performance, including low intensity activity. Physical recreation therefore encompasses a range of physical intensity but excludes sedentary activity.

People may be motivated to participate in physical recreation activities because of the resulting physical, spiritual or social experience. This could either bring about an improvement in fitness level, an increased level of relaxation and freedom or the opportunity to be a part of a community. With physical recreation the main focus is on the quality of the experience. While satisfaction in competitive sporting games may be achieved through winning and the resulting rewards, physical recreation is engaged in the course of leisure time and driven by the physical and mental satisfaction of participation. Motivation for internal rewards (rather than external rewards such as awards or prize money) is a key defining characteristic of physical recreation. The motivation of physical recreation is for individual mental or physical satisfaction.

Many sports are played for enjoyment and recreation. However, some sports may have much less of a recreational element, such as professional and organized sports which may be considered 'work'. Children required to play sport as part of their school education are predominantly doing so for their education and while some children may enjoy this, it is not defined here to be recreational activity. In addition, while some people may enjoy exercise as a recreational activity (e.g. walking for recreation and exercise), there may be many who find exercise quite a chore (e.g. swimming laps, gym workouts). Thus, not all exercise is physical recreation. A key defining characteristic of physical recreation is that it is voluntarily engaged in by an individual in leisure time.

(adopted from “Defining sport and physical activity, a conceptual model” by Brian Pink)

3. Suggest Russian equivalents for the following:

physical prowess, hand-eye coordination, low intensity physical activity, internal and external rewards, lucrative endorsement deal, sedentary activity, to hit a bullseye, to achieve one's best, to bend the rules, patterns of behavior, physical fitness benefits, to be contingent upon.

4. Study the difference between the words *involve*, *include*, *exclude*, *encompass* and then complete the sentences with them:

Involve – to have or include somebody or something in some activity (situation); to cause somebody to take part in something.

E.g. Any investment involves an element of risk.

Include – to contain somebody or something in a group or as a part of something.

E.g. The secretary's duties include answering the phone and typing letters.

Exclude – to prevent somebody or something from entering a place or taking part in an activity.

E.g. The price excludes the local taxes.

Encompass – to include completely (comprehensively), as a part of something broader.

E.g. The fog encompassed the whole valley.

1. Accommodation is in the price.
2. He was in a robbery.
3. The study the social, political, and economic aspects of the problem.
4. He has been from school for bad behavior.

5. Match the words close in meaning:

- | | |
|-------------------|--------------|
| 1) skill | a) dexterity |
| 2) exertion | b) means |
| 3) avenue | c) benefit |
| 4) characteristic | d) emphasis |
| 5) reward | e) effort |
| 6) opportunity | f) chance |
| 7) focus | g) feature |

6. Arrange the following in pairs of antonyms:

- | | |
|-----------------|----------------|
| 1) inherent | a) exclude |
| 2) recreation | b) subordinate |
| 3) prowess | c) work |
| 4) primary | d) alien |
| 5) professional | e) inability |
| 6) include | f) amateur |

7. Match the terms with definitions:

sedentary activity	dexterity	hand-eye coordination	exercise
recreational activity	physical activity		

1. Any bodily activity that enhances or maintains physical fitness and overall health.
2. Physical activity especially for the sake of training or improvement of health.
3. Skill at doing something.
4. Physical activity involving little exercise.
5. Things people do for fun and enjoyment.
6. The ability to do things together that involves hands and eyes working together.

8. Complete the text using the words in brackets in the correct form:

People often take game and sport as to be the same one. However, game and sport are 1) (**entire**) different. A game involves more than one person and a sport pertains to only an individual's skills and 2) (**perform**).

A physical activity, sport is carried out under an agreed set of rules. Sport is related to 3) (**recreation**) purpose, either for self-enjoyment or 4) (**compete**) or for both. A game is also for recreational activities and it involves one or more players.

Played on the basis of a set of rules, a game is defined as a goal that the 5) (**play**) try to achieve. As like sport, game is also played for 6) (**enjoy**).

Sport is an activity or activities where the material capabilities of the sports person are looked upon. In a sport, it is the sportsperson or the individual who determines the outcome. Well, an individual's talent does not determine a game. It is the entire performance of the players that determines the 7) (**win**) in a game. An individual's skill or performance, though has much significance, does not count much in a game; it is only the coordination and team spirit that leads the game.

A person 8) (**participate**) in a sport is called as athlete or a sports person. A person who participates in a game is known as player.

When a game relies on strategy, sport is based on individual performances and luck.

In a sport, the athlete can take independent 9) (**decide**), but a player cannot take such independent decisions in a game. A decision is taken at a game collectively among two or more players.

Another 10) (**differ**) between sport and game is that the former is based on physical energy and the later is based on mental strength. Sport is played with a view of competition in mind while game is played with a friendly attitude.

One can come across more professionalism in sport than the game. In a sport, the athlete or sports person is expected to show good sportsmanship and also have high standards of conduct like 11) (**respect**) the opponents and the officials. But in a game, an individual may not deliver such character. In game, the performance of the whole team is taken into account.

Sport is organized and competitive. It also requires commitment and fair play. An athlete or a sports person always gain 12) (**popular**) and maintains a name for his skills. But in a game, it is not the individual who gains popularity but it is the entire team that carves out a niche.

(<http://www.differencebetween.net/miscellaneous/difference-between-game-and-sport/>)

9. Look through the text again and mark the statements true or false:

1. In game, it is the collective responsibility of a team while sport involves individual skills.
2. Game is based on physical energy and sport is based on mental strength.
3. Game relies on strategy; sport is based on individual performances and luck.
4. Game is an activity or activities where the material capabilities of the sports-person are looked upon.
5. It is the entire performance of the players that determines the winner in a sport.

10. Translate sentences into English:

- 1) Участие в спортивных мероприятиях и играх, направленных на физический отдых и восстановление, является важным в нашей жизни.
- 2) Часто люди полагают, что спорт и игра – это понятия, обозначающие одно и то же, но это не так. Понятие спорта часто оказывается зависимым от культурных особенностей того или иного общества.
- 3) Занятия спортом проходят согласно определенному набору правил.
- 4) Как правило, в спорте частым движущим фактором является желание продемонстрировать физическое мастерство, установить личный рекорд или одержать победу над соперниками.
- 5) Соперничество является неотъемлемой частью спорта.
- 6) Среди других мотивов занятия спортом можно назвать профессиональную занятость, положительные последствия для здоровья и получение положительных эмоций.
- 7) Спортом могут заниматься люди с разным уровнем подготовленности, кроме того, физическая деятельность в игре может быть низкой интенсивности.
- 8) Основная цель участия в рекреационных мероприятиях – моральное и физическое удовлетворение от игры; качество приобретенного опыта.
- 9) Отличительной чертой физического отдыха является то, что люди добровольно занимаются физической деятельностью в свободное время.

Unit 3. The Role of Sport in Modern Society

1. Practise reading the following words:

existence [ɪg'zɪstəns]; deny [di'naɪ]; soccer ['sɒkə]; society [sə'saɪəti]; popularization [pɒpjʊləraɪ'zeɪʃən]; specialization [ˌspeʃəlaɪ'zeɪʃən]; succeed [sək'si:d]; organism ['ɔ:gənɪzəm]; threaten ['θreɪn]; propaganda [ˌprɒpə'gændə]; politician [ˌpɒlɪ'tɪʃən]; harmonic [hɑ:'mɒnɪk]; perseverance [ˌpɜ:sɪ'vɪərəns]; courage ['kʌrɪdʒ]; initiative [ɪ'niʃətɪv]; prestige [prɛs'ti:ʒ]; isolate ['aɪsəleɪt]; psychological [saɪkə'lɒdʒɪkl]; athlete ['æθli:t].

Glossary

athlete, <i>n.</i>	['æθli:t]	легкоатлет
coach, <i>n.</i>	[kəʊtʃ]	тренер; наставник
competition, <i>n.</i>	[ˌkɒmpɪ'tɪʃən]	соревнование, состязание
dedication, <i>n.</i>	[ˌdedɪ'keɪʃən]	верность, преданность; посвящение
determination, <i>n.</i>	[dɪˌtɜ:mɪ'neɪʃən]	решимость; стремление, пристрастие
enrichment, <i>n.</i>	[ɪn'ri:tʃmənt]	обогащение
lifestyle, <i>n.</i>	[laɪfstaɪl]	образ жизни
mankind, <i>n.</i>	[mæn'kaɪnd]	человечество
mass sports	[mæs spɔ:t]	массовый спорт
perseverance, <i>n.</i>	[ˌpɜ:sɪ'vɪərəns]	настойчивость, упорство, непоколебимость
physical culture	[ˌfɪzɪkəl 'kʌltʃə]	физическая культура
professional sport	[prə'feʃənl spɔ:t]	профессиональный спорт
resistance, <i>n.</i>	[rɪ'zɪstəns]	сопротивление
self-affirmation, <i>n.</i>	[ˌselfˌæfə'meɪʃən]	самоутверждение
soccer, <i>n.</i>	['sɒkə]	футбол
sport fan	[spɔ:t fæn]	спортивный фанат
sportsman, <i>n.</i>	['spɔ:tsmən]	спортсмен
succeed, <i>v.</i>	[sək'si:d]	достигать цели, преуспевать
upbringing, <i>n.</i>	['ʌpˌbrɪŋɪŋ]	воспитание

2. Read the text and fill it with sentences A-H:

No one can deny in the 21st century that sports are relevant to billions of people around the world. More people watch the FIFA World Cup Final in soccer than any other event, with estimates as high as 700 million or 800 million watching on television. More people watch debates about who should be president of the Barcelona Football Club than who should lead the country of Spain. **1.....**

Development of mass sports and its place in modern society is a topical issue of great importance. Popularization of physical culture, sports and healthy lifestyle plays an important role in society in any country. Mass sport is the basis of professional sport, the condition of physical perfection of the younger generations. Professional sport allows, by identifying individual opportunities and abilities of each person in a particular area of sports activity (through increased specialization and individualization of the training process), to achieve maximum, record sporting results. **2.....**

Speaking about the role of sport in modern society, it can be argued that sport is a continuous social experiment, in which mankind shows its potential, accumulating and improving human capital, expanding its potential. The sport system is directly connected with the subsystems of health, science, culture, upbringing and education. **3.....**

It is quite natural that nowadays complex socio-economic, psychological and ecological situation in the world is placing new demands to various sectors of public life, including in such kind of human activity as a sport. It is obvious, that systematic sport activity and various kinds of physical exercises in a variety of ways will enhance the general resistance of people organism to the modern diverse effects of various kinds. Particularly important this problem is for young generation due to a significant decline in physical health among young people, spread among them of diseases, that threatens the economic, intellectual and social stability of our society in very near future. **4.....**

The phenomenon of sport has a powerful socialization force. Politicians have long considered the national sport as a hobby, able to unite the community with a unified national idea, filled with a kind of ideology, people's desire to succeed, to win. **5.....**

Sports as social phenomena are characterized by specific functions. Firstly, it is necessary to mention a competitive function, which expresses the socio-cultural nature of sport. It includes several critical aspects of the sport, both the creative activity of the athletes and the formation of necessary volitional qualities, and the exchange of sport results of experience and achievements, as well as other factors. In fact, the social phenomenon of the competition characterizes the sport as a form of intense social activity. As an initial form of athletic relations, any match for a person is a struggle that requires a stress limit of strength and abilities. The search for limit of human capabilities always sends an athlete on the path of continuous development and progress of physical and spiritual strength. Different sport events like matches and competitions illustrate and compare variety of sporting achievements and results, show athlete's work on systematic training and self-improvement. **6.....**

Another aspect of the competitive function lies in strong-willed training of athletes and sports teams. Indeed, sport competitions help to develop such socially important traits as dedication, perseverance, determination, courage, endurance, initiative, independence and self-control, so necessary for high achievement in competitions, as well as in everyday life. Named aspect complements the one more function as real exchange of experience of techniques of sports training between the individual athletes, sports teams, and national teams. **7.....**

Finally, in competitive function sports fully present its creative aspect that is associated primarily with the harmonic development of personality of a sportsman.

The second important function of sport is communicative function, which contribute to the enrichment of personality in the communication process. Aspect of communication in sports lies in those relations in which the athlete comes from society and its institutions, with the coaches, other athletes and sports fans. Communicative function also includes aspects of the prestige associated with the desire to self-affirmation and recognition. It helps to bring-up children and teenagers, as a natural mean of isolating youth from the harmful influence of the street. **8.....**

(adopted from <http://www.ukessays.com/essays/cultural-studies/role-of-sport-in-modern-society-cultural-studies-essay.php>)

A. Records in professional sport, winning the official international, national and other sporting events, creates a moral incentive to the development of mass sports.

B. Sport has a significant impact on the socio-economic and political processes of any modern society.

C. Experience clearly shows that sport is one of the most effective means of re-education, providing opportunities for the realization of energy, initiative, creativity and physical abilities, for leadership and competition in a healthy manner.

D. In the U.S., for example, in the 1960s, sport, becoming a national passion, was declared as a model of American society, and since 1970-1980s the sport in the U.S. has become "the second religion", believed by most Americans.

E. In real terms, sports are important parts of the everyday existence of millions of people around the world.

F. In this regard, government propaganda of healthy lifestyle and sport takes a special place in the process of development of modern mass sport.

G. In other words, it is obvious that without knowledge and consideration of social and cultural processes in modern society, it is impossible to ensure athletes or sports team participation.

H. The object of exchange can be also sports titles, the technique of sports activity, forms of organization of sports and athletic work.

3. Read the text again and answer the questions:

1. What is the correlation and interdependency between mass and professional sports?
2. What health implications does sport provide?
3. Why is sport especially important for young generation?
4. How can you explain the social nature of sport activity?
5. What aspects does the competitive function of sport consist of?
7. What personal traits are being developed through sport?
8. Characterize the competitive function of sport.

4. Mark the statements true or false:

- 1) Sport has the power to unite people.
- 2) Sport cannot be characterized as a social activity, because it's a physical activity.
- 3) Such traits of character as determination, courage and self-control are in-born that's why the attempts to develop them in a person are of no use.
- 4) Sport gives the individuals and teams the opportunity to share experiences.
- 5) Sport can protect young people from diverse negative effects and channel their energy and physical strength into useful areas.

5. Give English equivalents from the text for the following Russian words and word combinations:

быть существенным (важным) для кого-либо, актуальный вопрос, моральный стимул (поощрение), оказывать значительное влияние на, предъявлять требования к, усиливать (увеличивать), важная часть жизни, здоровый образ жизни, спортивное мероприятие, ухудшение здоровья, волевые качества, предельное напряжение, человеческие возможности, вследствие, самосовершенствование, достижение высоких результатов в состязаниях, перевоспитание.

6. Match the terms with their definitions:

coach	sport fan	mass sports	professional sports	athlete	training
--------------	------------------	--------------------	----------------------------	----------------	-----------------

- 1) Sports in which participants engage largely or entirely without remuneration.
- 2) A person who is trained in or good at sports, games, or exercises that require physical skill and strength.
- 3) A person who teaches and trains the members of a sport team and makes decisions about how the team plays during games.
- 4) An enthusiastic devotee of sports.
- 5) Sports in which athletes receive payment for their performance.
- 6) The process by which an athlete prepares for competition by exercising, practicing.

7. Translate the words into Russian:

to exist – existing – existed – existence;

to promote – promoting – promoted – promotion – promoter;

to compete – competing – competed – competition – competitor;

to develop – developing – developed – developmental – development.

8. Fill in the gaps with the appropriate form of the words from exercise 7.

1) Scholars have various theories about how the universe first came into

2) All the started to run when they heard the bang.

3) It is very importantthe principles of fair play in sport.

4) Our theory was still in itsstage.

5) Adapted sports are based onsports modified to meet the needs of persons with a disability.

6) He alwaysfor attention.

7) Everyone wants a job with good prospects for

8) I want a job with good prospects for

9. Translate into English:

1) Спорт является силой, способной сплотить людей, различные социальные группы и целые народы, несмотря на их религиозные, политические и другие различия во взглядах и убеждениях.

2) Занятие спортом формирует характер человека, развивая у него такие качества как самоконтроль, преданность, решительность, отвагу и напористость.

3) Спорт повышает сопротивляемость организма к отрицательным факторам внешней среды и, кроме того, доставляет много положительных эмоций, особенно, когда человек достигает значительного результата в нём, или, к примеру, если побеждает его любимая команда.

4) В наши дни спортивные новости относятся к числу самых востребованных видов информации. Миллионы людей ежедневно получают их из раз-

личных источников: печатных и онлайн-изданий, радио- и телепрограмм. Роль СМИ в популяризации спорта и его публичности заметно возросла в последние десятилетия.

5) Спорт является ареной для проведения состязаний и проявления спортивного мастерства и ловкости; также основой взаимодействия между различными странами, где они могут доказать свое превосходство.

6) Мировые рекорды, достигнутые спортсменами на предельном напряжении сил и физических способностей, являются свидетельством человеческих возможностей.

7) На пути к достижению наивысших результатов атлетам и тренерам необходимо регулярно совершенствовать систему подготовки, искать новые средства, методы тренировки, разрабатывать новые элементы техники.

8) Спорт предоставляет возможности не только для физического и спортивного самосовершенствования, но и для духовного, эстетического и когнитивного развития.

9) Массовый спорт способствует укреплению здоровья людей, их физическому развитию.

10) Профессиональный спорт – это своего рода предпринимательская деятельность, в основе которой лежит удовлетворение интересов профессиональных спортивных организаций, спортсменов и зрителей. Профессиональные спортсмены получают заработную плату или другое денежное вознаграждение за участие в спортивных соревнованиях.

11) Во всех странах осознание спорта как важного источника физического благополучия, а также элемента, который может помочь в борьбе с социально-культурными диспропорциями, растет с каждым днем.

Unit 4. The Practice of Sports History and Sport Studies

1. Practise reading the following:

viable ['vaɪəbl̩]; elaborate [ɪ'læbərət]; scholar ['skɔ:lər]; legitimacy [lɪ'dʒɪtɪməsi]; anthropology [ˌænθrə'pɔ:lədʒi]; paradigm ['pærədaim]; bulk [bʌlk]; ascendancy [ə'sendənsi]; historiography [hɪ'stɔ:ri'ɑ:grəfi]; critique [kri'ti:k]; prior ['praɪər]; Honduras [hɒn'dʒʊərəs]; El Salvador [el 'sɒlvədɔ:].

Glossary

assumption, <i>n.</i>	[ə'sʌmpʃn]	предположение <i>syn.</i> admission, belief.
contribution, <i>n.</i>	[ˌkɒntri'bju:ʃn]	вклад, содействие
controversy, <i>n.</i>	[ˌkɒntrəvɜ:rsi]	спор, дискуссия, расхождение во мнениях
defender, <i>n.</i>	[di'fendə]	защитник
embrace, <i>v.</i>	[ɪm'breɪs]	охватывать, окружать
engagement, <i>n.</i>	[ɪn'geɪdʒmənt]	соприкосновение, контакт
ethnicity, <i>n.</i>	[eθ'nɪsəti]	этническая или расовая принадлежность
experience, <i>n.</i>	[ɪks'pɪəriəns]	опыт; впечатления
gender, <i>n.</i>	[ˈdʒendər]	пол (анатом.)
impact, <i>n.</i>	[ˈɪmpækt]	влияние, воздействие
increase, <i>v.</i>	[ɪn'kri:s]	увеличиваться; усиливаться; расти
mainstream, <i>adj.</i>	[ˈmeɪnstri:m]	конформистский, представляющий большинство; основной
national identity	[ˈnæʃnəl aɪ'dentəti]	национальная принадлежность
novel, <i>adj.</i>	[ˈnɒvəl]	новый; неизведанный
perpetuate, <i>v.</i>	[pə'rɛtʃueɪt]	увековечивать
practitioner, <i>n.</i>	[præk'tɪʃənər]	практик
simultaneously, <i>adv.</i>	[sɪml'teɪniəsli]	одновременно

2. Read the text and give the answers to the following questions:

1. What are the possible ways of keeping sporting traditions up?
2. When approximately did the history of sport studies begin?
3. When and what was the turning point in the development of sports history?

4. What did sport historians examine?
5. Did sport study deal with only historical aspect of sport?
6. Why is sport management important as a degree program in universities?
7. Where are articles and writings on sport issues usually published?
8. How can one prove the fact that sport is actually a life-and-death matter?

Sporting traditions are made and perpetuated in several ways. They are formed through lived and shared experiences but are also mediated through newspapers, popular periodicals, television, radio, the Internet and other forms of the media, and books and articles written for the popular and academic markets. As the social, cultural, political, and economic roles of sport increased during the 20th century, sport became something that many thought worth writing and reading about.

Sports history began as a hobby for many or was written by sports journalists, but it is not on the sidelines anymore, with many historians turning their attention to sport as a viable area for study. Historians of sport are no longer forced to advance elaborate justifications for their chosen field of study or couch their research within the history of popular culture or leisure or as a novel way of engaging key issues within the historical profession (as was the case 20 or 30 years ago). Sport history was a fledging area that had been embraced by only a relative handful of scholars prior to the early 1970s. However, over time it became linked to the new social history and flourished during the late 20th century and has finally achieved mainstream academic legitimacy and acclaim. Practitioners are no longer forced to encounter the smirks and repressed laughs from the so-called mainstream historians.

The key dynamic in the development of this subdiscipline has been engagement with wider trends within social and cultural history along with a latent interest in critical social theory. A young generation of historians who came into the profession during the 1970s and early 1980s challenged many of the prevailing assumptions held by historians about how best to study the past. Armed with new assumptions, questions, topics, and methods, the new historians fundamentally shifted their collec-

tive attention from political events and big ideas toward the processes and experiences of everyday life.

Sport historians also borrowed from anthropology and sociology and examined the complex relationships between sport and social structures. The most prominent example of this emergent trend within sport history was Allen Guttman, whose wide interdisciplinary training and command of European languages enabled him to define a new social scientifically based interpretive paradigm informed by Weberian sociology and modernization theory.

Simultaneously, sport historians were investigating the socially constructed ideas of race, class, gender, ethnicity, and national identities surrounding modern sport. One can easily look back on the flood of sports historical research produced during the 1980s as a first golden age of sports history.

The bulk of assessments of the state of the field published during the past 20 or so years has rarely subjected sports history's existence to a critique but instead has provided a gentler assessment of its steady ascendancy. Such periodic progress reports have been common within the English-language historiography of North America and the United Kingdom and have been supported by the North American Society for Sport History and the British Society for Sport History in their official journals, *Journal of Sport History* and the *Sport Historian* (renamed *Sport in History* in 2003), respectively. The other key sport history journals are *International Journal of the History of Sport* (formerly the *British Journal of Sports History*, which began in 1984), *Sporting Traditions* (launched in 1984 by the Australian Society for Sport History), and the *Sport History Review* (formerly the *Canadian Journal of History of Sport*, established in 1973).

In addition to the historical study of sport and studies in the sociology and cultural studies of sport, other key subdisciplinary fields have emerged, particularly the philosophy of sport (including ethics), sport law, and, most significantly, sport management. In American universities, sports studies has largely been taken over by sport management as a degree program of study, and it appears that European universities are heading slowly in the same direction. The assumption has been that sport man-

agement provides practical training for those who are interested in pursuing careers in sport that are not focused on scientific training. The argument goes that sport is becoming more and more of a business, and therefore trained professionals should be educated to take on the roles of running sports teams, leagues, and major events.

Although the bulk of the periodical literature has appeared in sport-related journals, some notable contributions have been published in leading mainstream historical journals as well, and books on sport are more commonly reviewed in mainstream history and sociology journals than they were in the past. Intelligent writing on sport has also appeared in many nonsporting journals as well as much popular literature. A good example comes from the American weekly magazine *Sports Illustrated*, where writers such as Rick Reilly and S.L.Price present well-thought-out critiques of sport.

In every corner of the world, sport is definitely much more than a business. Millions of people pour their hearts and souls into sport each and every week of the year, following their team, their player, or their country in ways that make sport different from other businesses. You can go into the store and decide to buy a new shirt. If you get home and it doesn't fit or you change your mind, you simply return it. It is not a life-and-death matter. In sport, it has never been that simple. While modern sport in its current organizational and commercialized form has been around for 100 years or more, it remains more powerful as a cultural and political force than its economic impact might indicate. Millions and millions of people in all corners of the globe wear their heart on their sleeve in support of their team. And sport can actually be a life-and-death matter. El Salvador and Honduras famously fought a war sparked by a soccer match controversy, and the Colombian defender Andreas Escobar was killed after scoring an own goal in the 1994 World Cup. Stadium disasters have occurred in many countries. This example clearly demonstrates the necessity to understand the social and cultural role of sport in any given society.

(adopted from "Sports around the world: history, culture and practice" by J.Nauright and C.Parrish)

3. Say whether the statements are true or false:

1. Sports history has always been in the focus of mainstream historians' attention.
2. The use of new methods and turn to social and cultural history enabled young sport historians to promote the new discipline.
3. Allen Guttman specialized in politics in the late 1980s.
4. Sport management programs are aimed at students who have the idea of a sport career.
5. The American defender Escobar was killed in 1994 after scoring an own goal.

4. Give Russian equivalents for the following word expressions and make up your own sentences using them:

to be worth doing smth, to advance elaborate justifications, a fledging area, prevailing assumptions, steady ascendancy, to pursue career, pour one's heart and soul into, a handful of scholars, key issue, viable area for study, to encounter smirks, key dynamic.

5. Give English equivalents for the following Russian words and expressions:

подвергнуть критике, заметный вклад, вопрос жизни и смерти, открыто выражать свои чувства, забить гол, оставаться в стороне, переключить внимание на, область исследования, процветать, получить признание, яркий пример, золотой век спорта, футбольный матч, защитник.

6. Study the meanings of *worth* and translate the sentences into Russian:

В качестве существительного *worth*

- имеет значение «ценность, значимость» и подчеркивает ценность либо, напротив, незначительность чего-либо:

The scientists have made a discovery of great worth – Ученые сделали открытие большой значимости.

*Your information is of no **worth** – Твоя информация не имеет ценности.*

*This journal doesn't accept papers of little **worth** – Данный научный журнал не принимает посредственные статьи.*

- используется в значении «богатство», «достоинство»

*His **worth** is a million dollars – Его состояние составляет миллион долларов.*

*Count Leo Tolstoy was **a man of outstanding worth** – Граф Лев Толстой был достойным человеком.*

В качестве прилагательного *worth* имеет значение

- «заслуживающий»:

*He is not **worth** our attention – Он не заслуживает нашего внимания.*

- «имеющий стоимость»:

*What is it **worth**? – Сколько это стоит?*

- «стоящий»:

***be worth doing something** – стоит что-то делать*

*This book is **worth** reading – Эту книгу стоит прочитать.*

*This competition is **worth** participating in – В этом состязании стоит принять участие.*

1. One of the paintings is worth \$50,000.
2. Do you think the car is worth repairing?
3. This dress is worth putting on for the party.
4. The journey was expensive but it was worth every penny.
5. Chinese food is worth trying it.
6. The exhibition is certainly worth a visit.
7. It isn't worth much.
8. What is the euro worth?
9. This situation is worth analyzing.
10. Was it worth the effort?

7. Give synonyms from the text to the following words :

Debate, need, new, scientist, belief, knowledge, contemporary, to appear, pattern, major.

8. Give all the derivatives to the following verbs: *to contribute; to manage; to provide, to assume.*

9. Combine the following words into the word combinations:

- | | |
|-----------------------------|----------------------|
| 1) human | a) context |
| 2) complete body of | b) beings |
| 3) historical | c) consciousness |
| 4) a greater rate of | d) events |
| 5) main | e) myths |
| 6) destroy sporting | f) knowledge |
| 7) human | g) responsibilities |
| 8) chronology of | h) sporting heritage |
| 9) uncritical acceptance of | i) exchange |
| 10) identity sports | j) historiography |

10. Fill in the text with the expressions from exercise 9.

All aspects of social and cultural life are based upon socio-political and economic events of the past. The past is therefore a permanent dimension of the (1)....., an inevitable component of the institutions, values, traditions, customs and patterns of human society. The sporting past is much more than just chronology and, as such, the historiography of sport must not be reduced to a simple (2)..... Rather, sport must be properly located within the social, cultural and (3).... in which it moves or is located.

The production and dissemination of sport historiography has many audiences, genres and functions. The main audiences are not mutually exclusive and indeed sports historiography may benefit from (4)..... between the academic study of sports

history that is produced for journals and monographs; popular sports history as part of sporting post-war development that has helped to confirm and mythologize a sense of tradition through sport; the production of sports history through museums and heritage sites; the production of sports history for television and film; and socially committed sports history which seeks out the excluded and fills in gaps to produce a more (5)...about sport, culture and society. The deconstruction of political or social sporting myths that pass as sports history remains one of the (6)..... of the sociologist and the sports historian. They and others are responsible both for destruction of myth, despite the onslaught of post-modern sports history, and the production of more reality congruent bodies of knowledge about the historiography of sport.

The history of sport matters for a number of reasons: 1) it helps to avoid a parochial or insular understanding of sport; 2) it stops research retreating into the present; 3) it provides the tools by which to evaluate change, whether it be social or otherwise, continuity and meaning; 4) it helps, like sociology, to (7).....; 5) it warns against (8).... of sporting heritage, traditions and identities and 6) it helps to illuminate past themes, events and changes in their own terms as mattered at the time, and therefore sport in the past is explained on its own terms without necessarily having to call upon whatever vogue theory exists to re-interpret the past.

All (9)...., institutions and collectivities need a past and to that end sport is no different. All histories of sport are part of a larger and more complex world and therefore a historiography of sport designed for only a particular section or part of that world cannot on its own be good history. In other words, although (10).... may be comforting to particular groups, left on its own it can be dangerous if it leads or contributes to forms of fundamentalism.

(“Sport, Culture and Society: An Introduction” by Grant Jarvie)

11. Based on the information provided in the text answer the question:

- Why does sport history matter?

12. Comment on the following quotation:

“Sport is probably the most effective means of communication in the modern world. It cuts across all cultural and language barriers to reach out directly to billions of people world-wide” (Nelson Mandela)

13. Translate into English:

1) История спорта как история физической культуры возникла еще в древности и родоначальниками дисциплины можно назвать педагога-просветителя Иоганна Кристофа Фридриха Гутсмута и «отца гимнастики» Фридриха Людвиг Яна.

2) Их последователями стали преподаватели физкультуры, врачи, гигиенисты, журналисты и писатели XIX и XX веков, исследовавшие такие темы, как «банная культура Средневековья», «осанка в эпоху Возрождения», или историю своих местных спортивных союзов.

3) Этим исследователей объединяло то, что они были скорее любителями, а не профессиональными историками. Вследствие этого им недоставало умения работать с источниками; сказывалось и отсутствие методологических разработок.

4) Представителями второго направления спортивной историографии, занимающейся изучением современных спортивных мероприятий, являются университетские историки и социологи. Они исследуют спорт, опираясь на стандарты своей дисциплины.

5) Данное направление истории спорта зародилось в 1970-х годах в Великобритании, Австралии и США, а позднее нашло последователей в Европе.

6) Полем для международного обмена полученными результатами исследований служит система специализированных конференций и журналов, например, *Sporting Traditions* или *The British Journal of Sports History*.

7) Для исследовательской деятельности этих молодых историков спорта характерны проблемная ориентация, тяга к междисциплинарному экспериментированию, позволяющие рассматривать частные темы во взаимосвязи и комплексно.

8) До 1970-х годов официальная историческая наука и историческая социология игнорировали спорт, и только определенные изменения в самих дисциплинах историографии и общественных наук заставили ученых по-новому взглянуть на тему спорта.

9) Расцвет социальной истории и исторической социологии в 1960-х годах, а также развитие модернизационных теорий (в частности, Макса Вебера) привлекли внимание исследователей к социальной форме современного спорта, то есть к привязанности спортивного состязания к особым правилам и организации.

14. Use extra sources for additional information and make a report on:

– “El Salvador and Honduras Soccer War”

– Andreas Escobar.

Unit 5. Ethics in Sport

1. Practise reading the following:

advantage [əd'vɑ:ntɪdʒ]; welfare ['welfɛə]; opponent [ə'pəʊnənt]; injury ['ɪn(d)ʒ(ə)rɪ]; cork [kɔ:k]; knock [nɒk]; taunting ['tɔ:ntɪŋ]; honor ['ɒnər]; bias ['baɪəs]; realm [rɛlm]; nasty ['nɑ:sti]; tough [tʌf].

Glossary

approach, <i>n.</i>	[ə'prəʊtʃ]	подход
conduct, <i>v.</i>	[kən'dʌkt]	вести; проводить; вести себя
corking a baseball bat	[kɔ:king ə 'beɪsbɔ:l bæʔ]	закупорка бейсбольной битой
credibility, <i>n.</i>	[krɛdɪ'bɪlɪtɪ]	надежность; доверие
deceive, <i>v.</i>	[dɪ'si:v]	обманывать
eligible, <i>adj.</i>	['elɪdʒəbəl]	подходящий; имеющий право быть избранным
equipment, <i>n.</i>	[ɪ'kwɪpmənt]	оборудование
fairness, <i>n.</i>	['feənɪs]	честность, справедливость
football player, <i>n.</i>	[fʊtbɔ:l pleɪə]	футболист

gamesmanship, <i>n.</i>	['geɪmzɪmənʃɪp]	искусство выигрывать (иногда сомнительными, хотя и незапрещёнными приемами); беспроборышная игра (путём отвлечения внимания противника)
grab a player	[græb ə 'pleɪə]	схватить игрока
integrity, <i>n.</i>	[ɪn 'tegrɪti]	честность, прямота; целостность
justify, <i>v.</i>	['dʒʌstɪfaɪ]	оправдывать; подтверждать
performance – enhancing drug, <i>n.</i>	[pə 'fɔ:məns ɪn 'hɑ:nsɪŋ drʌg]	допинг
referee, <i>n.</i>	[rɛfə 'ri:]	судья, рефери
selfish, <i>adj.</i>	['selfɪʃ]	эгоистичный
sportsmanship, <i>n.</i>	['spɔ:tsmənʃɪp]	спортивное мастерство; физическая подготовка; порядочность
teammate, <i>n.</i>	['ti:mmeɪt]	игрок той же команды; соратник, союзник
undermine, <i>v.</i>	[ʌndə 'maɪn]	разрушать, подрывать
uneven	[ʌn 'i:v(ə)n]	неравный; неровный; неправильный
virtue, <i>n.</i>	['vɜ:tju:]	хорошее качество; добродетель
water polo	['wɔ:tə 'pəʊləʊ]	водное поло

1. Read the text and answer the questions:

1. What is gamesmanship?
2. What are the key rules of gamesmanship?
3. What examples of gamesmanship could you give?
4. What is seen under a sportsmanship model, healthy competition?
5. What four key virtues does an ethic in sport require?
6. Are sport and competition set apart from real life?
7. A football player is described as mean and nasty on the field, but kind and gentle in everyday life, isn't he?

To understand the role ethics plays in sport and competition, it is important to make a distinction between gamesmanship and sportsmanship.

Gamesmanship is built on the principle that winning is everything. Athletes and coaches are encouraged to bend the rules wherever possible in order to gain a competitive advantage over an opponent, and to pay less attention to the safety and welfare of the competition. Some of the key rules of gamesmanship are:

- *Winning is everything;*
- *It's only cheating if you get caught;*
- *It is the referee's job to catch wrongdoing, and the athletes and coaches have no inherent responsibility to follow the rules;*
- *The ends always justify the means.*

Some examples of gamesmanship are: faking a foul or injury; attempting to get a head start in a race; tampering with equipment, such as corking a baseball bat in order to hit the ball farther; covert personal fouls, such as grabbing a player underwater during a water polo match; inflicting pain on an opponent with the intention of knocking him or her out of the game; the use of performance-enhancing drugs; taunting or intimidating an opponent; a coach lying about an athlete's grades in order to keep him or her eligible to play.

All of these examples place greater emphasis on the outcome of the game than on the manner in which it is played.

A more ethical approach to athletics is sportsmanship. Under a sportsmanship model, healthy competition is seen as a means of cultivating personal honor, virtue, and character. It contributes to a community of respect and trust between competitors and in society. The goal in sportsmanship is not simply to win, but to pursue victory with honor by giving one's best effort.

Ethics in sport requires four key virtues: *fairness, integrity, responsibility, and respect.*

Fairness

- All athletes and coaches must follow established rules and guidelines of their respective sport.

- Teams that seek an unfair competitive advantage over their opponent create an uneven playing field which violates the integrity of the sport.

- Athletes and coaches are not discriminated against or excluded from participating in a sport based on their race, gender, or sexual orientation.

- Referees must apply the rules equally to both teams and cannot show bias or personal interest in the outcome.

Integrity

- Similar to fairness, in that any athlete who seeks to gain an advantage over his or her opponent by means of a skill that the game itself was not designed to test demonstrates a lack of personal integrity and violates the integrity of the game. For example, when a player fakes being injured or fouled in soccer, he or she is not acting in a sportsmanlike manner because the game of soccer is not designed to measure an athlete's ability to flop. Faking is a way of intentionally deceiving an official into making a bad call, which only hurts the credibility of the officiating and ultimately undermines the integrity of the game.

Responsibility

- To be sportsmanlike requires players and coaches to take responsibility for their performance, as well as their actions on the field. This includes their emotions.

- Many times athletes and coaches will make excuses as to why they lost the game. The most popular excuse is to blame the officiating. The honorable thing to do instead is to focus only on the aspects of the game that you can control, i.e. your performance, and to question yourself about where you could have done better.

- Responsibility requires that players and coaches be up to date on the rules and regulations governing their sport.

- Responsibility demands that players and coaches conduct themselves in an honorable way off the field, as well as on it.

Respect

- All athletes should show respect for teammates, opponents, coaches, and officials.

- All coaches should show respect for their players, opponents, and officials.

- All fans, especially parents, should show respect for other fans, as well as both teams and officials.

The sportsmanship model is built on the idea that sport both demonstrates and encourages character development, which then influences the moral character of the broader community. How we each compete in sports can have an effect on our personal moral and ethical behavior outside of the competition.

Some argue for a "bracketed morality" within sports. This approach holds that sport and competition are set apart from real life, and occupy a realm where ethics and moral codes do not apply. Instead, some argue, sports serves as an outlet for our primal aggression and a selfish need for recognition and respect gained through the conquering of an opponent. In this view, aggression and victory are the only virtues. For example, a football player may be described as mean and nasty on the field, but kind and gentle in everyday life. His violent disposition on the field is not wrong because when he is playing the game he is part of an amoral reality that is dictated only by the principle of winning.

An ethical approach to sport rejects this bracketed morality and honors the game and one's opponent through tough but fair play. This means understanding the rules and their importance in encouraging respect for your opponent, which pushes you to be your best.

(adopted from <https://www.scu.edu/ethics/focus-areas/more/resources/what-role-does-ethics-play-in-sports/>)

2. Agree or disagree with the following:

- 1) The purpose of gamesmanship is to win by all means.
- 2) The expression that the ends always justify the means relates both to gamesmanship and sportsmanship.
- 3) Athletes must behave themselves in a proper way not only during the competition, but also in everyday life.
- 4) The essential elements of character-building and ethics in sports are embodied in the concept of gamesmanship.
- 5) Everyone involved in athletic competition has a duty to treat the traditions of the sport and other participants with respect.

3. Give English equivalents for:

принимать решение, получить конкурентное преимущество перед, цель оправдывает средства, обвинять судейство, отбить мяч, следовать установленным правилам, вести честную игру, противник, поймать правонарушение, причинять боль, исход игры, здоровая конкуренция, неравные условия игры, показывать предвзятость, идти в ногу со временем.

4. Make up sentences of your own using all expressions from ex. 4.

5. Form different parts of speech from the following words and give the meanings:

Honorable, importance, competitive, responsibility, performance, contribute, discriminate, require, recognition.

6. Substitute the underlined words with the similar ones from the brackets: (to violate, athletes, aim, to behave, moral, difference, prejudice, to deny)

1) It is important to make a distinction between gamesmanship and sportsmanship.

2) Athletes and coaches are encouraged to bend the rules.

3) A more ethical approach to athletics is sportsmanship.

4) The goal in sportsmanship is not simply to win, but to pursue victory with honor by giving one's best effort.

5) Referees must apply the rules equally to both teams and cannot show bias or personal interest in the outcome.

6) Sportsmanlike requires players and coaches to take responsibility for their performance.

7) Responsibility demands that players and coaches conduct themselves in an honorable way off the field, as well as on it.

8) An ethical approach to sport rejects this bracketed morality and honors the game and one's opponent through tough but fair play.

7. Match the words with the definitions:

responsibility	sportsmanship	gamesmanship	referee
bias	integrity	respect	fairness

1) a tendency to believe that some people, ideas, etc., are better than others that usually results in treating some people unfairly

2) a person who makes sure that players act according to the rules of a game or sport

3) fair play, respect for opponents, and polite behavior by someone who is competing in a sport or other competition

4) the practice of winning a game or contest by doing things that seem unfair but that are not actually against the rules

5) the quality of being honest and fair

6) a duty or task that you are required or expected to do

7) a feeling or understanding that someone or something is important, serious, etc., and should be treated in an appropriate way

8) treating people in a way that does not favor some over others.

8. Arrange the following in pairs of synonyms:

- | | |
|----------------|---------------|
| 1) Distinction | a) honesty |
| 2) competition | b) deceive |
| 3) cheat | c) difference |
| 4) opponent | d) prejudice |
| 5) outcome | e) community |
| 6) integrity | f) result |
| 7) bias | g) contestant |
| 8) society | h) match |

9. Make up an outline of the text.

10. Speak on the text according to the plan. Give extra information if you like.

11. Fill in the gaps with prepositions from the box:

from	in	to	at	in	to	in	with	of	for	at	after	in
------	----	----	----	----	----	----	------	----	-----	----	-------	----

A few days ago I was quite happy, but now I've got a problem. I'm bored **1)**.... my future. You know, when I was five, I practiced gymnastics. At first I was glad. It was interesting. I took part **2)**.... competitions several times, and won prizes **3)**.... time **4)**... time. Then I found it boring. It was too difficult. I wanted a fresh challenge. I began to practice track-and-field athletics **5)**.... it, but my parents were furious, they said that I was not a serious person. They asked me not to change my mind so often. Well, I had been practiced track-and-field some years; I was very good **6)**.... running. I took part **7)**... Junior City Competitions. To tell the truth, I was the best **8)**.... my team. My parents were glad, but one day I had to go **9)**.... the swimming pool **10)**.... my class, and I liked swimming very much. Just think! If I want, I will be able to swim I warm water even in winter, and it was great! The coach in the swimming pool says that I am good **11)**.... swimming, too, but my parents got very angry. They say that if I want to swim, they will help me, but it will be **12)**.... the last time. Then, if I want to change my mind, I'll have «swimming» or «nothing» **13)**.... any case. Why are they so selfish? What will I do if I want to practice figure-skating one day?

12. Read the text and be ready to answer the following questions:

1. What will happen if the author changes her mind once more?
2. Will her parents be glad if she changes her mind again?
3. Will it be good for her health if she practices figure-skating after swimming?
4. What results will she reach on condition that she begins to practice swimming at the age of twelve?
5. What results will she reach if she begins to practice figure-skating at the age of fifteen?

13. Complete the sentences:

The author of this story is... She was... She told us about her thoughts... The publication is very useful for those who has chosen a career of.....

Unit 6. Coaching in Sport

1. Practise reading the following:

Renaissance [rɪ'neɪs(ə)ns]

Teutonic [tju:'tɒnɪk]

Christianity [krɪstɪ'anɪti]

China ['tʃaɪnə]

Egypt ['i:dʒɪpt]

Mesopotamia [ˌmɛsəpə'teɪmiə]

the Soviet Union [ði: 'səʊviət 'ju:njən]

Montreal [ˌmɒntri'ɔ:l]

Liverpool ['lɪvəpu:l]

Manchester ['mæntʃɪstə]

Celtic ['kɛltɪk]

Barcelona [ˌbɑ:sə'ləʊnə]

Sumerian [sʊ'mɪəriən]

Glossary

aesthetics, <i>n.</i>	[i:s'θɛtɪks]	эстетика
akin, <i>adj.</i>	[ə'kɪn]	похожий, сходный; родственный
amateur, <i>adj.</i>	['æmətɜ:]	любительский, непрофессиональный
combat sports	['kɒmbat spɔ:ts]	спортивные единоборства
embody, <i>v.</i>	[ɪm'bɒdi]	воплощать; заключать в себе
employee, <i>n.</i>	[emplɔɪ'i:]	рабочий, служащий
equestrian, <i>adj.</i>	[ɪ'kwɛstriən]	конный; верховой
expertise, <i>n.</i>	[ˌɛkspə:'ti:z]	опыт, компетентность, специальные знания
grassroots sport	['grɑ:sru:ts spɔ:rt]	массовый спорт
harken back, <i>v.</i>	['hɑ:kən 'bæk]	восходить
hunting, <i>n.</i>	['hʌntɪŋ]	охота
joust, <i>n.</i>	[dʒaʊst]	рыцарский поединок; борьба; состязание

knighthood, <i>n.</i>	['nɪlɪθʊd]	рыцарство; рыцарское звание
longevity, <i>n.</i>	[lɒn'dʒɛvɪtɪ]	долгожительство; долговечность
martial arts	['mɑ:ʃ(ə)l ɑ:ts]	боевые искусства
multifaceted, <i>adj.</i>	[,mʌltɪ'fæsɪtɪd]	многогранный, многосторонний
oft-quoted, <i>adj.</i>	[ɒft 'kwəʊtɪd]	часто цитируемый
reemergence, <i>n.</i>	[,ri:ɪ'mə:dʒəns]	возрождение
renowned, <i>adj.</i>	[rɪ'naʊnd]	знаменитый, известный
scholastic, <i>adj.</i>	[skə'læstɪk]	зд. школьный
swordsmanship, <i>n.</i>	['sɔ:dzmənʃɪp]	искусство фехтования
warrior, <i>n.</i>	['wɒrɪə]	воин, борец
wrestling, <i>n.</i>	['reslɪŋ]	борьба

2. Read the text and give answers to the following questions:

1. What is coaching?
2. When did school-based sport systems appear?
3. Are coaches generally part-time employees and volunteers?
4. What does “multisport club” mean?
5. When is AIS opened?
6. What do coaches teach?
7. Have coaches achieved an elevated status in recent times?
8. Which opportunities do successful coaches have?

Physical activity and play have been activities of the human race since the dawn of time. While varied philosophies of sport and play have included survival, combat, and amusement-oriented activities, each has been conjoined to the society in which it has existed. In the cradles of civilization, systems of physical activity emerged as components of the evolving societies. Within each of these societies, teachers of physical activities emerged as coaches. For example, the Sumerians in Mesopotamia engaged in combat sports such as wrestling and archery as they trained

extensively in preparation for war. Young Sumerians were also taught survival sports such as fishing and boating. China's feudal system encouraged militaristic sports, hunting, and equestrian sports. Of course, the martial arts emerged early in Chinese society. Ts'u chu, a form of football; polo; and other games were also taught to the upper classes. Egypt, like China, allowed for a privileged life among the ruling class, yet also trained skilled hunters and warriors from the peasant ranks. Despite philosophical and religious prohibitions on amusement games, civilization in the Indus Valley saw the emergence of many similar activities; yoga was commonly taught as well.

In the ancient world, different societies produced diverse sport. Within these societies, the evolution of coaching paralleled the philosophical foundations of the sporting systems. For example, the Far East produced the master, who instructed pupils in the martial arts. The Greek Olympic Games reflected the combined interests of such diverse city-states as Sparta, whose athletic prowess evolved from militaristic intentions, and Athens, whose athletics mirrored its citizens' values of aesthetics, holistic education, and freedom. The emergence of the Olympics led to the advent of professional coaches hired by the amateur athletes to train them in preparation for competition. These coaches were readily available and relatively inexpensive. The Roman Republic first employed sport in support of militaristic and health interests. As Rome experienced social and political changes and the empire advanced, its sport evolved into mass entertainment spectacles. Gladiator schools provided specialized training in preparation for these life-and-death contests.

As Rome fell, the Teutonic invasions resulted in an increased value placed on physical prowess, particularly in survival and combat sport. In the Middle Ages, with its resulting feudalistic structures, organized physical training was reserved for noblemen pursuing knighthood. The training was holistic, yet featured combative physical skills such as swordsmanship and jousting. Despite cultural constraints, serfs did engage in limited physical activity with informal, if any, instruction provided. The Renaissance paved the way for a broader reemergence of physical activity and sport based on the conceptualization of a healthful mind and body, which would lay the foundation for modern sport systems. Conversely, the Reformation, while primarily

focused on Christianity, influenced society by limiting play and sport. Imperialism and colonialism spread Western sport systems and specialized coaching.

In the 18th and 20th centuries the slow development of a modern era of coaching emerged, resulting from both technological and societal advancements. Nationalism, political division, capitalistic industrialization, and subsequent urbanization intensified the cultural value of competitive sport. Sport began to serve as a social institution, gaining structural power in society. And as the economic stakes in sport grew, the reemergence of professional coaches and the application of new scientific principles in coaching developed. Paralleling the increasing significance of sport in the late 20th century was the rise to prominence of the coach. Modern systems of coaching advanced within the diverse systemic organization of sport around the globe. For example, independent and community-based grassroots sport programs emerged as a means to disseminate sport ideals, offer opportunities for mass participation, or identify talented athletes. Whether in nonprofit organizations, communities, or self-funded competitive teams, coaches in this system are frequently volunteers, some with little coaching experience.

School-based sport systems in which competitive sport is provided through the education infrastructure appeared in the 19th century in the United States. Originally, coaches in college sport came from the ranks of the participating students. Faculty soon assumed control, and in the 20th century, professional coaches became the norm in intercollegiate sport. College coaches at the highest levels of competition, which are generally a part of independently funded programs, can be very well paid. In contrast, state support of athletes at the scholastic level has become commonplace, and coaches in these programs are generally part-time employees, often teachers, and some are even volunteers.

Given the power of sport, state-sponsored sport systems are not uncommon. As the most successful country in winning Olympic gold medals, the former Soviet Union was perceived to have an elite state-sponsored sport machine. While mass sport opportunities did exist to support socialist ideals, elite athletes were provided top facilities and coaching in pursuit of international success. Generally, professional

coaches were employed to enhance the success of these government-supporting capitalistic ideals formed in the United States as professional leagues and franchises. Organizations such as the National Football League, National Basketball Association, and Major League Baseball generate huge revenues, as do individual franchises within these leagues. Highly paid professional coaches are the norm in this system.

The sport club often sponsors multiple teams in numerous sports administered under one umbrella organization. In Spain, for instance, clubs such as Real Madrid and Barcelona field not only soccer but also basketball teams and are known as multisport clubs. Not all clubs follow this model. For example, in the United Kingdom, clubs such as Liverpool, Celtic, and Manchester United field only soccer teams. Akin to coaches in the professional system of the United States, club sport coaches are frequently internationally acclaimed, well-trained, highly skilled, well-paid professionals. As sport has become institutionalized in modern society, the preparation and certification of coaches became a concern. International and national sport governing bodies, governments, and various sport associations have a stake in the disastrous Olympic performance of the Australian national team in Montreal in 1976, the Australian Institute of Sport (AIS) opened in 1981 as the center for training elite athletes and coaches. Serving all levels of sport, the Coaching Association of Canada offers coaches training as well as a national coaching certification program. Conversely, in the United States, coach training and certification is highly decentralized, if not completely random and varies from state to state. There has been little inclination to centralize the preparation of coaches in the United States, as training is delivered in independent programs through universities, national sport governing bodies, for-profit enterprises, and state institutions.

While modern coaching has seen many strides in the past half century, the primary role of a coach still harkens back to its ancient beginnings in the application of training principles to guide athletes. Coaches teach sport activities to individuals or groups. They explain and demonstrate principles, teaching skills, tactics, and strategies. However, expectations for the role of the modern coach have evolved beyond planning for and conducting practices and competitions to include all aspects of sport

instruction and management based on knowledge of philosophy, psychology, physiology, pedagogy, and management as it relates to sport. Coaches have always been expected to be involved in the teaching of sport; however, in some sporting cultures, they have come to be expected to be adept at teaching through sport as well. Many modern coaches use sport as a vehicle for broader cultural aims from the socialization of participants to the development of a sense of community on various levels. As a result of the social and economic effects of sport, coaches have achieved an elevated status in recent times.

As sport often embodies societal ideals, some coaches have emerged as cultural icons. Such coaching heroes are nationally or internationally renowned and in some cases reviled. While generally respected for their winning ways, they are often loved by affiliated supporters and despised by opponents. These iconic coaches often have a profound effect outside of sport. Their records of success yield platforms from which to reach the greater society. Successful coaches frequently have opportunities to share their expertise through books, lectures, and media appearances. Many diverse cultures celebrate these iconic coaches. For example, Sir Alex Ferguson, coach of the Manchester United Football Club since 1986, is considered by many observers to be the greatest coach the sport has seen. Conversely, others cite the great history of Brazilian football, capturing five FIFA World Cups, and extol the virtues of its architect, Mario Zagallo. Bela Karolyi, an international coaching legend with both the Romanian and American Olympic teams, has produced 9 Olympic champions, 15 world champions, 16 European medalists, and 6 U.S. national champions. Coaching heroes hold prominence in American society as well. Iconic coaches from the American collegiate ranks such as UCLA's John Wooden in basketball are revered not simply for longevity but for the success of their players both on and off the field of play and for their positive influence on the conduct of sport. Dynastic coaches Vince Lombardi of the Green Bay Packers and Red Auerbach of the Boston Celtics are highly respected, oft-quoted legends from professional sport. University of South Carolina and former University of Florida football coach Steve Spurrier is known simply as "The Ole Ball Coach" based on his success and his emotive expression on the sidelines.

The history of sport coaching parallels the progression of human societies. Coaches have long been significant figures not only in sport but also through sport. Sport coaching, while remaining true to its instructional origins, has developed into a multifaceted modern profession.

(adopted from "Sports around the world: history, culture and practice" by J.Nauright and C.Parrish)

3. Are the following statements true? Can you substantiate your opinion?

1. Some coaches have emerged as cultural icons.
2. The history of sport coaching parallels the progression of human societies.
3. Greece first employed sport in support of militaristic and health interests.
4. The 20th century was the rise to prominence of the coach.

4. Give Russian equivalents for the following:

since the dawn of time, amusement-oriented activities, mass entertainment spectacles, pave the way for, intercollegiate sport, part-time employees, have a profound effect, well paid, highly skilled, to hold prominence, to be adept at smth, affiliated supporters.

5. Translate into English:

колыбель цивилизации, уделять большое внимание, сдерживающий фактор, профессиональный тренер, международный успех, делиться опытом, в роли наблюдателя, высокий статус, заложить основу, превозносить достоинства, общественные идеалы.

6. Give English definitions or synonyms to the following words and expressions:

Survival sports, militaristic sports, holistic, advent, self-funded, volunteer, state-sponsored, sport governing body, stride, for-profit enterprise, multisport club, umbrella organization, cultural icon.

7. Find in the text these numbers and say which information they give us?

The 19th century, the 20th century, 1976, 1981, 1986, 9, 15, 16, 6, 18.

8. Give all the derivatives to the verbs:

To produce; to instruct; to employ; to increase; to support; to conduct.

9. Translate the following sentences into English, using the words from the text:

1) Физическая активность и занятия спортом свойственны людям с незапамятных времен.

2) Возникавшие виды физической деятельности подчинялись приоритетным задачам развития конкретного общества.

3) В первых цивилизациях широко были распространены боевые виды спорта, такие как стрельба из лука, охота, конный спорт, которые готовили мужчин к военным действиям.

4) Квалифицированные профессиональные тренеры имеют сегодня высокий общественный статус.

5) Появление Олимпиады привело к возникновению профессиональных тренеров, готовивших атлетов-любителей к успешным выступлениям в соревнованиях.

6) В 20 веке роль высококвалифицированных тренеров заметно возросла. Их работа хорошо оплачивается, а сами они имеют высокий общественный статус.

7) Отдельные выдающиеся тренеры превратились в своего рода общественный идеал.

8) Международный успех спортивной команды во многом обусловлен стилем работы тренера.

9) Кроме того, личность тренера оказывает заметное влияние и на развитие личности самого спортсмена.

10. Divide the text into logical parts and give a heading to each part.

11. Speak on the text.

12. Study a list of coaching roles and answer the question: *What coaching roles would you like to choose and why?*

The roles that you will find you undertake as a coach will be many and varied and you will find at some stage in your coaching career that you will be:

- **Advisor** – Advising athletes on the training to be conducted and suitable kit and equipment.

- **Assessor** – Assessing athletes performance in training and in competition

- **Counsellor** – Resolving emotional problems on the basis that sharing anxieties can be both relieving and reassuring.

- **Demonstrator** – Demonstrate to the athletes the skill you require them to perform.

- **Friend** – Over the years of working with an athlete a personal relationship is built up where as well as providing coaching advice you also become someone, a friend, who they can discuss their problems or share their success with. It is important to keep personal information confidential because if you do not then all respect the athlete had for you as a friend and coach will be lost.

- **Facilitator** – Identify suitable competitions for them to compete in to help them achieve their overall objectives for the year.

- **Fact finder** – Gathering data of national and international results and to keep abreast of current training techniques.

- **Fountain of knowledge** – This may be part of the advisor role in that you will often be asked questions on any sporting event, events that were on the television, diet, sports injuries and topics unrelated to their sport.

- **Instructor** – Instructing athletes in the skills of their sport.

- **Mentor** – When athletes attend training sessions you are responsible, to their parents and family, for ensuring that they are safe and secure. You have to

monitor their health and safety whilst training and support them should they have any problems or sustain any injuries.

- **Motivator** – Maintain the motivation of all the athletes the whole year round.

- **Organizer and planner** – Preparation of training plans for each athlete and organize attendance at meetings and coaching clinics.

- **Role Model** – A person who serves as a model in a particular behavioral or social role for another person to emulate. The way you conduct yourself whilst in the presence of your athletes provides an example of how they should behave – what sort of example should we be providing to someone else's children? Perhaps one of the most important roles of a coach.

- **Supporter** – Competition can be a very nerve racking experience for some athletes and often they like you to be around to help support them through the pressures. Role of a 'Friend' and perhaps 'Counsel or' come in here to. ,

13. Write a topic (10–15 sentences) describing your coaching career in the future.

Unit 7. The Olympic Games

1. Practise reading the following:

Throughout [θru:'aʊt]; schedule ['ʃedju:l]; cycle ['saɪk(ə)l]; ceremony ['serɪməni]; honor ['ɒnər]; ancient ['eɪnʃ(ə)nt]; committee [kə'mɪti]; eligibility [,elɪdʒɪ'bɪlɪti]; cannon ['kænən]; furnish ['fə:nɪʃ]; judging ['dʒʌdʒɪŋ].

Glossary

excitement, <i>n.</i>	[ɪk'saɪtmənt]	волнение
accuracy, <i>n.</i>	['ækjʊərəsi]	точность; тщательность
anthem, <i>n.</i>	['ænthəm]	гимн
bobsleigh, <i>n.</i>	['bɒbsleɪ]	бобслей
bout, <i>n.</i>	[baʊt]	схватка, бой, встреча с противником

cannon, <i>n.</i>	['kænən]	пушка, орудие
contestant, <i>n.</i>	[kən'test(ə)nt]	участник соревнования; соперник
cross-country relay	[krɒs 'kʌntri 'ri:leɪ]	беговая эстафета
eligibility requirements	[,ɛlɪdʒɪ'bɪlɪtɪ rɪ'kwɪəmənts]	квалификационные требования, критерии отбора
encourage, <i>v.</i>	[ɪn'kʌrɪdʒ]	поощрять, ободрять
expenses, <i>n.</i>	[ɪk'spensɪz]	траты, издержки
gymnastics, <i>n.</i>	[dʒɪm'næstɪks]	гимнастика
host country	[həʊst 'kʌntri]	принимающая сторона
impressive, <i>adj.</i>	[ɪm'presɪv]	впечатляющий
luge, <i>n.</i>	[lu:ʒ]	санный спорт
march, <i>v.</i>	[mɑ:tʃ]	маршировать
qualifying tournament	['kwɒlɪfaɪɪŋ 'tʊənəm(ə)nt]	квалификационный (отборочный) тур
release, <i>v.</i>	[rɪ'li:s]	отпускать, освобождать
salary, <i>n.</i>	['sæləri]	заработная плата
shooting, <i>n.</i>	['ʃu:tɪŋ]	стрельба
speed-skater, <i>n.</i>	[spi:d 'skeɪtər]	конькобежец
surround, <i>v.</i>	[sə'raʊnd]	окружать
torch, <i>n.</i>	[tɔ:tʃ]	факел
trumpet, <i>n.</i>	['trʌmpɪt]	труба (<i>муз.</i>)
weightlifting, <i>n.</i>	['weɪtlɪftɪŋ]	тяжелая атлетика

2. Read the text and answer the following questions:

1. What do the Olympic Games consist of?
2. How do the athletes march into the stadium at the opening ceremony?
3. Who lights the Olympic flame?
4. Why were the modern Olympic Games organized?
5. What does the Olympic symbol represent?
6. What is the Olympic motto?

7. Who selects the athletes competing in the Olympic Games?
8. Who pays athletes during an unlimited training period before the Olympic Games?
9. What methods of judging are used in Olympic Games?
10. How are the winners awarded?

The Olympic Games bring together thousands of the world's finest athletes to compete against one another. No other sports event attracts so much attention. Several millions people attend the games, and hundreds of millions throughout the world watch them on television.

The Olympic Games consist of the Summer Games and Winter Games. The Summer Games are held in a major city, and the Winter Games are held in a winter resort. The Olympics have normally been held every four years, with both the Summer Games and Winter Games taking place the same year. Beginning from 1994, the Summer Games and the Winter Games are scheduled to occur on a four-year cycle two years apart. For example, the Winter Games were held in 1994 and 1998, and the Summer Games in 1996 and 2000.

Colorful ceremonies combine with athletic competition to create the special feeling of excitement that surrounds the Olympics. The opening ceremony is particularly impressive. The athletes of Greece march into the stadium first in honor of the original Olympics held in ancient Greece. The other athletes follow in alphabetical order by country depending on the spelling of each nation's name in the language of the host country. The athletes of the host country enter last.

The head of state of the host country declares the games open. The Olympic flag is raised, trumpets play, and cannons boom in salute. Hundreds of doves are released into the air as a symbol of peace.

The most dramatic moment of the opening ceremony is the lighting of the Olympic flame. Runners in cross-country relays bring a lighted torch from the valley of Olympia, Greece, where the ancient Olympics were held. Thousands of runners take part in the journey, which starts four weeks before the opening of the Games.

They represent Greece and each country that lies between Greece and the host nation. Planes and ships transport the torch across mountains and seas. The final runner carries the torch into the stadium, circles the track, and lights the Olympic flame. The flame is kept burning until the end of the Games. This custom started in 1936.

The modern Olympics were organized to encourage world peace and friendship and to promote amateur athletics. The Olympic symbol consists of five interlocking rings that represent the continents of Africa, Asia, Australia, Europe, and North and South America. The rings are blue, black, red, yellow and green. The flag of every nation competing in the Games has at least one of these colours. The Olympic motto is Faster, Higher, Stronger.

Each national committee provides uniforms for its country's athletes while they prepare for and compete in the Games. Each committee also furnishes transportation for its team to the Games and back. The host country provides food and housing for all the athletes. Most countries use government funds to pay the expenses.

Every country represented in the Olympics has a National Olympic Committee that selects the athletes who compete in the Games. Each committee is responsible for ensuring that the athletes meet the Olympic and international sports federation eligibility requirements.

An athlete who represents a country in the Olympics must be a citizen of that country. Until 1998, only amateur athletes competed in the Games. Professional athletes are now eligible to compete in basketball, ice hockey, football, and tennis. In addition, the IOC voted in 1974 allows national Olympic committees to pay athletes during an unlimited training period before the Olympic Games. Each athlete may receive expense money, plus the equivalent of the salary that he or she would earn by working instead of training.

In many countries, athletes qualify by winning, or finishing high, in competition called selections trials. Participation in most of these trials is by invitation only.

In some Olympic sports, a nation may enter as many as three athletes in each individual event and one team in each team event. Five sports- archery, athletics, shooting, swimming, and weightlifting- require athletes to meet a minimum standard

of performance if their country enters more than one competitor in an event within the sport.

Up to 12 teams can compete in each man's team sport, except football, which involves 16 teams. No more than 20 teams take part in each team sport that has competition for both men and women. If more than the maximum number of nations wants to compete in sport, a qualifying tournament is held before the Olympics. Such tournaments are the responsibility of the international governing body of the sport involved.

Several methods of judging are used in various Olympic events. For example, the eight fastest athletes qualify for the finals in most swimming and athletics events. The medals in diving, figure-skating, and gymnastics are awarded on the basis of points given by judges. In bobsleighbing and luge, each contestant or team makes a certain number of timed runs down the course, and the lowest total time wins. Speed-skaters are timed as they race, two at a time, over a course. The placing in shooting is based only on accuracy. In wrestling, each man competes against at least two opponents. In boxing, each man remains in competition only until he loses one bout.

The top three athletes in each Olympic event receive a medal and a diploma. The next five receive only a diploma. The first- and second- place medals are made of silver, but the first-place medal has a gold coating. The third -place medal is made of bronze. All the members of a winning relay team get a medal. In team sports, all the members who have played in at least one of their team's games receive one. The design of the medals for the Winter Olympics is different from the design for the Summer Games. The design is changed for each Olympic Games.

The winners receive their medals at an impressive ceremony held after the event. The three medal winners stand to attention while the flags of their countries are raised. A band plays a short version of the national anthem of the homeland of the gold medal winner.

Olympic competition is intended to test the skill and strength of individuals, not nations. Therefore, the IOC does not keep an official score among the competing countries. No nation "wins" the Olympics. However, newspaper and television re-

porters from all parts of the world tell the public how many gold, silver, and bronze medals have been won by each country.

(adopted from Английский язык для физкультурных специальностей. English for Students of Physical Education: учебник для студ. высш. учеб. заведений / Е.Н. Баженова, А.Ю. Гренлунд, Л.Я. Ковалева, А.В. Соколова)

3. Read the following statements and say whether they are true or false:

1. Millions of people all over the world attend the Olympic Games but nobody watches them on television.

2. The Olympic Games have usually been held every four years with the Winter Games and the Summer Games.

3. When the opening ceremony takes place, athletes of nation`s teams march into the stadium first.

4. A dozen of doves are released into the air as a symbol of the opening of the Olympic Games.

5. The journey in which thousands of runners take place usually starts 7 weeks before the opening of the Games.

6. The Olympic rings symbolize the continents of Africa, Asia, Europe, Australia and North and South America.

8. The Olympics include the Winter and Summer Games.

9. The Olympic Games are held every four years.

10. Greece athletes marched at the opening ceremony of the first.

4. Read the following sentences. Choose the correct answer:

1. The Olympic Games consist of the

a) Summer Games

b) Winter Games

c) Summer and Winter Games

2. At the opening ceremony the athletes of Greece march into the stadium

a) first

b) second

c) in alphabetical order

3. The athletes of the host country enter

a) first

b) last

c) second

4. The most dramatic moment of the Games is the

a) raising of the Olympic flag

b) lighting of the Olympic flame

c) bringing of a lighted torch

5. The flame is kept burning

a) one day

b) one week

c) till the end of the Games

6. The Olympic symbol consists of

a) five rings

b) four interlocking rings

c) five interlocking rings

7. The Olympic motto is

a) Faster, Higher, Stronger

b) Better, Faster, Stronger

c) Stronger, Better, Faster

5. Give English equivalents for:

привлекать внимание, состоять из, курорт, четырехлетний цикл, церемония открытия, в честь, в алфавитном порядке, принимающая страна, глава государства, зажжение Олимпийского огня, поддерживать мир во всем мире, пять переплетенных колец, девиз Олимпийских игр, судейство, эстафета, зависеть от, оплачивать расходы, отвечать требованиям, проиграть бой.

6. Translate the following sentences into English:

1. Олимпийские игры считаются открытыми, когда зажжен олимпийский огонь.
2. Тысячи бегунов принимают участие в эстафете, которая начинается за четыре недели до открытия игр.
3. Олимпийский огонь горит до конца игр.
4. Символом Олимпийских игр являются пять переплетенных колец, каждое из которых символизирует континент.
5. Дни олимпийских торжеств – дни всеобщего мира.
6. Олимпийские игры представляют собой спортивные соревнования, способствующие физическому совершенствованию, а также налаживанию взаимопонимания между народами.
7. Среди традиционных ритуалов Игр выделяются впечатляющие церемонии открытия и закрытия, торжественный парад спортсменов и членов делегаций, зажжение Олимпийского огня, приветственные речи, церемония награждения победителей.

7. Complete the sentences using words from the text. Ask questions:

Example: The Olympic Games bring the athletes together What ... for? →

What do the Olympic Games bring the athletes together for?

1. The Summer Games are held in Where ...?
2. The Winter Games are held in Where ...?
3. ... the Summer Games and the Winter Games are scheduled to occur on a four-year cycle two years apart. Since what year ...?
4. Colourful ceremonies combined with athletic competitions What ... for?
5. ... is particularly impressive. What ...?
6. The athletes of Greece march into the stadium Why ...?
7. ... enter the stadium last. Who ...?
8. ... declares the Games open. Who ...?
9. The most dramatic moment of the opening ceremony is What ... ?

Text B. Sochi 2014

1. Read the text and answer the questions:

2. When and where were the 2014 Winter Olympics held?
3. Has Russia ever hosted the Olympic Games before?
4. What was unusual about torch relay route?
5. What sport facilities did the Coastal Cluster consist of?
6. What sport venues did the Mountain Cluster have?
7. Can you remember the 2014 Olympic mascots and motto?
8. How many disciplines were included in the program?

The 2014 Winter Olympics, officially called the XXII Olympic Winter Games and commonly known as Sochi 2014, were a major international multi-sport event held from February 7 to February 23, 2014 in Sochi, Russia. This is the second time that Russia has **hosted** the Olympics. The 1980 Summer Olympics **took place** in Moscow.

The opening ceremony of the 2014 Winter Olympics was held on 7 February 2014. The Olympic torch – which was rekindled in ancient Olympia, Greece, in September – was winding its way through 83 Russian cities before arriving at Sochi on the day of the opening ceremony. It was the longest torch relay in Olympic history, a 40,000-mile route that passed through all regions of the country, from Kaliningrad in the west to Chukotka in the east. And beyond: the Olympic torch reached the North Pole for the first time via an icebreaker ship and has been passed for the first time in space, with Russian cosmonauts Oleg Kotov and Sergey Ryazansky passing it at the outlet of the International Space Station. The torch also reached Europe's highest mountain, Mount Elbrus, and even the depths of Siberia's Lake Baikal.

With an average February temperature of 42.8 degrees and a humid subtropical Sochi was the warmest city to host the Winter Olympic Games. Sochi 2014 outlawed smoking. The new Olympic Park and 11 new sports venues were all smoke-free.

The Games were held in two clusters - the Coastal Cluster (the Olympic Park) and the Mountain Cluster (Krasnaya Polyana).

The Olympic Park was the main feature of the Coastal Cluster. It was a complex of sports facilities capable of accommodating 75,000 visitors at a time. It consisted of the Olympic Stadium Fisht, the Bolshoi ice dome, the Shayba ice stadium, the curling centre Ice Cube, the winter sports palace Iceberg and the speed skating rink Adler Arena.

The Fisht stadium seating 40,000 was meant for the opening and closing ceremonies of the Olympics and Paralympics, as well as for the decoration ceremonies. The stadium owed its name to the same-name mountain in the Caucasus and resembled a high cliff in shape. From the stands the spectators were able to enjoy the show and other events on the pitch, and the splendid views of the mountains and of the expanse of the sea.

Meanwhile, Krasnaya Polyana contained the Laura Biathlon & Ski Complex for biathlon and cross-country skiing; the Rosa Khutor Extreme Park for freestyle skiing and snowboarding; the Rosa Khutor Alpine Center for alpine skiing; the Sliding Center Sanki for bobsled, luge and skeleton; the RusSki Gorki Jumping Center for ski jumping and Nordic combined (both ski jumping and cross-country skiing on a 2-kilometer route around the arena); and the Rosa Khutor Plateau Olympic Village.

The commemorative postage stamps and souvenirs were set with images of the three Olympic mascots – a polar bear, a snow hare and a snowboarding leopard. “Hot, Cool, Yours” was chosen as the motto of the Olympics. “Hot” was for the intensity of the sporting competition, the passion of the spectators and the location of these Games, in southern Russia. “Cool” was a reference to the Winter Games and the traditional image of Russia as having a cold climate. The last word, “Yours”, showed that the Games belonged to the athletes and the public, and that everyone could get involved in making them a success.

The notions of simplicity and modernity were at the root of the design of the official emblem for the Games in Sochi. For the first time, there was no image or drawn elements but rather a typographical exercise, featuring the novel inclusion of

the internet address on the first line of text. Below, the figure 2014 next to the Olympic rings vertically mirrored the letters of the word Sochi.

98 events over 15 disciplines in 7 sports were included in the 2014 Winter Olympics. The three skating sports disciplines were figure skating, speed skating, and short track speed skating. There were six skiing sport disciplines—alpine, cross-country skiing, freestyle, Nordic combined, ski jumping and snowboarding. The two bobsleigh sports disciplines were bobsleigh and skeleton. The other four sports were biathlon, curling, ice hockey, and luge. A total of twelve new events were contested to make it the largest Winter Olympics to date.

In addition to the main event Paralympic Winter Games 2014 were held.

(adopted from <http://www.wagmag.com/playing-in-the-snow>)

1. Complete the following sentences:

1. The 2014 Winter Olympics took place in.....
2. Sochi 2014 proscribed
3. All sporting events were held in.....
4. The Fisht stadium could accommodate.....
5. Symbols of the 2014 Winter Olympics were commemorated in.....

2. Give Russian equivalents for:

Take place, torch relay, route, to outlaw, sport venue, to resemble, alpine skiing, cross-country skiing, biathlon, skeleton, ski jumping, commemorative, to belong to, to wind one's way through.

3. Read and translate the words and their derivatives:

To resemble – resembling – resembled – resemblance – have a resemblance to smb.

To choose – choosing – chosen – choice – make a choice.

To refer – referring – referred – reference.

To succeed – succeeding – succeeded – successful – success – make a success.

To contest – contesting – contested – contest – contestant.

4. Complete the sentences with the appropriate word from exercise 4:

1. The winning received a prize.
2. I'm sure he'll make a good
3. She served as a judge at the dancing
4. Tom strongly his father in looks.
5. This fabric cotton is quite comfortable.
6. History is his field of study.
7. Shakespeare made a name as a poet.
8. Everyone has to work hard in order to
9. to the dictionary if you don't know how to spell or translate a word.
10. They may need from your former employer.

5. Summarize the content of the text in 10 sentences.

Unit 8. Disabled and Sport

1. Practise reading the following:

exposure [ɪk'spəʊʒə]; departure [dɪ'pɑ:tʃə]; tie [taɪ]; mandate ['mændeɪt]; tension ['tɛnʃ(ə)n]; marginalize ['mɑ:dʒɪn(ə)laɪz]; cerebral ['serɪbr(ə)l]; association [ə'səʊʃɪ'eɪʃ(ə)n]; rehabilitation [ˌri:əˌbɪlɪ'teɪʃən]; vehicle ['vi:ɪk(ə)l].

Glossary

amputee, <i>n.</i>	[ampjʊ'ti:]	человек с ампутированной конечностью, инвалид
categorize, <i>v.</i>	['kætəgəraɪz]	классифицировать
contentious, <i>adj.</i>	[kən'tenʃəs]	спорный
crafts, <i>n.</i>	[kra:fts]	ремесла

detrimental, <i>adj.</i>	[,dɛtrɪ'mɛnt(ə)l]	вредный, пагубный
devoid of	[dɪ'vɔɪd ɒv]	свободный от; лишенный
disabled people	[dɪs'eɪblɪd 'pi:p(ə)l]	люди с ограниченными возможностями, инвалиды
equal, <i>n.</i>	['i:kw(ə)l]	равный, ровня
genesis, <i>n.</i>	[ˈdʒenəsis]	возникновение, происхождение
hearing-impaired	[ˈhɪərɪŋ ɪm'pɛəd]	слабослышащий
inception, <i>n.</i>	[ɪn'sɛpʃ(ə)n]	начало
majority, <i>n.</i>	[mə'dʒɔrɪti]	большинство
minority, <i>n.</i>	[maɪ'nɔrɪti]	меньшинство
rehabilitate, <i>v.</i>	[ri:hə'bilɪteɪt]	восстанавливать трудоспособность, реабилитировать
suffer (from), <i>v.</i>	['sʌfə]	страдать (от)
wheelchair user, <i>n.</i>	['wi:lʃeər 'ju:zə]	инвалид-колясочник

2. Read the text and answer the following questions:

1. Why do people think that sporting events for disabled people are virtuous?
2. Why should myth of goodness associated with «disability sport» be critically examined?
3. When was the first recorded international sporting event for the disabled organized?
4. Where were the International Silent Games held?
5. When and where was the first International competition for wheelchair users staged?
6. What is the reason for the CISS's departure from the Paralympics movement?
7. What are the stages in the development of the Paralympics movement?

People with physical and sensory disabilities have been competing in international sport for more than 80 years. Since the inception of international sport for the disabled, events have received relatively limited exposure from those outside the practice. This has led the public to believe that sporting events for disabled people are somehow virtuous because they avoid negative media attention and are a good wholesome invention devoid of politics and above petty political argument, unlike "able-bodied" sport. This myth of goodness associated with what is conventionally called "disability sport" should be critically examined, because politics is fundamental to the organization of society. It could be argued that this sporting practice is better represented by the phrase "sport for the disabled" because in reality it is a practice run for and organized by the "able" majority for a sporting minority. Politics therefore has been central to sport the disabled since its genesis.

The first recorded international sporting event for the disabled was organized in 1924 for hearing-impaired athletes. This event, known as the International Silent Games, was held in Paris and was the first staging of what is now called Deaflympics. At this event the first International Organization of Sports for the Disabled (IOSD) was established for athletes with a hearing impairment. Committee International des Sports Sourds (International Committee for Deaf Sport, CISS) was a founding member of the International Paralympics Committee (IPC) but left in 1995. The reason for the CISS's departure from the Paralympic movement is that people with hearing impairments do not categorize themselves as disabled but as a Linguistic minority. As such, these organizations felt that close political ties with the IPC would be detrimental to their future development.

Today the Paralympic Games has very close political ties with the International Olympic Committee (IOC), but these took time to develop. The first international competition for wheelchair users was staged in 1952 at Stoke Mandeville, England. These early events were staged for groups who "suffered" from a single impairment and were established with a charitable mandate to help a particular marginalized group of people. The fact that early events were impairment and not sport-specific led to ever-increasing political tension and thus numerous IOSDs were established to de-

defend the interests of various impairment groups prior to the establishment of the IPC in 1989. These organizations, including the Cerebral Palsy International Sports and Recreation Association (CPISRA), International Blind Sports Associations (IBSA), International Sports Federation for Person with Intellectual Disability (INAS-FID), and the International Wheelchair and Amputee Sports Association (IWAS), along with CISS, were the founding members of the IPC. IPC events were and have been open only to members of the IOSDs, and as such many forms of impairment are excluded from these events.

The use of physical activity and more explicitly sports in the act of rehabilitation was a novel concept in the 1940s at the genesis of the Paralympic movement. It was felt that sports, along with arts and crafts, were important vehicles for the reestablishment of a productive life. In the first instance then the practice of sport was seen as an aid to rehabilitate impaired individuals. Second, sport for the disabled was about participation, and, as a result, a number of IOSDs were formed to enable athletes from around the world to compete alongside their physical equals. These organizations were structured around particular impairment groups. The IOSDs introduced systems that were designed to create a level playing field by establishing distinctive classifications systems for each impairment group. Classification of sport for the disabled and the politics surrounding it is a contentious issue even today. The IOSDs are still concerned with providing the best sport opportunities available for their constituent members. The third stage in the development of the Paralympic movement was an increased focus on high performance, which ultimately led to the establishment of the IPC in Dusseldorf on September 21, 1989.

(adopted from "Sports around the world: history, culture and practice" by J.Nauright and C.Parrish)

3. Say whether the statements are true or false:

1. People with physical and sensory disabilities have been competing in international sport for more than 50 years.

2. The phrase "sport for the disabled" means a practice run for and organized by the "able" majority for a sporting minority.

3. The first recorded international sporting event for the disabled was organized in 1924 for hearing-impaired athletes.

4. The first recorded international sporting event for the disabled, known as the International Silent Games, was held in London.

5. The first international competition for wheelchair users took place in 1952 in England.

4. Give Russian equivalents for the following:

Physical disability, to receive limited exposure, to lead to, devoid of politics, to be detrimental to smth, increasing political tension, impaired individuals, to stage, to compete alongside one's physical equals, to be a contentious issue, high performance.

5. Read these definitions and guess which words from the text they mean:

- a) the greater number;
- b) the origin or mode of formation of something;
- c) a physical or mental condition that limits a person's movements, senses, or activities;
- d) the smaller number or part, especially a number or part representing less than half of the whole;
- e) tending to cause harm;
- f) a strained state or condition resulting from forces acting in opposition to each other;
- g) being the same in quantity, size, degree, or value;
- h) restore (someone) to health or normal life by training and therapy;
- i) a person who is proficient in sports and other forms of physical exercise;
- j) having or showing high moral standards.

Text B. The Organization of Paralympic Sport.

1. Answer the questions based on the information provided:

- 1) When and where did the Paralympic movement begin?
- 2) What sports were included in the first sporting event for disabled people?
- 3) What led to the establishment of the IPS?
- 4) Can you name four IOSDs within the International Paralympics Committee?

The Paralympic movement began with the use of sport to rehabilitate military men impaired during World War II. A key moment in the development of disability sport took place in 1948 at Stoke Mandeville Hospital in England where a doctor Sir Ludwig Guttmann, organized a sports event for his patients who were all wheelchair users that coincided with the opening ceremonies of that year's Olympic Games in London. This event, which included sports such as archery and field events, is widely regarded as the early ancestor of the modern Paralympic Games, which is seen as the most important event on the international sporting calendar for people with differing degrees of impairment.

The legacy of the event run at Stoke Mandeville Hospital can be linked directly to the international federation responsible for the organization of events for athletes in wheelchair. The International Stoke Mandeville Games Wheelchair Sports Federation (ISMWSF) was responsible for the organization of many of the key events in a variety of sports played throughout the world for well over half a century. Since 2004 this organization has been called International Wheelchair and Amputee Sports (IWAS) with a remit for athletes in wheelchairs and with amputations. IWAS is one of a number of IOSDs that independently developed a system of classification that is in essence a method of equitably categorizing bodies for the practice of competitive sport. The IOSDs were established with the explicit intention of creating opportunities for disabled people to be involved in the practice of sport using it as a vehicle for their empowerment. As a result, there was considerable political infighting among the IOSDs to secure the best competitive opportunities for their athletes.

The IOSDs helped to organize the Paralympic Games from 1960 to 1988 and as a result these games were different because there was less emphasis on high performance. This is not to say that elite athletes were not involved but that participation was the main imperative. A hallmark of these games was the continual political infighting between the various IOSDs while they each attempted to establish their authority over the management and structuring of the Paralympic Games. The political turmoil that resulted from early Paralympic Games led to the establishment of the IPC as a supposedly neutral organization that would be the custodian of the games and champion of all the IOSDs. Establishing the IPC did not, however, end the political infighting between the IOSDs. The IOSDs continue to position themselves so that they have some power and influence within the relatively high-profile world of Paralympic sports. Critics might suggest that the formation of IWAS out of two impairment-specific organizations has allowed this group to consolidate its influence within the IPC.

The political power of IWAS within the IPC can be seen on two fronts. First, the human resource of ex-IWAS volunteer and professional administrators has spread across all aspects of the IPC today. A great majority of the top officials in IPC sports are a product of IWAS and as such are likely to show favor to this IOSD over others that are vying for preferential treatment within the framework of the IPC. Second, as the Paralympic Games become concerned with its own mediated image, the athletes that are the product of the IWAS are increasingly seen as the “acceptable face” of the Paralympic movement. The public at large is able to relate to mobility-impaired individuals who either use wheelchairs or prosthetic limbs to move within society and on the field of play. It is much easier to relate to the trauma of an accident and celebrate the rebirth of character in an individual than it is to relate to a serious congenital impairment, so these athletes get the lion's share of media attention and are perceived as getting preferential treatment within the IPC in part because they play a big role in the increased media attention surrounding sports for the disabled.

This increased exposure has not been without its problem. The Paralympic Games now caters to a less diverse impaired population than it did prior to the establishment of the IPC. It seem that the need for commercial success has had a detri-

mental effect on the most severely disabled competitors whose sporting opportunities have been increasingly reduced as the games have become a relatively large media spectacle. If the Paralympic Games are to eventually entirely lose the most impaired members of society who are also elite sports men and women it most certainly will be to the detriment of this sporting practice.

(adopted from "Sports around the world: history, culture and practice" by J.Nauright and C.Parrish)

2. Translate the following words and expressions into English:

Военный; проходить, случаться; церемония открытия Олимпийских игр; легкоатлетические виды спорта; прототип; политическая борьба; высокий уровень выступления; элитный спортсмен; признак, черта; политические волнения; хранитель; проявлять благосклонность к; предпочтительное отношение; протез; львиная доля; пагубный эффект; ответственный за.

3. Use the words in brackets in the appropriate form. Translate the sentences:

1. The Paralympic movement emerged with the aim to use sport in the process of rehabilitating military men with **(impair)** during World War II.

2. Sir Ludwig Guttmann's patients were wheelchair **(use)**.

3. Political tension between the IOSDs was caused by the intention to provide the best **(compete)** opportunities for their athletes.

4. The Paralympics held from 1960 to 1988 didn't focus on high **(perform)**.

5. Some athletes are regarded as getting preferential **(treat)** within the International Paralympic Committee.

4. Translate sentences from Russian into English:

1. Люди с физическими и сенсорными ограниченными возможностями принимают участие в международном спорте больше 80 лет.

2. Первым зарегистрированным международным событием для слабослышащих стала Международная Тихая игра.

3. Паралимпийские игры имеют очень тесные политические связи с Международным олимпийским комитетом.

4. Первый международный конкурс для инвалидов-колясочников был проведен в 1952 году в Англии.

5. Спортивные состязания, наряду с прикладным искусством, были важным инструментом восстановления продуктивной жизни людей с ограниченными возможностями.

6. Занятие спортом способствует реабилитации людей с различного рода отклонениями.

7. Международные организации спортивных состязаний для инвалидов были сформированы для того, чтобы позволить спортсменам со всего мира конкурировать наравне.

8. Политика является составной частью спорта для инвалидов с момента его возникновения.

6. Fill in the gaps with the words from the box:

female	peak	contributions	on	records	compete
	able-bodied	gold		disability	

Famous disabled sportsmen & women

Kyle Maynard was born with arms that end at the elbows but he has managed to wrestle for one of the best teams in the world and is currently fighting with (1)..... fighters in the mixed martial arts fighting category. Despite his (2).... he became the first man to crawl to the top of Mt. Kilimanjaro, Africa's highest (3).....

Another enduring sports personality is **Natalie Du Toit**, a South African (4).... swimmer who competed with able-bodied athletes in the Beijing summer Olympics. In 2003, she set swimming history by becoming the first swimmer to win (5)..... in

the 800m able-bodied freestyle event at the All-Africa Games. She went (6).... to win five gold medals at the Paralympics in Athens 2004.

Oscar Pistorious is a champion sprinter who has broken his own athletic (7).... 30 times. He was the first disabled sprinter to (8).... with able-bodied runners in the Olympic Games. He currently dominates Paralympic events, constantly winning gold medals in 400m, 200m, and 100m events. Oscar also helps other disabled people with his (9).... to the Life without Limitations movement.

7. Prepare a report on famous Russian disabled sportsmen and women.

Unit 9. Sport and International Relations

1. Practise reading the following:

Authority [ə:'θɒrɪti]; partially ['pɑ:ʃ(ə)li]; quadrennial [kwɒ'drɛniəl]; concomitantly[kən'kɒmɪtəntli]; laureate ['lɒriət]; reich [rʌɪk]; Nazis ['nɑ:tsɪz]; racial ['reɪʃ(ə)l]; signage ['saɪnɪdʒ]; enthusiastic [ɪn'θju:zɪ'astɪk]; degenerative [dɪ'dʒɛn(ə)rətɪv]; isolated ['aɪsəleɪtɪd]; Beijing [beɪ'dʒɪŋ]; bloody ['blʌdi]; millennium [mɪ'lenɪəm].

Glossary

agenda, <i>n.</i>	[ə'dʒɛndə]	программа, повестка
apartheid, <i>n.</i>	[ə'pɑ:θeɪt]	апартеид
aspire, <i>v.</i>	[ə'spraɪə]	стремиться
authoritarianism, <i>n.</i>	[ə:'θɒrɪ'tɛ:riənɪz(ə)m]	авторитаризм
boycott, <i>n.</i>	['bɔɪkɒt]	бойкот
contested	[kən'testɪd]	спорный
controversial, <i>adv.</i>	[,kɑ:ntre'vɜ:rʃl]	спорный
foster, <i>v.</i>	['fɒstə]	способствовать, благоприятствовать
goodwill, <i>n.</i>	[gʊd'wɪl]	доброжелательность, расположение, добрая воля
impetus, <i>n.</i>	['ɪmpɪtəs]	импульс
intermittently, <i>adv.</i>	[ɪntə'mɪt(ə)ntli]	периодически

jingoism, <i>n.</i>	['dʒɪŋgəʊɪz(ə)m]	ШОВИНИЗМ
large-scale, <i>adj.</i>	['lɑ:dʒskeɪl]	крупномасштабный
ostensibly, <i>adv.</i>	[ɑ:'stensəbli]	якобы
oversee, <i>v.</i>	[əʊvə'si:]	наблюдать, надзирать
perceive, <i>v.</i>	[pə'si:v]	понимать, осознавать; ощущать, чувствовать
rage, <i>v.</i>	[reɪdʒ]	свирепствовать, быть в гневе
rapprochement, <i>n.</i>	[ræ'prɔʃm:ŋ]	сближение
reconciliation, <i>n.</i>	[,rɛk(ə)nsɪlɪ'eɪʃ(ə)n]	примирение, урегулирование
reinstate, <i>v.</i>	[ri:ɪn'steɪt]	восстанавливать в правах, приводить в порядок
reinvigorate, <i>v.</i>	[ri:ɪn'vɪgəreɪt]	активизировать, оживить
renewal, <i>n.</i>	[ri'nju:əl]	возрождение, обновление
vigorous, <i>adj.</i>	['vɪgərəs]	энергичный
withdraw, <i>v.</i>	[wɪð'drɔ:]	отказываться

2. Read the text and answer the questions:

1. In what way are sport and politics interrelated?
2. Who laid the foundation of modern Olympic movement as free of political influence?
3. Who won four gold medals in 1936?
4. How can sport help to overcome political controversy and foster international dialogue?
5. What is the major goal of international boycotts on sporting contacts?
6. What was the reason for boycotting the 1980 Moscow Games?
7. Which event in history is known as “Soccer War”?
8. When and why did it take place?

Modern sport has a complex relationship with global politics and can be considered a political act in itself. The competitive sports that have become predominant since the 19th century have assumed a significant symbolic role in which teams and

individuals are widely perceived as representing and embodying much broader socio-political orders, including countries, races, classes, genders, and ethnicities. The symbolic power and, increasingly, the wealth-generating potential of international sport have led various governments to attempt to make use of it in their international relations, with mixed results.

The modern Olympic movement, which oversees and regulates many aspects of modern world sport (primarily through its authority over the international sports federations (ISFs) and the national Olympic committees (NOCs), provided a strong impetus for this sort of representational politics among nations. Baron Pierre de Coubertin, who was partially inspired to reinstate the quadrennial Olympic Games and establish the International Olympic Committee (IOC) by a desire to reinvigorate French youth after France's defeat in the Franco-Prussian War, aspired to foster international tolerance and respect through peaceful athletic competition among nations. However, dissatisfied with what he perceived to be excessive governmental interference in the 1900 Olympic Games in Paris and the 1904 Games in St Louis, Coubertin subsequently set the modern Olympic movement on a strictly, though incompletely, nongovernmental path. Since that time debates have raged about the appropriate place of government and political influence in international sport. Concomitantly, vigorous disagreement has persisted over whether international sports engagements pre - dominantly foster goodwill (as Nobel Peace laureates such as Philip Noel-Baker and Nelson Mandela have maintained) or “war minus the shooting” (as George Orwell once remarked). One of the most controversial examples of both of these aspects of international sport was the events of the 1936 Olympic Games in Berlin during Hitler's Third Reich. Hitler embraced the Games ostensibly to showcase German renewal and to highlight the Nazis' superior political projects, including racial purity. However, IOC president Henri de Baillet-Latour was ultimately successful in compelling Hitler to remove a significant amount of anti-Semitic signage during the Games. The 1936 Games were likewise famous for the success of African American athlete Jesse Owens, who won four gold medals in front of Hitler and an enthusiastic German crowd and who formed a lifelong friendship with the German com-

petitor he beat in the long jump, Luz Long. Some argue that these accomplishments undermined the Nazi agenda of racism jingoism, authoritarianism and political violence while others see the Berlin Games as an example of degenerative nationalism.

International sport has sometimes been used in an effort to foster diplomatic dialogue and rapprochement. The Ping-Pong Diplomacy undertaken when American table tennis players were invited (and permitted by Washington) to tour the then isolated Communist Chinese mainland preceded U.S. president Richard Nixon's visit to Beijing and the normalizing of relations between the two countries. In other cases, international sporting events have been perceived to foster rapprochement *within* conflict-affected countries, South Africa's hosting of and ultimate victory in the Rugby World Cup in 1995 after years of international isolation was used to promote interracial reconciliation (the "rainbow nation ") after the dismantling of apartheid and the transition to black majority rule in 1994. South African president Nelson Mandela made a concerted effort to capitalize occasion by reaching out to South Africa's rugby fans, many of whom were from the previously dominant Afrikaner community.

International sport has also been used signal disapproval or punishment through politically motivated boycotts or sanctions. For instance, Egypt, Iraq, and Lebanon withdrew from the 1956 Melbourne Games to protest the Suez War. And the Netherlands, Spain and Switzerland withdrew to protest the Soviet military suppression of the Hungarian Revolution. After the 1976 boycott, the next two quadrennial Olympic Games also faced large-scale boycotts when US. President Jimmy Carter led a 60-country boycott of the 1980 Moscow Games to protest the USSR 'invasion of Afghanistan, and when the Soviet Union led a counter boycott of 14 countries during the 1984 Los Angeles Games.

Politically motivated violence has also intermittently plagued major international sports competitions. In 1969 following a qualifying match for the 1970 Football World Cup (also played in Mexico) in which Honduras was defeated by El Salvador and eliminated from the tournament, El Salvador and Honduras engaged in a short but bloody war. Although border and land reform disputes had long been a source of tension between the two nations, the role that postgame riots and violence between

rival fans played in escalating the tensions into full-blown warfare was so profound that the event became known as the "Soccer War".

.... The conviction that sport can foster positive social change in developing countries has also become a major influence within the international politics of sport. Some have posited that an enduring "sport for development and peace" movement has been consolidated as an influence on political and sporting power. The IOC and other sport organizations have donated considerable funds to the developing world since at least the early 1960s but have rapidly and visibly increased their engagement with issues of underdevelopment and peace building in the new millennium. The United Nations has established the position of special adviser to the secretary-general on sport for development and peace. This adviser is tasked with integrating sports-based approaches into the work of the United Nations and with raising the profile of these approaches. The role of sport in matters of international politics, and the authority to govern it, remains controversial and contested.

(adopted from "Sports around the world: history, culture and practice" by J.Nauright and C.Parrish)

3. Translate the following word-combinations from Russian into English and use them in the sentences of your own:

Значительная роль, олимпийское движение, мощный импульс, спорный вопрос, способствовать продвижению, основное влияние, с целью, давать показания, давать обязательство, межрасовые примирения, возмущения после игры, полномасштабная война, чрезмерное вмешательство, дружба на всю жизнь, исключить из, славиться чем-либо, источник напряженности, предпринять попытку.

4. Insert the missing words. Use the text:

1. Teams and individuals areas representing and embodying much broader sociopolitical orders.

2. The international sports federations and the national Olympic committees provided a for this sort of representational politics among nations.

3. One of the mostexamples of both of these aspects of international sport was the events of the 1936 Olympic Games.

4. Some argue that these accomplishments undermined the Nazi agenda of racism, authoritarianism and political violence.

5. The role that..... and violence between rival fans played in escalating the tensions into full-blown warfare was so profound that the event became known as the “Soccer War”.

5. Give English definition or synonyms to the following words and expressions:

Rival fans, ultimate victory, signal disapproval, to escalate, to donate funds, controversial, racial purity, quadrennial, vigorous disagreement, conflict-affected countries.

6. Complete the table:

Verb	Noun	Noun	Adjective
tolerate		government	
	interference		controversial
isolate		peace	
	violence		racial
invite		success	
	punishment		enthusiastic
engage		society	

7. Match the words with their definitions:

Reconciliation, apartheid, nationalism, authoritarianism, tolerance.

a) A former social system in South Africa in which black people and people from other racial groups did not have the same political and economic rights as white people and were forced to live separately from white people.

b) A way of governing that values order and control over personal freedom.

c) The act of causing two people or groups to become friendly again after an argument or disagreement.

d) Willingness to accept feelings, habits, or beliefs that are different from your own.

e) A feeling that people have of being loyal to and proud of their country often with the belief that it is better and more important than other countries.

8. Read the article and render its contents in English. Use the following sentences:

- The text tells us about...
- The author considers/ underlines....
- This publication is very useful for those who are interested in...

Олимпийские игры и большая политика

Многие олимпийские историки считают, что политика всегда была частью Олимпиад. На первых Играх современности, прошедших в Афинах в 1896 году, атлеты были разделены по национальному признаку. И сами спортсмены, и болельщики рассматривали участников соревнований прежде всего как представителей отдельных стран. Национализм с самого начала был неотъемлемой частью Игр. С ним в олимпийское движение проникло политическое противостояние.

Национальная составляющая лучше всего проявилась в церемониях награждения победителей, когда на стадионе поднимали флаг страны-триумфатора. Выбор флага был сам по себе политическим актом. На Играх 1912 года в Стокгольме, например, финны выступали под собственным флагом, несмотря на то, что Финляндия была частью Российской империи. Ирландская сборная впервые выступила под своим флагом в 1928 году.

Другим острым политическим вопросом стала проблема участия в Олимпиаде женщин. Впервые женщины стали олимпийцами в 1900 году, но они со-

ревновались только в теннисе и гольфе. В 1912 году им разрешили бороться за награды в плавании.

Среди членов Международного Олимпийского комитета не было единого мнения относительно участия женщин в легкой атлетике. Кубертен, основатель олимпийского движения, был в консервативном лагере. Он считал, что это будет "непрактично, неинтересно, неэстетично и неправильно". К 1928 году на Олимпиаде в Амстердаме был провозглашен принцип равенства полов, однако на все виды спорта это не распространялось.

Остро стоял и расовый вопрос. Кубертен, шокированный увиденной им в Америке в 1880-е годы дискриминацией, выступал за общее равенство и одинаковые возможности. В 1912 году в американской сборной появились атлеты африканского происхождения и представители коренного населения.

В 1960-е годы большим вопросом для олимпийского движения был режим апартеида в ЮАР. В 1970 году Южная Африка была исключена из членов МОК. Однако даже после этого шага страсти не улеглись: большая группа африканских стран объявила бойкот Играм в Монреале 1976 года после того, как новозеландская сборная по регби отправилась на матчи в ЮАР.

Олимпийские игры в ряде случаев были инструментом политической пропаганды и государственной идеологии. Лучшим примером тому служит Олимпиада в Берлине 1936 года, с помощью которой Гитлер хотел показать миру превосходство нацистской Германии. По иронии судьбы, Берлинские игры были исполнены символизма древней Эллады: в тот год в программу впервые была включена торжественная доставка олимпийского огня из греческой Олимпии на стадион в Берлине.

Преследование Гитлером евреев раскололо МОК, однако Игры все же состоялись, поскольку было решено, что их отмена прежде всего навредит самим атлетам. В ответ на компромисс со стороны МОК Германия включила в свою сборную несколько евреев. А триумф чернокожего атлета Джесси Оуэна, выигравшего четыре золота и ставшего народным героем Берлинской олимпиады, продемонстрировал абсурдность гитлеровской теории арийского превосходства.

В годы холодной войны Олимпийские игры превратились в арену политического противостояния коммунистического Востока и капиталистического Запада. Спортивные победы стали победами политическими. Политические проблемы были причиной бойкота Московской олимпиады 1980 года в знак протеста против ввода советских войск в Афганистан.

В последние годы самой острой проблемой Олимпиад стал вопрос терроризма. В 1972 году в Мюнхене уязвимость Игр стала очевидной. Палестинская группировка "Черный сентябрь" ворвалась в олимпийскую деревню и взяла в заложники израильских спортсменов, 11 из которых погибли в результате операции по их освобождению.

Можно не сомневаться в том, что политические вопросы будут так же остро стоять и в будущем.

(http://www.ski.ru/static/805/2_20352.html)

9. Do you agree or disagree with the statement: "If you can't beat them, joint them". Write an essay to develop your idea.

Unit 10. Sport and the Media

1. Practise reading the following:

Satellite ['sætəlaɪt]; exposure [ɪk'spəʊʒə]; source [sɔ:s]; equivalent [ɪ'kwɪv(ə)l(ə)nt]; knowledge ['nɒlɪdʒ]; appetite ['æpɪtaɪt]; audience ['ɔ:diəns]; consequences ['kɒnsɪkwənsɪz]; endeavour [ɪn'devə]; elite [eɪ'li:t]; neutrality [nju:'træli:ti]; gadgetry ['gædʒɪtri].

Glossary

appreciate, v.	[ə'pri:ʃiət]	ценить
attachment, n.	[ə'tæʃmənt]	привязанность, присоединение
bargaining, n.	['bɑ:ɡɪnɪŋ]	торги, ведение переговоров, заключение сделки

behalf, <i>n.</i>	[bi'ha:f]	интерес, выгода
consumption, <i>n.</i>	[kən'sʌm(p)ʃ(ə)n]	потребление
cost, <i>n.</i>	[kɒst]	расходы, издержки; стоимость
dedicated, <i>adj.</i>	['dɛdɪkeɪtɪd]	преданный, посвященный; увлеченный
eager, <i>adj.</i>	['i:gə]	жаждущий, стремящийся к
endeavour, <i>v.</i>	[ɪn'devə]	прилагать усилия, стремиться
environment, <i>n.</i>	[ɪn'vʌɪrənm(ə)nt]	обстановка, среда
fee, <i>n.</i>	[fi:]	гонорар, вознаграждение
first-hand, <i>adj.</i>	[,fɜ:st'hænd]	непосредственный, полученный из первых рук
gadgetry, <i>n.</i>	['gadzɪtri]	набор устройств, приспособлений
insatiable, <i>adj.</i>	[ɪn'seɪʃjəbl]	ненасытный
marketplace, <i>n.</i>	['mɑ:kɪtpleɪs]	рынок
penetration, <i>n.</i>	[pɛnɪ'treɪʃ(ə)n]	проникновение
revenue, <i>n.</i>	['revənju:]	доход
satellite, <i>n.</i>	['satələɪt]	спутник
schedule, <i>n.</i>	['ʃɛdju:l]	расписание
sovereignty, <i>n.</i>	['sɒvrɪntɪ]	независимость
spectacular, <i>adj.</i>	[spɛk'tækjʊlə]	эффектный, захватывающий
spin-off, <i>n.</i>	[spɪn ɒf]	сопутствующий результат, побочный продукт
susceptible, <i>adj.</i>	[sə'septɪb(ə)l]	восприимчивый, чувствительный
venue, <i>n.</i>	['venju:]	место соревнования, сборов, встречи

2. Read the text and answer the following questions:

1. How has the role of the media in sport changed over the past decades?
2. What media sources are more relevant nowadays?
3. What figures prove the fact that the media has strengthened its position in the 21st century?
4. What are the selling products of sport?
5. How does the media's close attention contribute to increasing the status of particular sports?
6. What is the downside of athletes' involvement in the media?
7. Why does warped representation of reality often prevail over objective presentation in sport?
8. How are the consumers of media sport perceived?
9. What are the possible consequences for sport from its partnership with the media?

The mass media entered the twentieth century with the emphasis on the printed word. Today, in the early years of the twenty-first century, it is television and radio that are to the fore. Satellite-based multinational companies like BSkyB TV have appeared on the scene and are now major players in the global sport media marketplace. There are new developments like the Internet which have further extended media activities. Sport has long been an important aspect of media output but more recently there has been a growth in specialist media sports products. Dedicated sports-only TV channels (e.g. SkySport1), radio stations (e.g. TalkSport), and publications (e.g. Sports First) have appeared in ever increasing numbers.

The exposure to and consumption of media products, including those concerned with sport, have increased dramatically. A Henley Centre report has gone as far as to suggest that people in the UK spend nine hours a day consuming media in its various forms, with television viewing occupying the equivalent of a day a week. Television has, indeed, become a principal leisure activity and source of information. Through it we gather our knowledge not only of our immediate world but also of the complex global village in which we now live. It acts as a key socialization agent and

is integral to framing, determining and influencing our picture of reality. Our experience of sport has become increasingly constructed and ordered through television output.

Sport has become “big business”. It is now a well-established global industry with international organizing bodies, like the International Olympic Committee (IOC), eager to promote and structure its further development. Sport, but not necessarily in all its forms, has something to sell. It has its events, leagues, clubs and elite performers. Sport can make money but the costs involved, not least the large rewards paid to the top performers in some sports and the capital and revenue expense of increasingly spectacular sports stadiums, has left it with an insatiable appetite for more and more funding. The world of sport is a competitive one, not just in terms of which team tops the league or who wins the gold medal, but also which sports are able to attract the greatest financial resources. The relationship with the media is central to the political economy of sport. Traditionally, it was the medium through which key information like schedules of events/matches, venues and times were transmitted to the public. Today, the media, primarily television, offer sport-added attractions in terms of finance from broadcasting fees and exposure to advertisers, sponsors and a wider audience. Hence there is the all too apparent readiness of sports organizations to get involved with the media. However, alongside the obvious benefits come some possible costs to sport. To link with the media has meant sport losing a degree of control over its own activities and destiny. The promise of media attention and the wide-ranging spin-offs (in terms of increased profile, status and finance, greater numbers of participants and spectators and enhanced attractiveness to sponsors and advertisers) make such loss of control something sports organizations appear willing to accept. The ability to appreciate and deal with the full extent of the consequences of its partnership with the media is a major challenge confronting sport in the twenty-first century.

A successful bidder's production costs for a major global sports event will involve the expense incurred in securing the broadcasting rights plus a heavy investment in people, accommodation, travel and equipment. It is not surprising therefore that a media company will endeavour to exercise considerable control over the event. If the

sporting event concerned is not one that is deemed to be particularly attractive, then to get the media on board may involve the sports organization accepting an especially weak bargaining and control position. Even when the sports organization involved is powerful, such as the IOC or FIFA, there is still a trade-off in terms of a loss of control. This can lead to significant changes in sport, for example, to dates, times and venues.

The greater penetration of the media into the world of sport has had an impact on the relative status of particular sports and also on relationships within sports. Sports that are especially attractive to the media (e.g. football), have gained far greater status, exposure and economic wealth compared with other sports. The elite performers in a number of sports have become all too aware of their marketability as part of the media sport package and also of the vast amounts of media money that have flowed into sport. Aided by the emergence of agents working on their behalf, an increasing number of elite athletes have sought and obtained very high salaries or substantial prize money. This has further alienated athletes from the people who watch them on television and who read about them in the newspapers. Whilst all this media attention and money may raise the profile and status of elite athletes, this may also contribute to a more restricted life for them. They are now in the public eye and have become part of the media sport spectacle. Their degree of control over their own lives is brought into question. The media creates sporting personalities to help sell their programmes and newspapers and this involves athletes being media commodities in situations that can extend way beyond the direct sporting context.

The media professionals (e.g. producers, directors, commentators, reporters and cameramen) exist to produce a media sports package that aims to attract, interest and excite their audience. They work in a particularly competitive working environment. The emphasis is on making the product attractive and to this end it is sometimes difficult to establish where the sport starts and the media event ends. It not surprising that what emerges is a distorted and packaged representation of reality rather than a neutral, objective and natural presentation. Neutrality is clearly a debatable point, as the evidence of the ideological content referred to above illustrates. The various professionals working in television and radio attempt to naturalize events for their audience. They

bring to bear the skills and technical developments. They endeavour to provide atmosphere and to encourage a feeling of attachment to what is happening. The media sports experience is not the same as being there live at the event.

A major question surrounding media sport is the role played by the audience. Are they knowledgeable about the media sport product to which they are exposed? Are they able to make informed choices about what they see, hear and read? One viewpoint maintains that the audience does exercise free choice and is essentially receiving the sports media products that they want. Their wishes are reflected in the output from the media companies and the professionals who work for them. The media are viewed as neutral and pluralist, reflecting the diversity in their audience and respecting the sovereignty of their consumers. A contrary viewpoint sees the media sport audience as one lacking in knowledge and experience. Despite physical improvements in the many sports venues and the attempts by sports organizations to make the 'live' experience a pleasurable and exciting one, for an increasing number of people, their experience of elite sport is solely through the media. The 'couch spectator' has before them a wealth of media sports products to choose from, together with a growing array of gadgetry to make the involvement more interesting and personal. Interactive television, with the ability to choose highlights, to select camera angles and to have facts and figures at the press of a button, is promoted as superior to being present at the event. It can be argued that one aspect of the changing nature of this engagement with sport is a reduction in first-hand knowledge of what actual goes on at the 'live' event. The sporting knowledge-base of the audience is therefore reduced and thus renders them more susceptible to the interpretations provided by the media.

In many ways, both today's sport and the media are classic outcomes and, indeed, icons of the far-reaching social, economic and technological change that characterized the twentieth century. Each plays a significant part in structuring and informing people's lives. Importantly, they are two industries tied together in complex networks of relationships.

(adopted from "Sport and the media" by David Stead)

3. Are the statements true or false:

1. Sport and the media have both a global and a local scope of operation and are bound together in a complex network of relationships.

2. Since the 1980s the value of sport to media companies and their investment in sport have decreased dramatically.

3. While the media is able to influence the character and development of sport considerably, there is little evidence of resistance to commodification from sports bodies or athletes.

4. The media representation of reality is objective.

5. All sports are equally attractive to the media.

4. Give Russian equivalents for:

To be to the fore, media output, a key socialization agent, the capital and revenue expense, spectacular sports, an insatiable appetite for, to get smb on board, to bring to bear, weak bargaining position, to become aware of smth.

5. Give English equivalents for the following Russian words and expressions:

Привлекать финансовые ресурсы, средство, программа соревнований, утратить контроль над, большое количество побочных последствий, весь масштаб последствий, права на трансляцию, компромисс, приобретать статус, отдалять (отчуждать), спорный момент, противоположная точка зрения, растущее число.

6. Give English definitions or synonyms to the following words and word combinations from the text and make up your own sentences with them:

Multinational companies, elite performers, sport-added attractions, marketability, media sports package, couch spectator, first-hand knowledge.

7. Match the words with their definitions:

consumer	trade – off	gadgetry
media	spin-off	output
		bargaining

- a) The main means of mass communication regarded collectively.
- b) A collateral or derived product or effect.
- c) An exchange that occurs as a compromise.
- d) A person who purchases goods and services for personal use.
- e) The amount of something produced by a person, machine, or industry.
- f) The negotiation of the terms of a transaction or agreement.
- g) Mechanical or electronic contrivances.

8. Combine the following phrases:

- | | |
|------------------|-----------------------|
| 1) growing | a) emphasis |
| 2) global | b) production |
| 3) entertainment | c) lines |
| 4) important | d) detail |
| 5) opening | e) element |
| 6) story | f) characteristics |
| 7) in great | g) of the past |
| 8) misdemeanours | h) ceremonies |
| 9) media sport | i) sporting occasions |

9. Use expressions from ex. 7 to fill in the gaps:

Media sports programmes are being developed with the following (1)..... to the fore. There is, first, a (2)..... on spectacularisation. Reference has already been made to the growth of the big (3)..... These offer opportunities to add variety, colour and impact, to enhance the (4).... and to provide a wealth of material for the ‘big build-up’ to the event. The Olympics have gone far beyond the status of a sports

event. The (5)..... have become spectaculars tailor-made for the medium of global television.

A second powerful characteristic of (6)..... is that of dramatization. The media professionals set up (7)..... around the sporting event and the individuals involved. They work to script the event so as to excite. They provide pre-event discussion and analysis. The audience's appetite and anticipation are heightened by the extent and form of the build-up that the media provides.

A third aspect of media construction is the process of personalisation that is undertaken. Individual sportspeople are highlighted, built up and examined, often (8)... Media sport superstars are born. Post- event/match press conferences are now a fact of life for many athletes. Both sporting and non-sporting lives come under the media microscope. Great deeds or (9)... are resurrected and inspected. The audience is encouraged to associate with and warm to an individual.

10. Translate into English:

1. Невозможно представить себе современный спорт без освещения в СМИ.

2. Для того чтобы приобщиться к спорту, не обязательно самому участвовать в состязаниях или присутствовать на стадионе в качестве зрителя.

3. СМИ дают нам возможность наблюдать спортивные мероприятия перед экраном телевизора, за монитором компьютера или у радиоприемника.

4. Долгое время, пока спорт не рассматривался как бизнес, средства массовой информации и спорт могли существовать по отдельности.

5. Когда пришло осознание того, что различные виды спорта могут быть продуктами, спорт превратился в бизнес индустрию.

6. СМИ изменили облик всего спорта и различных его видов в частности. Некоторые виды спорта, например теннис, из традиционно элитарных превратились в массовые.

7. Изменилась экипировка, имена игроков специально для трансляций стали наноситься на футболки.

8. Современные СМИ нацелены на пропаганду спорта, его ценностей, обеспечение финансирования, а также продвижение выдающихся атлетов.

9. Средства массовой информации превратили спорт в мировую развлекательную индустрию, в которую вовлечены миллионы людей по всему миру: атлеты, болельщики, функционеры, журналисты.

10. Оба явления стали тесно взаимосвязаны, что исследователь СМИ Дэвид Роу (David Row) в одной из своих работ назвал их взаимоотношения "самым счастливым браком".

11. Divide the text into logical parts.

12. Speak on the main points of the text.

Part II. Supplementary reading

Text 1.

The Derby

Talk about sport in any language, and sooner or later you'll find yourself using English words. The British were the first people to write down standard rules for a lot of sports, even in sports like tennis which was invented by the French, or golf which was probably played in Holland, before becoming a national sport in Scotland.

As the rules of lots of different sports spread all over the world, so did the language of sport. In the world of horse-racing, words like groom and lad and steeplechase spread to other countries; so too did the word "Derby". The word came to mean an important race, usually between horses. One of the most famous horse races in Ireland is called the *Irish Sweeps Derby*, and one of the most famous American races is called the *Kentucky Derby*; and the word is used for other sports too, for important matches between two rival teams. In England, the "Manchester Derby" is a football match between Manchester United and Manchester City.

But where did this word come from? Why a "Derby"?

Just like "Rugby", "Derby" (pronounced "Darby") is the name of a town in the middle of England; it is also the name of England's most famous horse race, The

Derby. But the Derby is not run in the town of Derby, of course! That would be too simple!

Today the Derby has the reputation of being the world's most famous classic horse race. It is certainly the oldest and one of the biggest. Some years, over 600 horses are entered for the race; however only about 25 of them will actually take part in the great race on Derby day at the beginning of June.

It is said that the Derby was born during a dinner party in the year 1779, at the house of a nobleman, the Earl of Derby, near Epsom, a quiet village about 20 miles to the west of London. Like most aristocrats of the day, the earl loved horse-racing, and the open hilltops near his house were an excellent place for his jockeys to test their skills and speed against challengers. At the dinner party, the earl's friends decided to organise a big race for three-year old horses, and in respect for their host, they called it "the Derby".

Very soon, the Derby became the most popular horse race in England - even in Europe. People could easily drive out in their carriages from London to watch the big race. In 1788, the Prince of Wales came to watch the race for the first time, and by the year 1800 start of the 19th century the Derby had become an important date in the annual social and sporting calendar.

Text 2.

Death at the Derby

The Derby has figured more than once in British history. The most dramatic event took place in 1913, when a woman called Emily Davison ran out in front of the King's horse, and tried to grab it. The horse and rider and Emily all fell to the ground in the confusion, and Emily was killed. Emily was a "Suffragette", a militant campaigning for women's votes. In those days, only men were allowed to vote in elections in Britain, and Emily belonged to a group fighting with determination for women's rights.

Emily did not die completely in vain. Though the First World War delayed things by a few years, some women got the vote in 1921, and complete voting equality with men was achieved in 1928.

It didn't just interest aristocrats, of course. Though most racehorses at the time were owned by aristocratic families, horse-racing was a very popular sport with ordinary people too, as it still is today. In 1847, the House of Commons decided that it should not work on Derby Day. By doing so, it virtually made the day into a national holiday, as other people followed the parliamentary example.

From then on, thousands of ordinary people from London would crowd onto the trains on Derby Day, to enjoy a day at the races, a bit of excitement, and a breath of fresh air.

The Derby was one of the first sporting events to be shown on television. In 1932, long before public TV broadcasts began, the race was shown on closed circuit television to a select audience in the Metropole Cinema, in London. Then, in 1946, it was one of the first sports events to be broadcast on BBC television.

Today, the Derby is watched on TV by millions of people all over Britain, and in other countries too, thanks to satellite communications.

While some people just watch it for the thrill of the race, a lot more watch it for the money. Betting (putting money) on horses is a very popular activity in Britain, and the Derby is the second biggest race of the year, in terms of money. It's impossible to know how much money is bet on the Derby, but the figure is enormous. Betting starts months before the race actually takes place. Some people want to get in big bets on their personal favorites, before the odds are too low. Some professional gamblers bet sums of money greater than £10,000!

For most people though, bets are more likely to be in the range of a pound or two. On Derby Day last year, it was estimated that a total of over £35 million was gambled on this single race!

(www.linguapress.com)

Text 3.

Games that England Gave the World

Football (soccer) and rugby are two of the most successful products ever invented in England. Today these games are played worldwide.

At the end of the nineteenth century, an Englishman living in Brazil sent his son across the Atlantic to be educated in England. Charles Miller went to school, then to university, where he took part enthusiastically in all aspects of life. Sport was one of them; a hundred years ago, Britain already had an established sporting culture.

During his English years, Charles grew passionately keen on football (i.e. soccer), and when in 1894 he packed his bags to return to his family in Brazil, among the things he took with him were half a dozen footballs.

Back in Brazil, he tried to get other people interested in the game. At first he had little success; the only people who showed any interest were other expatriate Brits; thus the first game of football in Brazil was played between two teams of young Englishmen, on a field from which the goats had first been removed.

Charles asked some journalists to come and see this new English game, but none came along. On the other hand, as the weeks went past, the spectacle of twenty-two young *Inglés* running round after a ball began attracting spectators from houses nearby; before long, young local men began kicking balls round too. "Balls" is perhaps the wrong word – the only footballs in Brazil at the time were the ones that Charles Miller had brought back with him from England. The first Brazilian amateurs had to concoct their own balls, using whatever they could find to make them with.

Nevertheless, even without real balls, there was plenty of enthusiasm for the new game, as "football" became the great attraction in the popular quarters of Sao Paulo, just like basketball is the great street-sport today in many world cities. By 1901, there was already a league of clubs in Sao Paulo, and the journalists who had originally laughed at the crazy English sport, were jumping on the bandwagon, writing enthusiastically about the popular new game.

But how did English football, or soccer, and its sister-game Rugby, originate?

And why did it happen in England?

The origins of football go back hundreds of years, and there are several towns and villages in England where ancient forms of football are still played. The original game had few rules, and differed from place to place. Basically the teams just had to try and get a ball (or some other object) past the opponent's line. Sometimes the lines

were over a mile apart, and the field was the village street.... or even a field with no limits! People could kick the ball (and their opponents), run with it, throw it – anything was allowed.

In the nineteenth century, public schools developed fast; and since many of them were boarding schools, they had to keep boys occupied all day. Sport was a popular way of doing this; at first each school had its own games, with its own rules; but slowly fixed rules became established. In many schools, carrying the ball was not allowed; the game was called "football". Some schools however preferred a version of the game where players were allowed to carry the ball; one of these schools was in the small town of Rugby.

In 1863, a group of enthusiasts, who had played ball games at different schools, met in London to fix rules for the game. They formed the Football Association. Eighteen years later, as the game was getting more and more popular, they organised the first F.A. Cup competition.

Following the example of schools and colleges, the owners of factories (many of whom had been educated at public schools) began encouraging employees to form teams, and football soon became very popular in the industrial north of England. By 1888, the game had become popular enough to support professional clubs, with 12 original clubs forming the Football League.

Since then, the popularity of both football and rugby has continued to spread across the world; and though rugby has not been adopted in all countries, there is probably no country in the world where football is now unknown.

(www.linguapress.com)

Text 4.

Extreme Sports in Britain

For some in Britain traditional outdoor pursuits are just not enough. So how do extreme sports devotees get their kicks?

Extreme sports are about exhilaration, skill and danger. They do not normally involve teams and there are very few rules. People who take part use their skills and

experience to control the risks. That control is what makes them sports and not just dangerous behaviour.

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

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

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

Sky diving: traditional parachuting just doesn't sound risky enough, does it? So now skydiving is the name for jumping from a plane and listening to your heart pounding as you hurtle towards earth before you open your parachute at the last moment. Once you've got a few jumps under your parachute you can throw in some extra risks, for example try a 'hook turn'.

Mountain biking: it's been around so long that bikers are no longer satisfied with just going up and down a mountain. Nowadays thrill seeking mountain bikers want a big slope to go down very, very fast.

(www.bbc.co.uk)

Text 5.

Sports in Russia

Sport in Russia is one of the most popular types of activity. There are such terms as professional sports and amateur sports closely connected with an idea of general physical training. Both ways of sports are being developed and popularized.

Sport training for the children begins in nursery school and kindergartens and continues throughout schools and universities. There are also various special sports camps and clubs for children and adults located in every region. And even many

companies provide their employees with the sports club system discounts to keep fit. There are also such mass sports contests as “The Cross-Country of Nations” and “The Ski Track of Russia”.

In the sports world, Russia is a country known for its continued strength and success. Russia has been honing its sporting prowess for over a century. Athletes competing for the USSR consistently scored the most medals at the Olympics. Even since then, Russia’s tally of medals puts it in a very respectable third place to eternal rivals, the US and the newly dominant China.

Russia continues to invest heavily in sports, developing facilities, new training programs and offering fat fees to attract overseas coaches and, particularly in the case of football, players to improve its local sporting culture and performance. Medal winners are provided with handsome rewards from both the state, local government and Russian business sponsors, a clear incentive to do well for Russia, above and beyond patriotism.

Among the most popular sports in Russia are: hockey, football, weightlifting, biathlon, tennis, basketball, volleyball, boxing, figure-skating, cross-country skiing, swimming, shooting, and many others.

Football

The most popular spectator sport is football, which is currently enjoying a boom. The highest achievement of Russian national team was the third place in the European Championship 2008. This success was brought by the coach from Netherlands Guus Hiddink. Russian football clubs won the UEFA Cup (now called UEFA Europe League) in 2007/2008 (FC Zenit from Saint Petersburg) and in 2004/2005 (FC CSKA from Moscow).

Some other teams to watch out for in the 16 team Premier League are Lokomotiv and Dynamo(both from Moscow), the Chechen side Terek, Rubin (from the Republic of Tatarstan) and the Siberian sides, Amkar (Perm) and Tom (Tomsk).

Ice hockey and winter sports

Ice hockey is the second most popular spectator sport in Russia with the national team beating arch-rivals Canada in the World Championships in 2008.

For the uninitiated, two teams of six take to the ice rink, engage in a face-off to see who gets control of the puck, and then attempts to score before being flattened by a huge opponent in a face mask with a massive stick.

Our national team consistently dominates the International Ice Hockey Federation's (IIHF) men's world championship. At home Russian teams play in the Kontinental Hockey League which includes teams from Belarus, Latvia, Kazakstan, Finland and there are plans to eventually expand the number of participants.

The vigorous training of Russian athletes has bred some of the best hockey players of all time. Among them are Viacheslav Fetisov and Vladislav Tretyak. Fetisov was the heart and soul of the great Soviet teams of the 1980s and a huge advocate that Russian players gain the freedom to play outside the Soviet Union, namely in the NHL. Tretyak is a legendary goalie, a 10-time World Champion, 3-time Olympic champion and 1-time Canada Cup champion. He is also the only modern-era non-NHL player in the Hockey Hall of Fame - one of only two Russian players so honored.

Russia's ice hockey team has a long history of tradition and success, and today about 30 Russians play in the NHL. Among them are Alexander Ovechkin, Pavel Datsyuk, and Evgeni Malkin.

As would be expected for a country bound on ice and snow for large clunks of the year, Russians enjoy and excel at winter sports. Figure skating has always been popular, with Russia consistently snapping up medals at the Winter Olympics.

Other sports

Basketball is Russia's third favourite sport and its Super League is one of the strongest in Europe. At a national level the men's and women's teams won the European Championships in 2008. The sport's most famous star is St.Petersburg-born Andrei Kirilenko.

Tennis has a large popularity, almost comparable to that of football. Russian tennis players are of a World-class level playing in Wimbledon and other international competitions. Most notably of these players are: Maria Sharapova, Yevgeny Kafelnikov and Marat Safin. Sharapova is ranked world number 3 in the world, win-

ning consecutive Grand Slams and Opens, including a silver medal in the 2012 Olympic Games. She is also the highest earning female athlete.

Volleyball also enjoys the broad popularity in the country. The Russian league is the highest paid in the world. Stars from around the world come there to play, the arenas are packed with spectators, and there is even support for the national team at governmental level.

All water sports and summer activities are extremely popular too; they include swimming, diving, sailing, water skiing, canoeing, etc.

Russian people are enthusiastic sports fans, and Russian athletes have won the respect of the world for their outstanding skills.

Nowadays all kinds of extreme sports become more popular among Russian people, they are: snowboarding, mountain skiing, river rafting, paragliding, etc. The country with a striking variety of landscapes and different climate zones opens new opportunities for extreme sports professionals and amateurs with every passing year.

One of the most visible aspects of Russia's path to globalization is the country's hosting of large international sporting events. Kazan hosted the World Student Games (the Universiade) in July, 2013 and World Aquatics Championship in July, 2015. In February 2014, Sochi hosted the Winter Olympics. A dozen Russian cities are preparing for the 2018 World Cup. And many other tournaments can be added to this list.

(www.russiatrek.org)

Text 6.

Native Sport Games

Gorodki

Gorodki is a traditional Russian version of golf. The whole point of the game is to aim and hurl a wooden bat to knock target action figures (constructed of wooden props) out of the playing ground.

It is difficult to establish the exact time as to when Gorodki originated. References of this traditional Russian game can be found both in ancient legends and fairy

tales, as well as in chronicles of Old Russia. Peter the First, Alexander Suvorov, Vladimir Lenin and even Joseph Stalin were recognized sports masters of Gorodki. By the way, Gorodki sport was somewhat of a cult in the USSR: there were practically now stadiums or enterprises without their own Gorodki playing field. This once popular sport is still extant, but only among dedicated enthusiasts.

Lapta

Lapta is the Russian version of American baseball or English cricket. Though, to be more exact, the latter two can be versions of the ancient Lapta. After all it was played in Russia even before adoption of Christianity. It is interesting to note that the Vikings, who often visited their relatives in Russia, adopted the game and tried to inculcate it in Norway. Lapta accessories, such as wooden bats and felt balls dated back to the 14th century were found by archeologists in Veliky Novgorod. No festival or holiday in Russia could do without Lapta on a par with traditional fist fights. Lapta was a favourite sport of Peter the First, as well as soldiers and officers of the Preobrazhensky and Semenovskiy regiments.

The Russian writer Alexander Kuprin, who was also a fan of Lapta, wrote: “This folk sports game is one of the most interesting and healthy games. It trains resourcefulness, deep breath, attentiveness, fast run, keen eye, sure hand and eternal confidence that you will not be defeated. There is no place for cowards and idlers in this game. I heartily recommend this native Russian game ...”

Lapta is played by two teams of 5 to 12 people each on a level ground about 30 to 70 m large. One team is considered to be “batsmen” and another stands for “taggers”. After a successful bat blow on the ball a player of the batsmen team runs fast to reach the field margin, i.e. “home”, and then return. Each player who managed to make this successful run, gains one score to the team. If he is “tagged” with the ball, the team of batsmen shifts to tagging, and vice versa.

(www.in.rbth.com)

Text 7.

Kazan – the Sports Capital of Russia

Situated at the confluence of the Volga and Kazanka Rivers, Kazan is the capital of the Republic of Tatarstan. With a population of 1.2 million, it is Russia's eighth-largest city. It is known for its large industrial and financial center and sizable student population, and for being a melting pot that never approaches the boiling stage.

A cultural hub for 1,000 years, the city has spent the decade since its 2005 millennium celebration reinventing itself as the cynosure of Russian sports. Kazan was named the sports capital of Russia, following the national voting organized by the Russian Sports, Tourism and Youth Policy Ministry. In Russian, European and world competitions Kazan is represented by Rubin Football Club, two-times Champion of Russia; Ak Bars Ice Hockey Club, Gagarin Cup holder, Continental Cup Holder, Champion of Europe; Kamaz-Master Team, nine-times winner of Dakar Rally; Zenit-Kazan Volleyball Club, Champion of Russia, Russian Cup Holder, Champions League winner and many others. These are teams that play to full houses, and are all increasingly assertive on an international level. Also the Republic can be rightfully proud of Alisa Gallyamova – vice-World Champion in chess.

Except sportsmen who are seriously engaged in sports, there are a great number of sports amateurs, who participate in different amateur teams to keep shape, health and good spirit. A lot of people are keen on different kinds of fitness from bodybuilding to dancing. A great number of fitness clubs, recently opened in Kazan and in the cities of Tatarstan, proves the popularity of fitness and healthy way of life.

As Tatarstan is a national Republic, there is an interesting national kind of sport called 'quryash' – wrestling with towels. It is also very popular among people, especially in the countryside. Competitions on 'quryash' are held in summer on the days of Sabantuy, and the traditional prize given to the winner is a ram and embroidered towels.

It is important to mention that sports in the republic are supported by the Government.

Kazan's breakthrough moment as a sports city came in 2013, when it hosted the University Games. State-of-the-art sports facilities were built: the Tennis Academy, Kazan Arena and many others. The Tennis Academy is impressive, indeed. A giant yellow ball sits atop the long, slightly curved roof, as if bouncing off a giant racket. Not only does the new 85,000-square metre (102,000-sq yd), 3,200-seat sports complex meet world standards, but, according to International Tennis Federation president Francesco Ricci Bitti, it also "exceeds" the international requirements. It has already hosted many international competitions, including the Davis Cup, Kazan Kremlin Cup and the Tatarstan Open.

Kazan's sports facilities are not concentrated in one place but scattered around the town to make them better accessible to people. There is an "epicentre" – the University Games Village.

As with Olympic Games stadiums, the Universiade legacy requires that all facilities created for the game should continue to be used appropriately after the competitions are over. The facilities will be used by the local community, especially by local students. However, they are already being put to good use.

The 16th FINA World Championships, also Aquatics 2015, were held in Kazan, from 24 July to 9 August 2015. Russia hosted this event for the first time. The number of participating national teams (190), athletes (2,400) and the number of medals (75) were the most ever amongst championships. Kazan's hosting of the world aquatics has been big and brash, installing an Olympic-size pool in a soccer stadium packed with cheering spectators and staging 25-meter high diving against the backdrop of the Kremlin. President of FINA Julio Maglione at the closing of the event named these Championships as best in the history of FINA.

Next up for Kazan is World Cup soccer in 2018, when the city's venue will be the 45,000-seat Kazan Arena, where World Cup six qualifying games and a quarter-final will be held.

Newly built sport objects give a lot of possibilities for local people to do any kind of sport they like and lead a healthy way of life. Successful performance of

Tatarstan athletes sets a perfect example and attracts children inspired by their victories to sign up to the sport schools.

(www.russiatimes.org)

Text 8.

“U Are the World”

The Universiade is an international sporting and cultural festival which is staged every two years in a different city and which is second in importance only to the Olympic Games. Governed by the International University Sports Federation (FISU), the aim of the Universiade is to promote international peace and cultural exchange among young people through sport.

The word “universiade” comes from university and Olympiad and means Olympic Games for students.

Numerous Olympic Games athletes have participated at Universiades and the events share much in common – the communal village, a games mascot, sporting conferences and cultural festivals that take place while the games are in progress. The protocol systems for the Olympics and Universiades are similar with both events also sharing an opening and closing ceremony.

The first Universiade took place in 1923 when a few countries held the University Sports Week in Paris. Until the beginning of the Second World War the Universiades were staged under the auspices of the Confederation Internationale des Etudiants (CIE). After the war, an international sports body called Union Internationale des Etudiants (UIE) emerged to rival CIE and in 1948 the Federation Inter Over the next decade the two bodies staged rival competitions however after the success of the 1958 Games in Paris when FISU and UIE athletes competed together, the first official Universiade was held in Turin the following year.

In 1960 the two organisations were united under the FISU flag and since then the Universiades have developed in size and stature. Ever since this important period, the Universiades have continued to attract more and more participants each cycle. National du Sport Universitaire (FISU) was formed.

Competition at the Universiades is of a very high standard. For many competing nations and federations it is an opportunity for both rising young athletes to experience a major, multi-sport event early in their careers and established elite athletes to compete against their peers.

Many of the gold medal winning performances at Summer Universiades are close in timing/scores to an Olympic Gold medal winning standard and many Olympic Champions achieved their first taste for victory on the global stage at the Universiade. Aged between 17 and 28, all competitors are students in higher education, post-graduates and graduates from up to two years preceding the Games. More than half the athletes are also Olympic competitors.

The history of the 27th World University Summer Games started long before its due date. Kazan was announced as the host city for the 2013 Summer Universiade in Brussels on May 31, 2008. 20 out of 27 members of the FISU Executive Committee gave their votes to the capital of the Republic of Tatarstan. Russia has hosted the University Games just once before, in Moscow in 1973.

The 2013 Summer Universiade started on July 6th and ended on July 17th, 2013.

The symbols of the 2013 Summer Universiade were logo, emblem, mascot. Any Universiade logo must contain the Latin letter 'U' which is a mandatory element to brand any sporting event held under the auspices of the International University Sports Federation (FISU).

The logo of the 2013 Summer Universiade represented a vertical rectangular design that comprised words 'Universiade', 'Kazan', 'Russia', '2013' and five stars of the International University Sports Federation. The Universiade emblem consisted of a black letter 'U' printed on a white background, centered over 5 stars symbolising five continents. The emblem of the 2013 Summer Universiade takes its origin from an image of a tulip, a common element of Tatar ornaments that symbolises revival. Besides, flowers are an essential part of summer, a symbol of youth and development, joy and happiness.

The present day the ornament that has become much deeper in its essence keeps playing a significant role in the nation's arts and crafts.

Uni, the kitten of winged snow leopard, was chosen as the mascot for the Kazan 2013 Summer Universiade. The winged snow leopard is the national symbol of the Republic of Tatarstan. Stylised, this creature is represented on Tatarstan's coat of arms.

Unlike the Olympic Games with their motto 'Citius, Altius, Fortius' (Latin for "Faster, Higher, Stronger") which was proposed by Pierre de Coubertin in 1894, the World University Games do not have a permanent motto. Each host nation offers its own, which is approved by FISU. The motto of the Kazan 2013 Summer Universiade was 'U are the world' which had two meanings: 'You are the world' and 'Universiade is the World'.

During the first World University Summer Games in Turin, Italy, 'Gaudeamus Igitur' was chosen as the anthem to be played during the medal ceremonies. Since then, 'Gaudeamus' has become just as important as the FISU emblem and Universiade mascot.

Kazan set a record in terms of the number of sports included in its Summer Universiade sports programme. . For the first time in WUG history, 27 sports were contested at the 2013 Games. Apart from 13 compulsory sports, such as athletics, basketball, fencing, football, artistic gymnastics, judo, swimming, diving, water polo, table tennis, tennis and volleyball, 14 optional sports were included in the Kazan 2013 sports programme: boxing, shooting, synchronous swimming, rowing, canoe sprint, sambo, wrestling, belt wrestling, chess, weightlifting, rugby sevens , field hockey, badminton, beach volleyball. Five of the already mentioned sports- belt wrestling, rugby sevens , sambo, synchronized swimming, boxing – made a debut at the 2013 Summer Universiade.

Russian athletes finished Games in Kazan with triumph and won the first place of the team.

(www.russiatimes.org)

Text 9.

Sochi 2014

The 2014 Winter Olympics officially called the XXII Olympic Winter Games and commonly known as Sochi 2014, were a major international multi-sport event held from February 7 to February 23, 2014 in Sochi, Russia. This is the second time that Russia has hosted the Olympics. The 1980 Summer Olympics took place in Moscow.

The opening ceremony of the 2014 Winter Olympics was held on 7 February 2014. The Olympic torch – which was rekindled in ancient Olympia, Greece, in September – was winding its way through 83 Russian cities before arriving at Sochi on the day of the opening ceremony. It was the longest torch relay in Olympic history, a 40,000-mile route that passed through all regions of the country, from Kaliningrad in the west to Chukotka in the east. And beyond: the Olympic torch reached the North Pole for the first time via an icebreaker ship and has been passed for the first time in space, with Russian cosmonauts Oleg Kotov and Sergey Ryazansky passing it at the outlet of the International Space Station. The torch also reached Europe's highest mountain, Mount Elbrus, and even the depths of Siberia's Lake Baikal.

With an average February temperature of 42.8 degrees and a humid subtropical Sochi was the warmest city to host the Winter Olympic Games. Sochi 2014 outlawed smoking. The new Olympic Park and 11 new sports venues were all smoke-free.

The Games were held in two clusters – the Coastal Cluster (the Olympic Park) and the Mountain Cluster (Krasnaya Polyana).

The Olympic Park was the main feature of the Coastal Cluster. It was a complex of sports facilities capable of accommodating 75,000 visitors at a time. It consisted of the Olympic Stadium Fisht, the Bolshoi ice dome, the Shayba ice stadium, the curling centre Ice Cube, the winter sports palace Iceberg and the speed skating rink Adler Arena.

The Fisht stadium seating 40,000 was meant for the opening and closing ceremonies of the Olympics and Paralympics, as well as for the decoration ceremonies. The stadium owed its name to the same-name mountain in the Caucasus and resembled a high cliff in shape. From the stands the spectators were able to enjoy the show and other events on the pitch, and the splendid views of the mountains and of the expanse of the sea.

Meanwhile, Krasnaya Polyana contained the Laura Biathlon & Ski Complex for biathlon and cross-country skiing; the Rosa Khutor Extreme Park for freestyle skiing and snowboarding; the Rosa Khutor Alpine Center for alpine skiing; the Sliding Center Sanki for bobsled, luge and skeleton; the RusSki Gorki Jumping Center for ski jumping and Nordic combined (both ski jumping and cross-country skiing on a 2-kilometer route around the arena); and the Rosa Khutor Plateau Olympic Village.

The commemorative postage stamps and souvenirs were set with images of the three Olympic mascots – a polar bear, a snow hare and a snowboarding leopard. “Hot, Cool, Yours” was chosen as the motto of the Olympics. “Hot” was for the intensity of the sporting competition, the passion of the spectators and the location of these Games, in southern Russia. “Cool” was a reference to the Winter Games and the traditional image of Russia as having a cold climate. The last word, “Yours”, showed that the Games belonged to the athletes and the public, and that everyone could get involved in making them a success.

The notions of simplicity and modernity were at the root of the design of the official emblem for the Games in Sochi. For the first time, there was no image or drawn elements but rather a typographical exercise, featuring the novel inclusion of the internet address on the first line of text. Below, the figure 2014 next to the Olympic rings vertically mirrored the letters of the word Sochi.

98 events over 15 disciplines in 7 sports were included in the 2014 Winter Olympics. The three skating sports disciplines were figure skating, speed skating, and short track speed skating. There were six skiing sport disciplines—alpine, cross-country skiing, freestyle, Nordic combined, ski jumping and snowboarding. The two bobsleigh sports disciplines were bobsleigh and skeleton. The other four sports were biathlon, curling, ice hockey, and luge. A total of twelve new events were contested to make it the largest Winter Olympics to date.

In addition to the main event Paralympic Winter Games 2014 were held.

(www.wagmag.com/playing-in-the-snow)

Text 10.

Popular US Sports

American football is the most popular spectator sport in the United States. It is a combat game where highly trained athletes skillfully and brutally execute strategic plans. Attending a football game often begins with a "tailgate party" in the parking lot of the stadium followed by several hours of rowdy, emotionally charged excitement. Most fans watch football while gathered in a local bar or at a friend's home in front of a big-screen TV.

The National Football League (NFL) consists of 32 professional teams located in major cities across the USA. Each team plays 16 games between early September and the end of December. The two best teams meet at the Superbowl near the end of January. Games are on Sunday afternoons with a few nationally televised games on Monday nights. It is difficult to get tickets for any NFL games as they are generally "sold out" before the season begins. You can sometimes obtain tickets through travel agents and ticket brokers at premium prices. You can almost always buy tickets, for a high price, from illegal "ticket scalpers" in front of the stadium just before a game.

At hundreds of universities across the USA, they play college football games on Saturday afternoons. Games at the "football schools" with outstanding teams often attract over 100,000 fans. It is difficult to obtain tickets to games at the best football schools but easy to get tickets at the less popular college games.

Baseball is the second most popular sport in the USA and it has a completely different atmosphere than football. It is a game of intense concentration and the near perfect execution of playing skill. Attending a baseball game might start with a tailgate party that resembles a family picnic followed by several hours of relaxed socializing with friends while watching the game.

There are 30 Major League baseball teams divided into the National League and the American League. Each team plays about 160 games on weekday evenings or weekend afternoons between early spring and late fall. The best team from each league meet in late fall for the World Series games to determine the National Cham-

pion. Only the most popular games are sold out, so you can normally buy tickets to most Major League games.

Several hundred minor league baseball teams play in smaller cities across the USA and Canada. Each team is affiliated with one of the Major League teams and used as a training ground for future Major League players. Tickets are almost always available for minor league games.

Basketball combines the fast-paced excitement of football with the concentration and athletic prowess of baseball. Basketball game can be intensely exciting but are usually less rowdy than football games.

The National Basketball Association (NBA) contains 29 teams from major Canadian and US cities. They play about 100 games on evenings and a few afternoons between October and May. The championship games are in June. NBA games in many cities are sold out well in advance, so it may be difficult to obtain tickets. There are ten Women's National Basketball Association teams (WNBA) in the US. Their games are not as popular as the NBA games but are just as exciting, and you can easily obtain tickets.

Hundreds of universities across the USA play college basketball. At the "basketball schools" with excellent teams ticket might be hard to find.

Hockey is not as popular as football, baseball or basketball, but it has a loyal following of fans in certain cities of the USA and Canada. The game has the fast paced excitement of football and basketball with plenty of violent body contact. Hockey games have a reputation for attracting loud, beer-drinking, rowdy fans.

The National Hockey League (NHL) has 30 teams in major cities across the USA and Canada. Each team plays about 80 games between October and April. Playoff elimination games are held after the season and the two top teams play in the "Stanley Cup" championship. Tickets are available for hockey games in most cities as only the most popular games are sold out.

Stock car racing was once popular primarily with the rural population in the small towns of Southeastern USA. Today, the National Association for Stock Car Auto Racing (NASCAR) is one of the fastest growing spectator sports across the

USA. About 35 major NASCAR races are held each year plus about 60 minor or specialty races. Tickets are usually available at most NASCAR racetracks as they have large seating capacities. The racing season begins in February in the southern states and extends through the end of August. Annual championships are awarded based on points accumulated throughout the season.

Minor league stock car racing is still held at numerous smaller tracks across the country where local racecars and drivers compete for regional championships. Drag racing meets are held at numerous "drag strips" across the US. Truck pulls, tractor pulls, big wheel exhibitions and demolition derbies are held at various racetracks and stadiums around the USA.

(www.usatourist.com)

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Л.А. Гизятова, Н.Ф. Плотникова

COGNITIVE ACTIVITY THROUGH ENGLISH

Подписано в печать 25.04.2016.

Бумага офсетная. Печать цифровая.

Формат 60x84 1/16. Гарнитура «Times New Roman». Усл. печ. л. 6,74.

Уч.-изд. л. 0,78. Тираж 100 экз. Заказ 81/4

Отпечатано с готового оригинал-макета
в типографии Издательства Казанского университета

420008, г. Казань, ул. Профессора Нужи́на, 1/37

Тел. (843) 233-73-59, 233-73-28